Healthier Living Feature: Obesity Awareness

It’s happened to most of us—we walk past a tempting treat and think about buying something and something catches our attention. We start to reach for it, but wait—a door opens, and there’s something better waiting. When we walk by a farmers market, we’re wowed with so much cheap and easily accessible food. In the Western world, it’s almost unavoidable. Sometimes we seem to have been smacked in the face by temptation.

Research has found that while resisting temptations like these can be very hard, people often do it—80% of the time. Even those who are successful have a few tricks up their sleeves. We’ve found that even people who don’t use any tricks of the trade may still be in the “overweight” range. In the National Weight Control Registry, they found that those who had maintained a successful weight loss for at least 1 year were more likely to use exercise and physical activity habits that will help you keep your healthy lifestyle. These habits may help you maintain your weight loss over time.

In addition to improving your health, maintaining a weight loss is likely to improve your life in other ways. For example, a study of participants in the National Weight Control Registry found that the weight loss helped improve several health conditions, such as blood pressure, blood cholesterol, and blood sugars.

The good news is that no matter what your weight loss goal is, even a moderate weight loss, such as 5 to 10 pounds or 5 to 7% of your total body weight, is likely to produce health benefits. For example, a study in the National Weight Control Registry found that there were significant improvements in not only physical health, but also their mental health, physical mobility, general mood, and self-esteem.

Confinement of Nutrition, Special Activity Programs at National Center for Chronic Disease Prevention and Health Promotion

In order to help you keep your weight loss, a moderate weight loss can decrease your BMI’s of between 20 and 33 healthy weight to choose. In a group discussion, we found that there were four major types of techniques that people used to manage their weight intake. The first focuses on the availability of tempting foods. Our summer is full of opportunities to eat foods and drinks that are high in calories and fat. Our heads are full of thoughts about what we want to eat, and it can be difficult to access. They look, sound, and smell so enticing, so it’s hard to resist them in our homes. At the same time, our friends and family members may also consume these foods.

Similarly, the participants studied by the National Weight Control Registry found that the availability of tempting foods was one of the major strategies that helped them maintain their weight loss. The participants reported that they found it helpful to make tempting foods less accessible or difficult to access. They hid, froze, or kept out of sight, or would not have a store of these in their homes at all. Some of the participants made a shopping list, bought groceries for the whole week, or every few days, or chose a supermarket to help them avoid unlimited choices.

Women who found the study helpful used eating and physical activity habits that will help you keep your healthy lifestyle. These habits may help you maintain your weight loss over time. To improve your health, maintaining a weight loss is likely to improve your life in other ways. For example, a study of participants in the National Weight Control Registry found that there were significant improvements in not only physical health, but also their mental health, physical mobility, general mood, and self-esteem.

Final words: It’s never too late to start trying to lose weight. If you’re ready to get started, we’ve got a step-by-step guide to help you get on the road to weight loss success.

Even Moderate Weight Loss Can Mean Big Benefits

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Theories and opinions expressed in each edition of GDN are those of their authors or editors, not of GreaterDiversity.com.
New Study Provides Critical Insights on Unique Health Needs of African Americans

by Brandi Phillips

ORLANDO, Fla / African Americans express more motivation to pursue a healthier lifestyle than non-African Americans, yet are less likely to describe themselves as being in good health, according to recent findings from the African American Health Engagement Study (AAHES), a collaboration of Pfizer, the National Medical Association (NMA) and the National Black Nurses Association (NBNA).

The AAHES study examined the health attitudes and behaviors of African Americans and reveals important health-related cultural differences compared to other non-African American respondent groups. Areas of focus in the study include spiritual health relative to other dimensions of health; awareness of and attitudes toward clinical trial participation; perception of state of health; and level of motivation to take action on health.

The AAHES research, which commenced in 2017, is designed to garner insights that could inform meaningful and effective actions to increase health equity in African American communities. According to recent data from the Centers for Disease Control, African Americans face a greater risk of death from almost every major disease compared with other American social and ethnic groups, and African Americans overall have a life expectancy more than three years shorter than that of non-African Americans.

“Our mission is to ensure access to the highest-quality of healthcare for persons of color,” said Eric J. Williams, DNP, RN, CNE, FAAN, President, National Black Nurses Association. “Our participation in the study helps us better understand health attitudes and behaviors of African Americans. Through our partnership with Pfizer and the National Medical Association, we are working to develop a sustainable plan of action that will make an impact on critical disparities that affect the health of our community.”

