

# MACON COUNTY COMMUNITY PARTNERS TASK FORCE



A MONTHLY PUBLICATION  
APRIL, 2022

**FREE**

VOLUME 1      ISSUE 7

“This Newspaper Features Relevant Facts on Health, Safety & History.”



See story on page 7



[https://youtu.be/DYfh4k\\_zFno](https://youtu.be/DYfh4k_zFno)

**HELPING HANDS FOOD MINISTRY DISTRIBUTES FOOD AT PRAIRIE FARM SENIOR CITIZEN SITE. SEE FOOD DISTRIBUTION CALENDAR ON PAGE 10 FOR OTHER SITES.**

**HISTORY: “ALWAYS & FOREVER!”**



**MCCPTF Members who have stuck with the Task Force for the last 2 years are greatly appreciated, and those who have fallen by the wayside, are encouraged to return, especially elected and appointed public officials. Others may join us by going to the following website: [www.maconcares.org](http://www.maconcares.org) and making a request. For more information, call: 334-492-4047.**



**Advancing Health Literacy To Enhance Equitable Community Responses to COVID-19**

Advancing Health Literacy To Enhance Equitable Community Responses to COVID-19 The City of Tuskegee is one of 73 awardees of the Advancing Health Literacy (AHL) Grant. The two-year grant was awarded by the United States Department of Health and Human Services (HHS) Office of Minority Health. The grant is a part of the Biden/Harris Administration's plan to enhance COVID-19 testing and vaccination rates. The City of Tuskegee was selected to receive the full \$3,000,000, as a rural geographic designation. In partnership with the Alabama Conference of Black Mayors, eight Black Belt communities in five Alabama counties will participate in the grant initiative. The towns and cities are Union Springs, Mosses, Hayneville, White Hall, Gordonville, Selma, Orville, and Yellow Bluff. The Advancing Health Literacy (AHL) Grant aims to identify and implement practical, evidence-based, and culturally appropriate health literacy strategies planned and designed for socially vulnerable populations in Alabama's Black Belt. The grant also aims to impact those populations not reached through current public health campaigns. Activities and tasks will enhance Covid-19 testing, vaccination rates, and other mitigation measures, along with public health prevention practices and overall well-being. For more information, contact Kim R. Ortiz at [krortiz@tuskegeealabama.gov](mailto:krortiz@tuskegeealabama.gov); Dorothy Webber at [dwebber.tuskegeehloutreach@gmail.com](mailto:dwebber.tuskegeehloutreach@gmail.com); or David Lunn, Jr. at [dlunn.tuskegeehloutreach@gmail.com](mailto:dlunn.tuskegeehloutreach@gmail.com).

**CLOSED**  
**STATE OF ALABAMA LEADS**  
 Law Enforcement Agency Driver System  
**Temporary Closure Notice:**  
**April 18–22, 2022**  
 Driver License Offices/Units/Services will be closed to facilitate the installation of the new Driver License System. Driver License services will resume on April 26, 2022

**“A GREAT SOCIETY BEGINS WITH YOU.” THIS MEANS THAT YOU MUST DO YOUR PART TO BE A ‘STRONG LINK, RATHER THAN A WEAK ONE!’**



**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**

**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



Tuskegee University's Department of Construction Science National Association of Home Builders (NAHB) Student Chapter wins first place in the Four-Year College - Production Home Builder category of the NAHB Student Competition. The team makes history as the first HBCU to win the competition. The Tuskegee team presented their solutions to a judging panel of residential construction industry experts and successfully demonstrated a real-world application, including a proposal and presentation. Read more about this historic accomplishment at: <http://ow.ly/zR50lmbYi> #TuskegeeUniversity #history #HBCU #construction science

# COMMUNITY ALERT!

## “A ‘CASH APP’ EXPERIENCE!”

I was headed to South Macon Alabama on Saturday, March 19, to photograph and video a COVID 19 Health clinic. I noticed that I was low on gasoline, so I stopped at the Valero LMI 88 Service Station at MLK Highway and \*\*\*\*\* Lake Shore, across from the Tuskegee Fire Department.

I used my Cash App card at the pump to purchase \$51.38 worth of gas. I proceeded to the county and took care of my business (photographing and videotaping the Health Clinic activities and passing-out Task Force Newspapers) and returned home a few hours later.

Immediately upon returning home I checked my emails and noticed that Cash App had charged me \$125.00 for the earlier \$51.38 purchase from Valero LMI 88.

I returned to the station for an explanation. The clerk remembered my morning purchase, and me entering the station for a receipt. She gave me a receipt for \$51.38.

When the clerk was asked why I was charged \$125.00 by Cash App for a \$51.38 purchase, she suggested: “It was probably because you used your card at the pump, rather than coming inside and giving it to me.”

