



Charlotte P. Morris
PRESIDENT



LETTER FROM THE PRESIDENT

September 30, 2021

Dear Tuskegee University Community,

In my role as president of Tuskegee University, I pledge to never shy away from difficult conversations or challenging topics and to lead with transparency and accountability. Today, I am writing to inform you of a multi-year effort to defraud Tuskegee and the significant steps that the administration and Board of Trustees have taken to ensure this does not happen again in the future.

In January 2020, the board learned of financial irregularities involving grant payments in certain university fund accounts. As soon as the board was made aware of this information, we authorized an investigation into the matter, overseen by a Special Review Committee of the board and ultimately informed and led by three external firms with expertise in uncovering financial wrongdoing. The university also coordinated with law enforcement to determine whether any criminal conduct may have taken place.

After an internal investigation, the university confirmed several former employees had conducted a multiyear scheme to defraud Tuskegee of approximately \$500,000 by diverting grants and university-owned funds. While no amount of theft is ever acceptable, we learned the fraud scheme in total involved less than 2% of the funds in the affected grants in small increments, believed to be an intentional tactic to avoid detection. Fortunately, we also know the scheme had minimal impact on the distribution of the hundreds of millions of dollars that Tuskegee received in grant funding during that time, funding which has successfully supported groundbreaking research by the university's faculty and staff across several departments. *Continued on page 2: See PRESIDENT*





California's New Police Reform Laws Include Decertification Process for 'Bad Officers'!

Meghan Roos

REPRINT

California Governor Gavin Newsom signed a wave of police reform bills into law on Thursday, including one that creates a process through which officers can be decertified when they are found to have used excessive force or other "serious misconduct" violations. . .

. . . The new law enabling officer decertification makes California the 47th state to adopt such a process, according to State Senator Steven Bradford, a Democrat who introduced the legislation earlier this year alongside Toni Atkins, the state Senate's president pro tempore.

"California has one of the most progressive criminal justice systems in the nation. But for too long, problematic officers that commit heinous acts in one department are either not held accountable and continue to be a problem for that community, or are punished, but able to find employment in another department," Bradford said in a news release issued by Newsom's office.

Bradford's statement added that the "rinse and repeat" process through which "problematic" officers remain in uniform causes a "continuous erosion of community trust."

"At long last, California finally joins the 46 other states with processes for the decertification of bad officers," Bradford said. Newsom held a Thursday morning signing ceremony at Rowley Gym in Gardena, a city located within Los Angeles County. He was joined by state legislators, leaders within the local community and families

that have been impacted by police violence.

Newsom signed a total of eight police reform bills into law on Thursday.

The new laws address revised minimum age requirements for aspiring officers, boosted transparency for records pertaining to police misconduct, assistance for officers who need to report excessive use of force by fellow officers, and bans on policing techniques where there is a "substantial risk of positional asphyxia."

There has been a widespread push for policing reform over the last 18 months as protesters around the country demanded an end to systemic racism in the wake of the deaths of George Floyd, Breonna Taylor and other individuals at the hands of police. Though a recent effort to pass reform at the national level recently failed in Washington, D.C., President Joe Biden said he still has hope there will be an opportunity to sign "a comprehensive and meaningful police reform bill" into law during his presidency.

Newsom acknowledged the stalemate in Congress during comments he delivered at the conclusion of Thursday's signing ceremony.

Continued from page 1: PRESIDENT

As a result of this investigation, several university employees are no longer employed by Tuskegee due to their involvement in the scheme or failure to prevent it. In addition, three former employees have been arrested by state law enforcement and charged with theft.

The actions of these former employees, who took advantage of the university and breached our community trust in the process, are disturbing and unacceptable. Their actions contradict both our values and our commitment to creating a campus environment based on trust, integ-



. . . would you do this to yourself?



riety, and honesty.

Though the university was a victim of this complex fraud scheme, our internal investigation also highlighted the need for Tuskegee University to more closely examine the institutional controls and accounting processes that made the university vulnerable to this breach of trust in the first place. After a thorough review of our policies, practices, and procedures led by outside experts and based on the recommendations of those experts, we have already taken a number of corrective actions and remedial measures to safeguard against potential future fraudulent activity. As part of this work, we have implemented a number of changes, including but not limited to the following:

- Modernized our [Whistleblower Protection and Investigation Policy](#) to include increased protections and launched an anonymous whistleblower hotline, as reflected in an announcement to all Tuskegee staff on June 15, 2021;
- MMCreated a [Fraud, Waste, and Abuse Policy](#) that explicitly prohibits this type of behavior;
- Revised our accounting manual to decentralize approval processes and controls;
- Strengthened our accounting system controls and diligence process, including as it relates to segregating duties around vendor creation, management, and invoicing; and
- Retained a higher edu-

cation technology consulting firm to assist in strengthening controls with Ellucian Colleague, the university's enterprise resource planning (ERP) software.

The measures that have already been put in place are in addition to other policies and procedures that the University is preparing to implement with the continued help of outside experts, including phasing out the manual check request process, developing robust ethics training University-wide, and developing an anti-nepotism policy, among other things. We will continue to share more about the development of those important policies at the appropriate time.

