

# request for proposals

## COMMERCIAL FLAT ROOF REPLACEMENT Central Center

Union County Community Action, Inc. (UCCA) is seeking proposals from General Contractors, licensed in North Carolina, to replace a commercial flat roof at the Central Center, 351 White Store Road, Wadesboro, NC 28170.

Proposals will be accepted until 3:30pm on Friday, February 18, 2022.

For complete requirements and specifications, you may download a copy of the RFP packet from UCCA's website at [www.uccainc.org/procurement](http://www.uccainc.org/procurement).

Interested parties may also contact

**Maurice Henneberry**  
at (704) 283-7583 ext. 0227  
or [Maurice.henneberry@uccainc.org](mailto:Maurice.henneberry@uccainc.org)

## SBI Receives Record Number of CyberTips for Second Year in a Row

The North Carolina State Bureau of Investigation's (SBI) Computer Crimes Unit (CCU) and the Internet Crimes Against Children (ICAC) Task Force continue to see an increase in the number of CyberTips via the National Center for Missing and Exploited Children (NCMEC). In fact, for the second year in a row, the SBI has received a record number of CyberTips despite many students returning to the classroom setting and parents returning to the office. In 2021, the second year of the pandemic, the SBI received 12,760 CyberTips. In 2020, the first year of the pandemic, there were 9,308 CyberTips compared to 4,930 CyberTips in 2019.

"While we are hopeful this trend will not follow us into a new year, the numbers clearly indicate this is a very serious problem and we must do all we can to protect children online," said Kevin Roughton, Special Agent in Charge. The top three sources for last year's CyberTips came from Facebook, Snapchat and Instagram, applications most parents believe are safe for their kids to use. Here are some practical safety tips for parents/guardians:

- Parents must frequently communicate with their kids about who they interact with online and talk to them about what is and what isn't acceptable online behavior.
- Parents should also warn their kids about the dangers of sharing inappropriate photos and videos.
- Also, be sure to check their phones periodically to see what apps they have and how they're using them.

For additional tips and resources, please visit [www.icactaskforce.org](http://www.icactaskforce.org).

## High School Students Encouraged to Explore Cybersecurity Careers

Governor Roy Cooper is again encouraging high school students in North Carolina to explore careers in cybersecurity by participating in CyberStart America, a free online cybersecurity competition sponsored by the National Cyber Scholarship Foundation and SANS Institute. Any student in grades 9-12 can discover their aptitude for cybersecurity and computer science while also earning chances to win college scholarships. Complete details including how to register, can be found at [www.cyberstartamerica.org](http://www.cyberstartamerica.org).

"We have to evolve in the way we implement cybersecurity to help keep us safe from online threats," Governor Cooper said. "Part of how we do that is by attracting the next generation of talented cybersecurity professionals to public service. CyberStart America helps us do that."

According to Cyber Seek, an initiative funded by the National Initiative for Cybersecurity Education, there are 21,010 vacant cyber-related positions in North Carolina. Nationally, that number tops nearly 600,000.

"Significant, high-profile cybersecurity events across the country this past year have highlighted how vulnerable we are to ransomware and other threats and have underscored how critical it is to protect and defend against them," said James Weaver, state chief information officer and secretary of the N.C. Department of Information Technology. "Programs like CyberStart America help create educational pathways and opportunities to build a diverse and talented cyber pipeline to help address our future challenges."

CyberStart America is a series of games in which students solve cybersecurity-related puzzles and explore related topics, such as code breaking, programming, networking and digital forensics. Students need no knowledge or experience in information technology or cybersecurity to participate. They learn everything they need to know in the game.

Students who do well can earn access to scholarships and advanced training.

Last year, 1,165 North Carolina students participated in CyberStart America. Eighteen won college scholarships and the opportunity to participate in the Cyber Foundations Academy, a multi-week cybersecurity training and certification course.

Emily Chen, a senior at Panther Creek High School, was among the top 30 students in the nation to have the highest point scores in the competition.

"Prior to this program, I honestly had no idea I could pursue a career in cybersecurity," Chen said. "I've gained skills that made me realize it's something I really enjoy doing. If you're hesitant, I just say give it a try. It's free. You just have to sign up."

