

MACON COUNTY COMMUNITY PARTNERS NEWSPAPER



A MONTHLY PUBLICATION
JUNE 2022

VOLUME 1 ISSUE 9

FREE

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



Story on page 6.



4 Joakin O. Mori
Ph.D. Integrative Biosciences
Days until the Graduate & Professional Schools Ceremony




1 Evan Abernethy & Janine Haidar
Doctor of Veterinary Medicine
Day until the Graduate & Professional Schools Ceremony



5 Etinosa Iyayi
Masters of Science, Biology
Days until the Graduate & Professional Schools Ceremony

BLACK HISTORY: “ALWAYS & FOREVER!”

Children and SARS 2



NEW SYMPTOMS ARE OF 3 KINDS

Neurological | Seizures, acute disseminated encephalomyelitis (ADEM) and weakening of limbs and muscles, which is also called Guillain-Barre syndrome (GBS)

Gastrointestinal | Diarrhoea, stomach pain, nausea and vomiting



Cardiovascular | Blood clotting or thrombosis, inflammation in the heart and arrhythmia

In **33%** cases, neurological problems can precede fever

In **5-10%** cases, neurological manifestations can be the only symptom

Chances of fatalities are **70%** more in patients with a history of heart ailments

BA.2 OMICRON
SUB-VARIANT
MORE CONTAGIOUS

Where to find Children's sized N95 mask:

<https://www.nbcnews.com/select/shopping/best-kids-kn95-masks-nca1275419>

<https://www.todayparent.com/kids/kids-health/n95-and-kn95-masks-for-kids/>

Hospitalizations were **6 times higher** and deaths **12 times higher** for COVID-19 patients with reported underlying conditions*

MOST FREQUENTLY REPORTED UNDERLYING CONDITIONS

COPD/CHD/STROKE


DIABETES

CHRONIC LUNG DISEASE

LONG COVID


CHILDREN

- Extreme tiredness
- Dizziness
- Rashes
- Brain fog
- Headaches
- Chest pain
- Stomach pain or upset
- Sore throat
- Mood changes
- Joint or muscle pain or swelling
- Sickness or nausea



Additional Risk Factors include: Older Age and Obesity; Pre-Existing Conditions of Neurologic, Neurodevelopmental (ie. Down Syndrome) and Neuromuscular Conditions

Symptoms of Multisystem Inflammatory Syndrome



- Fever that lasts more than 3 days
- Vomiting, diarrhea, and stomach pain
- Skin rash
- Redness or swelling of the eyes, lips, tongue, hands, and feet
- Headache, dizziness, or lightheadedness
- Sore throat
- Severe stomach pain
- Difficulty breathing

Takeaways from a VAERS analysis of COVID-19 vaccine-related cardiac injury


1 Among 192.4 million vaccinated adolescents and young adults, 1,991 cases of myocarditis were observed

2 33% of patients with myocarditis were younger than 18 years

3 Myocarditis occurred after the second vaccination dose in 82% of cases

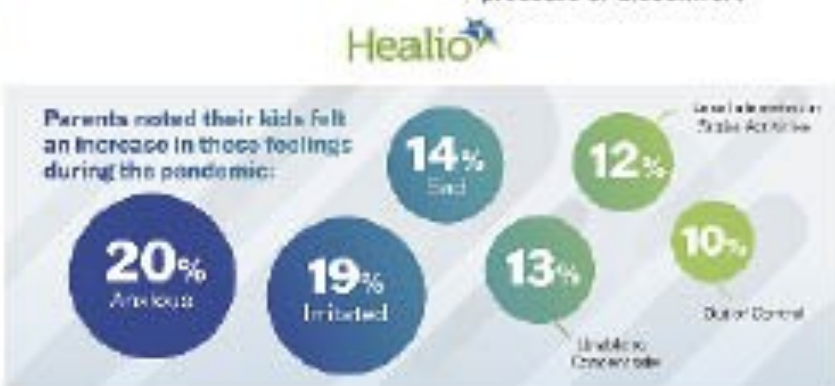
4 Males represented 82% of all cases

5 The most common symptom was chest pain, pressure or discomfort



Vaccine Risks to Children:
a. Current vaccines don't prevent transmission to family members

b. Long-term effects of mRNA vaccines on children are still unknown



STOP, LOOK, & LISTEN

PLEASE DO NOT JUMP TO CONCLUSIONS ABOUT THE COVID-19 PANDEMIC AND LET YOUR GUARD DOWN BASED ON THE SOCIETAL NOISE AND CONCOCTED PROPAGANDA THAT ARE ALL AROUND YOU! USE GOOD SENSE AND GOOD HEALTH AND SAFETY PRACTICES UNTIL SCIENTISTS DETERMINE THE NEXT BEST STEPS TO TAKE!



