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I started an online store this year also studying to see how can I get a training building to train others in welding, I got my certification in welding 2014 Mississippi had a free class everyone was told we would be hired on to the shipyard after 3 months of class me 5 more black females were told shipyard stop hiring people but all 10 males started with us was hired So that left us without jobs 4 months later I got my 1st welding job on the navy base Gulfport, Ms. that was a contract job so it ended 5 months later! I had to take a job in Mobile Alabama a hour away from home and away from my kids as a single parent with a child with a major health problem. But somehow I made it work 7 months only female welder certification in that shop owner brought in two more Mexican workers and ask that I train them they didn't know any english So I took upon myself to learn Spanish after 2 months of training the two guys I was terminated owner told me he cutting back and my position to much of a dirty job for females! So I packed up my stuff headed home thinking how will I feed 3 kids no job and no warning sign of being let go, 2 months later I took a big cut in pay to work in construction doing Sheetrock on contract that job lasted 1yr 2 months layoff again! So I decided to apply for the shipyard and I was hired at entry level pay I didn't complain that 14 men got a pay rate way higher than me that was hired with me! I need to work something better then noting I pass my drug test hair cutting I passed my physical which was the hardest part, I pass my hearing test and my gas mask test I was happy even though the process was long! Just knowing I had a job long term was joy! Until last test shipyard have a nurse aid doing blood pressure testing me and 5 men showed up to test one guy blood pressure came back high he asked the nurse can he lay down to see if his level improved nurse said sure and it pass next up is myself my blood pressure was high also I asked the nurse can I change my body position to lay down? Male nurse aid said no you have to get a regular doctor then come back I said ok with tears walking out the door it's already been a month I go home call my doctor to see me next day my blood pressure was good so I showed up at the shipyard the next day, There's 4 nurse at the shipyard and a nurse practitioner" But once I sign in to get my blood pressure test the same nurse grab my paperwork he took me to the back get my blood pressure again he say my blood pressure high so I asked him can I lay down the nurse aid said no will you be laying down working? I didn't say you let the other male lay down and we hired to do the same job! I just shut up and said ok think you I will go back to my doctor once I left shipyard I drive right to my doctor office and told my doctor what the nurse said she checked my blood pressure it's not high so I said please give me blood pressure meds please I really need this job my bills behind my kids and I about to be sleeping in my car so my doctor said Ms. Ingram who is this job with? What's the name of this nurse aid? Then my doctor said I will give you 5 mg of blood pressure medicine but noting higher because your blood pressure is fine, So the next day I go back to shipyard to do my blood pressure test same nurse aid got my paperwork he takes me inside a room this time and closed the door he takes my blood pressure on crash cart nurse aid said Ms. Ingram who kept telling you to come back? This time you need to wait until I call you back your blood pressure still high go home and wait a week or two I will call you to come back in! So I say can you use a different cuff I been to my doctor two times now my blood pressure good! Nurse aid told me there's no reason to get a different cuff So said ok and left! Once more after my 45min drive gas run low no money now the guys hired in with me has worked a month, Once I got home I stop this time by the ER they take my blood pressure it's good so intake said what brings you here today I told her my blood pressure high and I need blood pressure medicine the ER doctor said no we can't give you a higher dose of blood pressure medicine hospital said Ms. Ingram do you know will happen if your blood pressure drop to low? Then doctor told me what can happen if it drop to low, So I leave ER I stop by my doctor office my doctor said no if you here for blood pressure Ms. Ingram you not being seen doctor said I will not help kill you because some nurse aid don't want you to have that job! I asked the doctor to please just check my blood pressure and same thing it's good, So I go home in tears not knowing what I was going to do! I found a new doctor that doctor gives me 10mg blood pressure medicine I wait 1 week before I went back to the shipyard after that I call front office HR told me sure come back to test next morning I head out before I do I stop by the ER got my blood pressure checked it's good I asked if they can write it on paper doctor sign it they did I got on the highway 45min drive once I make it there I stop by the closes CVS I went in and asked can pharmacist check my blood pressure she did it's still good and she signs her name and my blood pressure numbers! I head to the shipyard that's one block away once I get to the nurse station same nurse grab my paperwork again he put me in a room door closed I asked is it high nurse aid said yes I showed him my two paperwork showing it's not high then nurse aid got real mad at me and said it's not as high so he can say it's ok I pass my blood pressure test

