Rural Hospitals

UNDER SIEGE FROM COVID-19

Here's What Doctors Are Saying, in Their Own Words

By Martin La Monica
Department of Health Sciences

The 2020-21 coronavirus pandemic is unlike any that rural hospitals have clashed with in their long history. Many rural hospitals began the pandemic with meager resources, including personal protective equipment. The recruitment of nurses and physicians is particularly challenging for rural hospitals.

Yet in many communities, the initial cooperation and goodwill seen early in the pandemic have given way to a COVID-19 fatigue and anger. A new challenge, the problem of declining public health measures, like wearing face masks, can tarnish rural health care systems.

A Regular Dose of Nature May Improve Mental Health During the COVID-19 Pandemic

An online questionnaire survey completed by 3,116 adults in Japan, Tokyo, quantified the link between five mental health outcomes (depression, subjective happiness, self-compassion, resilience, and personal growth) and green view through windows from home.

“Other recent frequent greenhouse use and the existence of strong value (e.g. nature) were associated with higher subjective happiness, life satisfaction, and subjective well-being and decreased levels of depression and loneliness,” the results suggest that nearby nature can serve as a buffer in decreasing the adverse impacts of a very stressful event on mental health, said lead author Masashi Yagi, PhD, of The University of Tokyo. “Protecting nature in urban areas is important for improving health conservation of biodiversity, but also for the protection of human health.”

Wiley. (2020, November 16).

Black Women Mentors Over 1,000 Prisoners

Washington, D.C. - Meet Brad Butler II, also known as “B-Rad Inspires,” the Former Special Ed Student Graduate College who has spent most of his time traveling to speak at various high schools in increase graduation rates for both students and athletes. His primary focus is to help identify individuals who have suffered from depression and loneliness.

Dr. Jennifer Bucan McKenney, a doctor in Friesdon, Kansas, was one of two doctors to return to the hospital from the pandemic. Here’s what two of them – Konnie Martin, the physical therapist at San Valley Lutheran Health Systems and Brad Butler, the personal brand B-Rad Inspires.

Former Special Ed Student Graduate College, Becomes Award-Winning Motivational Speaker and Author

By Asli Oskarve, GDN Contributing Writer

The Divine 9, Black Greek letter organizations (BGLOs), have a rich history and are known for their work in educating and organizing of Alpha Phi Alpha fraternity, and how rural communities are impacting on extraordinary pressure.

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Novant Health is grateful for the opportunity to help transform healthcare in southeastern North Carolina through our proposed partnership with NHRMC.

By partnering with Novant Health, you can expect the remarkable.

- A robust network of experts, including 1,600 physicians, 29,000 team members and nearly 700 locations, including 15 medical centers
- More inclusive financial assistance for those who need it most
- Providing the safest care in the communities we serve, according to Leapfrog Hospital Safety Grade
- Partnership with UNC School of Medicine to bring more research, specialized pediatric care and medical students

Following regulatory approval of the transaction, we will work collaboratively with the local board and leadership team to execute on our commitment to bring even more remarkable care to southeastern North Carolina.

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Visit NovantHealth.org/betters together
Continued from Front

get people registered and to a non-partisan movement to create a real toll on their mental health. This year, the impact was heightened by a global health pandemic. According to a survey from Mattress Firm, more than 60 million Americans say COVID-19 has worsened their sleep problems, those losing sleep are often the most vulnerable and healthy habits worsen during the COVID-19 pandemic. COVID-19 has increased their worries and prevented them from falling or staying asleep at night, with 61% reported their poor sleep has a negative impact on their daily lives. It’s no surprise that when our hearts and our bones are heavy, our mental health tends to suffer," said Dr. Sujoy Kanagas, a sleep health expert at Mattress Firm. "What many people don’t realize is that mental health struggles also affect your sleep and adequate rest is a key component of maintaining and improving your mental health." If stress and worry are preventing you from getting a good night of sleep, it’s these ideas from Kanagas to help improve your mental state and ease your body into rest.

Try falling asleep.

Think positively. Every minute before you go to bed, just three good things from your day. They don’t have to be hugely important, just three positive aspects of your day. For example, acknowledge you had a good virtual catch-up with a colleague or enjoyed a new recipe or workout class. Lining your positive experiences at night can help you maintain a positive frame of mind as you unwind for the day.