TUSKEGEE'S MASK ORDINANCE IS 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



10 U.S. counties with the highest murder rate

Looking at the per capita data, these counties have the highest homicide rates in the country.

Jun 5, 2017

REPRINT from POLICE1 by Lexipol

By Alex Bryant, Police1 Contributor

Crime affects every community in the U.S - big or small. To truly gauge the safety in a community, looking at crime statistics per capita will paint the clearest picture of problem areas in the United States.

As a nation, in 2015, the homicide rate was 4.9 per 100,000 people. This mark is up from 45-year lows of 4.5 in both 2013 and 2014, but still less than half of the record 10.2 in 1980. While the murder rate has been decreasing overall since the early '90s, there are still many counties and cities across the country plagued by homicides.

Police1 used per capita homicide rates from [County Health Rankings](#) to find the top 10 most deadly counties and independent cities or districts for homicides between 2009 and 2015.

KEY FINDINGS FROM THE TOP 10 COUNTIES FOR HOMICIDE

Chicago frequently makes headlines for a large number of homicides that trouble the city. The city has recently fallen from “[murder capital of the world](#)” status as a metro area, though their homicide rate is still notable. In 2016, Chicago saw [762 homicides](#).

From a county-based per capita county perspective, however, Cook County, Illinois had a lower homicide rate than many other counties in the United States. Between 2009 and 2015 there were 11 murders per 100,000 residents in Cook County.

Additional notes:

- There is a clear regional divide. St. Louis is the westernmost city to make the list and Baltimore the furthest north.
- Low-income areas are hit the hardest by this type of violent crime. With the exception of the District of Columbia, all of the top 10 have median household incomes below the national average of \$53,889 (2015). Dallas County, Ala. and Phillips County, Ark. both have median household incomes less than half the national average.

All 10 of the cities and counties on this list have an African-American plurality or majority.

1. ORLEANS PARISH, LOUISIANA

Homicide rate: 43 homicides per 100,000 people

Median household income: \$36,792

New Orleans crime index: 6 out of 100

Orleans Parish, while the smallest parish by land area in Louisiana, has the highest homicide rate not only in the state but in the country. Orleans Parish is home to almost 400,000 people and includes New Orleans, the largest city in the state. New Orleans accounts for the majority of the homicides in this county, and in a metro to metro area comparison, it has a higher [homicide rate than Chicago](#). Just 85 percent of Orleans Parish residents have a high school diploma, lower than the national average of 88 percent. 27 percent of county residents live in poverty.

2. COAHOMA COUNTY, MISSISSIPPI

Homicide rate: 37 homicides per 100,000 people

Median household income: \$28,851

Clarksdale crime index: 2 out of 100

Cahoma County is one of two counties from Mississippi to make the top 10. Even as a small county with just over 25,000 residents, Cahoma County is no stranger to violent crime. The county seat of Clarksdale had over 150 violent crimes in 2015, and with a population of about 16,000; that means almost 1 violent crime for every 100 residents. 35 percent of residents of Clarksdale live below the poverty line, and 1 in 5 residents are not high school graduates.

3. PHILLIPS COUNTY, ARKANSAS

Homicide rate: 34 homicides per 100,000 people

Median household income: \$26,844

Helena-West Helena crime index: 2 out of 100

Phillips County is another rural county to make this list, with a population of just under 22,000. The county seat is Helena-West Helena. Neighborhood Scout gives Helena-West Helena a crime index of just 2 out of 100, thanks in large part to 166 violent crimes in a population of just over 11,000. In addition to having the lowest median household income on this list, just 77.1 percent Helena-West Helena have a high school diploma, also lowest among these cities.