now I'm thinking lord yes thank you nurse tells me he will be right back stay here. Once nurse aid comes back he told me I needed 2 yrs of medical records I asked why? Nurse aid said because I need to see how long you had high blood pressure what medicine you been taken I told him I never had high blood pressure I never taken blood pressure medicine until now, I said to the nurse I don't know you personally but can you please please let me work don't take my job away I got 3 kids Sir please this all I got to feed my kids nurse aid told me I can speed things up by getting my medical records to him so he can go over them which will take a while with tears running down my face I said ok nurse aid told me don't call HR to come back again nurse aid said I told you I will call you now have your doctor send me the 2yrs medical records I left out and headed home it's been 3months I showed up at that shipyard after I left the shipyard I stopped by my doctor office my doctor said no! My doctor said Ms. Ingram I see the game this nurse aid playing but I will not break the law with him no he can't not get 2yrs of your records no company ask workers to do this my doctor asked for the HR phone number and names I gave her that information she called and left a msg HR called her back and said they will ask medical about this, 2days later a guy calls me saying he the CEO of the shipyard and the job offer is off the table because they can't hold my job offer any longer I told the CEO I passed all my test and all my physicals but the nurse aid want let me work without 2yrs of medical records and my doctor said that's against the law CEO said he didn't know anything about that I need to speak to medical about that he said he only called me to say my offer no longer stands and that's all he called to say Then he said go online when job opens back up for hiring I asked him do I have to test all over again he said yes you do because you a new hire and we may not hire until next year for welders I said wow ok! Now I could have been looking for a job but for 3 an a half months I was thinking I had a job. I still have my job offer and my welcome hiring package to this day! That I look at sometimes wondering why! Next 5months I get a call for a job 5 mins from my home 12hrs 7 days a week with contract worker but this was supposed to be permitted by HUD low income workers who live in Mississippi I worked 3 months until I moved up as a welder month later HR asked everyone to file out a income paperwork about 18 guys I worked with was worried real bad they started asking supervisor do they have to put they real hourly rate down and a address the supervisor told them no and to use his address because he renting a place in Gulport Ms, The guys drove from home everyday some Mobile Alabama and Louisiana only 7 of us from Mississippi lives in Mississippi 2wks later all Mississippi workers was let go! Company told us work has slowed down maybe we can come back once it pick up! With parking we all had to park at a place called jones park with cars driving by can see our cars as I drive pass day after day week after week car tags said Alabama and Louisiana no Mississippi car tags! this job would've been great right at home good money I could've came off public assistance doe good and by my kids a home of our own! They were going to be union because the job was on the port of Gulport Ms HUD 3! Next month I went into anything I could get housekeeping I went from 28.00 dollars a hour to 8.00 dollars a hour making 130 dollars a week rent got behind again food lights water etc. My landlord was a gift from heaven she said she going to work with me my rent 1000 a month S8 paid my part to pay was 300 dollars a month! As I looked for jobs in my filed and with better pay 9 months later I got a contract job on navy base again different company doing landscaping that's when I started pulling information once I got off work wanting to run my on construction business that job ended 2017 I still don't have a job today! I get job offers in other states but my kids can't come live in the hotel it's 2 workers to a room, That's when I tried opening online store and study to be come a contractor my online store hasn't made one penny it's been 2 months! If I had the help I could open a training center or open my business I could hire people to do what I know weld or build but how do I do that without money? All the jobs I had I was either the only black female or only female! Nurse at shipyard was white on the port of Gulfport same thing they kept all white men let all blacks go! I love people not color so I don't want to make this about color but that's what happened to me! I see programs like able body but that's for people without kids, I been trying to leave Biloxi, Ms to move to TX in hopes to find work and money to open my business! Yes I live in Gulport, Ms long long time but without work my landlord couldn't let me stay for free so 2017 I moved to Biloxi, Mississippi with my S8 voucher! It's been hell here the landlord don't like blacks and will tell you to your face but because she don't own the place she can't stop anyone from moving in but she gives you Hell make you leave! This year I got to get out here all my life I never been wrote up 18 yrs but now I get wrote up for how I wash my clothes or if I call main office for help! Like I said I don't want this email about a race I want this email to show how a Single black mother can't make a living for her kids or own a business for her self and others unemployment ran out while ago once more I'm face with being homeless all over again my rent 69.00 dollars but with lights water medical bills son 1st year in college daughter 1st year 2020 and 10yr old years to come!! Food 200 dollars food stamps live in child support 140 a week car note INC. I had to let it go, soap etc.! I am willing to work I'm willing to dig ditches if I had to but I don't have a chance over males I need help so bad I want this so bad but how? I even took a class last year with the shipyard yes same shipyard at the college even though I was certified already but it was my only hope of getting in so I got to class 6:am Monday-Friday hour drive 2weeks in I didn't make a 85% on my math test so I was put out of the program but in meeting when it first stages they said they will help and work with us! Ima 42 yrs old! losing hope daily! Thank you here's my life my statement and you can say my name

because I live this life for real