It was a blessing to have a woman standing in line behind me who appeared more knowledgeable of such situations. She said: “Cash App will reimburse the difference between your actual purchase and the latest charge, in about three days.”

I thanked her for her input and hoped that she was right.

And that lady was right. Cash App sent the following message to my email on Monday, March 21st:

“Your \$125.00 temporary authorization at Lake Martin 88 has been updated to \$51.38 your actual refuel amount.”

I am thankful that I kept my cool about the situation. I am thankful to the unidentified lady who advised me of Cash App’s practices. Moreover, I am going to return to the station and advise the clerk of what I learned from this situation so she will be factual when questioned about Cash App’s practice if, or when asked by any other customers.

## Another COVID-19 Surge May Be Coming. Are We Ready for It?

Benjamin Mueller

REPRINT: March 19, 2022

A healthcare worker transports a patient at the Caritas Medical Center hospital in Hong Kong, on Feb. 28, 2022. (Billy H.C. Kwok/The New York Times)

A healthcare worker transports a patient at the Caritas Medical Center hospital in Hong Kong, on Feb. 28, 2022. (Billy H.C. Kwok/The New York Times)

Scarcely two months after the omicron variant drove coronavirus case numbers to frightening heights in the United States, scientists and health officials are bracing for another swell in the pandemic and, with it, the first major test of the country’s strategy of living with the virus while limiting its impact.

At local, state and federal levels, the nation has been relaxing restrictions and trying to restore a semblance of normalcy. Encouraging Americans to return to pre-pandemic routines, officials are lifting mask and vaccine mandates and showing no inclination of closing down offices, restaurants or theaters.

But scientists are warning that the U.S. isn’t doing enough to prevent a new surge from endangering

vulnerable Americans and potentially upending life again.

New pills can treat infections, but federal efforts to buy more of them are in limbo. An aid package in Congress is stalled, even as agencies run out of money for tests and therapeutics. Though less than one-third of the population has the booster shots needed for high levels of protection, the daily vaccination rate has fallen to a low.

While some Americans may never be persuaded to roll up their sleeves, experts said that health officials could be doing a lot more, for example, to get booster shots to the doorsteps of older people who have proved willing to take the initial doses.

“You use the quiet periods to do the hard work,” said Jennifer Nuzzo, a public health researcher at Johns Hopkins Bloomberg School of Public Health. “You don’t use the quiet to forget.”

The clearest warnings that the brief period of quiet may soon be over have come, as they often have in the past two years, from Western Europe. In a number of countries, including Britain, France and Germany, case numbers are climbing as an even more contagious subvariant of omicron, known as BA.2, takes hold.

In interviews, 10 public health researchers and infectious disease experts said that many of the ingredients were in place for the same to happen in the U.S., though it was unclear if or when a wave might hit or how severe it might be.

Case numbers are still dropping nationally, but BA.2 accounts for a growing proportion of those infections, rising to almost one-quarter of new cases last week. The subvariant is estimated to be 30% to 50% more contagious than the previous version of omicron, BA.1.

In New York City, average daily case numbers rose by roughly 40% over the past two weeks, though they remain extremely low compared with recent months. In Connecticut, scientists estimate that the frequency of BA.2 infections is doubling every seven or eight days — half the rate of omicron’s growth this winter, but also considerably faster than the delta variant’s 11-day doubling time before that.

“I expect we’ll see a wave in the U.S. sooner than what most people expect,” said Kristian Andersen, a virus expert at the Scripps Research Institute in La Jolla, California. He said that it could come as soon as April, or perhaps later in the spring or the early summer.

And given that some cases inevitably turn more serious, Andersen said, “yes, such a wave would be accompanied by rising hospitalizations and deaths.”

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Some experts cautioned, however, that BA.2 had not driven up case numbers in every country where it emerged. In a best-case scenario, they said, even if U.S. case numbers started climbing, leftover immunity from the first omicron wave this winter could help protect against a heavy surge of hospital admissions. And a shift toward outdoor socializing could temper an increase in case numbers.

For now, there are fewer COVID-19 patients in intensive care units than during almost any other point in the pandemic. The vaccines appear to protect as well against BA.2 as they did against the previous version of omicron, according to British data, and BA.2 does not seem to cause any more or less severe disease.

In trying to forecast what lies ahead, U.S. health officials and scientists have debated what mixture of factors has driven up case numbers in Europe and just how serious the wave there could get.

The BA.2 subvariant began its march across Europe around the time that certain countries were lifting restrictions and mask mandates, potentially giving it extra for its spread. Some scientists in Britain have also attributed that country’s surge in part to the fact that immunity tends to weaken over time following vaccinations or earlier infections.

