We often hear about public health issues such as diet, lack of exercise, and smoking. But what about chronic stress? Canadian physician Garth Maté studies the mind-body connection. He argues that chronic stress plays a big role in the development of disease. It should come as no surprise that those emotions can impact our physical health. When we’re sad, or angry, we’re likely to experience some stress. When we’re nervous, we might have knots in our throats or butterflies in our stomachs. Clearly, our feelings aren’t just experienced in our heads. When we’re stressed, our bodies release cortisol and adrenaline. These two hormones impact our entire bodies. The stress and adrenaline, via our immune systems, and meddle with our organs geared to fight or flight. It’s why we feel nervous, or experience chest pains. It’s why we’re embarrassed, we blush. It’s why people with butterflies in our stomachs are prone to acne. It’s why we’re angry when they’re violated and they react assertively to protect themselves. It’s why we’re sad and we’re grieving.

There are several medications doctors might recommend in these situations. As always, make sure you take them as directed. And, if you’re still feeling anxious, talk to your doctor. Some anxiety medications include:

1. Buspirone (Buspar) is a popular non-anxiety drug. It’s unlikely that you’ll be given a traditional anxiety drug like benzodiazepines for anxiety. Instead, you’ll likely be prescribed an antidepressant, the most common being selective serotonin reuptake inhibitors, or SSRIs. Prozac is one of the most well-known SSRIs available, and others include Paxil, Effexor, and Venlafaxine. Try S R I I s - a d a y antidepressants - in some cases have terrible reactions, including an increased risk for anxiety and depression.

2. In some cases, your doctor might prescribe Buspar. Buspar is a bit too weak for their needs. Even though it has fewer side effects than other medications, it may cause one or two reactions in some people. Unless your anxiety is pronounced, it’s unlikely that you’ll be given traditional anti-anxiety drugs like benzodiazepines for your stress. Benzodiazepines tend to cause a bit too much fatigue, so they’re more likely to be prescribed for anxiety and depression.

3. That’s another reason that many are looking at alternative therapies for anxiety and depression. Some traditional therapists recommend meditation, yoga, and acupuncture. Some doctors might recommend an event such as a Road Race to help you feel better. These events are a great time for Peachtree Road Race competitors to run a 7K qualifier race and for advocates to team up in the name of family, friends, and co-workers who suffer from sickle cell anemia. It will be a festive day with music, activities, vendors and prizes. All are invited to sign up for some upcoming blood drive registration is available online at www.SickleCellRace.com.

Creating a team is a great way to experience the event, and we’re creating a community of peace and love. Deb McClellan Cray, SCDG, President and CEO of the organization, said, “We are happy to once again be the site of the Sickle Cell Road Race/Walk with proceeds going to support Camp New Hope and the many support services of the Sickle Cell Foundation of Georgia.” Deb McClellan Cray, SCDG, President and CEO of the organization, said, “We are happy to once again be the site of the Sickle Cell Road Race/Walk with proceeds going to support Camp New Hope and the many support services of the Sickle Cell Foundation of Georgia.”

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White Supremacy Is Genuinely A Global Threat

By Jill Richardson

Road Race & Walk Sickle Cell by Jill Richardson

By Jill Richardson

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Road Race & Walk Sickle Cell

Buspar is one of the few that is also has the fewest side effects. However, many find that they don’t work well enough. There is currently no such medication for chronic anxiety, or for anxiety and depression.

When we think about public health issues, we often think about the importance of the Black Community. Black banks help to circulate the Black dollar. Historically, Black-owned banks have been the pillar of the Black community by providing African Americans with access to financial services and capital for minority-owned businesses.

According to BankBlack USA, org, less than 1 percent of other (non-Black) community bank loans are made to Black borrowers. Black banks helps to encourage the Black dollar. With movements such as #BlackLivesMatter, social media has brought awareness to the importance of banking Black and moving your money to Black-owned banks.

Here are five banks that you should consider when deciding on your banking institution.

BANKS Cont. on page 4

Cont. on page 3

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It’s time to talk about white supremacy.