4. ST. LOUIS CITY, MISSOURI (TIE)

Homicide rate: 33 homicides per 100,000 people

Median household income: \$35,599

St. Louis crime index: 1 out of 100

The city of St. Louis, which is an independent city and doesn't fall within any county, has one of the highest rates of murder in the nation. While ranking fourth on this list, St. Louis' murder rate has actually skyrocketed over the past few years, topping the 50 mark in 2014 and 2015. It is the only city on this list with a crime index of one, the second lowest score among this top 10. Just 84 percent of St. Louis residents have a high school diploma, and over 27 percent live below the poverty line.

5. BALTIMORE CITY, MARYLAND (TIE)

Homicide rate: 33 homicides per 100,000 people

Median household income: \$42,241

Baltimore crime index: 2 out of 100

Baltimore is the largest independent city in the country with over 620,000 residents, and like St. Louis, it has a historically high murder rate. After a period from 2007-2014 where total murders were in the 200s, Baltimore has gone over the 300 murder mark each of the last two years and is on pace to approach similar numbers in 2017. Just 82.5 percent of residents have a high school diploma, and almost a quarter live in poverty. The tension between residents and police reached a boiling point in 2015, after the death of [Freddie Gray](#). Peaceful protests turned into a full-blown riot as police officers were pelted with rocks. Over the course of subsequent riots, over 20 police officers were injured, at least 250 arrests were made and nearly 300 businesses were damaged.

6. PETERSBURG CITY, VIRGINIA

Homicide rate: 32 homicides per 100,000 people

Median household income: \$31,798

Petersburg crime index: 10 out of 100

Petersburg is an independent town with a population just over 30,000, making it the smallest independent city on the list. Just 77.9 percent of residents have a high school diploma in Petersburg, and 28 percent of residents live in poverty. Petersburg also has a high rate of property crime, and their unemployment rate has stayed above the national average since 2001.

7. MACON COUNTY, ALABAMA (TIE)

Homicide rate: 27 homicides per 100,000 people

Median household income of county seat: \$30,738

Tuskegee crime index: 3 out of 100

Macon County is another rural area to make this list with a population just over 21,000 and the first of two Alabama counties in the top 10. In recent years, the unemployment rate has been well above the national average, including a high mark of 18.9 percent unemployment in January of 2010, when the national rate was 10.6. While the county has an 89 percent high school graduation rate, the median household income is just \$30,738 in the county - which puts 25.9 percent of residents below the poverty line. In the county seat of Tuskegee, the odds of being a victim of all violent crime are 1 in 97.


PUBLISHER'S COMMENT:

“Violence is bad for Black folks’ health, and the excessive rate of murders in Black communities across America is nothing less than genocide!”



God, please bless the souls of the Black terrorist victims of the Tops Supermarket in Buffalo, New York, and the Latino children of Uvalde, Texas. Moreover, please ease the pains and suffering of the friends and relatives of the victims.

Macon County Community Partners Task Force Members



TAHLG
Tuskegee Advancing Health Literacy Grant

Health fairs are an essential part of education and preventative medicine. On Saturday, May 7, 2022; the City of Tuskegee's Advancing Health Literacy Grant assisted with sponsoring a Health Fair in Orrville, Alabama, a partnering town in the Black Belt.

The Health Fair provided fun health education for all ages. Activities included a Health Poster Contest for youth, and all the children who participated received prizes. Winners of the Bingo and Wheel of Fortune games also received prizes. A nurse was present to share information on COVID-19 safety and take blood pressures.

Mayor Louvenia Lumpkin made sure that plenty of healthy foods, literature, and giveaways were available to all. As one of 73 U.S. Department of Health and Human Services' Advancing Health Literacy Grant awardees, the City of Tuskegee was chosen to present for the Office of Minority Health's Wednesday, May 11, 2022, Community of Practice.

The presentation was entitled Communication Strategies to Overcome COVID-19 Misinformation. Kim R. Ortiz, Ed.S, M.P.A, M.A, Grant Project Director, was the presenter. She received commendations for her presentation and the strategies offered. As we work to defeat COVID-19, Macon County's input is needed for an **anonymous survey** found at https://tuskegeepublichealth.iad1.qualtrics.com/jfe/form/SV_51pIXGtenULyqO2.