Story continues on page 11.


The Macon County Community Partners Task Force created this publication following the devastating impact of the Coronavirus Pandemic. Task Force members pondered the best ways to alert and educate county residents of the best health related methods of protecting themselves from catching COVID-19; as well as how to socialize safely and eat better to strengthen their immune systems to protect against the virus. Weekly Zoom Meetings, a website, and Newspaper were determined to be the best methods of reminding county residents that COVID-19 will be with us for an undetermined time and encourage people not to "drop the ball" on safety, cleanliness and socialization habits.

The Newspaper is managed by the Macon County Health Care Authority, Inc., published by L & B Consultant Services, Leon E. "Chief" Frazier, President, and Diane Kenney, Editor.

The Task Force presented funding requests to the City of Tuskegee, Macon County Commission, Community Outreach Organizations; as well as county residents who care about the situation in their communities.

You can support this newspaper by sending donation, ads, or articles for publication to: Macon County Health Authority, P. O. Box 830214, Tuskegee, AL 36083. Email: maconhealthauthority@gmail.com Publisher's Telephone: 334-492-4047.

**MACON COUNTY COMMUNITY PARTNERS TASK FORCE**  
A Monthly Newspaper Publication

 **Louis Maxwell**  
1 hour ago · 🌐  
Robert "Mike" Berry a true servant of Macon County.  
Rest In Peace my friend!



**A FAREWELL SALUTE TO ROBERT "MIKE" BERRY FOR DEDICATED PUBLIC SERVICE FOR THE CITIZENS OF MACON COUNTY, AL FOR MANY MOONS!**  
**Commissioner Berry's Homegoing Celebration was held at the Notasulga High School gymnasium on Thursday, March 17, 2022, which was attended by wall-to-wall friends, relatives, and constituents.**



**"IGNORANCE OF THE LAW IS NO EXCUSE!"**  
So, let's learn some laws!

**Comments from the Sheriff:**

**(THEFT—Ala. Code §§ 13A-8-2, -6, -10 (2020).**  
Classification of Theft Offenses and Penalties in Alabama  
Similar to most states, Alabama classifies the offense of theft based on the value of the property involved and, in some cases, the circumstances or type of property involved. Penalties range from a class A misdemeanor to a class B felony.  
In addition to theft of property or services, Alabama law provides specific penalties for other types of theft, including theft of trademarks or trade secrets, cargo, cable television or satellite reception, and gasoline, among others. Check the [Alabama Code](#) or consult an attorney for questions related to specific theft charges.

**Fourth-Degree Theft:**  
The lowest theft offense level is fourth-degree theft—a class A [misdemeanor in Alabama](#). Fourth-degree theft involves stealing property or services valued at or under \$500. Class A misdemeanors carry a penalty of up to one year's incarceration, a fine of \$6,000, or both.

**Third-Degree Theft:**  
If the value of the property or services involved is more than \$500 but less than \$1,500, the offense constitutes third-degree theft. Theft of a credit or debit card—regardless of value—is also theft in the third degree. Under Alabama law, third-degree theft is a class D [felony in Alabama](#) and carries a penalty of imprisonment of no less than one year and a day up to five years, a fine up to \$7,500, or both.

**Second-Degree Theft:**  
A person who steals property or services valued between \$1,500 and \$2,500 commits second-degree theft, a class C felony in Alabama. Second-degree theft also applies to theft of the following items (without regard to value): firearms, certain controlled substances, and livestock.  
Class C felonies can be punished by one year and a day up to ten years' in prison, a fine up to \$15,000, or both.

**First-Degree Theft:**  
If the value of the property involved is greater than \$2,500, Alabama law considers the offense to be first-degree theft—a class B felony. Theft of a motor vehicle (any value) is also first-degree theft.  
Class B felony convictions in Alabama can result in a term of imprisonment ranging from a minimum of two years to a maximum of 20 years. In addition, the sentence may include a fine up to \$30,000.

(Ala. Code §§ 13A-5-6 to 13A-5-12; 13A-8-3 to 13A-8-5 (2020).  
Sheriff Andre' Brunson, Macon County, Alabama

# A REVEALER SALUTE TO A YOUNG GIANT: “Gone to Soon. . . LORD PLEASE BLESS HIS SOUL!”

THE LIFE CELEBRATION OF



## REGINALD TYRONE SUMMAGE, JR

Message from the President of Tuskegee University: See video: [https://youtu.be/K\\_HqXyTl8m0](https://youtu.be/K_HqXyTl8m0)

Dear Golden Tiger Community,  
Tuskegee University is saddened to learn of the death of one of our students, Reginald T. Summage, Jr. Summage was the victim of a shooting in the city of Tuskegee last night. The City of Tuskegee Police Department is investigating the incident.