## For Immediate Assistance

- **North Carolina Coronavirus Hotline:** 866-462-3821
- **The NC DHHS COVID-19 webpage:** [www.ncdhhs.gov/divisions/public-health/covid19](http://www.ncdhhs.gov/divisions/public-health/covid19).
- **North Carolina 2-1-1:** A one-stop connection to thousands of local agencies and resources that can help—24 hours a day, 7 days a week. Call 211 or Text COVIDNC to 898211 for updates on COVID-19 response and resources or visit [nc211.org](http://nc211.org).
- **Substance Abuse & Mental Health Services Administration Hotline:** 1-800-662-HELP
- **Hope4NC HELPLINE:** 1-855-587-3463. Call 24/7 for mental health and resilience supports during times of crisis.
- **Hope4Healers HELPLINE:** 919-226-2002. NC medical professionals, or their families, can call 24/7 for mental health and resilience supports.
- **National Child Abuse Hotline:** 1-800-4-A-CHILD
- **Disaster Distress Helpline:** 1-800-985-5990
- **National Domestic Violence Hotline:** 1-800-799-7233
- **Alliance Health 24-Hour Access and Information Line:** 800-510-9132. If you or someone you care about shows signs of stress and you are becoming concerned, call the Alliance 24-hour Access and Information Center and a licensed clinician will assist you in finding the right kind of help.

## 7 Easy Steps to Protect Your Home from Wildfires

The Wildland/Urban Interface (WUI) is defined as the area where homes and communities meet or intermingle with undeveloped wildland vegetation. Wildfires that occur in the WUI can be extremely dangerous or destructive to lives and property.

As development has increased in North Carolina over the past few decades, a large number of homes and communities have been built in Wildland/Urban Interface areas, increasing their risk for exposure to wildfire.

While many people think of western states such as California as being particularly prone to wildfire destruction, the problem also exists in North Carolina. Wildfire is a natural part of the state's ecosystems and the statistics below from the 2010 census (src: The 2010 Wildland-Urban Interface of the Conterminous United States) illustrate the danger that many residents live under. It is not a matter of "if" a wildfire will occur, but "when" it will happen.

- North Carolina is #1 in the Nation of area (acres) in the WUI (Wildland Urban Interface), (13,402,007 acres of 33,708,881 acres), 39.8 percent.
- North Carolina is #4 in the nation for number of homes in the WUI (2,247,317 homes of 4,327,528 homes), 51.9 percent.
- North Carolina is #4 in the nation for the number of people in the WUI (4,835,825 of 9,535,483 people), or 50.7 percent.
- North Carolina is #6 in the nation for number of Seasonal Homes and (144,879 of 191,508 seasonal homes is in the WUI), 75.7 percent.

While structural firefighters, often working in conjunction with the N.C. Forest Service (NCF), work diligently to suppress WUI wildfires, the simple truth is that very few fire departments have the quantity of resources to protect every home in a WUI area. Even with adequate equipment, the design of many communities makes it extremely difficult for firefighters to safely access threatened homes.

The dangers of the WUI mean that homeowners must take the initiative in working to protect their property and neighborhoods before a wildfire occurs. The North Carolina Wildfire Mitigation Program and Firewise USA programs provide information for homeowners, builders, planners, developers and fire officials to help mitigate the risks associated with wildfire in the WUI.

### 7 Easy Steps to protect your home from wildfires

• **Clear:** Clear off pine needles, dead leaves, and anything else that can burn from your rooflines, gutters, decks, porches, patios, and along fence lines. Falling embers will have nothing to burn.

• **Store Away:** Store away furniture cushions, rattan mats, potted plants, and other decorations from doors, decks, porches, and patios. These items catch embers and help ignite your home if you leave them outside.

• **Screen & Seal:** Wind-blown embers can get into homes easily through vents and other openings and burn the home from the inside out. Walk around your house to see what openings you can screen or temporarily seal up.

• **Rake:** Embers that land in mulch that touches your house, deck, or fence is a big fire hazard. Rake out any landscaping mulch to at least 5 feet away.

• **Trim:** Trim back any shrubs or tree branches that come closer than 5 feet to your house, in addition to any overhanging branches.

• **Remove:** Walk around your house and remove anything within 30 feet that could burn, such as wood-piles, spare lumber, vehicles, and boats – anything that can act as a large source of fuel.

## Don't let leg pain slow you down.



One in every 20 Americans over the age of 50 suffers from PAD - a condition caused by plaque or fatty deposits in the arteries that limit blood flow to the legs and feet. This puts them at greater risk for heart attack, stroke and limb loss.

## Symptoms of Peripheral Arterial Disease (PAD)

**PAIN**                      **DISCOLORATION**  
**ACHING**                **BURNING SENSATION**  
**NUMBNESS**            **SWELLING**

Call (704)226-0531 for your PAD assessment today!

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## COMMERCIAL FLAT ROOF REPLACEMENT Faison Center

Union County Community Action, Inc. (UCCA) is seeking proposals from General Contractors, licensed in North Carolina, to replace a commercial flat roof at the Faison Center, located at 905 South Main Street, Wadesboro, NC 28170.

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