White supremacy — the belief that white people are somehow superior to people of other racial backgrounds, and should therefore politically, economically, and socially rule non-white people — goes on anywhere and anytime. It’s been deeply woven into the fabric of our culture systemically and institutionally throughout our country’s DNA. It’s at the root of every racist act. It’s manifested into the soil of this land and beyond shaping our nation — our world — as it stands today.

White supremacy’s diseases that have never been contained or cured. It’s a widespread and destructive and it’s ever emerging in extreme displays like the massacre at two mosques in Christchurch, New Zealand by a self-proclaimed white supremacist. President Trump is quick to exaggerate any alleged threat posed by immigrants or Muslims. But when asked by reporters if he believed that white nationalism was a rising threat, he responded “I don’t really think it’s a very small group of people that have serious problems.”

The New Zealand attacks were not a disjunctive response echoed similarly lingering sentiments. Maiming “both sides” for the 2017 white nationalism rally that left one person dead in Charlottesville, Virginia.

The main problem is that the attacks in New Zealand stirred up a growing threat worldwide of white supremacist terrorism, according to former FBI and Homeland Security.

In the United States, domestic terrorism at the hands of white nationalists is on the rise. The most recent incident involved a U.S. Coast Guard defendant, a self-proclaimed white nationalist, who created a “list of progressive leaders, activists, and media personalities he intended to kill.”

A recent study showed that white supremacists committed virtually every single act of terror in the United States last year. These incidents and others documented by the Southern Poverty Law Center expose a new iteration of white supremacist resurgence, with hate that doesn’t back down.

It’s inspired terrorist attacks — and entire governing structures — on multiple continents. Can we name it and dismantle it, the sooner we do the better for all of us, whatever our color. You can see it even in "ordinary" political speech. Rhetoric used throughout history labeling Indigenous people as "savages" and Africans as "brutes" is shamefully being repeated by Donald Trump to describe immigrants seeking asylum in the United States. His reference to Haiti and African nations as “shithole countries” is an example of this.

We’re not witnessing the acts of a "very small group of people." We’re witnessing a wave that has spanned the globe, from the British Empire to Nazi Germany to the Jim Crow South and now to New Zealand.

We're not witnessing a wave that has spanned the globe, from the British Empire to Nazi Germany to the Jim Crow South and now to New Zealand. It’s a coincidence that Trump would deny white nationalism in a way, while simultaneously using it as a framework to impose harsh restrictions on immigration and other policies?

This resurgence of white supremacy is rooted in a fear of what activists refer to as its "dismantling" — the stripping away of white supremacists, systems, beliefs, and ideologies. That can’t be done without understanding its origins and its fundamental violence — or the fact that ideologies like these have little to do with offering white people.

To state all plainly, people are equal. The perpetuation of racist ideas is one big fallacy, so too is the legacy of white supremacy. The sooner we name it and dismantle it, the better for all of us, whatever our race.

https://otherwords.org/white-supremacy-is-a-genuinely-global-threat/
Stressing Out?
Your 7 Tips to Eat Your Way to Thicker, Fuller Hair

Health & Wellness
More Resources and News online at GreaterDiversity.com

Biotin is the most well-known B vitamin that helps keep the hair thick and healthy. A deficiency can lead to hair loss. Additional B vitamins, including B1, B2, B3, B6, B12 and folate (Folate) also support healthy hair growth, as B vitamins create red blood cells, which carry oxygen and nutrients to the scalp and hair follicles. Eat eggs, sweet potatoes, onions, peas, asparagus, almonds, tomatoes, carrots, green and beet leafy greens and lentils and seeds.

Zinc
Zinc is involved in hair growth and keeps the oil glands around the hair shaft working properly. If you have dandruff, slow-growing hair or hair loss, low levels of zinc might be the culprit. To ensure you have enough in your diet, try oysters, white beans, chickpeas, red kidney beans, black beans, nuts and seeds.

Omega-3
Omega-3s are essential fatty acids that are anti-inflammatory powerhouse. Since your body doesn’t produce them naturally, you must consume them through your diet. Most people associate fish, like mackerel, wild salmon, herring, sardines and anchovies with omega-3s, but you can also get them through flax seeds, walnuts, chia seeds and hemp seed.

