



# SPECIAL FALL EDITION



# FREE



## Saying Farewell to A Mighty Fine Human Being Chief Leon E. "Chief" Frazier







## Farewell Mighty Fine Friend

“Chief” Leon E. Frazier was our friend. I say our friend because he was a friend to everyone he met. He was the type of friend that would warm your heart with the fire in his soul and hold your feet to the fire when you crossed the line. He was an extraordinary human being who lived a life that was unforgivable and performed service to his community that is irreplaceable. Chief embodied a level of sincerity that is rarely seen in our world today. His commitment to duty permeated every area of his life. It’s as if he read the scripture in Micah 6:8 and made it his life’s ambition: ‘He has shown you, O man, what is good; And what does the Lord require of you But to do justly, To love mercy, And to walk humbly with your God?’ Micah 6:8 NKJV.

If you’re wondering how we can say such glowing words about Chief Frazier, just look back over your experiences in Macon County. Look back and we’re sure you will find him there, taking photos, shooting videos, and sharing The Revealer with anyone who would read it. He was there at important moments in our lives to tell our stories in his own way. Even now, as you read our newspaper, you’re partaking of a vision Chief brought to pass by the power of his will and his desire to make a difference in Macon County. He envisioned it, he curated it, he printed it at times at his own expense, he delivered it, and shared it with the world. For Chief and for Macon County, our Macon County Community Partners Task Force will continue to publish this newspaper to tell the stories that matter for our people. We will continue to be present and build on Chief’s legacy and encourage every person to be a “Mighty Fine Human Being”. We love you Chief.

## UNSUNG HEROES

*“The happiest people are those who do the most for others.”*  
-President Booker T. Washington

*Each month, we will highlight the members of our community who live by these simple, but powerful words of Dr. Washington, working every day to improve the quality of life for each and every citizen in Macon County. You may or may not know their names, but we owe them a debt of profound gratitude for their service! - Ms. Diane Kenney*

The Helping Hand Food Ministry (HHFM) was founded six years ago by Pastor Anthony Williams of the New Mount Pleasant Baptist Church to increase access and availability of fresh and nutritious foods in the underserved communities in our County. Its mission is to be a helping hand to families that are often deprived of quality groceries due to lack of transportation and/or the financial means to support healthy eating. Access to healthy food options and nutrition are important to overall physical and mental health and well-being.

According to research done by POLITICO, “Tuskegee, Ala., home to Tuskegee University and the work of agricultural pioneers like Booker T. Washington and George Washington Carver, is ground zero of the food desert crisis ...The demographics of Macon County, which ranks among Alabama’s poorest, sit in stark contrast to those of its neighbor, Lee County, home to Auburn University. Though it is also a land-grant institution, Auburn and the city around it have much more food variety...”

The COVID-19 pandemic brought new challenges to food security across the U.S. and in the Macon County Community. As a result, HHFM has increased the number of sites it distributes to in our rural communities. Currently the HHFM travels throughout Macon

County distributing food from 1-3 times each week. During the first six months of 2022, HHFM served over 3,226 households and 7,987 individuals, providing 169,000 pounds of food during fifty-two distributions. About 75% of the food is donated, much by local farmers.

In October 2019, Macon M.E.A.N.S., led by Ms. Doretha Heard founded the Macon County Food Distribution Round Table (MCFDRT), a large network of approximately twenty food distributors who collaborate, communicate and coordinate food distributions in Macon County to ensure food is provided to all communities that are food insecure. The members have their finger on the pulse of their respective communities and can identify those in the greatest need. They meet every month to develop a monthly calendar that shows scheduled food distributions and other food resources spread throughout the county. There is also a 24/7 Food Hotline that provides a simple way for everyone to have access to timely information related to food distributions, whether there is internet availability or not. The Food Hotline also gives individuals the ability to request an emergency distribution of food, made possible by HHFM, the Macon County Food Pantry, and Bowen United Methodist Church. HHFM receives frequent donations of food that it supplies to many of the distributors in the MCFDRT network to ensure that all communities are served.



HHFM partners with East Alabama Food Bank, Macon County DHR, Midwest Food Bank, Peachtree City, GA, and several farmers within a 100- mile radius of the County who provide mostly perishable food. However, the lack of refrigerated transportation presents another challenge. Having a refrigerated truck, forklift, and a proper trailer to transport the forklift that accompanies the mobile food pantry truck to the various distribution sites throughout the county would lessen the burden on the volunteers (mostly senior citizens who are retired) and allow the distributions and cleanup to flow more safely and efficiently. The Utilities Board of Tuskegee has provided a fork-lift and operator in the past when food distributions were in town, but not for travel to rural areas of the county.

Macon M.E.A.N.S. has been in partnership with HHFM for the past three years and pledges continued support by providing manpower for the weekly distributions, administrative support, equipment, stipends to volunteers and support in grant writing. Macon M.E.A.N.S. recently obtained grant funding for the purchase of a 26-foot box truck to transport most of the food. However, it is not refrigerated so private vehicles must still be used if there are more than twelve pallets of food that must be transported, or if pickup is from more than one location.

