



**“DON’T DROP THE BALL...
CONTINUE WEARING YOUR MASK TO PROTECT YOURSELF & OTHERS FROM COVID-19!”**



Rev. Kenneth G. Jones

“THIS CHOICE IS YOURS. . . BE SURE TO FLEX YOUR INTELLECTUAL MUSCLE BEFORE YOUR FINAL DECISION!”

MACON COUNTY AL COMMISSION FILES LAWSUIT TO DETERMINE RIGHTFUL OWNERSHIP OF DOWNTOWN SQUARE IN TUSKEGEE!



L to R: Chairman Louis Maxwell, Commissioner Howard “Coach” Huffman, Attorney Fred Gray, Jr., Attorney Fred Gray, Sr., Commissioner Ernest Magruder, Sheriff Andre’ Brunson, Jacquelyn Carlisle, and (Seated) Civil rights Icon Anthony Lee.

LAWSUIT FILED IN EFFORT TO GET RID OF CONFEDERATE STATUE ON CITY SQUARE

Tuskegee—September 9, 2021

Written by Leon E. “Chief” Frazier

The Macon County, Alabama Commission retained the Fred Gray Law Firm to file a lawsuit seeking a ruling on the rightful ownership of the Square in downtown Tuskegee, Alabama. The lawsuit was filed on September 1, 2021.

The action is necessary to resolve the age-old dispute about the confederate soldier monument that was

placed there in 1906, when that County Commission deeded the acreage to the Tuskegee Chapter of the United Daughters of the Confederacy, to establish a “White-Only” park on the site.

Numerous outcries from many Black residents have fallen on deaf ears, so to speak. Tuskegee University students painted the statue black—with a yellow stripe down the back of it in 1966, when Sammy Younge, Jr. was murdered by Marvin Segrest. Several more attempts were made to deface it since then, and Johnny Ford, who represent District 2 on the Tuskegee City Council recently took it upon himself—in an act of civ-

il disobedience—to take a saw to one leg of the statue to bring it down, but was stopped by the County Sheriff.

To put a halt to the madness surrounding the confederate statue, as well as the “subliminal harm” that have been done—and is still doing to City and County residents—the decision was finally made to resolve the matter by filing a lawsuit in a local court.

The Plaintiffs are Macon County residents: Anthony T. Lee, Hal E. Bentley and Jacquelyn E. Carlisle; and the defendants are listed as: Tuskegee Chapter of the Daughters of the Confederacy, A/K/A/, Tuskegee Chapter NO. 419 of The



serious protest and meetings debating the statue’s right to remain in the center of the City Square was in 2015.

Those meetings shocked many who witnessed more Whites were in attendance than any other meetings in the County.

Even more concerning were the number of Black

United Daughters of the Confederacy; and Alabama Division of The United Daughters of the Confederacy.

The last

residents, who was of the opinions that the statue’s presence in the Square did not bother them.

Such confusion and conflicting opinions, undoubtedly, contributed to the issue being left alone until now.

“The mental health impact of the Confederate Soldier Statue that towers over the minds, businesses and affairs of a predominately Black City and County is immeasurable.”



brown rice. The evolution of seedless fruit may seem trivial. The seed is Mother Nature's way of supplying us with a perpetual food supply.

SEEDLESS FRUIT POSE AS HEALTHY, BUT HAZARDOUS

SEPTEMBER 11, 2018
Reprint

Hybrid food is the cross-breeding of plants and fruits, as well as its unnatural way to produce fruits. Seedless fruit is a perfect example. Seeds contain the microscopic elements necessary to reproduce fruit. If you take away the seed, how is it possible for it to reproduce?

The seed is nature's miraculous way for continuing the food cycle. In essence, the seed is the key to food reproduction without human interference. Whereas seedless fruit and vegetables cannot persist without human assistance and protection. Mother nature is perfectly capable of providing healthy nutritious food without the aid of man. In fact, human interference within the past century has rendered seedless variations imbalanced with lower nutritional values.

The seedless fruit option adds the convenience of not having to digest and consciously remove seeds as you eat. I'll be the first to admit that it is a minor inconvenience, but as a living food, its sustainable process necessary. Seeds yield fruit and within the circle of life a tree produces and releases fruit when it is ripened. As the fruit is released from the tree limb by the assistance of a bird or another animal it falls to the ground. Rather it is eaten or it falls to the ground and goes through decomposition, the encapsulated seeds are released and deposited back into the earth to repeat the cycle.

So what happens if you remove the seed? How will it persist? This has become commonplace for fruits like grapes and watermelons. Two of which fruit is infamous for containing seeds. By interfering with various types of seedless fruits it has become commonplace.

Seedless Fruit: Seeds of Deception:

Hybrid foods have taken over the produce aisle. Some of the most common foods are; seedless apples, seedless pineapples, seedless citrus fruit, seedless grapes and watermelon, beets, carrots, corn, potatoes, celery, broccoli, cauliflower, cashews, wheat grass, soy, and white and

ply. Unlike man, her work is sheer perfection. Everything she has naturally provided for us contains all of the necessary vitamins, minerals, and nutrition, our bodies need. In fact, our bodies are tailored to recognize, digest, and utilize every morsel of energy supplied by nature's creation. Whereas food that which is birthed through human interference is plagued with imperfection. The nutrition of a hybrid food does not mimic that of a food that is birthed by nature. It has a reduced amount of fiber with a higher sugar and starch content. This makes the hybrid fruits taste sweeter.

DELTA VARIANT: WHAT WE KNOW ABOUT THE SCIENCE

REPRINT

On July 27, 2021, CDC released updated guidance on the need for urgently increasing COVID-19 vaccination coverage and a recommendation for everyone in areas of substantial or high transmission to wear a mask in public indoor places, even if they are fully vaccinated. CDC issued this new guidance due to several concerning developments and newly emerging data signals.

First, a significant increase in new cases reversed what had been a steady decline since January 2021. In the days leading up to our guidance update, CDC saw a rapid and alarming rise in the COVID-19 case and hospitalization rates around the country.

In late June, the 7-day moving average of reported cases was around 12,000. On July 27, the 7-day moving average of cases reached over 60,000. This case rate looked more like the rate of cases we had seen before the vaccine was widely available.

Second, new data began to emerge that the Delta variant was more infectious and was leading to increased transmissibility

when compared with other variants, even in some vaccinated individuals. This includes recently published data from CDC and our public health partners, unpublished surveillance data that will be publicly available in the coming weeks, information included in CDC's updated Science Brief on COVID-19 Vaccines and Vaccination, and ongoing outbreak investigations linked to the Delta variant.

Delta is currently the predominant variant of the virus in the United States. Below is a high-level summary of what CDC scientists have recently learned about the Delta variant. More information will be made available when more data are published or released in other formats.

Infections and Spread

- **The Delta variant is more contagious:** The Delta variant is highly contagious, more than 2x as contagious as previous variants.
- **Some data suggest the Delta variant might cause more severe illness than previous variants in unvaccinated people.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus that causes COVID-19. Even so, the vast majority of hospitalization and death caused by COVID-19 are in unvaccinated people.
- **Unvaccinated people remain the greatest concern:** The greatest risk of transmission is among unvaccinated people who are much more likely to get infected, and therefore transmit the virus. Fully vaccinated people get COVID-19 (known as breakthrough infections) less often than unvaccinated people. People infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit the virus to others. CDC is continuing to assess data on whether fully vaccinated people with

asymptomatic breakthrough infections can transmit the virus.