As we have done from the outset, we will continue to cooperate fully with law enforcement regarding their ongoing criminal investigation into these matters. I want to assure you that nothing is more important to me than creating a safe, welcoming, and secure campus environment where all members of our community feel valued and able to contribute to the greater good. In order to achieve this, every single one of us must

feel empowered to speak up if we experience or see something counter to our values.

When I accepted the role of president, I did so because of my unwavering belief in and deep respect for Tuskegee's community and values. It is the foundation of our collective work together and the charge given to me by the Board of Trustees. I look forward to continuing to build on the strong foundation of this community and our values moving forward.

*Sincerely,
Dr. Charlotte P. Morris, President,
Tuskegee University.*

"WE ARE ALL IN THIS TOGETHER!"

We certainly hope that you are enjoying the MCCPTF newspaper, and the essential information about the COVID-19 virus and other resources that are available in the County to help you make quality decisions on health, housing, food distribution, and other relevant activities. PLEASE share the information with your families, friends, and neighbors.

THANKS! [MCCPTF](#)



COMMUNITY ALERT

The Truth About Tilapia (Fish)

By Corey Pemberton
REPRINT

Tilapia: It's mild, inexpensive, and easy to cook. But does it have a place in a healthy diet?

This humble seafood has a way of dividing the Paleo community. Some people love it and can't stop raving about the health benefits. Others think it's dangerous, and they do everything they can to avoid it.

Like so many things, it lies somewhere in between. Keep reading to find out what you need to know about tilapia before deciding to make it a regular part of your diet.

Tilapia is an inexpensive white fish—one of the most popular seafood choices.

They're native to Africa and the Middle East, but they've been distributed across the globe. And they're farmed in over 80 countries, including Asia and the Americas.

"Tilapia" is actually a general term, which refers to nearly 100 species of Cichlid fish; the vast majority are freshwater fish (1).

Some people call tilapia the "aquatic chicken" because it breeds easily and has a bland taste. That mild taste is actually what attracts many people to the fish, but it drives plenty of others away.

From Obscurity to One of the Most Consumed Types of Seafood commonly consumed fish Just a few decades ago, tilapia was basically unknown throughout much of the world. It certainly wasn't one of the most popular seafood options around!

But things have changed drastically. Tilapia has skyrocketed to the #4 most popular seafood among American consumers. In fact, it had a per capita con-

sumption of 1.436 pounds in 2014 (2)!

Tilapia farming is predicted to increase as global population grows, and people look for inexpensive, sustainable food sources. What to Think about Before Eating Tilapia. There are plenty of things to think about when deciding whether or not to make tilapia a regular part of your diet.

Pros

Inexpensive. Pound for pound, tilapia is one of the cheapest seafood options around— especially if you buy frozen tilapia fillets in bulk!

Mild taste. Depending on your taste buds, this aspect can be a pro or a con. If you don't like "fishy" seafood, tilapia is very mild, and it usually assumes the flavor of the sauce you cook it in. So it's popular among parents and schools looking to appease picky kids, but it still gets recommended by the American Heart Association every week.

Low mercury exposure. When eating certain species of wild-caught carnivorous fish (i.e., fish that feed on other fish), you have to watch out for mercury. Because tilapia are vegetarians, there's much less of a risk. The American Pregnancy Association lists tilapia as fish that has lower mercury content, and it recommends that expecting mothers eat more of it than other types of seafood (3). Low in calories and high in protein. 100 grams of cooked tilapia only have 128 calories—but a whopping 26 grams of protein (4). The caloric ratio is 19% fats to 81% protein. So you can eat tilapia to help build muscle, stay full, and avoid the insulin spikes that come after eating a ton of carbs. Nutrients. Tilapia is high in key vitamins and minerals like B vitamins, Phospho-

rous, Potassium, and Selenium.

Cons

Not nearly as many omega-3 fatty acids as other fish. Tilapia's vegetarian diets make them inexpensive to raise and buy, but they also result in fewer omega-3 fatty acids in the end product. 100 grams of Tilapia have about 200 milligrams of omega-3 fats (5).

On the other hand, the same amount of wild-caught salmon has over 2,000 milligrams—10 times the amount (6).

Corn and soy diets. Farmed tilapia subsist on a diet of corn and soy pellets, which helps these fish put on weight quickly and keeps down costs. But it's not the best diet for our health.

Tilapia don't eat corn or soy; they prefer algae and marine plants in their natural environment. Humans shouldn't eat much corn or soy either, so when we eat farmed tilapia, we have to deal with the inflammation and other health consequences that result.

A higher omega-6:omega-3 ratio. Another consequence of tilapia's vegetarian diets is a higher omega-6 fatty acid content. While we need omega-6's to survive, the typical American diet already provides us with way more than a healthy amount. Ratios too far out of balance lead to inflammation and other potential health issues (7).

One Wake Forest University study provided an interesting finding about tilapia's omega-6:omega-3 ratio. It could be "potentially dangerous" for some people with heart disease, arthritis, asthma, and other allergic and autoimmune diseases—who are especially vulnerable to an "exaggerated inflammatory response" (8). Huge variations in quality. While a small tilapia farmer might be careful to keep densities low and supplement their feed with fishmeal and fish oil (which raise omega-3's), large operations might stuff tilapia into crowded spaces and be less scrupulous about avoiding pesticides, chemicals, and waste. One of the biggest challenges is knowing exactly what you're getting!