Survey results will help determine and implement COVID-19 intervention strategies and practices. Please respond to the questions you feel comfortable answering. For the ID code, enter any set of self-selected, randomized numbers. For COVID-19 and health literacy information, please visit the Advancing Health Literacy Grant Website at www.tuskegeeahlgrant.com.

Also, follow our three social media pages: Facebook: Tuskegee Advancing Health Literacy Grant <https://www.facebook.com/tuskegeeahlgrant> Instagram: TuskegeeAHL <https://www.instagram.com/tuskegeeahl/> Twitter: Tuskegee HHS Advancing Health Literacy Grant @TuskegeeAHL <https://twitter.com/TuskegeeAHL>

For more information, please contact Kim R. Ortiz at krortiz@tuskegeealabama.gov; Dorothy Webber, Outreach Coordinator, at dwebber.tuskegeeahloutreach@gmail.com; or David Lunn, Jr., Outreach Coordinator, at dlunn.tuskegeeahloutreach@gmail.com.

PUBLIC NOTICE
"New Doctor in Town!"
Dr. Robert Quarcoo, D.O. practices family medicine and will come on board June 1, 2022, at the Tuskegee Medical & Surgical Center. He will work in partnership with Community Hospital and the Macon County Health Care Authority.
WELCOME Dr. Quarcoo!

"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
District 4 (OPEN)

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) 755-6080ino

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



<https://youtu.be/55MrDf1B-XM>



LUPUS SURVIVORS SHARE THEIR EXPERIENCES ON THE SQUARE

Left Photo: Pastor Kenneth G. Jones, MCHCA Chair, Bernice L. Frazier, City Manager Derrick Swanson join Lupus survivors Denisha Streeter, Barbara Swanson-Sanders, and City Clerk Fartima Bowen-Clark on the City Square as they share valuable facts about the troublesome effects of the lupus disease. A few things you should know: Lupus in the United states: 9 and 10 people with lupus are female, but men can also have the disease./ Lupus is 2 to 3 times more common among African Americans, Hispanics/Latinas, Asians, and Native Americans than Caucasians / 1 in 5 people with lupus are under age 20.

Common symptoms include: Achy joints / Fever over 100 degrees Fahrenheit / Swollen and painful joints (arthritis) / Prolonged fatigue / Skin rashes / Anemia / Swollen ankles / Chest pain upon deep breathing (Pleurisy) / Butter fly-shaped rash across cheeks and nose / Sensitivity to sun (photosensitivity) / Unusual hair loss / Abnormal blood clotting / pale or purple fingers from cold or stress / Seizures / Mouth ulcers (often painless at roof of mouth). (See Video link above).

PEOPLE HELPING PEOPLE!

Helping Hands Food Ministry and Macon M.E.A.N.S held a FREE food give-away at Mt. Nebo Baptist Church, on May 18, 2022. This food distribution was beneficial to many residents who lined-up for the boxes, especially a resident whose house had just burned destroying everything her family owned. The group will moved on the County District 4 on CR 27 on May 25. (See video link below)



https://youtu.be/BPL_EqhQxpU



Affordable Custom Websites For Every Budget

Let us help you promote your business, organization, or church online.

- Online Stores
- Mobile Ordering
- Video Streaming
- Digital Donations
- Email Marketing
- Social Media



Contact us for a FREE consultation.

eManuel Business Solutions
205.202.9317 | info@emanuelbiz.com
www.emanuelbiz.com
Hours: Tues. - Fri., 9am to 4pm





TUSKEGEE UNIVERSITY STILL TURNING OUT ACADEMIC GIANTS AFTER 141 YEARS!

For the first time in almost three years, Tuskegee University hosted its 2022 Spring Commencement Exercises on campus from April 30 -May 7. Since the pandemic, this year's graduation marked the first traditional commencement with students, parents, faculty, and staff present on campus. This spring, nearly 500 students received degrees from Tuskegee University, including 47 Doctor of Veterinary Medicine (DVM) graduates and 51 Ph.D. and master's students from the graduate and professional schools.