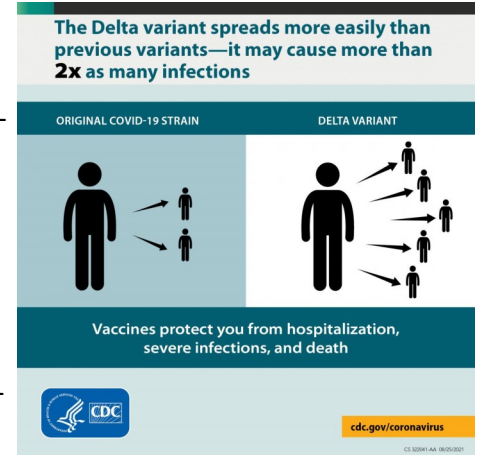
Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to spread the virus for a shorter time:

For prior variants, lower amounts of viral genetic material were found in samples taken from fully vaccinated people who had breakthrough infections than from unvaccinated people with COVID-19. For people infected with the Delta variant, similar amounts of viral genetic material have been found among both unvaccinated and fully vaccinated people. However, like prior variants, the amount of viral genetic material may go down faster in fully vaccinated people when compared to unvaccinated people. This means fully vaccinated people will likely spread the virus for less time than unvaccinated people.

Vaccines

- The COVID-19 vaccines approved or authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective, and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For all people, the vaccine provides the best protection against serious illness and death.
- Vaccines are playing a crucial role in limiting spread of the virus and minimizing severe disease. Although vaccines are highly effective, they are not perfect, and there will be vaccine breakthrough infections. Millions of Americans are vaccinated, and that number is growing. This means that even though the risk of breakthrough infections is low, there will be thousands of fully vaccinated people who become infected

and able to infect others, especially with the surging spread of the Delta variant. Low vaccination coverage in many communities is driving the current rapid surge in cases involving the Delta variant, which also increases the chances that even more



concerning variants could emerge.

Vaccination is the best way to protect yourself, your family, and your community. High vaccination coverage will reduce spread of the virus and help prevent new variants from emerging. CDC recommends that everyone aged 12 years and older get vaccinated as soon as possible.

Masks

At this time, as we build the level of vaccination nationwide, we must also use all the prevention strategies available, including masking indoors in public places, to stop transmission and stop the pandemic. Everyone who is able, including fully vaccinated people, should wear masks in public indoor places in areas of substantial or high transmission.

WE, THE MEMBER ORGANIZATIONS OF THE MACON COUNTY COMMUNITY PARTNERS TASK FORCE SALUTE ALL MEDICAL PROFESSIONALS AND FIRST RESPONDERS WHO HAVE SERVED ON THE FRONT LINES OF THE COVID-19 PANDEMIC BATTLE FOR THE PAST 18-MONTHS!

“DISTANCE YOURSELF FROM RELATIVES & FRIENDS WHO REFUSE TO WEAR MASKS!”



Pfizer says COVID-19 vaccine works in kids ages 5 to 11

REPRINT: FILE - In this Dec. 15, 2020, file photo, a drop of liquid falls from a syringe after a person was injected with the Pfizer COVID-19 vaccine at a hospital in Providence, R.I. (AP Photo/David Goldman, File) Credit: David Goldman, NATION & WORLD, By LAURAN NEERGAARD, Associated Press

Pfizer said Monday its COVID-19 vaccine works for children ages 5 to 11 and that it will seek U.S. authorization for this age group soon — a key step toward beginning vaccinations for youngsters.

The vaccine made by Pfizer and its German partner BioNTech already is available for anyone 12 and older. But with kids now back in school and the extra-contagious delta variant causing a huge jump in pediatric infections, many parents are anxiously awaiting vaccinations for their younger children.

For elementary school-aged kids, Pfizer tested a much lower dose — a third of the amount that's in each shot given now. Yet after their second dose, children ages 5 to 11 developed coronavirus-fighting antibody levels just as strong as teenagers and young adults getting the regular-strength shots, Dr. Bill Gruber, a Pfizer senior vice president, told The Associated Press.

The kid dosage also proved safe, with similar or fewer temporary side effects — such as sore arms, fever or achiness — that teens experience, he said.

"I think we really hit the sweet spot," said Gruber, who's also a pediatrician. Gruber said the companies aim to apply to the Food and Drug Administration by the end of the month for emergency use in this age group, followed shortly afterward with applications to European and British regulators.

Earlier this month, FDA chief Dr. Peter Marks told the AP that once Pfizer turns over its study results, his agency would evaluate the data "hopefully in a matter of weeks" to decide if the shots are safe and effective enough for younger kids.

An outside expert said scientists want to see more details but called the report encouraging.

"These topline results are very good news," said Dr. Jesse Goodman of Georgetown University, a former FDA vaccine chief. The level of immune response Pfizer reported

"appears likely to be protective."

Many Western countries so far have vaccinated no younger than age 12, awaiting evidence of what's the right dose and that it works safely.

Cuba last week began immunizing children as young as 2 with its home-grown vaccines and Chinese regulators have cleared two of its brands down to age 3.

While kids are at lower risk of severe illness or death than older people, more than 5 million children in the U.S. have tested positive for COVID-19 since the pandemic began and at least 460 have died, according to the American Academy of Pediatrics. Cases in children have risen as the delta variant swept through the country.

"I feel a great sense of urgency" in making the vaccine available to children under 12, Gruber said. "There's pent-up demand for parents to be able to have their children returned to a normal life."

In New Jersey, 10-year-old Maya Huber asked why she couldn't get vaccinated like her parents and both teen brothers have. Her mother, Dr. Nisha Gandhi, a critical care physician at Englewood Hospital, enrolled Maya in the Pfizer study at Rutgers University. But the family hasn't eased up on their masking and other virus precautions until they learn if Maya received the real vaccine or a dummy shot.

Once she knows she's protected, Maya's first goal: "a huge sleepover with all my friends."

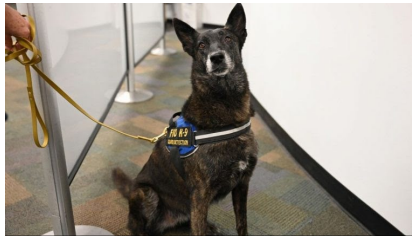
Maya said it was exciting to be part of the study even though she was "super scared" about getting jabbed. But "after you get it, at least you feel like happy that you did it and relieved that it didn't hurt," she told the AP.

Pfizer said it studied the lower dose in 2,268 kindergartners and elementary school-aged kids. The FDA required what is called an immune "bridging" study: evidence that the younger children developed antibody levels already proven to be protective in teens and adults. That's what Pfizer reported Monday in a press release, not a scientific publication. The study still is ongoing, and there haven't yet been enough COVID-19 cases to compare rates between the vaccinated and those given a placebo — something that might offer additional evidence.

The study isn't large enough to detect any extremely rare side effects, such as the heart inflammation that sometimes occurs after the second dose, mostly in young men. The FDA's Marks said the pediatric studies should be large enough to rule out any higher risk to young children. Pfizer's Gruber said once the vaccine is authorized for younger children, they'll be carefully monitored for rare risks just like everyone else.