Create a to-do list.

Handling these kinds of mental work through their list of pending tasks before bed. In a fact-paced world, sometimes leaving it in the first hour is you to actually think about what’s on your list. By creating a list of tasks (or even writing down a goal), you start thinking of yourself from thinking about it. By creating and maintaining the list, you are able to reflect and think about your current day.

Give yourself a break.

For many, the holidays may be the happiest season of all, but it can also be the most stressful. It’s important to remember to keep yourself busy up until the minute you fall into bed. However, your mind may still be whirling from all that activity. Build in a few minutes before bed each night to rest your mind, whether it’s spending a few minutes with a good book, practicing meditation or sipping on a cup of sleepy time tea.

Appeal to your senses.

Being mindful of how your senses react to various stimuli can help you keep yourself busy up until the minute you fall into bed. However, your mind may still be whirling from all that activity. Build in a few minutes before bed each night to rest your mind, whether it’s spending a few minutes with a good book, practicing meditation or sipping on a cup of sleepy time tea.

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Black Entrepreneur Creates App to Help Film Police Brutality and Alert Family Members

WASHINGTON, DC—Meet James A. Samuel, Jr., founder and CEO of a new app called ANJEL Tech that allows users to immediately begin live streaming and transmitting footage to their family members when they are in any type of dangerous situation. The app, developed by a DC-based Black-owned company, appeals to the African American community because of what has been happening across the nation in regards to police brutality. However, the app can also be used to alert loved ones of other personal safety issues such as domestic abuse, elderly abuse, etc.

James has over 30 years of federal experience working for the U.S. Department of Defense. He has worked as an intelligence expert, an F-15 fighter pilot, and an intelligence analyst. He says that he came up with the idea to develop the app to help prevent and minimize personal and community security issues that plague urban communities.

James A. Samuel, Jr., an Intelligence expert with more than 30 years of experience working for the federal government, has developed a new app to help save Black lives.

The ANJEL Tech app is cloud-based and geographically enabled. James comments, “My team and I ultimately created this app to help Black moms protect and save their kids’ lives, and help more Black children live and grow into adulthood and meet those expected life milestones such as school graduation, marriage, family, children, career, homeownership, etc.”

James says that the app was created in response to the May 2020 killing of George Floyd, and what makes the app so unique is that users can send live-stream what’s happening in a matter of minutes to family members and friends of their location. It features a map (via map not yet available online), and create a secure record of the incident for future accountability purposes. Of all this occurs in real-time via the app.

The ANJEL Tech app can be downloaded now in the App Store, and will be soon be available in the Google Play Store.

HOSPITALS

Cont. from front page

bleed. She had to call 11 different hospitals to find one that could treat the patient.

I feel lucky to have on-site testing in the hospital lab. But like many of my rural peers, getting enough face masks and other personal protective equipment (PPE) was tough.

The community is tired, says James, an African American community that has been roughed up recently. “Drug dealers are everywhere, waiting for the next generation to grow up and become the next generation of dealers.”

Politics is making things harder. “I have been Wilson County’s health officer for the past eighty years. This year, county commissioners gained more control over COVID-19 health decisions. When it proposed a mask mandate early in the pandemic, one county commissioner argued it would violate his rights. Another commissioner balked at one of my reports, saying I had no right to tell schools how to evaluate kids before they can return to sports, despite the health risks. I frequently proposed a new mask mandate with more parameters. I explained that masks would not only save lives, they would help businesses stay open and keep employees at work. The commissioners voted it down 3-1.

Preparing for the next pandemic

We live in an interconnected world where commerce and people cross state and national borders, and that comes with the risk of new diseases. America will face another pandemic in the future.

Rural health care delivery systems can leverage lessons from COVID-19 to prepare. Among other things, their emergency preparedness

When it comes to promoting equality, words are not enough

$1 million in grants to support social justice and racial equity in North Carolina

At Duke Energy, we are committed to addressing and overcoming racism in our state through tangible action. As part of this commitment, the Duke Energy Foundation has awarded $25,000 grants to each of 40 nonprofits across North Carolina that are dedicated to advancing social justice.