Key findings of the AAHES study include:

- 64% of African American study participants described themselves as “highly motivated to improve overall health,” compared to 76% of non-African American participants.

- Moreover, 75% of African American respondents claimed to be taking some action to stay healthy, compared to only 52% of non-African American respondents.

- 67% of African Americans surveyed agreed with the statement “I will do better on my health tomorrow,” compared with 53% of non-African Americans surveyed.

- 50% of African American study participants ranked their overall health (including physical, mental/emotional, and spiritual health) as “very good” or “excellent,” compared to 45% of study participants in other groups.

- 75% of African American study participants viewed spiritual health as extremely or very important to overall health and wellness, compared to 59% of non-African American participants.

- 45% of African Americans reported being satisfied with their body regardless of weight compared to 36% of respondents in other groups.

- 67% of African American participants believe African Americans are not well-represented in clinical trials, but only 33% of African American women and 45% of African American men stated that they are willing to enroll in a trial if it means changing or starting medication.

When it comes to trusted sources of health and medical information, African American respondents said that they place their highest level of trust in medical organizations focused on African Americans. African Americans’ least trusted sources for health-related information are widely used media channels, such as cable news and commercial broadcast networks.

Doris Browne, M.D., President, National Medical Association, said, “As the collective voice for African American physicians and the leading voice for parity and justice in medicine and increasing health equity, the National Medical Association, in alliance with the National Black Nurses Association and Pfizer, will work together to address the underlying causes of health inequity with greater creativity, innovation, and precision.”

The death rates for African American women from heart disease and breast cancer are far greater than that of other

NEW STUDY Cont. on pg. 7

Get Fit Challenge:
Tips for maintaining your holistic health

By Brandi Phillips

When trying to live a more healthy and well-rounded life, it’s important to focus on more aspects than your physical appearance. Yes, our hair, our nails, weight, and clothes are all important. However, the inside has to match the outside.

As we journey toward increased wellness, mental (intellectually), physical, spiritual, and social wellness are keys to our complete wellness.

In terms of weight, it may be close to impossible to lose, gain, or maintain it, if we do not check other key holistic health factors mentioned above. So, let’s explore how focusing on all aspects of your health is beneficial to achieving your desired weight.

Mental (Intellectually) – This is a two-fold approach. What we think and what we choose to learn on our journey counts. If we consistently tell ourselves we cannot do something, it will be much harder to accomplish. Also, if we’re not open to explore and try new things, pay attention to our body, and logically put together a formula that works for us, we will not be able to reach our weight goals.

Physical – This is an aspect that many of us focus on. We consistently do more, or fewer, workouts. We buy gadgets and gimmicks. We look to makeup and movie stars to help us look more beautiful. Truth is, unless you take a close look in the mirror and body and design a plan for a professional fitness plan, your weight goals may never be reached.

CHALLENGE Cont. on page 6
A national minimum wage of $15 would boost earnings for 40 million workers. Square in Chicago. 28-year-old Amber Evans disappeared in 2015 and is still missing.

It’s Time
for $15
and a Union!

By Negin Owliaei

Last month, McDonald’s announced a dramatic about-face in its political priorities. After years of strikes and protests from labor activists, the burger giant has decided to end its involvement in lobbying campaigns against increasing America’s paltry $7.25 federal minimum wage. It’s a big victory for the fight for $15.

It’s been less than a decade since a few hundred fast-food workers walked off the job to demand a $15 wage and a union. Now, they’re a global force demanding a $15 wage and a union.

For the most part, federal lawmakers have watched idly while cities and states have boosted their minimum wages up to $15. Just last month, Maryland became the sixth state — and the third just this year — to pass a $15 minimum wage after lawmakers overrode Republican Governor Larry Hogan’s veto.

But the idea now has more traction in Congress thanks to the recently introduced Raise the Wage Act, which would set a national minimum pay of $15 an hour by 2024. The legislation would lift pay for almost 40 million workers, the Economic Policy Institute has found.

As the push for higher wages continues to gain steam across the country, the movement promises to keep fighting. Workers greeted the new announcement from McDonald with more protests.