A second U.S. vaccine maker, Moderna, also is studying its shots in elementary school-aged children. Pfizer and Moderna are studying even younger tots as well, down to 6-month-olds. Results are expected later in the year.

AP journalist Emma Tobin contributed to this report. The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute's Department of Science Education. The AP is solely responsible for all content.



COVID-19 K-9 Sniffer

Miami International Airport Shows off the First-Ever COVID-19 Detecting Dogs in the World

By Ryan Steal
REPRINT

Miami International Airport is making headlines for being home to the first-ever team of COVID-19 sniffer dogs in the world.

After having gone through special training, the dogs can not only detect the virus in a traveler but also alert authorities on the same.

This, according to Miami-Dade Commission Chairman Jose "Pepe" Diaz, is a great achievement for their community. "We're blessed in Miami-Dade County to have the first COVID-sniffing dogs — actually, we have a couple of them — and it's the first airport anywhere that's utilizing this type of technology in our four-legged friends," he said.

Diaz said there could be a need for them to increase the number of COVID-19 sniffer dogs. "So, to us, it's very important that we be able to grow, maybe, the amount of dogs that are doing this," he said.

According to dog trainers, dogs rarely go wrong with COVID detection, only around 3% of the time.

The idea of using COVID-19 detecting dogs in Miami previously came to public attention earlier this year when the Miami Heat announced that they would use the dogs to help screen fans who were intending to attend their games.

The Miami Heat announced it would only let in fans that have passed by the dog detection station. "If you think about it,

detection dogs are not new," said Matthew Jafarian, the Heat's executive vice president for business strategy.

"You've seen them in airports, they've been used in mission-critical situations by the police and the military. We've used them at the arena for years to detect explosives."

Dogs have been known for having a superior sense of smell. They have been very useful in detecting drugs, explosives, as well as finding missing people. In the medical field, dogs have been trained to detect when a patient is suffering from low blood sugar levels, too much stress, and even some types of cancers.

"Researchers are finding that specially trained dogs can detect COVID on humans quickly and accurately," Jafarian said at the time.



LOCAL CRIMINAL JUSTICE OFFICIALS PARTICIPATED IN 7TH ANNUAL HUMAN RELATIONS CONFERENCE

The NSCL Foundation, Inc. hosted its 7th Annual Human Rights virtual conference on August 27-28, 2021. It was a two-day event bringing together more than 5,000 scientific, engineering, health professionals, global human rights leaders, industry, academia, and policymakers. Participants learned from each other, identify emerging needs and opportunities, and set the agenda for future action. The Conference theme was "The Heart of the Matter!"



Sessions explored innovative developments and applications in science and technology that can support the efforts of human rights practitioners, and those that tackle human rights challenges associated with the conduct of science and the application of technology.

Case studies and workshops focused on real-world, evidence-based actions and impacts.

The theme includes human rights concerns relevant to the scientific community's response to COVID-19, the human right to science, access to medicines, addressing systemic racism in STEM, the human rights of individuals in areas of conflict, justice, and political turmoil, the role of scientific associations in achieving the UN Sustainable Development Goals, and the human rights concerns around health disparities.

The goal for the Conference was simple but bold: identify and discuss the many factors that play major roles in disparities related to "What Matters" to humans in terms of rights, advocacy, and strategy reaching out to the community overall.

Local Criminal Justice Officials who participated in the Conference included Macon County, AL Sheriff Andre' Brunson, Tuskegee University Attorney Crystal James, Tuskegee Police Chief Lloyd Jenkins, Tuskegee University Police Chief Patrick Mardis, and Retired Police Chief Leon E. Frazier, who hosted the panel discussion.

The Conference was planned and implemented by the President of the NSCL Foundation, Inc., Bernice L. Frazier and National Program Director Darryl Rock. More than 700 viewers tuned in on the Conference via the WHOVA virtual Conference platform.



Why Are People Lacing Cocaine With Fentanyl And How Dangerous Is It?

The drugs are rarely used in the same scenes and affect the body very differently, so why is this even a thing?

Written By Blogzworth
Reprint: September 7, 2021

Fentanyl-laced cocaine deaths are on the rise in America, and it's terrifying. As the pandemic looms for what seems like forever, more and more people are turning to self-medication. For many Americans that drug of choice is cocaine, the euphoriant commonly known as "the party drug." It is one of the most commonly used drugs in the country and many of its users are everyday citizens who you wouldn't describe as addicts. But dealers are now selling cocaine that is laced with fentanyl, one of the most

COMMUNITY ALERT!

deadly drugs on the streets, and it's killing people. Comic Fuquan Johnson and two others died at a small get-together on September 4th from overdosing after ingesting cocaine laced with fentanyl. But celebrities aren't the only people dying from cocaine with traces of fentanyl. In August, six people died within three days in Long Island after a batch of cocaine laced with fentanyl began to circulate in some of the island's small towns. They were all younger than 40-years-old. Lincoln and Omaha Nebraska reported 21 overdoses from cocaine-laced fentanyl in just six days.

Warnings have been issued all over the country about spikes in overdoses due to this lethal combination. The drugs are rarely used in the same scenes and affect the body very differently, so why is this even a thing?

What is fentanyl?

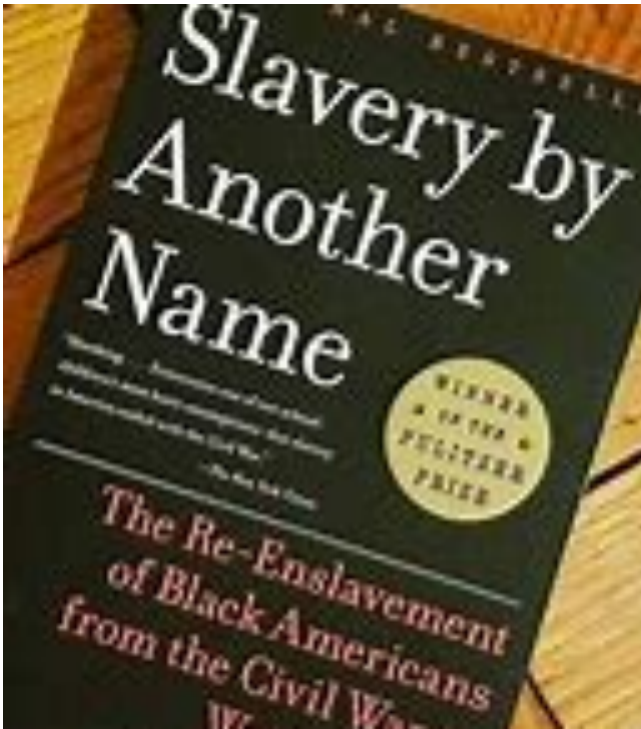
Fentanyl is a highly addictive synthetic opioid that is prescribed by doctors to rid breakthrough pain from medical procedures or cancer patients. The Schedule II drug can also be used as a part of anesthesia to help reduce pain after surgery. Overdosing on the drug can cause respiratory failure, a coma, permanent brain damage, or death. Its potency is estimated to be 80 to 100 times stronger than morphine and 50 times more potent than heroin. Because the opioid is so strong, a small amount could cause an overdose.

Fentanyl is also highly addictive and cheap to produce, which makes it an enticing option for drug dealers looking to stretch their product. It is frequently sold on the black market as powder, small candies, eye droppers, nasal sprays, or in pill form made to mimic other prescription opioids. It's also commonly mixed with heroin, methamphetamine, and MDMA.