Summage was a sophomore construction science management major from Montgomery, Ala. He was an honor roll student during the 2021 academic year and a star athlete for the Tuskegee Golden Tigers Football team as a wide receiver.

“Our thoughts and prayers are with Reginald’s family and friends,” said President Dr. Charlotte P. Morris. “Losing such a young and talented member of our Golden Tiger family to a senseless act of violence is always tough. We extend our deepest condolences and support to all who loved him at this incredibly difficult time.” Football coach and athletic director Reginald Ruffin noted that Summage was a model student-athlete and inspired his teammates and friends with optimism and care for others.

We encourage students who need counsel and support to take advantage of on-campus and other support services during this difficult period. Please contact the Tuskegee University Wellness Center at 334-727-8244, Monday – Friday, 8:00 am – 4:30 pm CST, to schedule a telephone consultation or to schedule an appointment.

The Student Assistance Program provides 24/7 access (including weekends) to care by qualified and experienced professionals. Care is accessible via phone, video, private chat, text, or email in 140+ languages and TDD/TTY capabilities for the deaf and hard of hearing. For more information, visit [myahp-care.personaladvantage.com](http://myahp-care.personaladvantage.com) or download the LifeMatters app for iOS or Android and enter AHP1 as the Company Code. Students can also call 1 (855) 850-4301. . .

# BLACK HISTORY: "Always & Forever!"

## FREE COVID-19 Vaccine Clinic

**RHEMA Health and Wellness**  
3805 West Martin Luther King Hwy.  
Tuskegee, AL 36083

**Tuesdays:** 9am – 5pm  
**Thursdays:** 9am – 12pm

**Tuesdays:**

- March 15 and 29
- April 12 and 19

**Thursdays:\***

- March 10 and 17
- April 7

\*The location may change on some Thursdays



There's Still Time to Get Your Vaccine! We're happy to announce that RHEMA Health and Wellness will be hosting FREE COVID-19 vaccine clinics throughout March and April! The first one takes place on Thursday, March 10, from 9am –12pm. The first 5 people vaccinated will get a \$25 gift card.

**Available vaccines:** Johnson & Johnson, Moderna, Pfizer Vaccines are available for anyone 12 years and older. Booster shots are available for those who qualify.