REMEMBER:
"COVID-19's Still With Us!"

Macon County Community Partners Taskforce

Efficient Distribution and Management of Resources (EMDR)

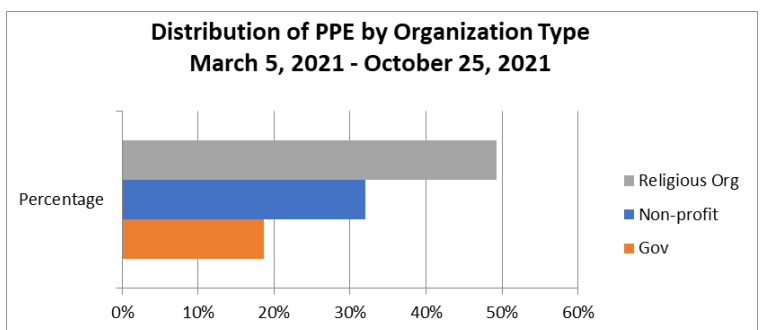
Equipping Macon County Citizens Against COVID-19

By Judge James Cooper,
October 28, 2021

The Macon County Community Partners Taskforce COVID-19 PPE Distribution Center (MCCPT-DC) began operations on March 5, 2021. The purpose of the MCCPT-DC is to provide at no cost COVID-19 Personal Protection Equipment (PPE) to the Macon County Community. The Distribution Center primarily serves requests from churches, non-profit entities, and governmental agencies. Requests from PPE are made through the MCCPT website located at www.maconcares.org. The most requested and distributed PPE has been face-masks, followed by hand sanitizer.

Since its inception, the majority of PPE has been distributed to religious organizations. Donations have been made to organizations throughout Macon County. The two graphics below show that between March 5, 2021 – October 25, 2021, 49 percent of the PPE distribution was made to religious organizations.

Macon County Community Partners Taskforce Distribution of PPE by Organization Type March 5, 2021 - October 25, 2021		
Organization Type	Quantity	Percentage
Gov	28	19%
Non-profit	48	32%
Religious Org	74	49%
Grand Total	150	100%



ALCOHOL DETECTION TIMELINE

Drug Name: ETHYL ALCOHOL, ETHANOL.
Drug Class: DEPRESSANTS, SEDATIVES, HYPNOTICS.
Street Names: ALCOHOL, LIQUOR, BOOZE.

- 12 hours Saliva
- 24 hours Blood
- 48 hours Hair
- 80 hours Urine

WHAT INFLUENCES DRUG DETECTION TIME?

Age, Body Mass Index, Food/Fluid Intake, Liver Function, Metabolic Rate, Sex, Height/Weight, Frequency of Use.

*The time that substances can be detected in your body will depend greatly on your diet, body type and other factors. This graphic should merely be used for informational purposes.

"DON'T DROP THE BALL..."

LOVE YOURSELVES ENOUGH TO CONTINUE WEARING YOUR MASKS TO PROTECT YOURSELF & OTHERS FROM COVID-19!"



Save OurSelves: GET VACCINATED & JOIN FIGHT TO EXPAND MEDICAID

Noon Alabama State House Press Conference Today to Announce:
SOS Statewide Caravan to Vaccinate Before It Is Too Late & to Expand Medicaid Starts This Saturday in Montgomery
 Thursday, September 30, 2021
 Montgomery, AL – Today at noon on the steps of the Alabama State House, members of SOS, the Save OurSelves Movement for Justice and Democracy; Alabama Black Lives Matter; and other human rights groups announced a Statewide Caravan to Vaccinate Before It Is Too Late and to Expand Medicaid beginning this Saturday in Montgomery.
 Attorney and Civil Rights Activist Faya Toure said: “Alabama learned this past week that more than 1,000 additional people in our state have died of COVID, which maintained Alabama as one of the deadliest states for COVID in the nation. This is avoidable, and this has to stop. Vaccinations save lives. All medical and scientific evidence supports this, and Alabamians must get vaccinated to save their own lives, those they love, and others.”
 As State Health Officer Dr. Scott Harris said: “These aren't numbers or stats. These are our families and friends and loved ones dying of COVID. . . At least 90 percent of these deaths are completely preventable with vaccination.”
 Greene County Health System President John Zippert said: “This caravan will take place in all corners of Alabama, starting this Saturday in Montgomery. Between Alabamians' deadly low rate of vaccinated citizens and Alabama leaders' ongoing failure to expand Medicaid, people in Alabama have died and are dying who should be alive and people will needlessly suffer with ongoing and long-term health issues. Also, hospitals across Alabama have closed while others are on the brink of closure with virtually every hospital across our state overrun with COVID cases, making them often unable to treat and save people with other health issues. This is deadly wrong on every level.”
 Law Professor Emerita Martha Morgan said: “In the year 2020, more people died than were born in Alabama. This hasn't happened since World War II, and so many of these people did not have to die. With vaccinations and Medicaid expansion, Alabama can save lives.”
 Members of SOS, BLM, and other human rights groups will begin a Statewide Caravan this Saturday To Vaccinate Before It Is Too Late and To Expand Medicaid to Save Lives and Hospitals. This caravan will hold events over the coming weeks and months in cities, towns and counties in every corner of Alabama.
 Please see the attached flyer for Saturday's Montgomery event.

