

## Guest Commentary

### My life on the 'T List'

The following was submitted by a Q-Notes reader who wishes to remain anonymous due to the sensitive nature of the information he shares.

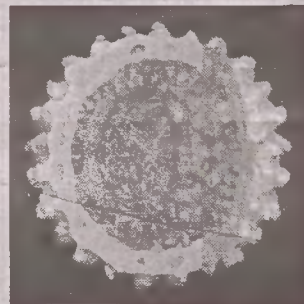
At the beginning of December 2006, I was in perfect health. Looking forward to Christmas and the New Year, I was working hard, playing hard and hanging out with friends and a boyfriend. By the end of the month I was sick, in the hospital and facing a possible liver transplant — all the result of contracting Hepatitis B.

The first mistake I made was not being aware of all the health issues associated with being a gay man. The second mistake, not asking enough questions at the doctor's office.

So let me ask you, "Mr. & Miss Reader," how much do you know about Hepatitis B? Have you ever discussed the disease with your doctor? Did you know that Hepatitis B is the ninth leading cause of death in the U.S.? Did you know that there is a vaccine?

Neither did I.

My doctor never mentioned the disease or the vaccine, and I even have a gay doctor. I suspect the majority of you are like me, happily unaware of this disease and the havoc it can cause in your life.



So, for the past five months I have been trying to recover. Because Hepatitis B can cause major liver damage, that

might never repair itself, I was initially placed on the liver transplant list.

Imagine living every day for months waiting on the call from the transplant center and wondering what is taking so long and wondering if you will survive until you receive the transplant. Imagine wishing for a liver but terrified of the surgery and the aftermath. It's hard to pray for an organ knowing someone will die in order to supply it.

Luckily or by a miracle (I choose to believe miracle), my health has continued to improve and I have been taken off of the liver transplant list. My doctor says he has never seen anything like my recovery and that I have defied all of the odds.

I write this to bring awareness to the LGBT community. After I contracted Hepatitis B, I became aware of all the friends that have never been vaccinated. I encourage you to talk to your doctor and get vaccinated. While you're at it, go to [www.donatelifenc.org](http://www.donatelifenc.org) and become an organ donor. Currently, there are over 3,000 people in North Carolina waiting on a donor.

Finally, I could not have survived that last five months without my family, friends and boyfriend. Their support has been a true blessing. ▀

— Have something to say? Write a letter to the editor or guest commentary and submit it to [editor@q-notes.com](mailto:editor@q-notes.com).

# Industry Day 2008

## July 23, 2008



### Government Contracting

This Symposium will introduce you to Government contracting with emphasis on the federal government. Topics include types of contracts, qualifying bids for competitive advantages, support organizations, and recent changes in the contracting environment. The course helps with preparing for and responding to service contract requests for proposals (RFPs) and with strategies for improving the quality of proposals and winning bids. We compare applications for grants and proposals for contracts and conclude with a workshop for students on their proposals or applications.

*Taught by Robbie E. Watlington - Program Manager HLC Consulting*

### Perfect Proposal Preparation

Already in business with basic registration accomplished and preparing your next bid/proposal from either local, state and federal sources? Learn the information needed to successfully prepare the government proposal and in a framework that can be adapted to particular needs and all skill levels. Take advantage of contracting to grow your business.

### How To Become A GSA Contractor

*"GSA Schedules Program - The Course Describes"*

- Various features of the GSA Schedules Program;
- The evaluation and contract award process;
- Sources of information related to Schedule contract administration.
- How to submit an offer;
- How to successfully market supplies and services; and

### Small Business Resources

The Government is a strong advocate of minority and special audiences. Whether you're looking for information on programs and services in support of women entrepreneurs, veteran's business development, Native Americans, special minority programs including HUBZone, Small Disadvantaged Business Certification and 8(a) business development, you'll find it here. The future of America's small businesses and international trade depends on you.

### Topics Include:

- Veterans;
- Young Entrepreneurs;
- Guide to the 8(a) Business Development Program; and
- Small Disadvantaged Business Program (SDB).
- Women Entrepreneurs;
- International Trade;
- Native Americans;
- Size Standards;
- Opportunity Gaps;
- SBA Partner Topics;

All of the topics will be discussed in great detail and each participant will be issued a workbook that lists all topics. We will conclude the workshop with a questions and answer session and one-on-one with a class instructor will be available as well.

This is an eight-hour session beginning at 8:00 am and lasting until 5:00 pm with a one-hour lunch provided by HLC Consulting with two thirty-minute breaks in between classes.

The cost for the entire day, including lunch, is **\$899.00** and we will accept company checks with a completed registration package up to two weeks prior to July 23, 2008.

Class size is limited, so early registration is suggested.

We encourage persons with disabilities to participate in our programs and activities. If you anticipate needing any type of accommodations or have questions about the physical access provided, please contact Robbie Watlington at (919) 682-2651 in advance of your participation or visit.

### To Register:

On-Line Registration <http://horizonlogisticsconsulting.com/RegistrationForm.aspx>

Please contact Raymond Robertson or Robbie Watlington at 919-682-2651.

We will be hosting Industry Day 2008 on July 23, 2008 at: The Washington Duke Inn & Golf Club, Durham, N.C.