



Who's the Boss? More Women Decide They Are

It's estimated that more than 9.1 million women now lead their own enterprises. What's more, from 1997 to 2014, when the number of businesses in the United States grew by forty-seven percent, those owned by women grew by sixty-eight percent, according to a report published by American Express OPEN.

One woman who is part of that trend—and is helping other women become their own bosses, too—says those statistics may not be that surprising. “I think many women are willing to branch out on their own because they decide that the benefits outweigh the risks,” says Dr. Diana Hoppe, founder of Amazing Over 40 Inc. (www.amazingover40.com), a health coaching certification program for women. “We live in a time when people often reinvent themselves because job opportunities are limited or they are looking for new challenges.”

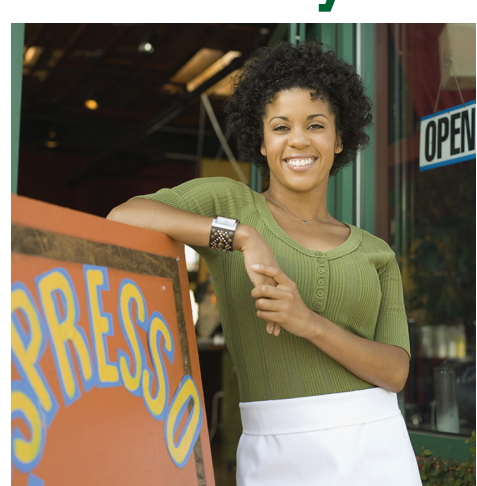
Hoppe says that when you do that, it's important to study the market to see where the opportunities are going to be and find a good fit for yourself.

“The women I work with who are going into health coaching, for instance, understand that

having a health coach is a major trend in fitness,” she says. “So look at the trends. Where will the opportunities be?”

Dr. Diana Hoppe says there are plenty of advantages to starting a business. Among them:

- **Be Your Own Boss.** When you own your own business, you can discover what it's like to be fully independent, dictating your own path without anyone looking over your shoulder. You're the boss and the decisions are yours.
- **Set Your Own Schedule.** Maybe you want to work a full forty-hour week, or maybe you are seeking a part-time schedule. When you are setting up your own business, you have more flexibility about when, where, and how you work.
- **Find Work That Fulfills You.** Those who start a business can create a career for themselves that provides fulfillment. Hoppe says she has seen that in action with women who decided to become health coaches. They can personally change the lives of the clients they work with, helping them take charge of their health and discover their best selves.



“I think it's always important—whether you are launching a business or building a career working for someone else—that you find something you consider rewarding,” she says. But it's also critical to have a strong business plan so that you

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Sub-Bid Requests

Railroad Construction Company, Inc.
Contractors - Engineers

LIRR Wantagh Train Station Platform Rehabilitation Project

This Long Island Railroad project consists of various improvements to the Wantagh Train Station. Work will include a full platform rehabilitation including repairs and structural elements, electrical upgrades, installation of elevator and escalator equipment, signage, sidewalks, fences and gates.

Proposal Due: December 8, 2015 **MWBE Participation Goal: 15% MBE and 15% WBE**

Railroad Construction Company, Inc. is seeking subcontractors in the following categories:

• Acoustical Insulation	• Fire Suppression / Extinguishers	• Restoration
• Abatement	• Glass / Glazing / Storefront	• Roofing
• Aggregates	• HVAC	• Sealants / Waterproofing
• Architectural Finishes	• Infrastructure	• Shotcrete
• CCTV System	• Janitorial Services	• Site Security
• Construction Materials	• Lath & Plaster	• Structural Concrete & Reinforcement
• Construction Photography	• Louvers	• Structural Steel & Misc. Metals
• Contaminated Waste Disposal	• Masonry	• Survey
• Demolition	• Materials Testing & Inspection	• Tile / Terrazzo
• Doors & Hardware	• Metal Wall Panels	• Toilet Accessories
• Electrical	• Office Facilities & Supplies	• Track
• Engineering	• Painting & Coating	• Traffic Control
• Environmental Consulting	• Pest Control	• Trucking
• Escalator / Elevator	• Precast Concrete	• Utilities
• Fencing	• Railings	• Welding

For more information please contact Catherine Best at 973-413-1911 or catherineb@rccmail.net
www.railroadconstruction.com/about/mwdb

SKANSKA
SKANSKA KOCH INC.