"To the graduating Class of 2022, you made it. It fills my heart with great joy and admiration to see so many of our students participating in this graduation ceremony," said Dr. Charlotte Morris, Tuskegee University President. "We take time out to recognize our graduating students' admiration, dedication, and fortitude. They held on, and now their trials become their testimony. They are proof positive that "success waits patiently for anyone who has the determination and strength to seize it," as quoted by Dr. Booker T. Washington.



Dr. Michele Wise Wright

The week-long celebration started with the Graduate and Professional Schools Commencement ceremony on April 30, where alumna Michele Wise Wright, Ph.D. '90 served as the guest speaker. In her remarks to the Class of 2022,

Wright considered the theme of anatomy, using your brain and body to perform motions and tasks. "Let these motions and tasks include not only reaching forward to lift up yourself but reaching back to lift up others. "You will make an invaluable difference not only in your lives but for the lives of others and generations to come." Click here to view the Graduate and Professional School Commencement Ceremony.



Dr. David Wilson

A Message to the Class of 2022

Dr. David Wilson, President of Morgan State University and Tuskegee University Alumnus, '77, '79, gave the University's newest undergraduates a thought-provoking Commencement address. Wilson has served as the President of Morgan State University since 2010; throughout his 30-year career in higher education administration, Wilson has a long

record of accomplishments and unprecedented transformation at Morgan State University. In his remarks, Wilson urged students to use their magical power called the Tuskegee education – to transform themselves and to make the world and the nation in the vernacular what it should be. "Take your magic, your Tuskegee education, and plan to lead your state and nation to be a better place," said Wilson. "I challenge you not just to make a difference but be the difference and go where no other Tuskegeean has gone before." Wilson shared his story of why he chose Tuskegee University. "Coming from Marengo County, Alabama, I was not supposed to be successful, and I was supposed to be a negative statistic. An insidious law in Alabama said Black children were not required to attend school, and my father did not send us to school without any degree of regularity." "However, my dad put a rule in place that he would send me to school two days a week, but I would have to work three days, and he would reverse it the following week. I was in the seventh grade before I attended school consecutively for five days." "When I started Tuskegee, my family had no money, but I worked several jobs to make ends meet. To make ends meet, I would paint the yellow

lines on the University's campus – I even struggled academically, but I got it together and made it work," Wilson explained.

"The only place graduates where success comes before work is in the dictionary. So, you have to work hard for it. So clearly, my Tuskegee education has transformed my entire life; education was a liberating force, and my Tuskegee education literally freed me from a life of poverty and deprivation that I experienced growing up in Alabama." "Indeed, my education from Mother Tuskegee has made me the man and leader I am



2 **Richard Harry**
Master of Science, Material Science & Engineering
Days until the Graduate & Professional Schools Ceremony



3 **Erin-Nicole Scott**
Master of Science, Material Science & Engineering
Days until the Graduate & Professional Schools Ceremony



today," concluded Wilson.

Dr. Wilson was awarded an honorary Doctorate of Humane Letters from the University during the 2021 spring commencement ceremony held at Crampton Bowl in Montgomery.

“CONGRATULATION ALL TU GRADUATES!”

Tuskegee University is one of the greatest Universities in America, located in the Biggest—Little City in the World: Tuskegee, Alabama!”

Tuskegee University, 1200 W. Montgomery Rd. Tuskegee, AL 36088.

FALLEN TREES POSE SERIOUS ROAD HAZARDS IN RURAL AREAS!



Rural residents must be extremely cautious when driving on country roads, especially during storms where there are high winds and heavy rains. The best thing to do during serious storms is not drive and stay put in safe places until the storm blows over. Rather than thinking that you can make it to your destination, think seriously about the many things that can go wrong if you get out into the storm. Special note: if you get caught in a storm and you run upon a tree that has fallen across the road: STOP if you can, but if you cannot stop, DO NOT crash against the limbs, stop as much as you can, then crash with the limbs.



FREE!

Men's Health Seminar

**Friday, June 17
2-4:30pm**



June is Men's Health Month! Join us for a **FREE** webinar to learn about health issues impacting men and what you can do about them.

