Extremely high blood pressure that leads to strokes, heart attacks and kidney damage, classified as hypertension emergencies, is three times higher in inner-city African-American patients than the national average, according to a recent study co-lead by a Dallas researcher.

The study, which is the largest of its kind to address the issue of hypertension emergency in a clinical setting, was published in the journal Blood Pressure. The researchers found that high blood pressure was higher than hypertension, with the highest rates among African-Americans. In addition to being very common, high blood pressure in African-Americans develops earlier in life but has lower control rates compared to other racial-ethnic groups. Higher than average blood pressure results in the development of serious health complications that come with it.

The study sought to determine the prevalence and incidence of high blood pressure escalating in severe cases among African-Americans. “Extremely high blood pressure rates are an alarming health concern for the African-American population,” said Joanna Renneman, a Rutgers School of Nursing assistant professor. “Developing targeted interventions to control for the major risk factors may reduce the risk of disease increases in blood pressure and thus reduce the risk of organ damage as a result.”

Researchers analyzed medical records of 3,588 patients with elevated blood pressure treated in the emergency department of Newark Beth Israel Medical Center, a New Jersey hospital that serves predominantly African-American communities. Half of these patients had severe hypertension.

The results showed that patients who were male, 65 years or older, or who had diabetes, chronic heart or kidney disease were at the highest risk for developing extremely high blood pressure, which lead to potentially life-threatening complications such as worsening congestive heart failure and heart attack. These patients also were found to be at a significantly higher risk of stroke.

Why? After all, I knew he was a film producer John Singleton, according to an article in The North Dallas Gazette that accompanied a story by Myers, a correspondent for the Associated Press.

Singleton’s untimely death has been a heart attack or a freak accident? No. It was a stroke! and the importance of making the right call. A stroke is a medical emergency that needs to be treated immediately. The sooner care is provided, the greater chance that less damage occurs when the brain is supplied with too little oxygen or nutrients. It is important to remember that a stroke is a medical emergency that needs to be treated immediately.

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Healthy eating habits – It’s a no-brainer that adding fruits and vegetables to your diet can help. With the prevention of stroke and countering other ailments. Make a conscious decision to eat more fruits and vegetables and consult with your doctor to develop a diet that is customized to your needs.
By Mike Sommers, President and CEO American Petroleum Institute

NNPA Newswire—One of the biggest barriers our research has identified is lack of awareness about the opportunities in our industry. We’re partnering with many of organizations to change that. Through coordinated efforts with groups like the Congressional Black Caucus Foundation, Congressional Hispanic Caucus Institute, National Center for American Indian Enterprise Development, Society of Professional Engineer and others, we’re working to spread the word about the industry is having.

The economy is booming, but that doesn’t mean it’s all easy street for American families. Costs for household essentials continue to rise – with expenses for healthcare up 7.5%, over 30-year, education costs increasing by 58% and food rising 20%. There’s one important exception: energy costs. Household energy expenses have dropped 10.5%, and Americans saved $300 billion in 2016 compared to 2010. As recently as 2011, media were claiming “fossil fuels are back.” But through coordinated efforts with groups like the Congressional Black Caucus Foundation, Congressional Hispanic Caucus Institute, National Center for American Indian Enterprise Development, Society of Professional Engineers and others, we’re working to spread the word about the importance of energy.

First Baptist Church
817 North 5th St.
5th Ave. Baptist Church
272 North Front St., Suite 300-A
Evans Metropolitan Baptist Church
2071 Skibo Road
Peace Memorial Christian Church
292 South 4th St.
Kingdom Impact Global Ministries
2225 B Avenue NE
St. Stephen A.M.E. Church
2100 Murchison Road
Worship Center
Berkeley Church
2130 North Bragg Boulevard
Heal the Land
207 North 5th Street
Community College Library
400 W. Third St.
Shaw University
702 Reilly Road
AAA Barber Shop
2014 New York Street
Peace Barber Shop
2232 Edgewood Road
Cultural Center UNCW
1929 Oleander Dr.
AAA Barber Shop
2232 Edgewood Road
Cultural Center UNCW
1929 Oleander Dr.
AAA Barber Shop
2232 Edgewood Road
Community Boys Club
1107 Princess St.
Azalea Coin Laundry
1107 Princess St.

By Roger Caldwell, NNPA Newswire Contributor

NNPA Newswire—When I had my stroke, I was well aware that I had hypertension, but I was still not taking my prescribed medication. I was walking around with a time bomb. At any time I knew the bomb could explode but I took a chance. Eventually the bomb exploded, but today I live, and now part of my responsibility is to educate Americans about strokes with a primary focus on African Americans.