SOS Statewide Caravan to Vaccinate Before It Is Too Late & to Expand Medicaid Starts this Saturday in Montgomery



E-CIGARETTES JUST AS BAD FOR YOUR HEALTH!

E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.

E-cigarettes are not safe for youth, young adults, and pregnant women, as well as adults who do not currently use tobacco products. While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.

If you've never smoked or used other tobacco products or e-cigarettes, don't start. Additional research can help understand long-term health effects.



THE WORLD HEALTH ORGANIZATION (WHO) HONORS THE LACKS FAMILY!

By Maria Cramer October 15, 2021
 REPRINT from New York Times

The WHO presented Henrietta Lacks' family with a Director-General Award to honor the contributions her immortal cells unknowingly made to science and medicine. This acknowledgment is amazing, but we still need genetic justice to truly honor Henrietta Lacks!

In 1951, Henrietta Lacks, a Black mother of five who was dying of cervical cancer, went to Johns Hopkins Hospital in Baltimore for treatment.

Without her knowledge or consent, doctors removed a sample of cells from the tumor in her cervix. They gave the sample to a researcher at Johns Hopkins University who was trying to find cells that would survive indefinitely so researchers could experiment on them.

The invasive procedure led to a world-changing discovery: The cells thrived and multiplied in the laboratory, something no human cells had done before. They were reproduced billions of times, contributed to nearly 75,000 studies and helped pave the way for the HPV vaccine, medications used to help patients with H.I.V. and AIDS and, recently, the development of Covid-19 vaccines.

On Wednesday, 70 years after Ms. Lacks died in the “colored ward” at Johns Hopkins Hospital and was buried in an unmarked grave, the World Health Organization honored the contribution she unknowingly made to science and medicine. . . @NYtimes.Cramer

A Message from BBCF President Felecia Lucky upon Indigenous Peoples' Day

REPRINT from Black Belt Community Foundation

BBCF is observing October 11, 2021 as Indigenous Peoples' Day. This is a holiday celebrated on the second Monday in October in the United States, in lieu of Columbus Day. Indigenous Peoples' Day aims to honor and celebrate the past, present and futures of Native Peoples across the U.S. It acknowledges the legacy of colonialism, something that proved devastating to Indigenous communities through history. This legacy continues to impact these peoples negatively today. When we observe this holiday, we are looking beyond the narrative of oppression and honoring the rich histories, cultures, societal contributions and the amazing resilience of contemporary Native peoples.

Here in Alabama, the holiday is officially recognized at the state level as American Indian Heritage Day. Since the 1990s several communities have initiated their own civic observations of the day. For example, the City of Montgomery decided to do so as of 2020. In Alabama, it is nearly impossible to stroll a freshly plowed farm field or splash through a clear creek without coming across physical traces of ancient cultures in pottery shards or stone arrowheads. It is impossible to not be moved by the silent and iconic dignity contained by the pyramidal earth mounds that dot our land. These frequent reminders that surround us on all sides speak to the peoples that were here first.

In our work at BBCF, we strive always to respect diversity, equity and inclusion. Whether through our Truth, Racial Healing & Transformation, Southern Black Girls and Women's Consortium, Head Start schools, Community Grants or our myriad work in the Arts, our programs and projects consistently teach and remind us that our best way of promoting healthy and happy communities is by being mindful and inclusive of all voices at the table. Only serving a part of the community or selectively focusing on certain histories and narratives to the exclusion of original truths would be a dangerous disservice to us all.