Why is fentanyl being laced with cocaine? Why would drug dealers lace their cocaine with fentanyl and risk the lives of their clients? It doesn't seem like very good business logic if you kill your customer, but for long time heroin users the drug may not be as deadly. Since heroin users have built up a tolerance for opioids, they frequently seek the drug as an alternative. Drug dealers then add fentanyl to their supply, often using it to stretch the more expensive heroin. Some researchers believe many dealers are creating these drug cocktails in their homes; They are not licensed or trained in using the extremely dangerous drugs and accidents happen. White powders are mixed with white powders and neither the dealer nor the consumer knows what they're getting. Other researchers suspect dealers may also be unknowingly buying the cocaine already laced. This scenario is harder to monitor due to the black market's ability to hide their networks. "We're seeing the usual cocaine users," said

Dina Kharieh, co-director of programs at St. Ann's Corner of Harm Reduction in the Bronx during an interview with NPR. "We're also seeing heroin users who probably don't have access to their usual supply, maybe due to COVID."

These two types of users are completely different in their drug use. This suggests many cocaine users have no idea they are getting fentanyl. According to the NIDA, there were 70,630 reported drug overdose deaths in 2019, almost 40,000 primarily involving fentanyl. That number looks to rise in 2021 and beyond as dealers look to get richer and addicts look to get higher. The problem is the average cocaine user never asked for any of this, but they will be the ones who suffer the most.



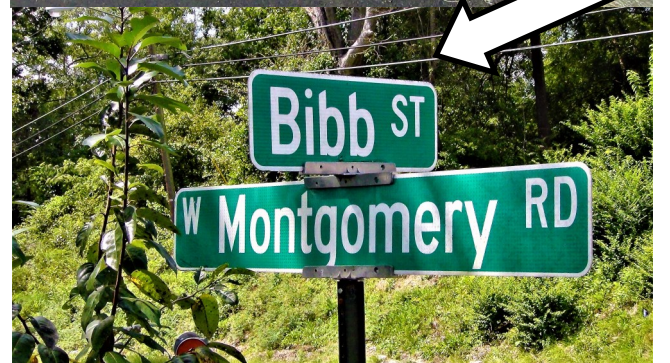
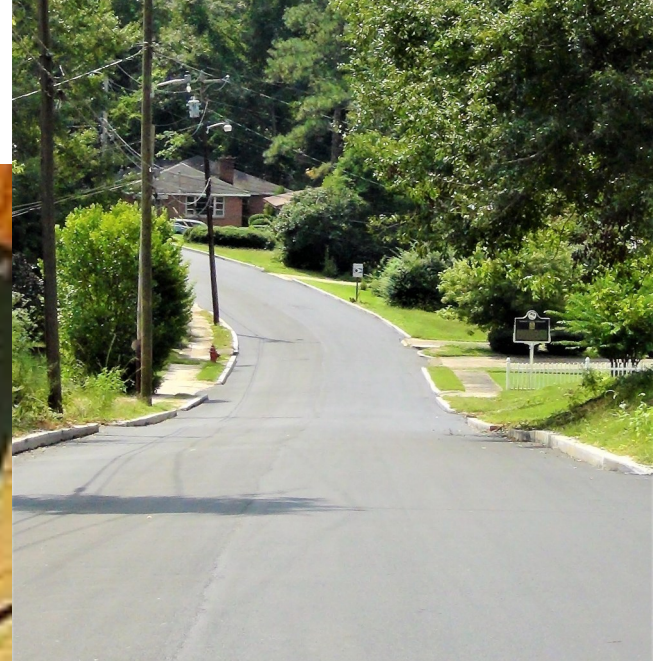
SLAVERY BY ANOTHER NAME

In September 2010, lawyers at the Equal Justice Initiative (EJI), a nonprofit civil rights law firm in Montgomery, Alabama, mailed a copy of *Slavery by Another Name* to client Mark Melvin, then incarcerated at Kilby Correctional Facility. The Pulitzer Prize-winning book written by award-winning journalist Douglas Blackmon documents the history of convict leasing in Alabama in the late 19th and early 20th centuries.

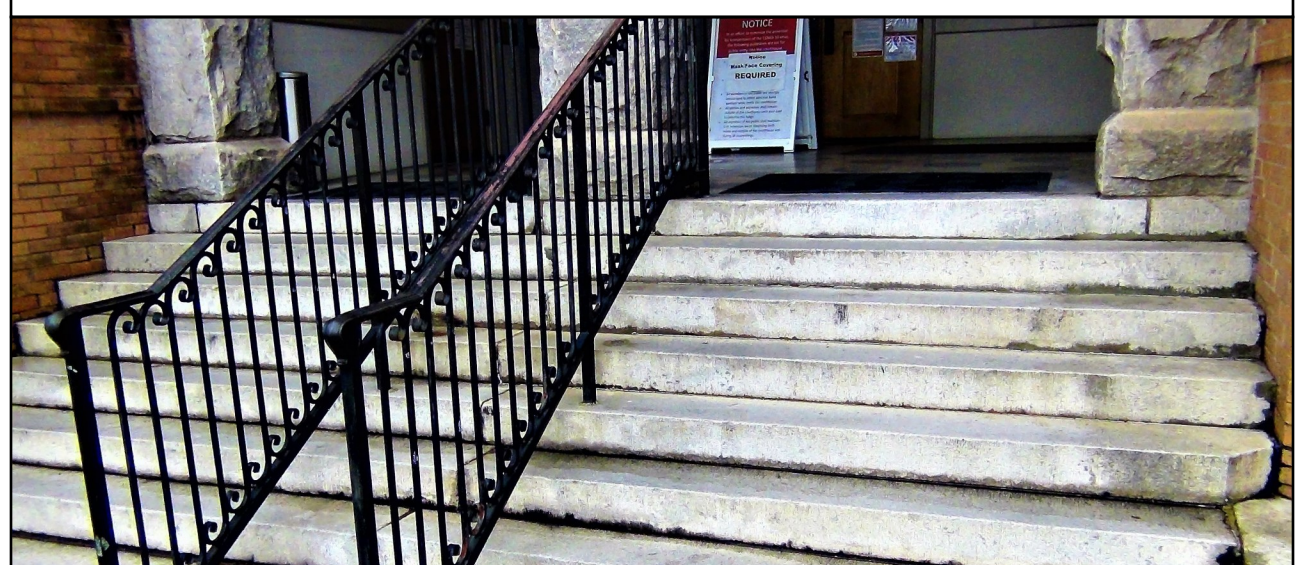
As the book's title suggests, the exploitative and inhumane convict leasing system strongly resembled slavery. Under the pretext of criminal punishment, African Americans arrested on frivolous charges were sold to plantations, turpentine farms, mining companies, and railroads and forced to work in perilous conditions to pay off "debt" accumulated from unjust court costs and fines.

Kilby prison officials prohibited Mr. Melvin from receiving *Slavery by Another Name* when it arrived in the mail, based on a judgment that the book was "too provocative." When Mr. Melvin used the internal grievance process to appeal the book's banning, prison officials defended their decision and insisted the book was properly banned under a rule prohibiting material that incites "violence based on race, religion, sex, creed, or nationality, or disobedience toward law enforcement officials or correctional staff."