It’s not enough to decide, they say, that you “wish to advance, not impede” the discussion on a livable wage by tightening minimum wage workers more and workplace protections.

But it’s also only one player in an economy that continues to tighten its chokehold on anyone who works for a living.

Raising the federal minimum wage is one necessary change we can make to tax system that flows endless amounts of money towards the rich while balking at workers’ demands to be able to live off their earnings.

How can we begin to imagine the inequity baked into that system?

Take a look at Wall Street’s favorite culture to see just how warped our economy has become. Last year, Wall Street employees took home $27.5 billion in bonuses alone. That pool of money could pay all of the United States’ full-time minimum wage workers more than three times over, a new report from the Institute for Policy Studies has found.

Those bonuses mean the average Wall Street employee added $35,950 to their base pay in 2018 — a truly mind-boggling sum of money that’s increased by 1,000 percent since 1985. If the minimum wage had grown at that rate, McDonald’s workers would be making over $33 an hour today.

These staggering numbers go a long way toward illuminating how stark the concentration of wealth and power has become in this country. They also highlight the cruciality of the task of rearranging our economic system so that it works for everyone, not just CEOs and Wall Street bankers.

But, thanks to Fight for $15, we’ve been given a clear place to start: $15 an hour.

Negin Owliaei is a researcher at the Institute for Policy Studies and a co-editor of Inequality.org. Distributed by OtherWords.org.
Ritchie, Nicki Minaj, Kelly Osbourne and even Perry, Jordin Sparks, Lupita Nyong'o, Nicole already been seen with purple hair including Katy long. Of this vibrant color will keep it alive all summer on this trend, and the already growing popularity fashionistas all over the world will start jumping thing. Definitely points to Royal Purple as the next big trend and says that all her research and intuition Naturals, she pays great attention to statistics and free line of hair color products called Mysteek for summer 2019. As the founder of a chemical that Royal Purple will be the trending hair color and fashion influencer Electra S. Davis says Nationwide (BlackNews.com) – Hair stylist and fashion influencer Electra S. Davis says that Royal Purple will be the trending hair color for summer 2019. As the founder of a chemical free line of hair color products called Mysteek Naturals, she pays great attention to statistics and trends and says that after research and intuition definitely points to Royal Purple as the next big thing. Electra predicts that models, actresses, and luminaries all over the world will start jumping on this trend, and the already growing popularity of this vibrant color will keep it alive all summer long. In fact, many celebrities and influencers have already been seen with purple hair including Katy Perry, Jordin Sparks, Lupita Nyong'o, Nicole Richie, Nihi Minaj, Kelly Osbourne and even Cardi B. The trend can even be seen overseas with several Korean and Japanese superstars. Electra, one of the first women entrepreneurs to have created a 100% chemical free hair color line, started developing her products in 2016. Within three years, Mysteek Naturals has already become a very popular household brand. Her motivation to launch the company was to give consumers a safer option that would allow them to color their hair without having to bleach it or use harmful chemicals and dyes. For more details about her company and/or to place an order, visit: www.mysteeknaturals.com Learn more about the Royal Purple trend at: www.mysteeknaturals.com/product/no-bleach-natural-hair-dye-royal-purple/ • www.mysteeknaturals.com Comments On Gucci Blackface: Fashion Or Fau By: Sharon C. Jenkins Houston-based Luxury Fashion Designer, Isaac Moore, shares his take on the Gucci Blackface controversy. Comments On Gucci Blackface: Fashion Or Fau

Houston, Texas – Isaac and Moore, up and coming Black American luxury designer had this to say about the Gucci Blackface controversy on newscaster’s Isiah Carey’s Isiah Factor Uncensored. “Let’s focus on a solution versus focusing on the problem. The problem is systemic,” Moore, who went from homelessness to becoming a successful fashion designer is well aware of the struggles a minority industry faces. He literally had to be called out of his designer’s closet to address this issue. His unceasing focus on “business as usual” is a symptom of his tenacity. Moore believes that with every “no” he’s gotten, it’s created his one “yes.” Moore’s story starts with the abandonment of a drug-addicted mother and a father who spent most of his life in prison. When other young men in his neighborhood were making the wrong choices, he was choosing to stay focused on his dream. He lived, ate and slept (often on park benches), to the tune of his anticipated future; it motivated him to stay alive even when existing seemed impossible. He combats the “systematic” racism in the industry with pure professionalism and being excellent in everything he does. The Isaac and Moore Collection was birthed out of passion in 2005. Mr. Moore created the line to fill the void in the market for high-quality, innovative and comfortable garments. The Isaac Moore Collection was designed for the confident and original individual, who loves to fulfill their purpose. The line is a direct reflection of Mr. Moore’s acute sense of style and originality. Moore, the creator of this unique brand of clothing took his initials and turned them into a powerful contraction “TM,” thus birthing the most powerful affirmation and slogan in the fashion world, “I AM THE MAN I WAS BORN TO BE”. This brand is about the realization that the only thing separating an individual from their purpose is their mentality and once that has been altered, manifestation in the physical will follow suite. •