We’re honored to help support these amazing organizations, and we will continue to engage local organizations and leaders to help us discover more ways to be a part of the long-term solution.

For more information about Duke Energy’s commitment to advancing social justice and racial equity, visit DUKE-ENERGY.COM/EVERTHING.

The HBCU Experience Book Tells 54 Stories

The HBCU Experience Movement, LLC (https://www.thehbcuexperience.com/) has released a new book entitled The HBCU Experience: The North Carolina A&T State University 2nd Edition featuring Dr. Jibreel Khazan and Dr. Khazan was one of the A&T Four who led the Woolworth Sit-Ins in Greensboro, NC on February 1, 1960.

Led by visionary author/co-founder Ashley Little, the book highlights 54 stories of Prominent Aggiemes throughout the world. The Aggies share their personal stories of how North Carolina A&T State University molded them into the people they are today.

The company, led by Ashley Little, Uche Byrd, and Fred Whit, aims to change the narrative by sharing Black stories and creating a movement to change the narrative. From the book purchased on Amazon will also be used to support other HBCUs as part of the program.

“Our goal is to create a global movement of HBCU Alumni to continue to share their stories each year to give back to their Prestigious Historically Black College & University. The authors hope to encourage, uplift, support, and pave the way for the next generation by sharing their stories and experiences of how their HBCU has molded them into the people they are today,” the trio says.

Ashley, Uche, and Fred strongly believe that “all voices and stories are powerful and need to be heard,” and are committed to changing the narrative. Businesses from across the United States have joined the HBCU Experience Movement, LLC as partners and sponsors, and will be acknowledged in each publication and on their website at TheHBCUExperience.com.
Accelerating our commitment to affordable housing

There’s a shortage of affordable housing in America, especially in communities of color. The impact of this health and humanitarian crisis has intensified the need for increased action.

As part of our commitment to invest $1 billion over four years to advance racial equality and economic opportunity, Bank of America is accelerating our investment in development in neighborhoods of color — including right here in Coastal North Carolina. We’re working side by side with nonprofits and community leaders to help revitalize neighborhoods, expanding on work we’ve had underway for many years.

My teammates and I remain committed to addressing Coastal North Carolina’s affordable housing gap and helping build the community in which we live and work.

Derek Cohen
Coastal North Carolina Market President

Building together

Here in Coastal North Carolina, we’re partnering with organizations that are expanding affordable housing options. They include:

Cape Fear Habitat for Humanity
Wilmington Area Rebuilding Ministry

To learn more, please visit bankofamerica.com/community
As a “newbie” navigator, Nicole Johnson serves as a guide for new Diversity Leaders, or organizations who are new to equity and inclusion, in an effort to help them transition through the stages of culture change. Johnson says, “The function of Inclusion and Diversity has evolved significantly over the last 30 years. We are seeing organizations in a variety of industries, from government and nonprofit to education and corporate put this role into place. As a result, the demand for experienced, knowledgeable, and capable professionals to lead these departments has exploded.”

The Institute for Diversity Certification (IDC®) has also witnessed this explosion. IDC is the credentialing arm of the Society for Diversity (Society for Diversity). Since IDC was formed nearly 30 years ago, the organization has seen a steady increase in Diversity Certification candidates. Similar to other credentialing programs, the increase in demand for the certification is an external driver. The Institute for Diversity offers a Certification program for employers that helps companies answer strategic questions such as:

- How can we better align our organizational culture with our brand?
- How can we prepare for the future workplace and marketplace?
- In which markets will we play? How do we customer our products/services to appeal to different markets?
- What’s the best way to capitalize on demographic and industry change?
- Diversity and Inclusion work is also becoming more complex for employers who operate in multiple states or abroad. For example, New York recently passed a law requiring that employers operate in the state must navigate through cultural nuances that can make or break partnerships or other business opportunities.

In a world where advanced education and specialized skills are changing the market, IDC establishes a global framework for recognizing knowledgeable and highly skilled professionals. However, some employers have a been step outside the traditional framework of certifying one executive to ensure that other employees within the organization have credentials as a Diversity leader regardless of title. Leah Smiley, workplace inclusion expert, and IDC President says, “Extending the work beyond the Office of Diversity is important. Some companies have realized the need to support their Diversity Officer, and the momentum for equity and belonging is growing, others are starting to align their efforts with the Office of Diversity to ensure a smooth transition of roles.”