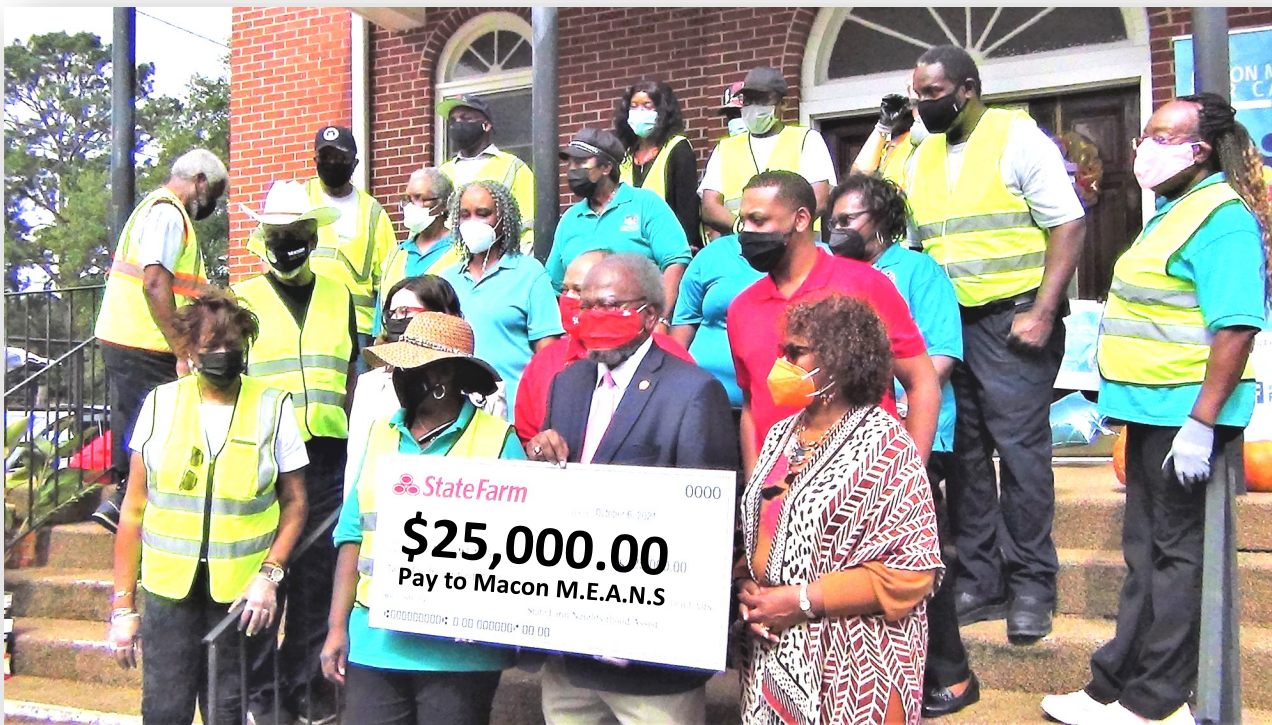
Today we celebrate this beautifully multicolored, multicultural tapestry that is our Alabama Black Belt home and our country!

Sincerely,

Felecia L. Lucky
 President, BBCF

THERE IS NO NEED TO BE HUNGRY IN MACON COUNTY, AL, JUST CALL:

334-724-2550



Macon M.E.A.N.S. receives \$25,000.00 from State Farm Insurance competition with community support.

YAY!!! There is no limit to what we can accomplish when we put our minds and hearts together! Thank you for your leadership Doretha, and CONGRATULATIONS!

By Patricia Gullette <gullep@live.com> wrote: Congratulation to Macon MEANS and thanks for all you do to help end food insecurity in Macon County!!!!

Greetings Champions, We did it! Thank you. Our community voted, rallied together and persevered to make it happen!

Macon M.E.A.N.S. will be one of 40 recipients nationwide for the State Farm Assist Grant. Out of 2,000 submissions, the Macon M.E.A.N.S. cause for Mobile Food Pantry Support was selected by the State Farm Review Committee as one of the Top 200 finalists and then voted on by the public into the Top 40!

The formal grant award will be held on Wednesday, October 6, 2021 around 10:30 am at Solomon Chapel AME Zion Church 4214 MLK Hwy 80 W Tuskegee, AL 36083. The leadership from State Farm as well as our local and surrounding agents will be in attendance for the presentation. This event is on the calendar of area TV stations and will be live streamed on Tuskegee Virtual.

Macon M.E.A.N.S. is so excited that these funds are coming into our community to support the Mobile Food Pantry. It is our goal to support the purchase of a refrigerated truck and forklift for the Pantry. The entire community benefits as fresh wholesome food is safely transported and distributed to food insecure areas. As we work to seek additional funding to realize our goal, we are trusting God's promise (2 Corinthians 9:8 Amplified Bible)

And God is able to make all grace [every favor and earthly blessing] come in abundance to you, so that you may always [under all circumstances, regardless of the need] have complete sufficiency in everything [being completely self-sufficient in

Him], and have an abundance for every good work and act of charity. We are Champions! Thanking You and God for our success in this endeavor!

Macon M.E.A.N.S., Doretha Heard & Nina Boyd Co- Founders

ALABAMA DEMOCRATIC PARTY ALERT

We are still in the midst of the worst GOP-led voter suppression campaign in more than 60 years.

More than 425 laws that restrict voting access have been introduced in 49 states, including Alabama. 19 states – mostly in the South – have passed laws that will make it harder for hundreds of thousands of voters – mostly Latinx, Black, non-English speaking, and disabled communities – to cast ballots.

Voting justice is at the core of Alabama values, and we know that a threat to justice anywhere is a threat to justice everywhere. We won't let Alabama voices – especially those historically disenfranchised communities where the threat is greatest – be silenced.



PROVIDES ASSISTANCE WITH:

RENTAL

**ENERGY: Heating & Cooling
EMERGENCY
TRANSPORTATION**

**501 S. School Street, Tuskegee
334-727-6100**

**1113—2nd Place So. Phenix City
334-298-6672**

**“LOVE IS THE CURE FOR THE
HATEFUL
DISEASE PLAGUING THE WORLD!”**

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

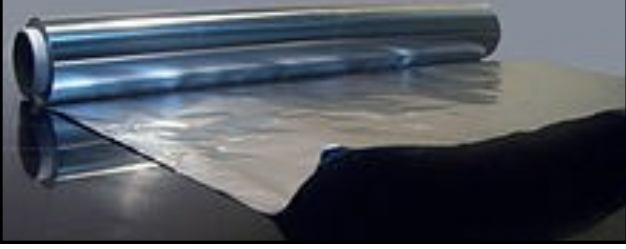
**Tuskegee Medical and Surgical Center
334-727-5900**

301 Wright Street, Tuskegee, AL

**Tuskegee University
334-727-8011**

Dr. Charlotte P. Morris, President

COMMUNITY ALERT



3 Scary Reasons To Ditch Aluminum Foil (And What To Use Instead)

By Liivi Hess
REPRINT

You're probably getting a little tired of people telling you that the things you've been eating or using for years are bad for your health. Some you've accepted; you do your best to stay away from gluten and you eat organic when you can. Some you've strategically chosen to ignore; your favorite dairy-based ice cream, for example, or that supposedly toxic non-stick frypan which makes the best pancakes.