What to consume:

Iron
Iron helps boost circulation and carries oxygen to your hair’s roots, which helps the hair grow faster and longer. An iron deficiency can lead to hair loss. Some good sources of iron include clams, beans, lentils, pumpkin seeds, sunflower seeds, oysters, grass-fed beef and fish.

B vitamins
Vitamin B1, B2, B3, B6, B12 and folate (Folate) also support healthy hair growth, as they create red blood cells, which carry oxygen and nutrients to the scalp and hair follicles.

Omega-9
Omega-9s are monounsaturated fats that support healthy hair, while omega-6 is required for optimal hair growth and keeps the oil glands around the hair shaft working properly. If you have dandruff, slow-growing hair or hair loss, low levels of zinc might be the culprit. To ensure you have enough in your diet, try oysters, white beans, chickpeas, red kidney beans, black beans, nuts and seeds.

Vitamin C
Vitamin C is a powerful antioxidant that helps protect against oxidative stress caused by free radicals, which can hamper hair growth. It helps absorb iron from plant-based foods, and supports the body in collagen formation, which is required for optimal hair growth. Food sources include bell peppers, citrus fruits, strawberries, pineapples, kiwi and dark, leafy greens.

Supplements
While eating a well-balanced, nutrient-rich diet is ideal for improving hair health, incorporating a hair-supportive supplement like NIOXIN’s Recharging Complex is a great way to help you reach your nutrient needs. This once-a-day tablet contains biotin, zinc and more, plus 14 other nutrients that support healthy-growing hair from the inside out.

IN YOUR HEAD
Continued from Front page: Food Lion and Pick Up Your Hair Styling Products Today!

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Find Your Style
at Affordable Prices

STOP BY FOOD LION AND PICK UP YOUR HAIR STYLING PRODUCTS TODAY!
One program I volunteer with we’re going to invest in people. A lot of time thinking about how we can grow. I went to GM and one thing that stood out to me was that we spend a lot of money on recruiting but we have hundreds of volunteers. So, why not make sure the kids are involved in STEM fields. One of the things I love about GM is that we spend a lot of time thinking about how we’re going to invest in people. One program I volunteer with is called “A World in Motion,” a partnership with the Society of Automotive Engineers. With this program, we have hundreds of volunteers throughout the country that go into schools and talk to kids about what the students design challenges. We also work with them in the classroom and have them build boats out of paper, so they’re learning about science, dynamics, friction and all of that. We also engage in robotics teams and we have a partnership with “Girls Code Who.” Now, we’re attracting many female engineers and leaders. So, lots of different ways we get kids involved in STEM and STEAM fields.

How do you attract young people interested in STEAM (Science, Technology, Engineering, Art, Math and STEM, Science, Technology, Engineering, and Math) occupations?

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NHRMC Implements Program to Help Malnourished Patients After Discharge

WILMINGTON, NC — New Hanover Regional Medical Center has initiated a program to help malnourished patients bridge the gap between the nutrition they receive in the hospital and what they experience once they return home.

When a patient is diagnosed with malnutrition by a registered dietician at NHRMC, nutrition interventions are put in place to meet the patient’s specific medical nutrition needs. During their hospital stay, many patients start to improve and are then discharged with instructions on how to properly nourish themselves to maintain or rebuild strength and lean muscle mass.

We identified a gap in nutrition care once our patients were discharged,” said Jonathan Lago, NHRMC’s Manager of Clinical Nutrition. “After our malnourished patients left the hospital, we didn’t know if they were following the education they received, or if they were able to retain and implement the nutrition education they received, or if they were following the nutrition care plan that was created specifically to help them heal.”

Often, the answer was that there was insufficient support at home to keep these patients on the path to healing.

To bridge this gap, NHRMC secured a Duke Endowment Grant to hire its first clinical outreach dietician, Skip Allen, who receives referrals from the NHRMC dietitians and visits malnourished patients in their homes. He reinforces their nutrition plan of care and ensures they get connected to the resources they need to continue recovering at home.

“Nutrition is imperative for continued improvement in overall health and wellness,” Lago said. “We cannot expect our patients to bounce back from a trauma, stroke, fall, surgery or any other medical condition if their nutrition is inadequate. Nutrition is connected to everything.”

When patients don’t have access to food (also known as food insecurity) and are diagnosed with malnutrition, they may not heed or regain strength or regain functional ability to perform everyday tasks.