Of the individuals who finish the certification program, 90 percent report that they feel more productive and effective. Almost 50 percent reported that they successfully introduced a new initiative such as a supplier diversity program, business resource group training, etc. Half reported that the certification supported them in their roles, built better relationships with internal/external peers, hired support staff, increased support for a promotion or new job, or received recognition for completing the program. More than two-thirds of participants said the program, their organizations increased their commitment to inclusion – financially and otherwise.

Want a Better ROI?
Get Your Diversity, Inclusion Team Certified

LEARN MORE ONLINE:
Visit http://greaterdiver.org/ROI/

Singer Jody Watley Launches Signature Line of Home Fragrances and Candles

Singer and entrepreneur Jody Watley believes in the power of surrounding yourself with a relaxing scent and good music. The iconic superstar is expanding her signature brand line with the release of new home fragrances and candles. What better way to get yourself in the spirit than with a delicious smelling candle and a home fragrance spray that smells like the winter treats from the Jody Watley signature home line? The Grammy winning and always fabulous trendsetter combines “Sanctuary” luxury soy candle and room fragrance spray with its comforting notes of green tea, lemon and vanillized-editlon—to her collection, now available exclusively at JodyWatleyShop.com.

Jody comments, “Candles have always been a must have for me—home, on tour in hotel rooms, dressing rooms, green rooms— you name it. Creating peaceful spaces that also smell good—is a natural step for me to expand into the home and wellness marketplace.”

“I wanted to include a home line assortment, pieces essential to creating a home and speak to the Jody Watley aesthetic,” she says of her “Sanctuary” line, which includes candles ($25) and home fragrances ($45).

“I love putting them in the focal point of my favorite rooms and letting the scents fill the space,” she added. Brand extension emphasizes wellness and self-care with a touch of affordable luxury offering the experience quality products at a best from the ever-evolving singer and song writer.

For all links to Jody Watley’s website, blog, social media & more visit https://jodie-mcphotography.com/EPK: ArtistEcard.com/ Jody Watley YouTubeChannel: JodyWatley.com
Encouragement for the Discouraged

By Pastor Anthony L. Scott, First Baptist Church, North Tulsa, http://www.fbctn.com

One of the most memorable stories I can remember while attending Thomas Edison High School was about how the famous inventor tried again and again to find the right filament for the incandescent electric light bulb. One day he had completed his 10,000th experiment only to discover another way that would not work. When he arrived home that night, he shared this bit of news with his wife. She responded by saying, ‘Aren’t you discouraged?’ ‘Hermesicked back, ‘Discouraged?’ ‘Certainly not! I know 10,000 ways that won’t work!’ Perseverance seems to be an outdated concept in our day of instant everything. It doesn’t come easy, why pursue it? It’s hard or requires endurance, maybe it isn’t your thing.

God encourages the discouraged to persevere. He cares about the discouragement we are facing. The Lord does not ask us to gloss over or ignore our situation. He simply tells the children of Israel “Be Strong!” (“Take Courage.”) Three times the Lord repeats “Be Strong!” (“Take Courage.”) He tells the children of Israel to keep going! From this lesson we can glean a few helpful points to encourage us in our discouragement.

There are two aspects to perseverance: an attitude and an action. The wrong attitude comes when we take our focus off the Lord and onto what seems to be a slow disappointing process. Your attitude affects your ability to continue. God says, “Be Strong!” We aren’t strong in our own strength but in God’s strength.

Perseverance also requires the right action. Attitude provides the motivation but motivation without action won’t lead to progress. Being steadfast is a combination of inspiration and perspiration. Madame C. Walker said, “Thank God I have the ability and my own opportunity. But I made it! Don’t sit down and wait for opportunities to come. Get up and make them.”

God assures the discouraged of His presence and His promise. The assurance of His presence should lift the cloud of discouragement and enable us to persevere. When we grow discouraged, remember His promise that He will not leave and will come to us.