**Dates:** April 7, April 12 and April 19

**Times:** Tuesdays: 9am – 5pm; Thursdays: 9am – 12pm. No insurance or appointment is necessary.

**Location:** RHEMA Health and Wellness, 3805 West Martin Luther King Hwy., Tuskegee, AL 36083.

Meet the proud

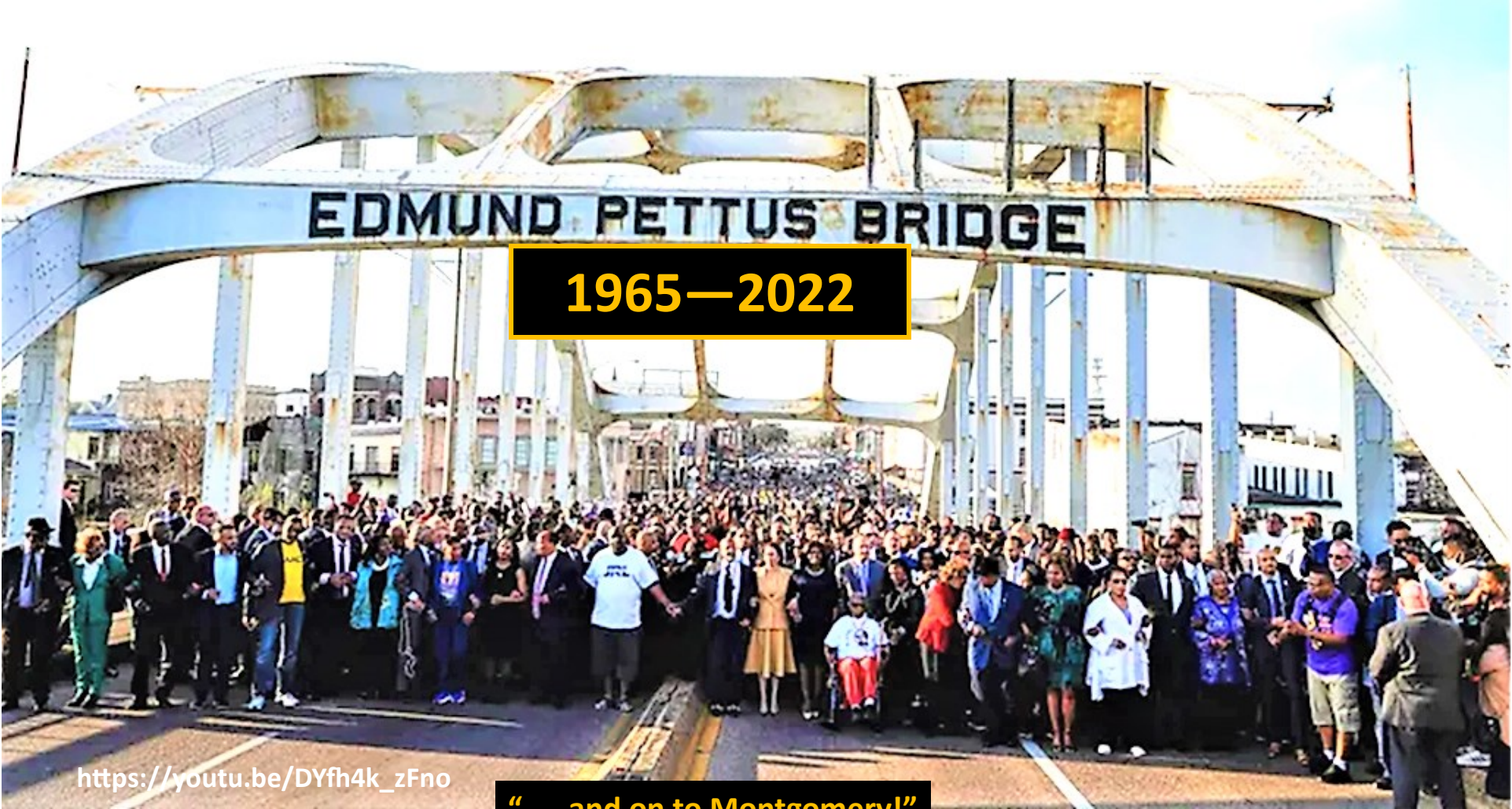
### FRIENDS OF THE TUSKEGEE AIRMEN

The group that refuses to allow the Airmen's Legacy to die!

(See video below)



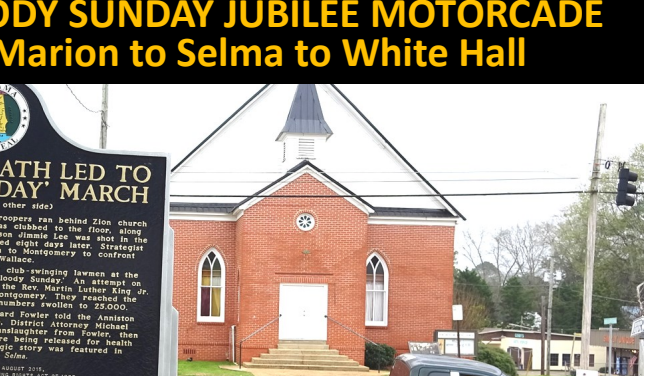
<https://replay.dropbox.com/share/SIVFuGaCEuPTqjS>



**1965—2022**

[https://youtu.be/DYfh4k\\_zFno](https://youtu.be/DYfh4k_zFno)

**"... and on to Montgomery!"**



Story continued from page 1

**VICE PRESIDENT KAMALA HARRIS CALLS FOR VOTING RIGHTS LEGISLATION DURING HER PARTICIPATION IN THE 57TH BLOODY SUNDAY BRIDGE CROSSING JUBILEE!**

REPRINT from CNN  
Sun March 6, 2022

Vice President Harris on Sunday called on Congress to pass federal voting rights legislation before walking across the Edmund Pettus Bridge in Selma, Alabama, to mark the 57th anniversary of Bloody Sunday, a key moment in the civil rights movement.

"A record number of people cast their ballots in the 2020 elections. It was a triumph of democracy in many ways. But not everyone saw it that way. Some saw it as a threat."

"If we all continue to work together, to march together, to fight together, we will secure the freedom to vote," VP Harris said.

She called on those gathered at the foot of the Edmund Pettus Bridge "to continue to push the Senate to not allow an arcane rule to deny us the sacred right."

VP Harris said Sunday that those who marched across the bridge in 1965 did so not only to ensure the right to vote, but "to ensure all the people of our nation, no matter where they start, have the opportunity to succeed."



**"KEEPING THE DREAM AND LEGACY ALIVE" Black Power is what it does!**

# MACON-RUSSELL COUNTY COMMUNITY ACTION AGENCY



Angel Walker



## Mission Statement:

Macon-Russell Community Action Agency strives to reduce the harsh impact of poverty generated through inflation; lack of preparation (education or other training) or loss of income; by providing a people helping people attitude and offering a hand up, not a hand-out for area citizens.