Luxury Designer Isaac Moore •

Royal Purple Is the New Trend For Summer 2019

Electra Davis, founder of Mysteek Naturals, wearing her hair in Royal Purple

Healthier, Together

Let’s make healthier happen.

At NHRMC and NHRMC Physician Group, we’re leading our community to outstanding health by looking deeper and working harder to find innovative ways to deliver great care. We’re bringing health screenings to area neighborhoods, offering free exercise and nutrition programs, and volunteering with community partners throughout our region. And we’re just getting started. Join us at NHRMC.org. Together, we can make healthier happen.
**New Hanover County Students excel at NAACP Afro-Academic Cultural, Technological and Scientific Olympics**

Congratulations to the following students for their awards:

- **Kerry Collier, Gold - Short Story, Early College**
- **Dhair Drain, Gold - Painting, Early College**
- **Lauren Lee, Gold - Filmmaking, Early College**
- **Jackie Bennett, Gold - High School, Contemporary School**
- **Nester Rodriguez-Garcia, Gold - Early College, Gold - University**

The winning students will be traveling to Detroit this summer to compete at the national NAACP ACT-JO competition. ACT-SO has been the primary national NAACP youth activity for the past 41 years. Each year, high school students compete locally in 32 categories for the opportunity to win a trip to Detroit, a chance to win national scholarships. New Hanover County is in its third year of competition. Last year, two of NHCS students won bronze medals nationally, along with $1,000 scholarships and new iPads. The competition is open to all ages and fitness levels. This locally organized health initiative has a mission of promoting physical activity, healthy lifestyle choices, and community relationships. The public is invited to attend.

**New Hanover Regional Medical Center**

**HRCM YMCA Sponsor Free Outdoor Fitness Celebration Series**

(Wilmington, NC) – New Hanover Regional Medical Center and the YMCA of Southeastern North Carolina have announced the sponsoring the first 2019 series of Dancin’ on the Park, a fun and free outdoor fitness celebration in Wilmington. The celebration is open to all ages and fitness levels.

This locally organized health initiative has a mission of promoting physical activity, healthy lifestyle choices, and community relationships. The public is invited to attend.

**BLUE Cont. from front page**

HBCU presidents talk about “Call to Colors” civic engagement campaign, the environment from civic and community leaders like Dr. T. Anthony Spearman, president of the NC NAACP, in addition to elected officials like NC congressional members Al Furay, G. K. Butterfield, senator; Mark Mitty “Molly” Fletcher, and north Carolinian community leader Dan Dan, make "A Call to Colors" even more of an impact heading into the 2020 election campaign season.

As the respective political parties begin rolling out their platforms and platforms, and candidates gear up to campaign for support in an election year that will see important congressional and statewide contests, in addition to races for the Governor’s mansion and the White House, ensuring that nonpartisan efforts are underway and will be in good hand to empower college and university students in the state – whenever they may attend at any time during the meeting hours, as no formal presentation will be made.

The public may attend at any time during the meeting hours, as no formal presentation will be made. Comments will be taken into consideration as the project progresses. The public meeting will be conducted in English, and persons who do not speak English, or who have a limited ability to read, speak, or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

**FDOT TO HOLD PUBLIC MEETING FOR THE PROPOSED ALL AMERICAN FREEWAY WIDENING FROM OWEN DRIVE TO I-295 IN CUMBERLAND COUNTY**

The N.C. Department of Transportation will hold a public meeting regarding the proposed widening of All American Freeway (S.R. 1007) from Owen Drive to I-295 (Fayetteville Outer Loop) in Cumberland County from 2-lanes to 3-lanes in each direction. The primary purpose of this project is to improve traffic flow and facilitate an increasing traffic demand.