But here's one you should probably avoid like the plague: aluminum foil. Believe it or not, every time you use aluminum foil in the kitchen, it's seriously harming your health. Here are three reasons to keep aluminum foil out of your kitchen, and some healthier alternatives to use instead.

1. Aluminum foil is a neurotoxin

Aluminum has long been scrutinized by the scientific community for its potential role as a neurotoxin. Researchers maintain that, due to the fact that aluminum has no physiological role in the human body, it has the potential to cause significant detrimental effects when consumed.

This theory was unequivocally proven when a 2014 study showed that a 66-year-old man who died with Alzheimer's disease had significantly elevated aluminum content in his brain, following eight years of occupational exposure. While the study noted that it was the respiratory system that was exposed to aluminum dust, we now know that there is a direct link between aluminum ingestion and Alzheimer's disease, a debilitating neurological disorder.

The fact also remains that aluminum foil is not fully inert; food cooked or prepared in it has been shown to have significantly higher levels of aluminum than if they were prepared in another medium. The takeaway is simple: aluminum foil has the potential to cause neurotoxic effects, including Alzheimer's disease.

2. Aluminum foil can contribute to bone disease

Research shows that aluminum from sources like foil can increase a person's risk of developing bone disease. A study that examined the effect of hemodialysis, which causes buildup of aluminum in the blood, found that 37 percent of dialysis patients had developed aluminum-associated bone disease. The study proponents concluded that "long-term oral aluminum intake in hemodialysis patients results in a high prevalence of aluminum-

associated bone disease." It was theorized that aluminum either directly or indirectly impacts osteoblast production, which in turn leads to bone wasting.

The key here is that little statement about "long-term oral aluminum intake." Many would argue that using aluminum foil regularly for years would equate to long-term oral aluminum intake. This means that using aluminum foil in the kitchen can contribute to bone disease.

3. Aluminum foil can promote pulmonary fibrosis

Using aluminum foil to prepare, store or cook food can increase a person's risk of developing pulmonary fibrosis, a form of lung disease. A study that performed lung tissue analysis of nine workers exposed to aluminum oxide found alarmingly high levels of aluminum in the lung tissue, suggesting that aluminum exposure contributed to their development of pulmonary fibrosis.

While aluminum foil might not contribute to lung disease at the same rate as breathing in aluminum oxides, there is still a very real risk that cooking with aluminum foil may cause pulmonary fibrosis and other diseases of the lung.

Why aluminum may be leaching into the food you eat

In a 2012 study, a faculty of engineering team from the University of Ain Shams in Cairo examined the different ways in which aluminum foil and other cookware interacts with food. Leaching of harmful aluminum compounds was by far the highest when acidic foods like lemon juice or

tomatoes were coming into contact with aluminum foil, and this was often further exacerbated by the use of spices. In essence, aluminum foil is not inert. When exposed to certain foods, it has been shown to leach a portion of its metallic compounds into the food, whereupon people ingest it. From here, it can build up in the blood, muscles and organs and contribute to all manner of health problems. Science is only just starting to understand just how negative these consequences may be.

The onus is simple: keep aluminum foil out of the kitchen, and well away from the food you eat. Here are some healthier alternatives for cooking and storing your food that won't have any ill health effects.

Healthier alternatives to aluminum foil

Personally, I've never been much of a fan of aluminum foil and aluminum cookware anyway. If I want to store food in the fridge or pantry, I'll almost always use glass storage containers. Glass is completely inert and doesn't transfer any harmful chemicals or metals into food, no matter how acidic they are. This way, we're also minimizing waste, as the glass can be used over and over again... unlike aluminum foil! For cooking, where one might use foil to enclose baked potatoes or fish, I simply used a ceramic dish with a lid. The effect is exactly the same, it's just that ceramic doesn't leach compounds into our food! And for baking, I either use glassware or high-quality silicone bakeware that doesn't require any sort of

lining. These materials are much nicer to use, usually produce higher quality dishes and don't create excess waste. That's a win-win, if you ask me!

WHO Director: Booster Shots for the COVID-19 Vaccine Are Immoral' and 'Unfair'

By Ryan Steal

According to the World Health Organization's director-general, distributing Covid-19 vaccine booster doses in some nations while inoculations across Africa lag is "immoral."

On Tuesday, WHO Director-General Tedros Adhanom Ghebreyesus informed CNN's Becky Anderson that the growing use of boosters is "immoral, unfair, and unjust," and that it "needs to stop."