This was not the first time Alabama prison officials had limited imprisoned people's access to portrayals of Southern racial history. In the early 2000s, wardens in some Alabama prisons prohibited prisoners from watching a re-broadcast of the *Roots* miniseries. In September 2011, EJI lawyers helped Mr. Melvin sue the Alabama Department of Corrections for access to *Slavery By Another Name*. The civil litigation was settled in February 2013, when state officials finally agreed to allow Mr. Melvin, and anyone else in the state's prison system, to read the book. REPRINT



COMMUNITY ALERT!



**MACON COUNTY COURT HOUSE STEPS...
"VERY SLIPPERY WHEN WET!"**

MACON COUNTY COMMUNITY PARTNERS TASK FORCE REPORTS

THE COMMUNICATIONS SUBCOMMITTEE

By Rev. Dominica Manuel, CO-Chair.

The Communication Committee is the go-to group when it comes to keeping Macon County residents aware of the most current information on the activities that are taking place around COVID-19. This committee is responsible for the advertising and marketing on our website, social media platforms, bill inserts, flyers, and our newspaper. We feel that it is important that each of you have the tools and resources that are needed to make an informed decision, keep staying safe and not drop the ball as we battle this virus because we are all in this together. The committee understands that these are challenging times, so we want to make sure we are reaching ALL areas in Macon County because it is important that EVERYONE stays in the loop.

We want to hear any ideas or suggestions that you may have on what you would like to see or hear that would be of value around testing, vaccinations, and even fun things that we can do to get the word out around COVID-19.

Remember to visit our website at www.maconcares.org for the most up to date information, stories, resources, and more. Also, please like, follow, and share our posts on social media!

THE EFFICIENT MANAGEMENT & DISTRIBUTION OF RESOURCES (EMDR) SUBCOMMITTEE

Thursday, September 23, 2021.

By Judge James Cooper, EMDR
Co-Chair

PUBLIC NOTICE:

Chairman Louis Maxwell County Commission Chairman in collaboration with the Macon County Community Partners Task Force (MCCPT) will be meeting to plan a series of COVID Clinics throughout different locations in Macon County over the next several months to continue the fight of reducing the instances of COVID-19 cases in Macon County. The first planning meeting will be held during the week of September 27th. This collaboration was a result of discussions during the Macon County Commission Continuation meeting on September 27, 2021.

The next steps consist of 1) Scheduling and holding a Planning Meeting with Chairman Louis Maxwell and MCCPT members and, 2) identifying and selecting dates and locations for COVID Block Parties throughout communities in Macon County.

ADDITIONAL NOTICES:

Helping Hands Food Ministry Schedule for October, 2021.

Wednesday, October 6, 2021, Solomon Chapel (State Farm Presentation).

Wednesday, October 13, 2021, Chisholm Community.

Wednesday, October 20, 2021, Liberty City Community.

Wednesday, October 27, 2021, St. Mark Church.

**"BEWARE OF
FREE
THINGS AND STUFF!"**

THE PUBLIC POLICY COMMITTEE

By Dr. Vivian L Carter, CO-Chair

The Public Policy Subcommittee supports the task force by providing credible source information regarding policy and the implications of policy as they affect the Macon County community at the local, state and national level.

The committee may construct documentation to be presented to the overall governing body of the Task force.

The committee may make suggestions regarding policy and action in accordance with the other corresponding committee community issues.

The committee will construct MOUs, Ordinances, and correspondence on behalf of the governing body for review and adoption by the task force. These documents will be sent to the leaders of the task force governing body for appropriate circulation and decision-making.

COVID MUSINGS

By Norma McGowan Jackson

During the early days of the pandemic, way back in the spring of 2020 – which seems like an eternity ago – the words of the poem that I will share (attributed to Kitty O'Mera), gave me great comfort. It was ripe with possibilities that have yet to be realized. It spoke of an unspecified period of time, when the people would stay home, and it promised that at the end of this unspecified time, the people and the earth would heal from centuries of mindless living. Sadly, the rush to save economies, and to get "back to normal" over – rode the universal call to pause, to reassess, to chart a new course.

I continue to believe that the world as we knew it, pre-pandemic, is over; even if the masses do not yet recognize the truth of this. The normal that we keep clamoring for was not normal. There is nothing normal about a world where millions of people starve each year; where the gap between the 1% who control the wealth and resources of the other 99% widens; where the vast majority of women and girls on the planet are neither safe, nor valued as full human beings; where the earth's air, waters, and soil are grossly polluted; where man-made climate change threatens the very future of human existence. No, there is no "normal" to rush back to.

Continued on page 7 (See MUSINGS)



"LET'S HELP SAVE OUR OWN LIVES!"

THE CORONAVIRUS PANDEMIC IS AN EQUAL OPPORTUNITY OFFENDER THAT PLAYS NO FAVORITES AND DESERVES CAUTION, RESPECT AND IN SOME CASES LIFESTYLE CHANGES. THEREFORE WE ARE APPEALING TO OUR YOUNG PEOPLE TO "SLOW YOUR ROLLS." PAY CLOSE ATTENTION TO SCIENTIFIC ANALYSIS, COMMUNITY ALERTS, GOVERNMENT MANDATES AND YOUR PARENTS!

Keep 6' distance between you and others!

Avoid SOCIAL GATHERINGS until further notice!

Stay at HOME as much as possible!

Wear NOSE and MOUTH protection (mask) when interacting with others!

Obey Government MANDATES!

It will benefit young people to learn all they can during this crisis about themselves, their associates and the SYSTEM!

Please recognize the powerful nature of the CORONAVIRUS PANDEMIC and the traumatic impact that it is having on us now, as well as, the psychological affects that we will face in the future, and make meaningful lifestyle changes!
The life you save here may be your own!

MY CHILDREN, PLEASE TAKE THIS PANDEMIC SERIOUSLY! PROTECT YOURSELVES!

MACON COUNTY PUBLIC SERVICE DIRECTORY

Macon County Commission
334-724-2606

Louis Maxwell, Chairman
Miles Robinson, District 1
Edward "Coach" Huffman, District 2
Ernest Magruder, District 3
Robert "Mike" Berry, District 4

Macon County Sheriff's Office
Jail Address: 246 County Road 10,
Tuskegee, AL 46083
334-727-2500

Andre' Brunson, Sheriff

Emergency Management Agency
334-724-2626

Frank Lee, Director

Revenue Commissioner
334-724-2603

Iverson Gandy, III

Probate Judge
334-724-2552

Judge James Cooper, II

Macon County Health Care Authority
334-727-5900

Bernice L. Frazier, Chair

Ray D. Martin, Presiding Circuit Judge

County Courthouse, Room 204

125 North Broadnax

Dadeville, AL 36853

(256) 357-2066

Steven R. Perryman, Circuit Judge

County Courthouse #2

Lafayette Street

Lafayette, AL 36862

(334) 864-4328

William Isaac Whorton, Circuit Judge

County Courthouse #2

Lafayette Street

Lafayette, AL 35010

(334) 755-6080

District Judge
334-727-6110

Judge Deborah H. Biggers

Tuskegee District Court

Macon County Clerk of Courts

334-724-2614

David R. Love, Jr.