The meeting will be held from 4:30 p.m. on Thursday, May 2 at Village Baptist Church at 506 S. McPherson Church Road in Fayetteville. The public may attend at any time during the meeting hours, as no formal presentation will be made. Comments will be taken into consideration as the project progresses. The public meeting will be conducted in English, and persons who do not speak English, or who have a limited ability to read, speak, or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

**Call us today! get rates!**

You can be empowering individuals, businesses and communities to: 1-800-462-0738
A new study that compared the distribution of medicines and medical devices between the four U.S. population groups—non-Hispanic whites, non-Hispanic blacks, Hispanics, and Asians—found significant disparities in how well these groups were covered by insurance, with non-Hispanic whites having the highest coverage and Asians having the lowest.

The study, published in the Journal of General Internal Medicine, examined data from the Medical Expenditure Panel Survey (MEPS), a large, nationally representative survey of U.S. households that collects detailed information on health care use and costs. The researchers focused on the use of preventive services, such as mammograms and screenings for colorectal cancer, and found that non-Hispanic whites were more likely to receive these services than other groups. They also found that non-Hispanic whites were more likely to receive medications for chronic conditions, such as diabetes and high blood pressure, than other groups. In contrast, Asians were less likely to receive these services and medications.

The study highlights the need for continued efforts to address health care disparities, particularly in the areas of access to preventive services and medications. It also underscores the importance of understanding the factors that contribute to these disparities, such as differences in insurance coverage and reimbursement rates. Further research is needed to better understand these disparities and to develop effective strategies to address them.
ADVERTISEMENT FOR BIDS

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KINSTON, NORTH CAROLINA 28501
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Sealed Bid proposals will be received at the
KINSTON ROOF REPLACEMENT AND REREFOIL:
HOUSING AUTHORITY OF THE CITY OF KINSTON, CAPITAL
OFFICE, at 1000 N. Studio Street, KINSTON, NC 28501, on
Monday, April 22, 2019 in our office by 5:00 p.m. Call
Dr. Marvin Connelly, Jr. - Superintendent
Fax No. (910) 324-4452. Contact: John Williams

Kinston, NC.

Proposals will be received from contractors licensed and authorized to perform the intended work. plan and specifications can be obtained from Kimley-Horn and Associates, Inc. at 704.954.7464. The State reserves the unqualified right to reject any or all proposals. On June Nichols, UNC Hospitals.

To be considered, contractors must submit their bid proposals to the Public Reading at 2:00 PM on May 21, 2019.

North Carolina Department of Transportation, Raleigh

The deadline for submitting Electronic Bids is 3:00 PM on Monday, May 21, 2019, and the public reading will be held on Tuesday, May 21, 2019 in the Conference Room on the 9th Floor of the State Capital Auditorium, Raleigh, NC 27603.

The State Department of Transportation, Raleigh, NC 27603, will accept sealed bid proposals from all interested contractors. Plan sets and specifications for the project are available from the Carolina Branch of Dodge Data and Analytics, 8208 Research Drive, Durham, NC 27707. Plan sets and specifications are available at the Carolina Branch of Dodge Data and Analytics, 8208 Research Drive, Durham, NC 27707 for a fee of $150 for hard copies of drawings and specifications, and for a fee of $150.00 for electronic copies of drawings and specifications for downloading. Contractors interested in visiting the project site may contact the Bid Director at 919-733-6080, ext. 409.

Please check your ad the first day it is published to ensure that your ad is exactly what you want readers to see. If you have any questions concerning the Public Reading, call 919-733-6080, ext. 409.

For further information, please contact theBid Director at 919-733-6080, ext. 409. The state reserves the unqualified right to reject any or all proposals.

An Equal Opportunity Employer

Please contact our office to obtain a link to plan and specifications.

8/27/2019 BALDWIN TOWNSHIP - School District Construction / Repairs

1. Miscellaneous Roof Repairs on Multiple
2. Roof Replacement at Project NC-4, Richfield
3. Major Roof and Reroof Project - National Permissions

2, 2019 in our office by 5:00 p.m. Call

See plans. Bids will be accepted in the office of the Cumberland County

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The deadline for submitting Electronic Bids is 3:00 PM on Monday, May 21, 2019, and the public reading will be held on Tuesday, May 21, 2019 in the Conference Room on the 9th Floor of the State Capital Auditorium, Raleigh, NC 27603.