IS SOLICITING BIDS FROM DBE SUBCONTRACTORS AND SUPPLIERS CERTIFIED WITH NEW YORK STATE

Repairs to Two Drawbridges in the Town of Hempstead
New York State DOT Contract No: D262994
Bid Date: December 17, 2015

Subcontracting opportunities include but are not limited to Excavation, Sawcutting, Sealing, Concrete, Structural Steel Fabrication, Demolition: Bridge/Steel, Bridge Electrical and Mechanical, Temporary Concrete Barrier, MOT, Survey, Pavement Striping, Inspection Boat, Field Office. Please see contract documents for further opportunities.

Interested firms please contact John Papagiannakis at Skanska Koch Inc., john.papagiannakis@skanska.com

Railroad Construction Company, Inc.
Contractors - Engineers

LIRR - Hicksville Station and North Track Siding Improvement Project

This Long Island Railroad project consists of various improvements to the Hicksville, LI Train Station and North Track Siding. Work will include a full platform replacement and substructure rehabilitation, installation of elevators, escalators and street-to-platform aluminum stairs, construction of platform level waiting rooms, translucent canopy roof system and drainage, installation of lighted signage and upgraded electrical service. The north track siding portion includes construction of a new retaining wall, duct bank systems, pre-wired signal hut and case and removal of existing signal bridge and foundations.

Bid Date: December 9, 2015 **DBE Participation Goal: 15% MBE and 15% WBE**

Railroad Construction Company, Inc. is seeking subcontractors in the following categories:

• Acoustical Insulation	• Fire Suppression / Extinguishers	• Restoration
• Abatement	• Glass / Glazing / Storefront	• Roofing
• Aggregates	• HVAC	• Sealants / Waterproofing
• Architectural Finishes	• Infrastructure	• Shotcrete
• CCTV System	• Janitorial Services	• Site Security
• Construction Materials	• Lath & Plaster	• Structural Concrete & Reinforcement
• Construction Photography	• Louvers	• Structural Steel & Misc. Metals
• Contaminated Waste Disposal	• Masonry	• Survey
• Demolition	• Materials Testing & Inspection	• Tile / Terrazzo
• Doors & Hardware	• Metal Wall Panels	• Toilet Accessories
• Electrical	• Office Facilities & Supplies	• Track
• Engineering	• Painting & Coating	• Traffic Control
• Environmental Consulting	• Pest Control	• Trucking
• Escalator / Elevator	• Precast Concrete	• Utilities
• Fencing	• Railings	• Welding

For more information please contact Rebecca Walka-Perry at 973-413-1879 or MWDBE@rccmail.net
www.railroadconstruction.com/about/mwdb

Kiewit - Weeks - Massman
KWM
Goethals Bridge Replacement

Goethals Bridge Replacement Project
Port Authority of New York and New Jersey
CONSTRUCTION DBE OPPORTUNITIES

The Goethals Bridge Replacement Project is a design-build project for the Port Authority of New York & New Jersey (the Authority). The project will replace the existing Goethals Bridge which spans the Arthur Kill River on I-278 connecting Elizabeth, New Jersey, and Staten Island, New York. The existing bridge, built in the 1920s, will be replaced with a dual span and the original bridge demolished. It is anticipated that the bridge will carry approximately 14 million vehicles eastbound annually.