"To start boosters is really the worst we can do as a global community. It is unjust and also unfair because we will not stop the pandemic by ignoring a whole continent, and the continent that doesn't have any manufacturing capacity of other means," he stated.

The WHO has suggested an additional vaccination dose for immunocompromised persons. Still, it is opposed to the

widespread use of booster doses until a more significant portion of the population has been inoculated with the Covid-19 vaccine.

South America, North America, Europe, Asia, and Oceania have given a single vaccination shot to more than half of their populations. In contrast, only 7% of Africa's population has received one, according to Tedros.

In September, the US Food and Drug Administration (FDA) approved booster doses of Pfizer's vaccine for certain persons.

Furthermore, the European Medicines Agency (EMA) has instructed European Union countries to make "formal advice on the use of booster dosages, taking into account new effectiveness evidence and inadequate safety data," according to the EMA.

According to the EMA, booster doses of BioNTech/Pfizer "may be considered at least 6 months following the second dose for people aged 18 years and older," for people with normal immune systems.

The CDC is also evaluating data to see if a booster dosage for the Moderna vaccination is warranted.

"The reason we might want to give a third dose is if the performance of the vaccines are less or inadequate

*Continued on page 7:
See WHO*

**If 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!**

Continued from page 6:
WHO

against some of the variants of concern that have emerged. And again, the vaccines that we have right now against the variants and we're watching this very carefully are holding up extremely well against the severe end of the disease spectrum. Generally speaking, the vaccines are performing very well," said Dr. Katherine O'Brien with regards to how safe and effective the booster doses are.

<https://edition.cnn.com/2021/10/12/africa/vaccine-boosters-africa-intl/index.html>

**SUBSTANCE ABUSE
NATIONAL
HELPLINE**
**1-800-
662-HELP
(4357)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline is a FREE, CONFIDENTIAL 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Truth or Fiction: Teaching digital literacy to children is vital to combating online disinformation

By SPLC
We didn't need the Capitol insurrection of Jan. 6 to know our society is awash in disinformation. But the attack by far-right extrem-

ists reacting to former President Donald Trump's false claims about a "stolen" election certainly provided a wake-up call about the dangers of such falsehoods. Our democracy itself depends on a shared trust and belief in the facts. But the internet and the proliferation of media sources with dubious credibility have changed everything. Now, extremist propaganda and conspiracy theories like QAnon spread with the touch of a finger.

Young people are particularly vulnerable to the viral spread of false information, and educators play a key role in protecting them. In the Fall issue of Learning for Justice magazine, Cory Collins, a senior writer for the Southern Poverty Law Center's Learning for Justice project, examines the ways in which experts are advising educators about the roots of online misinformation and how to counter it.

"Experts say schools and communities need to update and extend their commitment to digital literacy across all subject areas – in a way that directly addresses how information spreads, who it helps and who it harms," Collins writes in his story, titled "Reimagining Digital Literacy Education to Save Ourselves."

Children need to understand the relationships between digital information and systemic injustices. But too often, Collins writes, media literacy is taught in a way that simply helps students tell whether a source is "good" or "bad." These lessons "often fail to provide students with transferable skills they need to navigate today's online spaces," he writes.

The story also explains how the SPLC, in partnership with the Polarization and Extremism Research and Innovation Lab (PERIL) at American University, has created a guide that helps educators decipher the warning signs of online radicalization and

how to stop extremists from recruiting young people. "If no actions are taken, polarization can

increase the potential for youth to continually be on-ramped," Wyatt Russell, a fellow for PERIL who helped create the guide, says in the story. "These problems don't go away, and that's going to mean continual instances of hate and bias within our schools, within our communities."

Erin McNeill, founder of Media Literacy Now, a grassroots nonprofit advocating for policies that would make media literacy "an essential element in public education," told Collins that educators can persuade school officials about the importance of incorporating digital literacy into the curriculum.

"There are steps, big and small, that educators can be taking," McNeill says.

"We're trying to get more of a grassroots army of people who understand what media literacy is, recognize its value and are asking for it."

Parents and educators

can make a big difference, she says. If they learn more about media literacy and related resources, they can advocate for it to district leaders and school boards. "Part of expanding digital literacy means providing students with skills and supports to inoculate them against extremist rhetoric and recruitment," Collins writes.

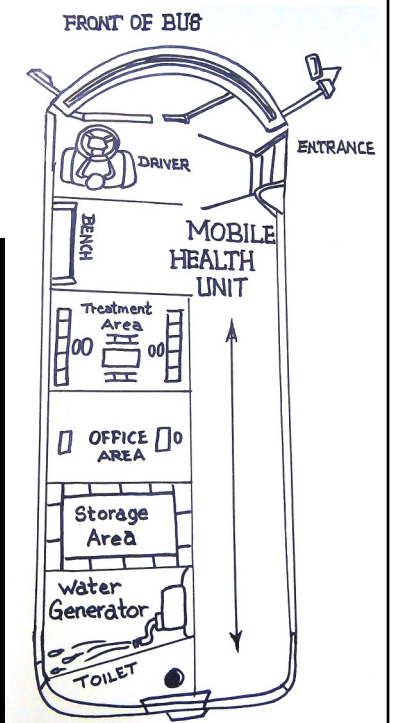
To read the full story and all of the Learning for Justice magazine's Fall edition, click here.