TOPICS AND SPEAKERS

TOBACCO HEALTH:

Minority Men & Tobacco

Samuel Duff, Tobacco Program Liaison
The Wellness Coalition

LIFESTYLE HEALTH:

Recommitting to Wellness

Keon Addison, Certified Lifestyle Coach
The Wellness Coalition

MENTAL HEALTH:

Check Engine Light: It's Time to Take Care of Me

Rashad Haynes
Shad & Associates LLC

PHYSICAL HEALTH:

A Healthier You

Brandon Anderson, Natural Men's
Physique Pro/Classical Competitor

HEALTHCARE:

Prostate, Colon & COVID-19

AZ Holloway, MD
Payne & Holloway Pediatrics

Register Now!

Scan the code or visit
bit.ly/HEALTH4MEN

MENTION it to your friends!



The Wellness Coalition

Made possible with funding from the Centers for Disease Control and Prevention.

CDC UPDATES: May 23, 2022

COVID-19 booster shots help you be healthy.

A booster shot is a COVID-19 vaccine shot you can get to help keep you from getting very sick from COVID-19.

You can get a COVID-19 booster shot if you had COVID-19.

You can get a COVID-19 booster shot if you are pregnant.

You can get a COVID-19 booster shot if you have allergies.

You can get a COVID-19 booster shot if you have health problems.

Ask your doctor where to get a COVID-19 booster shot.

Ask the health department where to get a COVID-19 booster shot.

You can get a COVID-19 booster shot.

Some COVID-19 booster shots are for people ages 5 and older.

Some COVID-19 booster shots are for people ages 18 and older.

Ask your doctor which COVID-19 booster shot you should get.

Get all your COVID-19 vaccines and booster shots.

Ask your doctor what COVID-19 vaccines you need.

Ask your doctor what COVID-19 booster shots you need.

Some people need one COVID-19 booster shot. Some people need two COVID-19 booster shots.

HEALTH



SWEET POTATOES VS. WHITE POTATOES

Source: The Nutrition Watchdog.com

Sweet potatoes contain a lot of nutrients (which is why they are so popular) including a massive amount of beta-carotene, the nutrient that our bodies turn into vitamin A. Eat sweet potatoes with butter to help this transformation work best. Sweet potatoes also contain about 35-40% of your necessary vitamin C for the day, manganese, vitamin B6, potassium, copper, niacin, thiamine and magnesium.

Sweet potatoes also help to stabilize blood sugar, and help the body become more sensitive to insulin. In fact, one study from Austria showed that a diabetic group who ate sweet potatoes actually had lower blood sugar levels at the end of the study than the control group. This is due partly because of the high fiber content, which slows the absorption of sugar into the body, and probably due to the high amounts of antioxidants, as well.

Antioxidants also help to reduce other chronic diseases including diabetes, heart disease, and cancer. The orange-y color in sweet potatoes means it is especially high in the antioxidant beta-carotene. A good rule of thumb for eating sweet potatoes is to pick the most colorful ones—these have the most antioxidants in them.

Sweet potatoes are also known to boost brain function, improve memory, and prevent oxidative damage in the brain.

Since sweet potatoes have about 400% of the pre-cursor to vitamin A, they are especially good for boosting the immune system, protecting the vision, and helping the skin.

What about yams?

Yams are higher in calories, carbohydrates and fiber and while they contain also contain a good amount of vitamin C, vitamin B6, potassium and manganese but are not as nutrient-dense or full of antioxidants as sweet potatoes are. (Hint—antioxidants have a lot to do with color).

Yams contain more potassium and manganese—both vital minerals that are good for bone and nerve health, heart function and metabolism. Yams do contain some similar nutrients like B vitamins but the health benefits of yams have not been studied near as much as sweet potatoes.

One more thing about yams—a derivative of an ingredient in yams is thought to help women’s hormone levels, especially progesterone. There is some evidence that yam extract may be a helpful remedy for some of the unpleasant symptoms of PMS and menopause.

White potato nutrition?

White potatoes do have lots of healthy minerals, fiber and carbohydrates in them, but definitely are not the superstars that sweet potatoes are. White potatoes belong to a totally different plant family, are definitely different looking than either yams or sweet potatoes and have a whole different set of nutrients.