It is very significant to me, because I am a stroke survivor. As a stroke survivor, I consider myself to be a miracle. One of my goals in life is to educate Americans (particularly Black men), that 80% of strokes can be prevented with knowledge and education. Strokes are responsible to a silent killer, and nearly 85% of all strokes show no warning signs.

According to the most recent warnings, there are three risk factors, diseases, and conditions that increase the likelihood of having a stroke. High blood pressure (hypertension) is the number one cause in the country for a stroke and can be regulated with medicine, a proper diet, monitoring your blood pressure and a healthy lifestyle.

“Healthcare is one of the most urgent issues that our country is facing. As Americans, we are twice as likely to have high blood pressure, with 80% of deaths having some form of hypertension. If only 1 out of 3 adults make more than $50,000 a year, the responsibility is to educate Americans about strokes with a primary focus on African Americans.

After having my stroke, I completely paralyzed on the entire right side, I was in the hospital for a month and after my first hospital stay, I was moved to a nursing home, where I was in a wheelchair for a year and a half. I had to learn how to eat with my left hand, and how to graduate from feeding myself to feeding myself. I’m a9fired office, but I did not recover very well. All Americans must know more about stroke prevention and awareness, and they should know their personal numbers and how to act on them.

Commentary
Learn Your Numbers: Risk of Stroke

Learn more online at http://greaterdiversity- newspaper.com/numb...
African-Americans with moderate or severe sleep apnea are twice as likely to have hard-to-control high blood pressure when their sleep apnea goes untreated, according to a new study funded mainly by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health. The finding, which researchers say may partially explain why African-Americans suffer hypertension and heart disease at rates higher than any other group, point to screening and treatment of sleep apnea as another important strategy for keeping uncontrolled high blood pressure at bay.

A common disorder that blocks the upper airways and causes people to stop breathing during sleep, sleep apnea has already been linked to an increased risk of high blood pressure in whites, but the association in blacks has been largely untested. This new research demonstrates this link in a large population of African-Americans. The results published in Circulation, a journal of the American Heart Association.

“This is an example of how NHLBI-funded research is making important advances in our understanding of cardiovascular risk and sleep health,” said Michael Twery, Ph.D., director of the National Center on Sleep Disorders Research at NHLBI. “This report underscores the need for studies to determine whether screening groups at high risk for sleep apnea, such as African-Americans, would facilitate early medical intervention and reduce the risk or severity of heart disease.”

“This study identifies a risk factor for hard-to-control hypertension that until now may have been overlooked in African-Americans,” said study author Dr. Margery Johnson, an assistant professor in the Department of Epidemiology at Rollins School of Public Health at Emory University in Atlanta. Johnson added that the disproportionately high rate of uncontrolled hypertension among African-Americans makes the study results even more consequential. A recent NHLBI-funded study showed that about 75 percent of African-American men and women are likely to develop high blood pressure at age 55, compared to 55 percent of white men and 40 percent of white women of the same age.

Johnson noted that the current findings could provide more of an impetus for African-Americans with the condition, particularly for those who also have diabetes, obesity, or depression, to get evaluated for sleep apnea, even if they have mild symptoms. An estimated 1 in 4 African-Americans in the United States have moderate or severe sleep apnea, but most have not been diagnosed or treated by a doctor, according to a 2016 study led by Johnson when she worked at Brigham and Women’s Hospital in Boston.

In the new study, the researchers followed 6,044 African-Americans with hypertension who were participants in the Jackson Heart Study, a large-scale longitudinal investigation of causes of cardiovascular disease in African-Americans. The researchers used the participants for obstructive sleep apnea (the most common kind) with a special device used overnight in the home. The researchers classified sleep apnea as unaffected, mild, moderate, or severe based on the number of times a person either partially or completely stopped breathing during sleep. The tests revealed that more than a quarter of the participants had severe sleep apnea and that the condition had gone undetected in almost all of them—i.e., 94 percent of the cases. The remaining participants either had no sleep apnea, or a mild form of it.

The researchers also took blood pressure measurements and found that 48 percent of the participants had “uncontrolled” high blood pressure, meaning they had the condition even though they took one or two antihypertensive medications. About 14 percent had “resistant” hypertension, meaning they had the condition even on three or more antihypertensive medications. “Resistant” hypertension is more severe than “uncontrolled” and carries a higher risk for heart disease and death, the researchers said.