### BOARD OF DIRECTORS

Mayor Vivian Covington, Chair  
Mayor Henry Peavy, Vice Chair  
James Samuel, Treasurer  
Johnnie Harrison, Secretary  
Chairman Louis Maxwell  
Commissioner Cattie Epps  
Councilman Johnny Ford  
Attorney Lawanda Gray  
Leon E. "Chief" Frazier  
Dep. Melvin Clark  
Roland Vaughan  
Estelle Mitchell  
Mary Sewell  
Geneva James  
Eula Phillips  
Board Attorney Fred Gray, Jr.

### EXECUTIVE DIRECTOR AND STAFF

**Angel Walker**  
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334-727-6100 ext. 7002  
awalker@mrcaa.org

**Pamela Whitehead**  
Chief Finance Officer  
334-727-6100 ext.7001, pwhitehead@mrcaa.org

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**Shelemara Johnson**  
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sjohnson@mrcaa.org

**Marilyn Hooks**  
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**Latresa Oden**  
Intake Worker  
334-298-6610 ext. 2  
loden@mrcaa.org

**Kimberly Woods**  
Intake Worker  
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kwoods@mrcaa.org

**Myra Temple-Warrior Stand**  
Nutrition Site Manager  
334-724-9520

**Jacqueline Jenkins-Prairie Farm**  
Nutrition Site Manager

334-724-0814

### What We Do

Our goal is helping our communities and the individuals and families that live here. MRCAA, Inc. provides comprehensive programs, services, resources, and knowledge for our customers to achieve economic stability.

### Promise of Community Action

"Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live.

We care about the entire community, and we are dedicated to helping people help themselves and each other."

### Core Values

**M** - Motivation (To motivate our customers to have the desire to reach their goals).

**R** - Results-Oriented (To focus on outcomes and leveraging resources).

**C** - Connectedness (To build meaningful relationships between customers, partners, and stakeholders).

**A** - Awareness (To provide capacity building and support as a change agent in the community).

**A** - Accountability (To lead with integrity and do what we say we will do).

### Services

**Energy Assistance:** Provides assistance to low-income families to meet the costs of home energy, defined as heating and cooling of residences, and to increase their energy self-sufficiency and reduce their vulnerability resulting from energy needs.

**Rental Assistance-** Provides emergency rental assistance to families and individuals that are facing eviction to maintain their ability to stay in their homes.

**Prescription Assistance-** Available for individuals who do not have means to pay and/or the medical insurance co-pay that covers prescriptions.

**Emergency Assistance-** Provides emergency assistance to alleviate a unique crisis situation on a case-by-case basis.

**Senior Nutrition-** We provide hot meals to the senior citizens who are enrolled in our nutrition program. There are also daily activities and resources available to help the seniors stay active and independent.

**Employment Training-** Provides tuition assistance and case management to eligible individuals to obtain a certification for employment.

**Information and Referral -** Provides information and linkages to other public and private service providers:

Macon County Neighborhood Service Center  
501 S. School Street Suite B  
Tuskegee, Alabama 36083  
(334) 727-6100

Russell County Neighborhood Service Center  
1113 2nd Place South  
Phenix City, Alabama 36869  
(334) 298-6610

Senior Nutrition Sites  
Prairie Farm Center  
45 Tysonville Road  
Shorter, AL 36075  
334-724-0814

Warrior Stand Center  
395 County Road 5  
Union Springs, AL 36089  
334-724-9520

### WHO QUALIFIES:

To qualify for services, applicants will need to meet an income requirement of being 125% - 200% of the poverty guidelines depending on the program they are applying for.

To receive assistance, the applicant must do the following:

1. Schedule an appointment through our automated scheduler,
2. Pick up an application,
3. Return the application and all required documents within 24 hours of the appointment by dropping them in the drop boxes, email, or mail them to the office.
4. **Important Notice: If an application is not received by the scheduled appointment, it will be denied and/or rescheduled.**



# COMMUNITY ALERT!



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

By Liivi Hess  
REPRINT from online.

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!

### PUBLISHER'S COMMENT:

Please pay attention to this **WARNING** since so many of us have many bad habits that contribute to health problems! And cooking, especially bar-b-queuing, with that chicken, pig, and ears of corn wrapped in aluminum foil with smiles on our faces! We can do better and enhance our wellness if we educate ourselves and change some of our bad habits!