Macon County Schools
334-727-1600

Dr. Jacqueline Brooks, Superintendent

City of Tuskegee
334-720-2514

Mayor Lawrence "Tony" Haygood

Chris Lee, Mayor Pro Tem

Norma McGowan Jackson, District 1

Johnny Ford, District 2

Orlando Whitehead, District 3

Tuskegee Municipal Court
334-720-0581

Judge George Bulls, III

Prosecutor, Katy Smith Campbell

Town of Shorter
334-727-9109

Mayor Willie Mae Powell

Town of Notasulga
334-257-1454

Mayor Tommy Miller

Town of Franklin
334-727-2111

Mayor Henry Peavy

Macon County Health Department
334-727-1800

812 Hospital Road, Tuskegee, AL

Utility Board of Tuskegee
334-720-0700

101 Fonville Street

Gerald Long, General Manager

Tuskegee Medical and Surgical Center
334-727-5900

301 Wright Street, Tuskegee, AL

Tuskegee University
334-727-8011

Dr. Charlotte P. Morris, President



COVID-19 has now killed about as many Americans as the 1918-19 Spanish flu pandemic did; approximately 675,000

REPRINT

The U.S. population a century ago was just one-third of what it is today, meaning the flu cut a much bigger, more lethal swath through the country. But the COVID-19 crisis is by any measure a colossal tragedy in its own right, especially given the incredible advances in scientific knowledge since then and the failure to take maximum advantage of the vaccines available this time.

"Big pockets of American society — and, worse, their leaders — have thrown this away," medical historian Dr. Howard Markel of the University of Michigan said of the opportunity to vaccinate everyone eligible by now.

Like the Spanish flu, the coronavirus may never entirely disappear from our midst. Instead, scientists hope it becomes a mild seasonal bug as human immunity strengthens through vaccination and repeated infection. That could take time.

"We hope it will be like getting a cold, but there's no guarantee,"

said Emory University biologist Rustom Antia, who suggests an optimistic scenario in which this could happen over a few years.

While the delta-fueled surge in infections may have peaked, U.S. deaths are running at over 1,900 a day on average, the highest level since early March, and the country's overall toll topped 675,000 Monday, according to the count kept by Johns Hopkins University, though the real number is believed to be higher.

Winter may bring a new surge, with the University of Washington's influential model projecting an additional 100,000 or so Americans will die of COVID-19 by Jan. 1, which would bring the overall U.S. toll to 776,000. The 1918-19 influenza pandemic killed 50 million victims globally at a time when the world had one-quarter the population it does now. Global deaths from COVID-19 now stand at more than 4.6 million.

The Spanish flu's U.S. death toll is a rough guess, given the incomplete records of the era and the poor scientific understanding of what caused the illness.

The 675,000 figure comes from the U.S. Centers for Disease Control and Preven-

tion.

The ebbing of COVID-19 could happen if the virus progressively weakens as it mutates and more and more humans' immune systems learn to attack it.

Vaccination and surviving infection are the main ways the immune system improves. Breast-fed infants also gain some immunity from their mothers.

Under that optimistic scenario, schoolchildren would get mild illness that trains their immune systems. As they grow up, the children would carry the immune response memory, so that when they are old and vulnerable, the coronavirus would be no more dangerous than cold viruses.

The same goes for today's vaccinated teens: Their immune systems would get stronger through the shots and mild infections.

"We will all get infected," Antia predicted. "What's important is whether the infections are severe."

Something similar happened with the H1N1 flu virus, the culprit in the 1918-19 pandemic. It encountered too many people who were immune, and it also eventually weakened through mutation. H1N1 still circulates today, but immunity acquired through infection and vac-

ination has triumphed.

Getting an annual flu shot now protects against H1N1 and several other strains of flu. To be sure, flu kills between 12,000 and 61,000 Americans each year, but on average, it is a seasonal problem and a manageable one.

Before COVID-19, the 1918-19 flu was universally considered the worst pandemic disease in human history. Whether the current scourge ultimately proves deadlier is unclear.

In many ways, the 1918-19 flu — which was wrongly named Spanish flu because it first received widespread news coverage in Spain — was worse.

Spread by the mobility of World War I, it killed young, healthy adults in vast numbers. No vaccine existed to slow it, and there were no antibiotics to treat secondary bacterial infections. And, of course, the world was much smaller.

Yet jet travel and mass migrations threaten to increase the toll of the current pandemic. Much of the world is unvaccinated. And the coronavirus has been full of surprises.

Markel said he is continually astounded by the magnitude of the disruption the pandemic has brought to the

planet.

"I was gob-smacked by the size of the quarantines" the Chinese government undertook initially, Markel said, "and I've since been gob-gob-gob-smacked to the nth degree." The lagging pace of U.S. vaccinations is the latest source of his astonishment.

Just under 64% of the U.S. population has received at least one dose of the vaccine, with state rates ranging from a high of approximately 77% in Vermont and Massachusetts to lows around 46% to 49% in Idaho, Wyoming, West Virginia and Mississippi.

Globally, about 43% of the population has received at least one dose, according to Our World in Data, with some African countries just beginning to give their first shots.

"We know that all pandemics come to an end," said Dr. Jeremy Brown, director of emergency care research at the National Institutes of Health, who wrote a book on influenza. "They can do terrible things while they're raging."

COVID-19 could have been far less lethal in the U.S. if more people had gotten vaccinated faster, "and we still have an opportunity to turn it around," Brown said. "We often lose sight of how lucky we are to take these things for granted."

The current vaccines work extremely well in preventing severe disease and death from the variants of the virus that have emerged so far.

It will be crucial for scientists to make sure the ever-mutating virus hasn't changed enough to evade vaccines or to cause severe

illness in unvaccinated children, Antia said.

If the virus changes significantly, a new vaccine using the technology behind the Pfizer and Moderna shots could be produced in 110 days, a Pfizer executive said Wednesday.

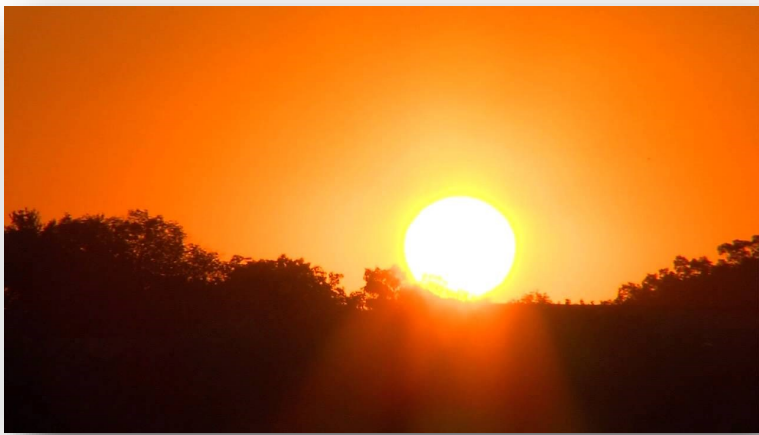
The company is studying whether annual shots with the current vaccine will be required to keep immunity high.

One plus: The coronavirus mutates at a slower pace than flu viruses, making it a more stable target for vaccination, said Ann Marie Kimball, a retired University of Washington professor of epidemiology.

So, will the current pandemic unseat the 1918-19 flu pandemic as the worst in human history? "You'd like to say no. We have a lot more infection control, a lot more ability to support people who are sick. We have modern medicine," Kimball said. "But we have a lot more people and a lot more mobility. ... The fear is eventually a new strain gets around a particular vaccine target."