More Resources and News online at GreaterDiversity.com
Livingstone Student Brings Greetings of Gratitude to N.C. Legislative Black Caucus Foundation

Salisbury, NC – Livingstone student Will McCorn delivered powerful remarks at the N.C. Legislative Black Caucus Foundation Annual Scholarship Banquet held at the Sheraton Imperial Hotel in Durham. Officially named the William L. Wainwright Annual Scholarship Banquet, the purpose of the event is to raise scholarship funds for students of historically black colleges and universities.

McCorn, an award recipient of the Foundation’s scholarship, was selected to be the only HBCU student to give remarks at this year’s program on behalf of all scholarship recipients. McCorn said, “But the success I have achieved since being there would not have happened if it not been for organizations like the Legislative Black Caucus. Your belief in and support of students like me will continue to fuel our fire and propel generations to go forward into success.”

Nine other Livingstone College students also attended the event. McCorn went on to say, “He was amazing,” said Warren Armstrong, Jr., president of the Livingstone College National Alumni Association and the Foundation’s treasurer. “I could have heard more from him. He was a great representation of my alma mater.”

Gov. Roy Cooper brought greetings as well as Senator Dan Blue of District 14 and Representative Kimberly Harrington. He received a standing ovation.

“Livingstone was my last chance,” he said. “But the success I have achieved since being there would not have happened if it not been for organizations like the Legislative Black Caucus. Your belief in and support of students like me will continue to fuel our fire and propel generations to go forward into success.”

Livingstone College, majoring in sociology. He is an honor student who works at the campus radio station as an on-air personality as well as announces campus basketball games.

A native of Ellicott City, Md., McCorn aspires to dedicate his time and energy toward advocating for education reform as a lobbyist or through nonprofit sector. Earlier this year, he was a Tom Joyner Foundation Heracles scholarship recipient. “Will McCorn commanded attention from the time he took the microphone at the event,” said Kimberly Harrington, assistant director of public relations at Livingstone College. “The responses was significant. He received a standing ovation. We are extremely proud of him and the impact he had on the audience.”

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For more information on the N.C. Legislative Black Caucus, visit www.ncleg.com/blackcaucus.
Introducing the World’s First
Black-Owned Inspirational Eyewear Company

Nationwide – Meet Isiah Fowler, the 28 year old entrepreneur who believes that everything you do in life starts with a vision. He is the founder & CEO of SWAV Eyewear, which is the world’s first inspirational eyewear company that is on a mission to change the world through eyewear.

Isiah always had a vision to change the world and his journey started when he decided to leave Sacramento, CA to explore the world by serving in the United States Air Force. In 2011, a year after joining, he needed the best quality eyewear company that is on a mission to change the world and his life started with a vision. He’s a goal oriented, passionate, and driven visionary to achieve absolute greatness.

You can back the crowdfunding campaign on Kickstarter at www.swavkickstarter.com.

By Defender News Service

Black Woman Tapped to Lead Bed Bath & Beyond

LIVINGSTON

Continued from page 4


Cash Michaels, columnist and film director, served as master of ceremony. U.S. Congresswoman Karen Bass of California’s 37th Congressional District, was the keynote speaker. She’s also chair of the Congressional Black Caucus.

The Foundation, under the leadership of Dr. Bobbie Richardson, chairperson, announced that based on the event’s success this year, it would be able to increase its scholarship giving to eligible students.

To learn more about the N.C. Legislative Black Caucus Foundation or how to apply for the scholarship, visit www.nclbcf.org.
from other sources to similar state HFA loans were much less Williams noted.

proactive loan servicing helps to promote are careful practices that NCSHA serves the broad mandate of the state agencies more than 40 of which were minority-headed 2017 alone, state HFAs provided Housing Agencies (NCSHA), in the National Council of State needs.

their budget and quality-of-life home or apartment that meets their needs. By Christopher G. Cox

“...A 2018 study found that...”

State Housing Finance Agencies Assist Homebuyers Renters

By By Christopher G. Cox

Every Saturday at 1:30 p.m. as in Puerto Rico and the U.S. Virgin Islands, the National Council of State Housing Agencies (NCSHA) Serves the broad mandate of the state agencies more than 40 of which were minority-headed. 2017 alone, state HFAs provided assistance for buyers.”

Weston Williams, executive director of the National Council of State Housing Agencies (NCSHA) 2017 alone, state HFAs provided $42 billion to finance affordable homeownership for more than 120,000 households, 26 percent of which were minority-headed households.