White potatoes contain plenty of vitamin C, folate (a necessary B vitamin), vitamin B6, potassium, manganese, but not the high levels of vitamin A or antioxidants that sweet potatoes have.

Blood sugar and the glycemic index?

Sweet potatoes have a medium-to-high GI, around 60, and yams have a lower GI at about 50. White potatoes score the highest at 75.

So, when looking at all three types of potatoes, gram for gram, white potatoes will cause a sharper spike in blood sugar when eaten. So if you are diabetic or trying to keep your blood sugar low, you are better off eating sweet potatoes. Sweet potatoes are also higher in fiber than regular potatoes.

Which is best?

So—the winner of all three types of potatoes in terms of nutrition is sweet potatoes by a slim margin!

However, yams, sweet potatoes and white potatoes can all be healthy additions to the diet, as long as you are not restricting carbs. Preparation is the important factor; French fried ANYTHING is not going to be healthy, so eat baked instead of fried, and add a little dab of grass fed butter on it!



“IGNORANCE OF THE LAW IS NO EXCUSE!”

So, let’s learn some laws!

Comments from the Sheriff:

Ala. Code 1975, § 13A-8-41(a)(1)

Robbery in the First Degree (Armed)

A person commits the crime of robbery in the first degree if, in the course of committing a theft:

1. He/she uses force against the person of the owner of the property or any person present with intent to overcome that person’s physical resistance or physical power of resistance, and in doing so he/she is armed with a deadly weapon or dangerous instrument; or
2. He/she threatens the imminent use of force against the person of the owner of the property or any person present with intent to compel acquiescence to the taking of or escaping with the property, and in doing so he/she is armed with a deadly weapon or dangerous instrument.

To convict, the State must prove beyond a reasonable doubt each of the following elements:

The Defendant committed or attempted to commit the theft of [describe property];

- a. In the course of committing or attempting to commit the theft, or in immediate flight after the attempt or commission, the defendant used force against the person of the owner of the property or another person present, [insert name of person], with intent to overcome his/her physical resistance or physical power of resistance; (OR)
- b. In the course of committing or attempting to commit the theft, or in immediate flight after the attempt or commission, the defendant threatened the imminent use of force against the person of the owner of the property or another person present, [insert name of person], with intent to compel acquiescence to the taking of or escaping with the property; (AND)

(3) The defendant was armed with a deadly weapon or dangerous instrument, [insert name of object].

A person commits the crime of theft of property if he/she knowingly obtains or exerts unauthorized control over the property of another, with intent to deprive the owner of his/her property.

Macon County, AL Sheriff Andre’ Brunson

stand up
WIRELESS

assurance
wireless

DON'T WAIT FOR THE BIG BLUE TENT

PHONES & TABLETS DAILY

BRING MOST RECENT
INCOME VERIFICATION
LETTER FOR SSI & EBT



BRING
MEDICAID
CARD OR W2,
LAST 4 SSN AND
DRIVERS
LICENSE OR ID

334.552.2795

LOCATED DAILY AT 204-B SOUTH ELM STREET
NEXT DOOR TO TIGER SEAFOOD

FREE

CELL PHONE SERVICE FOR PERSONS WHO QUALIFY!

Senior and disadvantaged citizens do not be without telephone communications. Doing so could be a danger to your health and safety. The Southern Christian Leadership has negotiated a plan that will provide cellular telephones to anyone who cannot afford one, and qualifies for the program. Simply stop in with the above requested paperwork and the staff will be happy to assist you!

Save the Date:

Friday, June 24, 2022

Macon M.E.A.N.S. 2nd Annual Resource Summit

Macon M.E.A.N.S. will hold the 2nd Annual Resource Summit on Friday, June 24, 2022, 10:00 am – 1:00 pm at the Tuskegee Municipal Complex 101 Fonville Street Tuskegee, AL 36083. This event is in recognition of National Cancer Survivor Month. It will be a celebration for those who have survived cancer, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community. This Summit is intentionally designed to introduce organizations supplying a range of resources that promote healthy living, good nutrition, mental, physical, and financial wellness for our community. It will provide a unique opportunity for various organizations and businesses to converge in one place to expose the community to resources that can help develop a more holistic and comprehensive approach to health & wellness and improve quality of life.