Also this week, the SPLC launched TechWatch, a new resource that tracks the role technology plays in perpetuating hate.

NOTICE
The proposed "Mobile Health Unit" is recommended to the Macon County Commission for two-year funding from the \$1.75 million received from the COVID-19 related "American Rescue Plan Funding." A FREE school bus will be retrofitted for the purpose of servicing rural communities just as Dr. Washington and Dr. Carver did with their Jesup bus for education.

THE PANDEMIC + SANKOFA + CRITICAL RURAL NEEDS = A "MOBILE HEALTH CARE UNIT" FOR MACON COUNTY!

"Looking back at Booker T. Washington's Jesup Bus to move forward with better healthcare in rural areas in the future!"



A Tuskegee-Macon Family & Friends Fun Day!

When: October 16, 2021

Where: Booker T. Washington H.S.

Time: 10:00 A.M. - 4:00 P.M.

Please join us in getting vaccinated. Protecting yourself is also protecting others.

Let's Get Vaccinated Tuskegee!!!

Testing and Vaccine Clinics on Site!



Food, Fun and lots of Entertainment all Free!



Pastor R. Carter
Washington Chapel AME Ch.



Pastor J. H. Curry
Mt. Olive Missionary Baptist. Ch.



Pastor D. Manuel
Greater Friendship Baptist. Ch.



Pastor C.P. Noble
Greater St. Mark Baptist Ch.

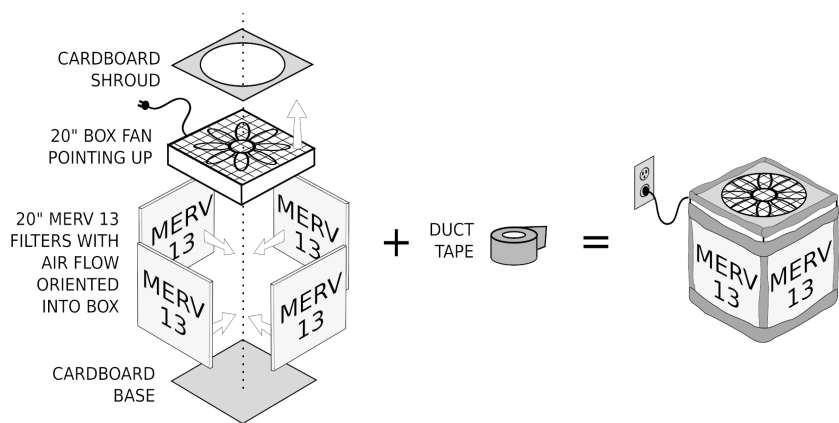
Choose A Healthy Life Program in conjunction with one of these community base churches



Rev. M. Thurman
Westminister Presbyterian Ch.



How to Build a DIY Air Filtration Box



The virus that causes COVID-19 is thought to spread from person-to-person primarily through aerosol transmission. Very small particles are exhaled and can remain airborne for hours and can travel beyond the six feet of space recommended for physical distancing. These invisible particles can rapidly accumulate in indoor environments with poor air quality.

Proper ventilation is key to reducing the amount of particles in indoor environments. In addition to HVAC system upgrades (MERV 13 or higher) and the use of open windows to increase fresh air circulation, air filtration devices are an effective way to clean indoor air. While these devices can cost well over \$100 per unit, a cheaper version can be made at home or in the classroom using a few items from your local hardware store.

This DIY air filtration system is known as a “Corsi-Rosenthal Box,” named after Dr. Richard Corsi, an indoor air expert and engineering professor at Portland State University, and Jim Rosenthal, CEO of Tex-Air Filters, who collaborated on the development of the box.

These are the materials needed to construct the Corsi-Rosenthal Box:

- (4) MERV 13 air filters (20x20")
- Box fan (20x20")
- (2) Cardboard sheets (20x20")
- Duct tape
- Scissors or box cutter

Instructions: Use duct tape to tape the four air filters into a four-sided box (there will be no filters on the top or bottom). Make sure the airflow direction of the filters faces inward (the filters will be labeled on the edges) and tape carefully so that there are no leaks while you are taping.

Tape a sheet of cardboard to the bottom of the filter box.

- (You can cut a piece of cardboard from the box that the fan came in.)
- Tape the box fan to the top of the filter box with the front of the fan facing up.
- Optional: Cut a large circle in the middle of the second piece of cardboard (diameter of the fan blades) and tape it to the top of the fan. This will improve the efficiency of the air filtration.
- Your DIY air filtration system is now ready to start cleaning your air. For more information about the Corsi-Rosenthal box and detailed instructions and videos, please refer to: <https://edgecollective.io/airbox>.



COMMUNITY ALERT!

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

COVID-19 DEATHS in U. S.—2020-2021
744,511

ALABAMA COVID-19 UPDATE
As of October 21, 2021

CASES: 815,989—DEATHS: 15,311

MACON COUNTY COVID-19 CASES:
2,312

MACON COUNTY DEATHS:
62

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GET FACTS

GET NEWS

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MACON CARES