The NCSHA was created by the state agencies more than 40 years ago, Williams said to help shared practice.

The new report, “A 2018 study found that state HFAs were more lenient in their lending practices than loans from other sources to similar buyers,” he said. “According to the study, not only are HFAs more likely to require full documentation of income, employment and credit history, they also serve as a line of credit for homeowners with lower credit scores. By Christopher G. Cox

NCSHA’s Survivors and Descendants Stories:

For more information, contact Toby Sanders at 609-215-0545.

● Leadership Development: Coding and writing

● Building group projects

● Motivational speakers and educational seminars

● Mentor/mentor relationship building

How to apply: Space is limited and participants are encouraged to apply as soon as possible. Scholarships are available. Please go online to apply at https://www.nshfa.org/application-9th-grade

For more information, contact Toby Sanders at 609-215-0545.

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Summer Series Scheduled
Cont. on page 2/3 cup chopped plum tomatoes
½ cup shredded part-skim mozzarella cheese
¼ cup chopped Kalamata olives
1 teaspoon minced garlic
2 tablespoons lemon juice
1 cup chopped fresh rosemary

Tomato- & Olive-Stuffed Portobello Caps

Portobello caps make excellent mini casseroles. Here, they hold a balsamic tomato mixture that's rich and savory. Serve them with whole-wheat couscous and a mixed green salad for an easy meal.

Ingredients
- 2/3 cup chopped plum tomatoes
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup chopped Kalamata olives
- 1 teaspoon minced garlic
- 2 tablespoons lemon juice
- 1 cup chopped fresh rosemary

Tip: To grill the caps: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Preparation
- 1. Combine tomatoes, cheese, olives, garlic, 1 teaspoon oil, rosemary and pepper in a small bowl.
- 2. Preheat grill medium.
- 3. Discard mushroom stems. Remove brown gills from the undersides of the caps using a spoon; discard gills. Mix the remaining 1 teaspoon oil, lemon juice and rosemary over both sides of the caps.
- 4. Oil a grill rack (see Tip). Place the caps on the rack at 1/2-inch intervals. Cover, and grill until tender, about 5 minutes per side. Remove from the heat and let cool, then slice the mushroom in half.

Pineapple-Raspberry Parfaits

You won’t mind serving dessert on a busy weekday after assembling these quick parfaits.

Ingredients
- 4 (5-ounce) containers (2 cups) no-sugar-added pineapple yogurt
- 1 pint fresh raspberries
- ½ cup diced fresh pineapple

Preparation
- 1. Divide and layer yogurt, raspberries and pineapple in 4 glasses.

MINTER
Cont. from Front page

Mr. Minter is also a member of the North Carolina Bar Association (NBA), having recently volunteered a panel at the NBA’s 2018 Labor and Employment Section Annual Conference in Washington, D.C. His additional pro bono and community activities include the National Employment Law Project, where he serves on the Annual Conference Committee; and the North Carolina Bar Association’s Minority Affairs Committee, which he is responsible for working directly with the Corporate Counsel Section and reporting to the North Carolina Bar Association’s Executive Committee regarding its programs. His pro bono and community activities include being chair of the NBA’s Minority Affairs Committee; and serving as President and current role as member of the Burlington Alumni Chapter of the American Association of University Women.

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"The measure of intelligence is the ability to change." — Albert Einstein
ADVERTISEMENT FOR BIDS

INVITATION TO BID

Barnhill Contracting Company will be holding a Pre-Bid Meeting on Friday, June 28, 2019. We are most interested in receiving proposals from your company on these projects:

<table>
<thead>
<tr>
<th>Project</th>
<th>Description</th>
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Contact: Ryan Holton, (910) 718-3000 Ext. 204 or (910) 255-4100 Ext. 204, rholton@barnhillcontracting.com

Pre-Bid Meeting ~ Friday, June 28th, 2019 at 9:00 a.m. in our Kinston Office, 1010 New Ashburn Road, Kinston, NC 28504.

Work Description: Consists of the installation of stone base, asphalt pavement, signage, ADA sidewalk improvements, drainage, curb, gutters, grading, utility installation, and some common spaces, wall coverings, carpet, luxury vinyl tile, epoxy resin hard tile flooring and wall tile, terrazzo, decorative wainscot assemblies, acoustical and gypsum board ceiling treatments. These projects include opportunities on, but are not limited to surveying, clearing and grubbing, grading, erosion and sediment control, sanitary services, surveying, utilities installation, geotechnical services, permanent and temporary signage, reforestation, stone and aggregates, erosion control, sanitary services, surveying, airfield improvements, water treatment systems, green roof systems and paver systems. These projects will be tendered to two (2) bidders.