The boxes contain the recommended daily amounts of calcium, protein and other essential nutrients,” said Wayne Strauss, NHRMC’s Director of Food & Nutrition Services. “By eating these items, patients will receive important nutrients to help them continue to gain strength and muscle mass.”

About 20 percent of NHRMC patients are estimated to be malnourished, so the health care system has shown support for the program by adding positions to the Clinical Nutrition team to assist with early identification and treatment of malnourished patients.

LEARN MORE ONLINE: Visit http://greaterdiversity.com/NHRMC328/

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Marketing Expert Launches Small Business Program with A Mission to End Poverty Through Entrepreneurship

Step-by-step curriculum teaches the critical steps for getting a new business off the ground

Entrepreneurs can change the way they live and work — and inspire others to do the same. Innovations created by small businesses can improve the quality of life, creating personal success as well as create communities that are more prosperous,” Trapham noted. “When people find success doing something they love and believe in, they have the power and capacity to help others do the same. I appreciate the mentors who helped me early in my career and am dedicated to helping others find their passion in business, reduce the causes of poverty, and creating a chain effect of business support and success.”

The first training takes place March 30th in Atlanta, with monthly training programs extending in Houston, Orlando, Washington, D.C. and across the globe. New and current business owners can sign up at www.velmatrayham.com. Participants will learn how to pick the business model that best fits their product or service, how to determine what to sell, what to charge, the value of creating a minimum viable product, the importance of creating a Strategic Plan, the keys to a successful Marketing Plan, and much more.

About Velma Trapham

Velma Trapham is the CEO of ThinkZILLA PR & Consulting Group — a high growth marketing firm based in Atlanta, with clients in multiple industries across the globe. Certified as a Women-Owned Small Business (WOSB) by the U.S. Small Business Administration, ThinkZILLA is recognized for its larger than life marketing campaigns, innovative Public Relations strategies and Branding Solutions.

For more information on the Pioneer program, or to book Velma to speak, please visit www.velmatrayham.com.

For more information on ThinkZilla, visit www.thinkzillac.com.

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About Velma Trayham

Pioneer program, designed to help entrepreneurs find their passion and purpose into a profit. Entrepreneur and small business success is a key to winning agency ThinkZILLA is recognized for its larger than life marketing campaigns, innovative Public Relations strategies and Branding Solutions.

ThinkZILLA PR & Consulting Group, is a marketing expert Velma Trayham, who recently launched business after losing her job as a marketing expert, is focused on increasing employment, entrepreneurship and small business success. Trayham, CEO and founder of award-winning agency ThinkZILLA PR & Consulting Group, is launching her brand new Pioneer program, designed to help entrepreneurs find their purpose and turn their passion and purpose into a profit.

As poverty continues to spread across the globe — almost half of the world’s population lives on less than $2.50 a day, according to DoSomething.org — Trayham believes small business success is a key to raising people out of poverty and recently launched business training programs focused on entrepreneurship. The Pioneer curriculum for startups provides the step by step guidance needed to launch a successful business.
BOSTON – Life is Good, the Boston-based positive lifestyle brand with a mission to spread the power of optimism, celebrates its 25th anniversary by shifting the national orientation from the negative towards all that’s good. Coast to coast, the brand is making one simple, powerful appeal: "Tell us something good." For every #SomethingGood shared now through September 2019, $1 will be donated to the Life is Good Kids Foundation, a 501(c)(3) charity which supports the needs and goals for senior women. The organization looks forward to building and enhancing their relationships with such sponsors, vendors, and even the press.

For more details, visit their official site at www.HalleesCometProductions.com or contact them at 860-869-1344 / 860-732-3965 or via email at halliescometproductions@comcast.net.

Senior women competing during a previous event

Any support, all sponsors, and vendors who contribute to this gala will be making a tax-deductible donation to their 501(c)(3) charity which supports the needs and goals for senior women. The organization looks forward to building and enhancing their relationships with such sponsors, vendors, and even the press.

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Local Leaders Step Up to Protect the Sacred Remains of the ‘Sugar Land 95’

By Jeffrey L. Bonny, NNPA Newswire Contributor

The race for the moral universe is bending toward justice for the 95 victims of the unjust and inhumane convict-leasing system in Texas, who were previously lost to history.