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# Macon Means

## Macon County Food Distributors Round Table

**April 2022**

**Free Food**

**Distribution Schedule**



**S**

**M**

**T**

**W**

**Th**

**F**

**S**



**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

11:00 Helping Hand Ministry  
Greater St Mark Baptist Church  
3403 W. MLK Dr.  
Rev. A. Williams

11 Bowen UMC  
2107 W Mtg Road  
Senior's Food

**10**

**11**

**12**

**13**

**14**

**15**

**16**

12 Macon Food Distributors Roundtable Zoom Meeting

11:00 Helping Hand Ministry  
Franklin Townhall  
1660 AL Hwy 49  
Rev. A. Williams

Children's Food Distribution  
Brownville, Shorter  
Notasulga, Tuskegee  
Warrior Stand  
Cotton Valley

**17**

**18**

**19**

**20**

**21**

**22**

**23**

**Resurrection Sunday**



9 Macon Co Food Pantry  
Daly St  
Last Names A to G

9:30 AKN  
4771 Hwy 199  
11:00 Helping H  
Shorter Fire Dep  
10365 Hwy 80W  
Rev. A Williams

11 Bowen UMC  
2107 W Mtg Road  
Seniors Food

**24**

**25**

**26**

**27**

**28**

**29**

**30**

12 Macon Food Distributors Roundtable Zoom Meeting

11:00 HH Ministry  
Liberty UMC (CR 14)  
5607 Tallapoosa St.  
Notasulga

**The Macon Food Hotline: (334) 724-2550**

### DO YOU NEED FOOD ASSISTANCE?

If your answer is yes, there is no reason to go hungry! Just show up at the above listed sites, on the specified dates and Macon Means and associated partners will be there to assist those of you who need assistance. This is about people helping people!

**PLEASE CALL THE ABOVE LISTED TELEPHONE NUMBER FOR INSTRUCTIONS.**

Story continues from page 3.

In some parts of Europe, like Denmark and the Netherlands, the peak of the BA.2 wave has already passed. In other countries, where case numbers have climbed since early March, hospital admissions have remained flat or risen only slightly.

But Britain has emerged as a more startling example of the potential for a surge in BA.2 cases to begin filling up hospital beds, too. People 70 and older in England have been infected at record levels, health officials said, with estimates that roughly 1 in every 30 people in that age group had COVID-19 in the week before March 12.

As a result, the number of hospitalized COVID-19 patients there has climbed by around 35% in recent weeks, though about half of those had tested positive incidentally after admission. To bolster protection, Britain plans to start administering fourth doses to older people later this month.

In the U.S., too, scientists are concerned that so many people have gone more than six months since their last doses of vaccine, reducing levels of immunity. Pfizer and BioNTech have asked U.S. regulators to authorize fourth doses in older people, and Moderna is seeking clearance for the additional shots for all adults.

It is less clear whether relaxing COVID-19 rules in the U.S. will help fuel transmission to the same degree that it may have in some European nations. Parts of the U.S. have effectively been without restrictions for months.

"There are lots of moving parts," said David Dowdy, a public health researcher at Johns Hopkins University. "It's really difficult to disentangle which of these is driving any given wave."

Fewer than half of Americans who have received primary vaccine doses have taken booster shots, putting the U.S. in a more precarious position. Even though case numbers are so low, nearly 1,200 Americans on average are dying each day from COVID-19 — a rate far higher than in Western Europe, where older people tend to have received vaccines and boosters in higher numbers.

As time passes, two doses become less effective at preventing omicron-related hospitalizations, British estimates suggest, whereas a booster dose restores protection to considerably higher levels.

Adding to the alarm in the U.S., this past week a number of wastewater testing sites had showed drastic increases in viral levels on a Centers for Disease Control and Prevention map.

But scientists said that it was difficult to measure changes while viral levels were so low and that the true picture was more muddled: Some wastewater sites in states like Massachusetts, Connecticut and Ohio had observed growing viral levels, while many others had not.

Whatever lies ahead, scientists said that now was the time to get more people vaccinated, while the country still had a say in the shape of any coming wave.

"We should be reading about how the federal government is using its resources to go nursing home to nursing home, and church to church, to get booster numbers up," said Sam Scarpino, the managing director of pathogen surveillance at the Rockefeller Foundation.

But the federal government is warning that pandemic funds are drying up. Senate Republicans have said that they will not approve \$15 billion in new coronavirus aid without offsetting it by cutting spending elsewhere. House Democrats have balked at a proposal to repurpose money intended for state governments to spend on their pandemic responses. With the aid package stymied for now, federal officials said that they would need to start cutting shipments of monoclonal antibody treatments to states next week by more than 30%. The government has secured 20 million antiviral pills, but orders for more are on hold. And by June, officials said, the federal government's efforts to ensure that companies keep producing enough tests will run out of money, imperiling capacity for later this year.