The State Department of Transportation, Raleigh, NC 27603, will accept sealed bid proposals from all interested contractors. Plan sets and specifications for the project are available from the Carolina Branch of Dodge Data and Analytics, 8208 Research Drive, Durham, NC 27707. Plan sets and specifications are available at the Carolina Branch of Dodge Data and Analytics, 8208 Research Drive, Durham, NC 27707 for a fee of $150 for hard copies of drawings and specifications, and for a fee of $150.00 for electronic copies of drawings and specifications for downloading. Contractors interested in visiting the project site may contact the Bid Director at 919-733-6080, ext. 409.

Please check your ad the first day it is published to ensure that your ad is exactly what you want readers to see. If you have any questions concerning the Public Reading, call 919-733-6080, ext. 409.

For further information, please contact theBid Director at 919-733-6080, ext. 409. The state reserves the unqualified right to reject any or all proposals.

An Equal Opportunity Employer

Please contact our office to obtain a link to plan and specifications.

8/27/2019 BALDWIN TOWNSHIP - School District Construction / Repairs
Rodgers is accepting job specific trade contractor proposals for the construction of the WAKE TECH COMMUNITY COLLEGE – Southern Technical Education & Economic Development (SEED) Office Upfit project, for which the anticipated construction period is between May 1, 2019 and December 31, 2019. Prequalification is not required. The City of Greensboro – Rankin Brothers Campus Operations Conference Room, 704.537.6044 for further information. Contact Jed Dean at jed.dean@rodgersbuilders.com; Phone: (919) 361-5000.

WAKE TECH COMMUNITY COLLEGE COMMUNITY TECHNICAL COLLEGE RT2 REQUEST FOR PROPOSALS

Rodgers is accepting job specific trade contractor proposals for the WAKE TECH COMMUNITY COLLEGE – Southern Technical Education & Economic Development (SEED) Office Upfit project, for which the anticipated construction period is between May 1, 2019 and December 31, 2019. Prequalification is not required. The City of Greensboro – Rankin Brothers Campus Operations Conference Room, 704.537.6044 for further information. Contact Jed Dean at jed.dean@rodgersbuilders.com; Phone: (919) 361-5000.

RODGERS is seeking sealed bids for work to be performed at 1001 East 4th Street, Campus Operations Conference Room 101S, Greensboro, NC 27401 during normal business hours for the completion of the remaining exists multi-use space. The project is estimated to construct a new containment of Minority Economic Development (NCIMED) Plan & Resource Center, located in the Main Campus Steam Plant, Greensboro, NC 27409, for the completion of the remaining exists multi-use space. The project is estimated to cost $460,000. The City of Greensboro – Rankin Brothers Campus Operations Conference Room, 704.537.6044 for further information. Contact Jed Dean at jed.dean@rodgersbuilders.com; Phone: (919) 361-5000.

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For over 31 years, Greater Diversity News continues to be a united force of individuals empowering under-represented and diverse communities.

The City of Statesville

The City of Statesville is currently advertising to fill the following positions. Applicants must apply online at www.ci.statesville.nc.us.

Recreation & Parks Department Statesville

Leisure Pool:

- Pool Staff
  - Hourly Rate: $8.50

- Lifeguards
  - Hourly Rate: $9.00

Public Grounds & Cemeteries Division:

- Temporary Laborers
  - Hourly Rate: $12.2528

Positions open until filled.

The Columbus County Board of Education announces the vacancy of the position of Superintendent of Schools.

Applications are due no later than 4:00 pm on May 1, 2019. You may obtain the application from the Columbus County Schools website at www2.columbus.k12.nc.us. A hard copy of the completed application and letter of interest shall be directed to Superintendent Search, Columbus County Schools, 301 S. Second St., Whiteville, NC 28472. Phone: (910) 642-5168 ext. 2014; FAX: (910) 640-1010. Email: bpridgen@columbus.k12.nc.us. All inquiries will be kept confidential. Columbus County Schools does not discriminate on the basis of race, sex, religion, color, national or ethnic origin, age, disability, or marital status in its policies, programs, activities, admissions or employment.