The Fort Bend ISD (FBISD) Board of Trustees unanimously voted in February of 2018 while working on the initial phase of FBISD’s planned site of the James Jester Center and Technical Center. The game changing decision by FBISD came a week after the Fort Bend County Commissioners Court led the way by unanimously voting to work with FBISD to come up with an interlocal agreement to handle the sacred site where the remains were found.

A statement released by FBISD Board President Jason Blackman and SBISD indicated that the ‘Sugar Land 95’ needed to be memorialized at the site of discovery. We have embraced the offer made by Fort Bend County to work with us to create an appropriate memorial for the victims of the convict-leasing system. We are hopeful and optimistic that by working together with the County these bodies can be reinterred so they can rest in peace. Should we encounter any obstacles to this, we will look to the State, Texas, other elected officials, as well as lawmakers, to assist us in finding a solution.

We appreciate and welcome the County’s recent commitment to work with the District toward a solution that preserves the story and memory of those buried on this historic site. In order to show our good faith and commitment to working toward a comprehensive solution, the District will follow further court action while we explore all available options with the County.

“The District’s plan to build the portion of the building that is within the cemetery area has been cancelled. We are confident that our partnership with the County will result in a solution that allows the historic cemetery to operate as a legally authorized entity. We look forward to working with local elected officials and community leaders to implement this solution as quickly as possible and keep our promise to honor and educate the public and future generations about the 95 souls who were previously lost to history.

FBISD had been under serious pressure to halt the construction on the site and work with community leaders to address this situation. Prior to a coalition of community activists, elected officials and employees coming together to advocate on the project, there were all indications were that FBISD was committed to moving forward with their construction plans and were completely disregarding the requests of many in the community.

Newly elected Fort Bend County Judge KP George (D- TX) stated that from his very first day in office, he encouraged Fort Bend County to properly address the justice for the ‘Sugar Land 95’ victims.

“I am enthusiastic about the school board’s decision to focus on negotiation as opposed to legal action or construction on the grave sites,” said George. “The community should know that we as Fort Bend County take the responsibility of Justice for the ‘Sugar Land 95’ seriously.

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Does Stress Cause Diarrhea?

When stress is not the same as anxiety, it too can result in diarrhea. Everyone responds to stress in their own way, whether it is a physical reaction, or psychological or emotional. However, the main reason that anxiety-induced diarrhea occurs is because of the way the body is reacting to the "fight or flight" systems occurring when your body perceives danger, whether real or not. During anxiety, your body stress is their own way, whether it is a physical reaction, or psychological or emotional. However, the main reason that anxiety-induced diarrhea occurs is because of the way the body is reacting to the "fight or flight" systems occurring when your body perceives danger, whether real or not. During anxiety, your body

Stop Diarrhea from Stress, Anxiety, or Nervousness

While not usually discussed in company of others, digestive issues are one of the most common residual effects from stress and anxiety. Place a great deal of pressure on your body and your nervous system can cause issues with digestion. Depression or anxiety is often an immediate result of increased stress. Depression or anxiety is often an immediate result of increased stress. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea. Stress is known for causing muscle tension, which may lead to your body releasing hormones that cause diarrhea.

Anxiety

Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger. Anxiety can be a healthy reaction to a real threat in a frightening situation, but it can also be a reaction to a perceived threat. Anxiety is a state of anticipation or worry about some future event or situation that the person believes is a significant threat, and which may or may not involve actual danger.

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EASTERN WAKE ED CENTER FIRE ALARM UPGRADES
All bidders who are eligible and have the required qualifications are invited to submit sealed bids for Eastern Wake Education Center, 2019 Fire Alarm System Replacement, on Wednesday, April 10, 2019 from 9:00 a.m. to 12:00 noon.

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BID TECHNOLOGY BUILDING PHASE III–RESIDENCE HALL EXPANSION
Rodgers is accepting job-specific trade proposals and final construction documents–for the Western Carolina University–Life Science and Technology Building. At the present time, the project is scheduled to begin at the end of 2019. The deadline for submitting trade proposals is April 19, 2019. Final construction documents will be released in mid-May.

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