ATTENTION: DBE’S - WBE’S - MBE’S

Pre-Bid Meeting ~ Friday, June 28th, 2019 at 9:00 a.m in our Rocky Mount Office.

For final bidding, proposals will be received at the City of Carolina Beverly Road Annex at 200 S. 5th Street, Rocky Mount, NC 27803 on or before 2:00 p.m. on July 10, 2019.

Pre-Bid Meeting ~ Friday, June 28th, 2019 at 9:00 a.m. in our Elizabeth City Office.

For final bidding, proposals will be received at the City of Carolina Beverly Road Annex at 200 S. 5th Street, Rocky Mount, NC 27803 on or before 2:00 p.m. on July 10, 2019.

If you have any interest in bidding on any applicable portion of this work, it is very important that you review the Invitation to Bid described above.

These projects will be tendered to two (2) bidders.

Ferry Road, Carrboro, NC 27510

Notification of Proposals to Be Awarded

Our office-trailer, sanitary services, surveying, utilities installation, geotechnical services, permanent and temporary signage, reforestation, stone and aggregates, erosion control, sanitary services, surveying, airfield improvements, water treatment systems, green roof systems and paver systems.

Attention: DBE’s - WBE’s - MBE’s

Deadline for cancellations is Monday, July 8, 2019.

Please contact Philip Lee with any questions or concerns. Contact Chad Ek for any questions or concerns. Contact Chad Ek at (910) 718-3000 Ext. 204 or chad.ek@barnhillcontracting.com.

Deadline for cancellations is Monday, July 8, 2019. Prequalification information for Barnhill Contracting Company, Inc. will not be reviewed. Contact Chad Ek at (910) 718-3000 Ext. 204 or chad.ek@barnhillcontracting.com for further information.

SHP Building 5, Window Blind Replacement

Hawkesville Franklin, NC 28806

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Central Piedmont Community College Library and Student Success Center - BALANCE OF WORK

PREDICTION AND PROJECT MANAGEMENT OPPORTUNITIES

Rodgers + Emmons will accept Trade Subcontractors and Subcontractors for the Central Piedmont Community College Library and Student Success Center - Balance of Work.

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MODIFICATION TO NORTH COUNTRY COUNTY SERVICES BUILDING

Project Manager / Estimator: Chad Ek

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Ferry Road, Carrboro, NC 27510

Notification of Proposals to Be Awarded

Our office-trailer, sanitary services, surveying, utilities installation, geotechnical services, permanent and temporary signage, reforestation, stone and aggregates, erosion control, sanitary services, surveying, airfield improvements, water treatment systems, green roof systems and paver systems.

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PROJECT DESCRIPTION

HAYNES ELECTRIC & HAYNES INSTRUMENTS, LLC, has received the award for the construction of the new Board of Commissioners Building in the City of Clayton, N.C. The Board of Commissioners Building project consists of approximately 7,000 square feet of new electrical and instrument work.

The work will consist of installing and maintaining all electrical systems, including lighting, power, fire alarm, and security systems. The project is expected to be completed by the end of the year.

If you are interested in bidding on this project, please contact Ken Leath at Ken.Leath@haynes-nc.com or (919) 571-3000 ext. 23.

Bids are due by 4:00 p.m. on Tuesday, July 30, 2019.

For more information, please visit the Board of Commissioners website or call (919) 571-3000 ext. 23.
Greater Diversity News will be closed on Thursday and Friday, July 4-5, 2019.

Our deadline to advertise this week is:
Tuesday, July 2, 2019 at 4:00 pm.

Please email your ads or advertising requests to: Kgrear@greaterdiversity.com

Thanks so much for your support!

May you and your family have a very blessed and safe Fourth of July!

The Town of Southern Pines, NC is seeking an IT Director with excellent technical qualifications, project management experience and proven leadership abilities to lead the Town’s technology strategy and implementation. The IT Director supervises a staff of 3 IT Professionals and reports directly to the Town Manager. The Town offers an excellent salary and benefits package. For complete details, a full position profile, and to apply visit: https://www.developmentalassociates.com and click on “IT Director – Southern Pines” link on the left side of the home page. NOTE: this search is being handled by a third party so applications will NOT be accepted through the Town’s website.