To those unvaccinated individuals who are counting on infection rather than vaccination for immune protection, Kimball said, "The trouble is, you have to survive infection to acquire the immunity." It's easier, she said, to go to the drugstore and get a shot. AP Health Writer Tom Murphy in Indianapolis contributed to this report.

In a Disaster in Macon County, AL, or you need food, call this number to learn the locations for food distributions: (334) 724-2550
The Macon County Food Distributors Round Table volunteers are here to serve you!



VITAMIN D IS ESSENTIAL FOR GOOD HEALTH

Vitamin D insufficiency affects almost 50% of the population worldwide. An estimated 1 billion people worldwide, across all ethnicities and age groups, have a vitamin D deficiency (VDD). This pandemic of hypovitaminosis D can mainly be attributed to lifestyle (for example, reduced outdoor activities) and environmental (for example, air pollution) factors that reduce exposure to sunlight, which is required for ultraviolet-B (UVB)-induced vitamin D production in the skin. High prevalence of vitamin D insufficiency is a particularly important public health issue because hypovitaminosis D is an independent risk factor for total mortality in the general population. Current studies suggest that we may need more vitamin D than presently recommended to prevent chronic disease. As the number of people with VDD continues to increase, the importance of this hormone in overall health and the prevention of chronic diseases are at the forefront of research. VDD is very common in all age groups. As few foods contain vitamin D, guidelines recommended supplementation at suggested daily intake and tolerable upper limit levels. It is also suggested to measure the serum 25-hydroxyvitamin D level as the initial diagnostic test in patients at risk for deficiency. Treatment with either vitamin D2 or vitamin D3 is recommended for deficient patients. A meta-analysis published in 2007 showed that vitamin D supplementation was associated with significantly reduced mortality. In this review, we will summarize the mechanisms that are presumed to underlie the relationship between vitamin D and understand its biology and clinical implications.

Vitamin D deficiency, why it happens?

The major source of vitamin D for children and adults is exposure to natural sunlight.[1,29–32] Thus, the major cause of VDD is inadequate exposure to sunlight.[29,33–35] Wearing a sunscreen with a sun protection factor of 30 reduces vitamin D synthesis in the skin by more than 95%.[36] People with a naturally dark skin tone have natural sun protection and require at least three to five times longer exposure to make the same amount of vitamin D as a person with a white skin tone.[37,38] There is an inverse associa-

tion of serum 25(OH)D and body mass index (BMI) greater than 30 kg/m², and thus, obesity is associated with VDD.[39]

Patients with one of the fat malabsorption syndromes and bariatric patients are often unable to absorb the fat-soluble vitamin D, and patients with nephritic syndrome lose 25 (OH)D bound to the vitamin D-binding protein in the urine.[1] Patients on a wide variety of medications, including anticonvulsants and medications to treat AIDS/HIV, are at risk because these drugs enhance the catabolism of 25(OH)D and 1,25(OH)2D.[40] Patients with chronic granuloma-forming disorders (sarcoidosis, tuberculosis, and chronic fungal infections), some lymphomas, and primary hyperparathyroidism who have increased metabolism of 25(OH)D to 1,25(OH)2D are also at high risk for VDD.[41,42]

Vitamin D deficiency: Consequences

VDD results in abnormalities in calcium, phosphorus, and bone metabolism. VDD causes a decrease in the absorption of dietary calcium and phosphorus, resulting in an increase in PTH levels.[1,3,18,43] The PTH-mediated increase in osteoclastic activity creates local foci of bone weakness and causes a generalized decrease in bone mineral density (BMD), resulting in osteopenia and osteoporosis. An inadequate calcium-phosphorus product causes a mineralization defect in the skeleton.[1,44] In young children who have little mineral in their skeleton, this defect results in a variety of skeletal deformities classically known as rickets. [45,46] VDD also causes muscle weakness; affected children have difficulty in standing and walking, [46,47] whereas the elderly have increasing sway and more frequent falls.[48,49] thereby increasing their risk of fracture. REPRINT

New COVID Cases Were 300% Higher This Labor Day Weekend Than Last Year covid cases

Reprint From BlackDoctor

In the Black community, 85% have expressed concern over the new variants and strains that could potentially be dangerous and deadly, according to the NAACP. With the Delta variant surging and many

Americans mask- and vaccine-free, new cases of COVID-19 spiked to levels over the long Labor Day weekend that were 300% higher than those seen over the same weekend in 2020, according to a new tally from Johns Hopkins University.

That means packed hospitals and rising numbers of infected children as a new school year begins, according to CNN.

"The takeaway for everyone is get your shots and certainly wear a mask for that added layer of protection if you're in public indoor spaces right now," Dr. Megan Ranney, professor of emergency medicine and associate dean of public health at Brown University, in Providence, R.I., tells the news agency.

The surge in new cases could really hit a high point in about two weeks from now: Last year at this time, cases surged in 31 states, and the number of people testing positive for infection with coronavirus also spiked in 25 states, CNN says.

The US has now tallied more than 40 million Covid-19 cases across the pandemic, with more than 4 million of them reported in the last four weeks, according to data from Johns Hopkins University.

Last year, Americans didn't have the highly transmissible Delta variant to contend with.

It's part of the reason that CDC director Dr. Rochelle Walensky last week urged people to curb their travel over the Labor Day holiday.

She also again pushed for vaccination: Right now only 62% of Americans who are eligible for a vaccine (everyone 12 years of age and older) are fully vaccinated.

It's the unvaccinated who are landing in hospitals and dying, experts say.

"Here's the important thing: everyone that I'm hospitalizing is not vaccinated," Ranney tells CNN. "We are, by and large across the country, not needing to hospitalize people that have gotten both doses of the vaccine. This is a disease of the unvaccinated right now."

That's showing up as a key factor in states hit hardest by COVID-19. According to CNN, fewer than 40% of people living in Alabama, Wyoming, Idaho, Mississippi and West Virginia are vaccinated, and in two of those states, Alabama and Mississippi, hospital intensive care units (ICUs) are already at more than 90% of ICU beds taken.

Four other states — Georgia, Arkansas, Texas and Florida — also have less than 10% ICU capacity left, according to data from the U.S. Department of Health and Human Services.

If you suspect

that you may have come in contact with COVID, you should social distance and get tested as soon as possible. For more information about COVID and vaccines, visit the CDC.



SHERIFF OFFERS SCHOOL BUS FOR USE IN COVID-19 FIGHT

Remember Sankofa, which is often associated with the proverb, "Se wo were fi na wosankofa a yenkyi," or "Sankofa w'onkyir" which translates as: "It is not wrong to go back for that which you have forgotten." It implores for Africans to reach back into ancient history for traditions and customs that have been left behind.

Remembering what Booker T. Washington and George Washington Carver did for rural County residents in the 1800's with their Jesup Educational Wagon, Sheriff Andre' Brunson apparently realizes the benefits possible for today's rural residents if a school bus owned by the Sheriff's office is retrofitted by appropriate entities within the Macon County Community Partners Task Force to serve as a Mobile Medical Unit (MMU) for addressing COVID-19 testing, vaccinations, and other health disparity related needs of the rural communities.

The Chairperson of the Macon County Health Care Authority (MCHCA), Bernice L. Frazier welcomes the Sheriff's offer with open arms and accepts the challenge. Moreover, she sought Board approval to accept the bus, and to provide such services to County residents to improve their quality of health, especially during the ongoing Pandemic.