During a Monday Night Football game between the Chicago Bears and the New York Giants, one of the announcers observed that Walter Payton, the Bears runningback, had accumulated nine miles in career rushing yardage. The other announcer remarked, “Yeah, and that’s with somebody knocking him down every 4 yards.” Walter Payton, one of the most successful running backs in history, knew that eventually, even the best get knocked down. The key is to get up and just not as hard.

The Lord is a change agent for us. He tells the children of Israel to come together in the kitchen and enjoy the moment with those who matter most. These Gingerbread Cookies made with C&H(r) sugar can be a hallmark holiday treat that allows kids to help in the process. Once they’re out of the oven, add little ones to help decorate the festive and delightful cookies. Visit chunny.com to find recipes perfect for entertaining and celebrating with family throughout the year.

Gingerbread Cookies

Recipe courtesy of
Bernice Rose
Prep time: 30 minutes
Cook time: 10-12 minutes
Yield: 24 cookies
1/2 cup (1 stick) unsalted butter, softened
1 cup C&H(r) Dark Brown Sugar
large egg
1/2 cup molasses
1 3/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
3/4 teaspoon ground nutmeg
1 teaspoon ground cloves
1/8 teaspoon ground nutmeg
royal icing
1 3/4 cups packed light brown sugar
2 teaspoons ground ginger
1/2 teaspoon ground cinnamon
1/4 cup C&H(r) Light Corn Syrup
1/4 cup C&H(r) Light Molasses
1/4 cup water
1 1/2 teaspoons pure vanilla extract
Preheat oven to 350°F and line baking sheets with parchment paper.
Flour clean work surface. Roll dough 1/8-1/4 inches thick. Cut out shapes with desired cookie cutters.
Transfer cookies to lined baking sheets 2-3 minutes then, Let cool. Decorate cookies with royal icing.

Recipe Instructions

In large bowl of electric mixer, cream brown sugar, molasses, egg and butter, until light and fluffy. Add vanilla and mix until well incorporated.
In separate bowl, whisk flour, baking soda, salt, ginger, cinnamon, nutmeg and cloves. Add to butter mixture until well incorporated.
In fitted bowl, add cinnamon, molasses and corn syrup. Stir until well combined. Add to flour mixture and mix until light and fluffy.
Place in piping bag and pipe desired shapes on baking sheet. Bake 10-12 minutes, or until done. Let cool. Decorate with royal icing.

Practice Gratitude: Be grateful for your life, health, and strength. Do not take anything for granted.
Nurture Your Creativity: Life will throw you curveballs. When the going gets hard, change your mindset. Love the things you do.
Maintain a Positive Improvement A Priority: No matter how long it takes, expand your mindset. You only have one mind and one life and cultivating it to its fullest potential is key.

Put God First: Without faith, Lynda believes it is impossible to please God. This is why it is important for everyone to have faith in themselves, faith in the fruits of their labor, and faith that in the end, everything will work out fine.

Lynda is a change agent that helps the forgotten in society obtain second chances through her prison activism, her podcast, and her public speaking.

More Resources and News online at GreaterDiversity.com
www.GreaterDiversity.com
The Most Important Factor in Your Family’s Education is

YOU

Give your family the best chance for success by supporting their education at home and at school.

Amidst the COVID-19 pandemic, sticking to a schedule, partnering with teachers and administrators, utilizing culturally sensitive best practices, and tapping into local resources are just a few of the ways that you can support distance learning at home and keep your family on track for educational success.

LEARN MORE AT
WWW.NNPA.ORG/EDUCATION
ATTENTION: BDB - WES, MBE's

Barbours Contracting Company will be bidding on NG DOT Milling & Resurfacing Projects. Project will be held on December 15, 2020. We are most interested in materials for any portion of this project, suppliers are encouraged to bid.