All cancer survivors are summoned to take part in this celebration. All entities that provide support services and resources to the community are summoned to take part as vendors at this event at no cost. Macon M.E.A.N.S. is also seeking organizations that would like to sponsor this community empowering endeavor.

If you are a cancer survivor, or your organization is interested in serving as a vendor or sponsor, please contact Macon M.E.A.N.S. at maconmans@gmail.com or call 334 724 7560 or 334 552 1522 as soon as possible.

Macon M.E.A.N.S. is a non-profit cancer support organization committed to empowering the community by providing Mentorship, Education, Advocacy, Nutrition and Support Services to connect people to resources that improve their quality of life.

Doretha Heard



**MACON M.E.A.N.S.
FOR CANCER
SUPPORT GROUP**
MENTORSHIP EDUCATION ADVOCACY NUTRITION SUPPORT

Macon Means

Macon County Food Distributors Round Table

June 2022

Free Food

Distribution Schedule



S M T W Th F S

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30

**19
Father's
Day**



**12 Macon Food
Distributors
Roundtable
Zoom Meeting**

**9 Macon
Co Food
Pantry
Daly St
Last Names
P to Z**

**11:00 Helping
Hand Ministry
Notasulga High
500 E. Main St
Notasulga
Rev. A Williams**

**11 Bowen
UMC
2107 W
Mtg Rd
Senior's
Food**

**Children's
Food Distr.
Notasulga,
Shorter/Tuskegee
Warrior/Cotton V**

**7 Volunteers
Gleaning Corn
Tifton, GA**



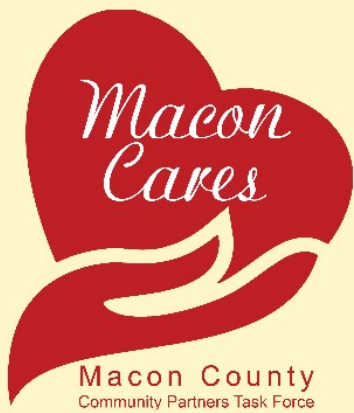
The Macon Food Hotline: (334) 724-2550

https://youtu.be/BPL_EqhQxpu

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.



WWW.MACONCARES.ORG **DON'T DROP THE BALL!**

The Centers for Disease Control and Preventative (CDC) suggests various prevention methods for each level.

- Wear a mask in public indoor settings, including K-12 schools and other indoor community settings, regardless of vaccination status, if you live in an area with a high COVID-19 community level.
- Regardless of the COVID-19 community level in your region, if you are immune-compromised or at high risk of serious sickness from COVID-19, talk to your doctor about whether you need to wear a mask. If you reside in a COVID-19 Community Level of medium or high, you may need to take extra measures. Avoid non-essential indoor activities in public where you can be exposed if the community level rises.
- In indoor public transit situations, the CDC recommends that individuals wear masks.
- Even if people around you are not wearing masks or the COVID-19 Community Level in your region is low, you may opt to wear a mask at any moment based on your own desire.
- It's essential to stay at home and away from people if you're unwell or test positive. Wear a mask if you have to go out (for example, to a doctor's visit). For information on keeping at home and away from people if you are sick or test positive, see If You Are Sick or Test Positive (isolation). Wear a mask for ten days while you're among other people, even if you're at home.
- If you've been exposed to COVID-19, follow the guidelines for COVID-19 testing and avoiding close contact.
- If you haven't been vaccinated or haven't had all of your COVID-19 shots, stay at home and away from others (quarantine) and wear a mask if others are around.

If you have had all prescribed COVID-19 vaccine doses, including a booster when due, or if you have had COVID-19 in the previous three months, you should wear a mask for 10 days after exposure.



GET FOOD

GET NEWS

GET TESTED

GET HELP

GET FACTS

GET SUPPLIES

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: 83,457,379 DEATHS: 1,002,377

ALABAMA COVID-19 UPDATE
As of May 25, 2022

CASES: 1,309,743 DEATHS: 19,650

MACON COUNTY COVID-19 UPDATE
CASES: 3,910 DEATHS: 85

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!

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. This **FREE** Health Newspaper is managed by the Macon County Health Care Authority, Inc. and 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.