Frazier is introducing proposal and budget to the Macon County Commission for funding from the COVID-19 Recovery Fund for retrofitting the bus to cover painting, retrofitting the interior to include treatment, office, and storage areas, etc.

The proposal will include a budget for a MMU driver, maintenance, fuel, and other required operational expenses.

The MMU will be used to provide COVID-19 testing, vaccinations, health care education, and other public health needs that arise from other health disparities and critical emergencies.

Continued from page 5.

"MUSINGS"

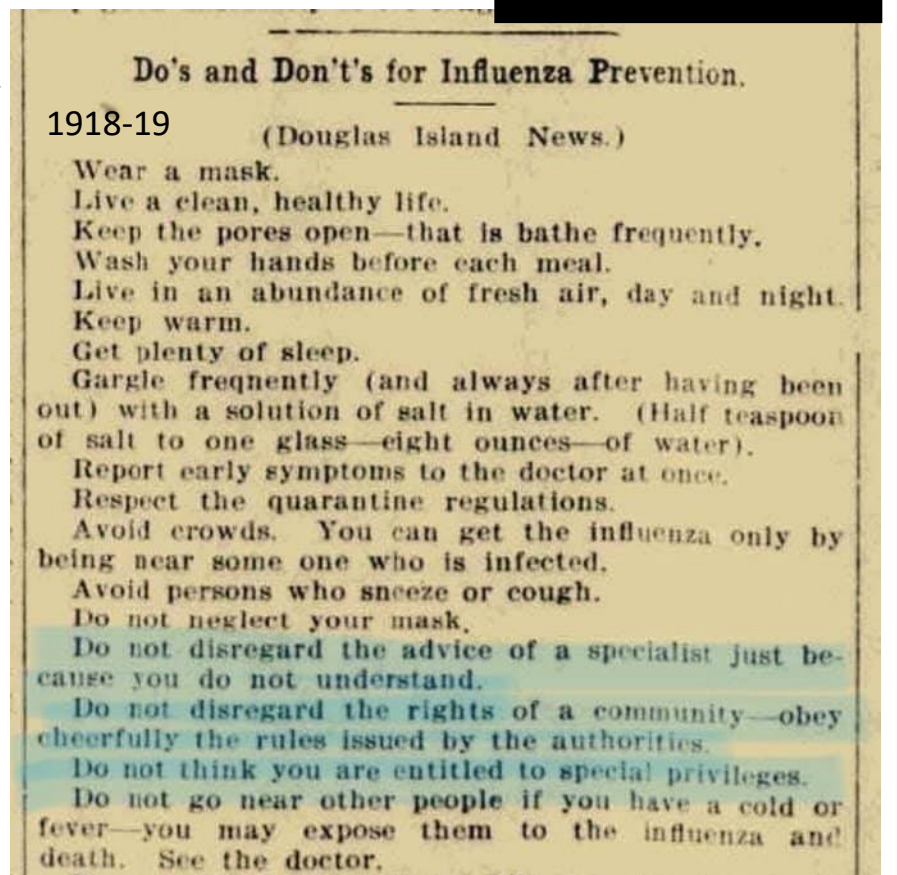
We saw a brief glimpse of the possibilities during the initial shutdowns. Vegetation returned to once barren land, smog-laden skies cleared to reveal scenery that had not been visible for years. Just imagine if we had collectively stopped to re-think how we relate to Mother Earth, and imagined new ways of doing so. Not only how we relate to the earth, but how we relate to each other — no more us and them, but recognizing the oneness of humanity — inclusive of our beautiful diversity.

I think the human family is missing a wonderful opportunity to chart a new course. As a grandmother ten times over, I was hopeful that we would take advantage of the opportunity that this novel coronavirus offered, but I am beginning to lose hope that this will be the case. Please enjoy the poem and really meditate on all that it could have meant to reimagine life on planet earth.

See Poem on page 8:

"And the People Stayed Home," by Kitty O'Meara

"We must participate in saving our own lives!"



MCCTF – ACCOMPLISHMENTS SINCE INCEPTION

“HELPING TO SAVE OUR OWN LIVES!”

Task Force members have contributed more than 40,000 hours of volunteer services since the beginning of the Coronavirus Pandemic. They have held weekly virtual meeting every Saturday morning at 10:00 a.m., since early 2020, missing only two weekends.

1. Synergy between Tuskegee University, some government agencies and community organizations,
2. Designed and distributed several COVID-19 Educational Materials,
3. Established several emergency distributions sites,
4. Developed PPE storage and distribution hubs,
5. Developed COVID-19 Hotline - (334) 487-4004,
6. Designed and implemented COVID-19 MaconCares Website (www.maconcares.org)
7. Arranged COVID-19 healthcare literature for mailing in UBT monthly billing,
8. Posted Messages on Utilized Electronic Board at Elm and MLK Hwy ,
9. Secured Contact Tracing funding from County Commission for necessary equipment, test kits, and professional services, etc.,
10. Planned COVID-19 testing and vaccine scheduling changes,
11. Developed COVID-19 Signage for public awareness and education,
12. Created Social Media Accounts,
13. Held Town Hall Meetings to provide COVID-19 Testing and Vaccine services,
14. Task Force members have made many Community Presentations,
15. Sponsored County-Wide PCR and Antigen Testing,
16. Posted PPE Request forms on MaconCare Website,
17. Developed and shared several COVID-19 public service videos to promote public awareness,
18. Arranged for local Task Force members to appear on several local, national, and international news reports to share Tuskegee’s innovative approaches to dealing and coping with the COVID-19 virus,
19. Local law enforcement Task Force members participated in the 7th Annual Human Rights Conference sponsored by the Southern Christian Leadership Foundation, Inc.,
20. Conduct research and provide weekly reports on all aspects of the Coronavirus Pandemic to Task Force members,
21. Briefed CDC Representatives as guests during Task Force meeting.
22. Established tabloid Newspaper for public education, especially in rural communities.

Continued from article on page 7, by Norma McGowan Jackson.

POEM

“And The People Stayed Home”

By Kitty O'Meara

“And the people stayed home.
 And read books, and listened,
 and rested, and exercised, and made art,
 and played games, and learned new ways
 of being, and were still.
 And listened more deeply.
 Some meditated, some prayed,
 some danced.
 Some met their shadows.
 And the people began to think differently.
 And the people healed.
 And, in the absence of people
 living in ignorant,
 dangerous, mindless, and heartless ways,
 the earth began to heal.
 And when the danger passed,
 and the people joined together again,
 they grieved their losses,
 and made new choices,
 and dreamed new images,
 and created new ways to live and heal the
 earth fully, as they had been healed.”

COMMUNITY ALERT!

**U. S. SPANISH FLU DEATHS: 1918-19
675,000**

**COVID-19 U. S. DEATHS: 2020-2021
690,152**

**ALABAMA COVID-19 UPDATE
As of September 23, 2021**

**CASES:
778,549**

**DEATHS:
13,665**



- PICK-UP LOCATIONS**
- Local Post Offices * Family Foods Market *
 - Macon County Court House * Municipal Complex (Security) *
 - Macon-Russell County Community Action Agency *
 - Southern Christian Leadership Foundation, Inc. *
 - Tuskegee Medical Surgical Center





GET HELP

GET FOOD

GET TESTED

GET SUPPLIES

GET FACTS

GET NEWS

www.maconcares.org

MACON CARES