There is not enough money to guarantee sufficient purchases of variant-specific booster shots if they are needed, federal officials said. And while those shortages would affect all Americans, uninsured people would face particular risks because a federal program to reimburse providers for testing, treating and vaccinating those without insurance could end in early April.

"There are so many things we could be doing, yet the United States has time and time again chosen to be reactive, rather than proactive, and that has cost us dearly," said Anne Rimoin, a public health researcher at UCLA. "We've been wearing rose-colored glasses instead of correcting our vision."

A key question remains how much protection people who got sick with the previous version of omicron can count on — and for how long. A lab study published this past week found that vaccinated people who were infected with omicron had high levels of antibodies that would probably protect against BA.2. If that protection lasts, it could reduce the impact of any wave, given the country's high levels of infection this winter.

"I think it's reassuring," said Dr. Dan Barouch, a virus expert at Beth Israel Deaconess Medical Center in Boston and a co-author of the study. But some scientists said they worried that the immune defenses people built up during the first omicron surge would wane, leaving them more susceptible to BA.2.

"The timing of BA.2's emergence, and the potential waning in immunity from the BA.1 wave with masks coming off, isn't great," said Nathan Grubaugh, a public health researcher at the Yale School of Public Health.

Even health experts who said they had become accustomed to the boom-bust cycle of pandemic funding said they were shocked that the money was drying up so soon after the country had outlined plans for adjusting to a new normal.

That money, they said, was essential for avoiding full-scale shutdowns, and instead detecting surges early enough that health officials could recommend masks or increased testing in particular areas and help hospitals prepare.

"People naturally, sensibly want to get back to their lives," said Jeffrey Shaman, a public health researcher at Columbia University. "The question, then, is how quickly would we be able to stand up a response?"

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**PUBLISHER'S COMMENTS:** Please study the above information.



# Becoming the Beloved Community

April 4 – 5, 2022



For more information contact  
Joan Harell at [jrh0098@auburn.edu](mailto:jrh0098@auburn.edu)

**Monday, April 4<sup>th</sup>**

Race, Representation & Community  
Jule Collins Smith  
Museum of Fine Art  
10:00 AM - 5:30 PM

**Tuesday, April 5<sup>th</sup>**

Music, The Mountaintop, Community  
Conversation, and Book Signing  
Telfair Peet Theatre  
5:30 PM - 8:00 PM

This program was supported by a grant from the Henry Luce Foundation.

**2022**

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*Rev. William Carver Lennard, Festival Board Chairman  
Robert L. "Bobby" Davis, Festival Board Secretary, Dr. Elaine C. Harrington, Steering Committee Chair*

## I WEAR MY MASK IN PUBLIC FOR THREE REASONS:

- HUMILITY:** I don't know if I have COVID as it is clear that people can spread the disease before they have symptoms.
- KINDNESS:** I don't know if the person I am near has a child battling cancer, or cares for their elderly mom. While I might be fine, they might not.
- COMMUNITY:** I want my community to thrive, businesses to stay open, employees to stay healthy. Keeping a lid on COVID helps us all!

## TUSKEGEE'S MASK ORDINANCE STILL IN EFFECT!

**ORDINANCE NO. 2020-05**

**"An Ordinance to require masks in public in the City of Tuskegee during the COVID-19 Public Health Emergency and Recovery."**

**Adopted: August 11, 2020**

# DON'T DROP THE BALL! LET'S PRACTICE PHYSICAL DISTANCING



[WWW.MACONCARES.ORG](http://WWW.MACONCARES.ORG)

## HOW TO PRACTICE PHYSICAL DISTANCING

The Macon County Community Partners Task Force recommends that we continue "physical distancing" because it keeps us safe. Follow the tips below:



Limit your time in public.  
Keep your distance  
(6 to 10 feet apart).  
Use hand sanitizer.  
Wash your hands.  
Wear a face mask.

Use phone and text.  
Make video calls.  
Have family game nights.  
Meet outdoors.  
Play social video games.  
Attend online events.



GET FOOD

GET NEWS

GET TESTED

GET HELP

GET FACTS

GET SUPPLIES

[www.maconcares.org](http://www.maconcares.org)

# MACON CARES

### COMMUNITY ALERT!

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

COVID-19 DEATHS in U. S.—2020-2021  
CASES: 79,336,777 DEATHS: 976,505

**ALABAMA COVID-19 UPDATE**  
**As of March 28, 2022**

CASES: 1,292,514 DEATHS: 19,210

MACON COUNTY COVID-19 UPDATE  
CASES: 3,857 DEATHS: 83

### THE FACE OF HUMAN ENEMY #1!

The Enemy that reminds us of God's Goodness!  
PLEASE PAY ATTENTION & "DON'T DROP THE BALL" ON HEALTH & SAFETY!