Coastal Division
Coordinator Contact: Scott Cofield, scofield@barbours.com
Tel: (804) 566-3500
Fax: (804) 566-3501

Mount Pleasant/Colleton Division
Coordinator Contact: Warren Thomas, warren.thomas@barbours.com
Tel: (843) 767-7461
Fax: (843) 767-7201

Rocky Mount/Greenville Division
Coordinator Contact: Mike Jordan, mike.jordan@barbours.com
Tel: (252) 977-4600
Fax: (252) 977-7819

Atlanta Division
Coordinator Contact: Michael Griggs, michael.griggs@barbours.com
Tel: (770) 957-7571
Fax: (770) 957-7523

In your area of interest, if you would appreciate your quote on the items above, please call or contact us no later than 12:00 Noon on Tuesday, December 8, 2020. We will be looking at your quotes on any portion of this project, so please submit quotes to our office. We will need your quote in our Rockmont Office at (252) 977-4600 for your quote to be considered.

If you have any interest in this project, please call or contact us no later than 12:00 Noon on Tuesday, December 8, 2020. We will be looking at your quotes on any portion of this project, so please submit quotes to our office. We will need your quote in our Rockmont Office at (252) 977-4600 for your quote to be considered.

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You are invited to bid on Pre-Bid Meeting:

Friday, December 4, 2020 at 9:00 AM (Due to social distancing standards, this meeting will be held in a virtual meeting format utilizing conference call and online meeting tools. Please email the coordinator for pre-bid meeting details).

In your area of interest, if you would appreciate your quote on the items above, please call or contact us no later than 12:00 Noon on Tuesday, December 8, 2020. We will be looking at your quotes on any portion of this project, so please submit quotes to our office. We will need your quote in our Rockmont Office at (252) 977-4600 for your quote to be considered. We would appreciate your quote on the item above and your attendance at your earliest convenience.

If you are interested in this project, you would appreciate your quote on the items above, please call or contact us no later than 12:00 Noon on Tuesday, December 8, 2020. We will be looking at your quotes on any portion of this project, so please submit quotes to our office. We will need your quote in our Rockmont Office at (252) 977-4600 for your quote to be considered.

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If you are interested in any project, you would appreciate your quote on the items above, please call or contact us no later than 12:00 Noon on Tuesday, December 8, 2020. We will be looking at your quotes on any portion of this project, so please submit quotes to our office. We will need your quote in our Rockmont Office at (252) 977-4600 for your quote to be considered. We would appreciate your quote on the item above and your attendance at your earliest convenience.
Barnhill Contracting Company will be holding a Pre-Bid Meeting to discuss the upcoming project by Risk by Fayetteville Technical Community College for the FTCC Cumberland County. The meeting will be held on December 1, 2020 at 10:00 AM in our Elizabeth City Office at 841 Sun Gro Drive, Elizabeth City, NC. This meeting is open to all bidders that are interested in bidding on this project. A pre-bid meeting will also be held for the Pitt Community College Housing Authority of the City of Wilmington, North Carolina project. The meeting will be held on December 1, 2020 at 10:00 AM in our Elizabeth City Office at 841 Sun Gro Drive, Elizabeth City, NC. This meeting is open to all bidders that are interested in bidding on this project.

Plan a Pre-Bid Meeting:

1. Determine the purpose of the meeting. The purpose of the meeting is to provide an opportunity for bidders to ask questions about the project and to receive clarification on any ambiguous aspects of the project.
2. Schedule the meeting. The meeting should be scheduled for a time that is convenient for all potential bidders.
3. Prepare for the meeting. Before the meeting, the project team should review the project documents and be prepared to answer any questions that may be asked.
4. Conduct the meeting. During the meeting, the project team should provide an overview of the project, answer any questions that are asked, and provide any additional information that may be needed.
5. Follow up. After the meeting, the project team should provide any additional information that may be needed and should follow up with any questions that were not answered during the meeting.

For more information, please contact James Spivey at (252) 335-9503. OPPOSE OPPORTUNITY EMPLOYER

ATTENTION MINORITY/ THE CONTRACTOR

Barnhill Contracting Company has some available opportunities on the project Risk by Fayetteville Technical Community College for the FTCC Cumberland County. The meeting will be held on December 1, 2020 at 10:00 AM in our Elizabeth City Office at 841 Sun Gro Drive, Elizabeth City, NC.

Plan a Pre-Bid Meeting:

1. Determine the purpose of the meeting. The purpose of the meeting is to provide an opportunity for bidders to ask questions about the project and to receive clarification on any ambiguous aspects of the project.
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For more information, please contact James Spivey at (252) 335-9503.