Kiewit-Weeks-Massman, AJV (KWM) has been selected by the Authority to design and build the new Goethals Bridge. KWM is committed to providing a world class project for the people of New York and New Jersey. As part of their mission, KWM is also committed to providing meaningful employment opportunities for hundreds of construction individuals in the region, with particular outreach to the DBE community, and desires to meet or exceed federal requirements for diversity on this important construction project. If your DBE firm would like to apply to participate in this project, please use our website as a resource, www.goethals-kwm.com.

KWM VENDOR SOLICITATION LOG

All companies that fill out a Contractors Questionnaire will be added to our Vendor Solicitation Log which KWM uses for upcoming subcontract opportunities. If you would like to fill out a Contractors Questionnaire, please go to our website and visit the “Partnering” tab.

PARTNERING OPPORTUNITIES

- Shear Stud Installation
- Miscellaneous Metals Fabrication/ Supplier
- Concrete, Curb, and Gutter Flatwork
- Anti-Climb Fence on New Bridge Shared Use Path
- Lumber/Crane Mat Suppliers
- Furnish/Install Guiderail

Check our website for periodic updates on partnering opportunities!

MWDBE BONDING, LINES OF CREDIT, AND INSURANCE ASSISTANCE

For assistance in obtaining bonds, lines of credit, and/or insurance for this project, please visit our website or contact Anne at KWMdivcontracting@kwmjv.com for more information.

Project Office: 137 Bayway Avenue • Elizabeth, NJ 07202 • KWMdivcontracting@kwmjv.com
Kiewit-Weeks-Massman, AJV is an Equal Opportunity Employer

Railroad Construction Company, Inc.
Contractors - Engineers

NYCTA Component Repairs on the Jamaica Line (BMT)

Railroad Construction Company, Inc. is preparing a bid proposal for the NYCTA Component Repairs at Four Stations project. The project includes repairs at the 121st Street, 111th Street, 104th Street and Myrtle Avenue stations on the BMT Jamaica Line in Brooklyn and Queens. Quotes from MWBE and non-MWBE vendors, suppliers and subcontractors are being sought.

Bid Date: January 13, 2016 **MWBE Participation Goal: 30%**

Railroad Construction Company, Inc. is seeking vendors, suppliers and subcontractors in the following categories:

• Concrete & Concrete Reinforcement	• Mechanical
• Concrete Topping Slabs	• Polyethylene Platform Edge Strip
• Demolition	• Post-Installed Concrete Anchors
• Division 10 Specialties	• Precast Concrete Solid Slabs
• Electrical	• Signal Work
• Fiberglass Sandboxes	• Standing-Seam Roof for Elevated Station Canopy
• Finishes	• Structural Steel / Misc. Metals / Metal Assemblies
• Fire Stopping	• Windscreen Panels and Wire Mesh Panels
• Grout	
• Hazardous Material Removals	
• Hollow Metal Doors and Hardware	
• Liquid Membrane, Sealants and Caulking	

For more information please contact Dale Errico at dalee@rccmail.net or Catherine Best at catherineb@rccmail.net

SKANSKA
SKANSKA KOCH INC.

IS SOLICITING BIDS FROM DBE SUBCONTRACTORS AND SUPPLIERS CERTIFIED WITH NEW YORK STATE

Bridge Repairs on the Gowanus Expressway (I-278)
New York State DOT Contract No: D262963
Bid Date: December 16, 2015

Subcontracting opportunities include but are not limited to Hazmat: Written Program, Lead Containment, Disposal and Handling, Sawcutting/Concrete Demo, Concrete Placement, Safety Netting and Shields, Painting, Blast and Paint, Steel Fabrication and Repairs; Inspection: Magnetic Particles and Ultrasonic, Drainage, Engineering, Strain Gauge Monitoring, MPT, Rodent Control, and Vibration Monitoring. Please see contract documents for further opportunities.

Interested firms please contact John Papagiannakis at Skanska Koch Inc., john.papagiannakis@skanska.com

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