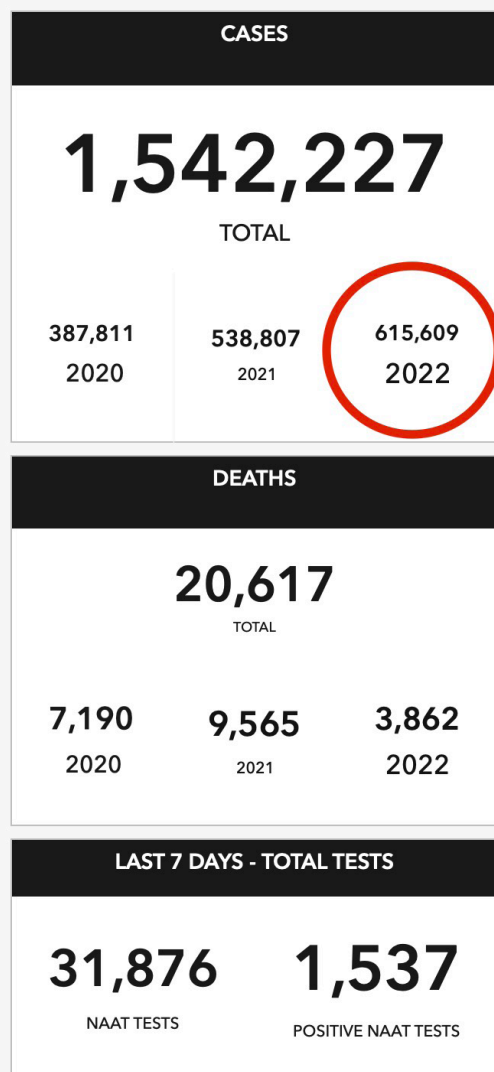
The HHFM is constantly seeking additional funding to support its efforts. Three area churches and some private individuals provide a small amount of funds on a consistent basis that are used for the day-to-day operational expenses such as gas and vehicle maintenance. In-kind donations make up the largest contributions, in addition to donations of food from food banks, vendors, and farmers. THANK YOU HHFM AND MACON M.E.A.N.S. !!!



# Is it over?

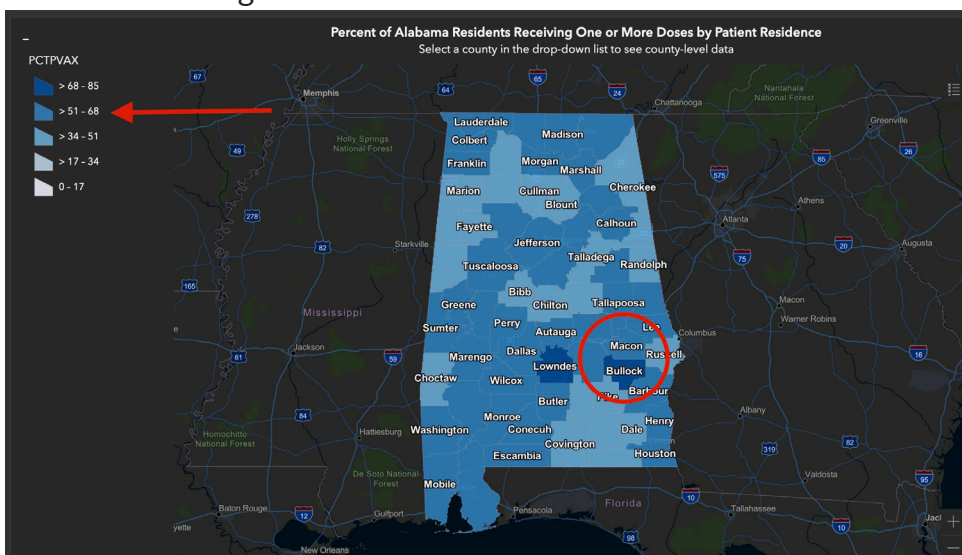
by Pastor D. J. Manuel

On September 19, 2022, NPR reported President Joe Biden said “the pandemic is over.” But is it really over? Many people seem to believe it’s over and are returning to pre-pandemic lifestyles. Fewer people are wearing face masks, more people are having large gatherings, and other COVID protocols and restrictions are being lifted. It look like it’s over. It seems like it’s over. But the numbers don’t support this position.



The Alabama Department of Public Health maintains a COVID-19 Data and Surveillance Dashboard where information about the transmission, cases, and deaths related to COVID-19 is made available to the public (Alabama COVID-19 Dashboard Hub Shortened Link: [arcg.is/0brS-Gj](https://arcg.is/0brS-Gj)). As of November 18, 2022, the ADPH reports 615609 cases of COVID-19 in the state of Alabama. That’s more than the 387,793 cases in 2020 and the 538,501 cases in 2021. And still the 2022 cases may be much higher when we consider there are people who tested positive with at-home COVID tests that are not counted. From these numbers alone, we can deduce COVID-19 isn’t gone and the pandemic isn’t over. It’s actually spreading faster than before as a result of lifted restrictions and a decrease in mitigation strategies.

Perhaps people are less concerned about COVID-19 due to the lowering rate of deaths. In 2020 there were 7,190 COVID deaths in the state of Alabama. That number jumped to 9,564 in 2021. However, the number of COVID deaths in Alabama through November 18, 2022 is 3,862. This lower number of deaths can be attributed to a number of factors, including vaccination. The COVID vaccines cannot prevent a person from contracting the virus but they can decrease the likelihood of hospitalization or death. Alabama currently only has 2 counties with vaccination rates above 68% while Macon County has a vaccination rate between 51% and 68%. When we consider there is a higher number of COVID cases yet a significantly lower number of COVID deaths, its safe to suggest vaccines have been effective in saving lives.



We can truly be thankful for the progress we’ve made but we must also remain vigilant. Whether a person is vaccinated or not, it is important to limit the spread of COVID-19. When we consider 5 out of 10 or 1 out of 5 people we see are not vaccinated, it gives us reason to keep ourselves safe through mitigation efforts. Additionally, it impresses upon us this unfortunate reality: those who are vaccinated and those who are non symptomatic, may be carriers of the virus who can negatively affect the lives of those who are unvaccinated. We must all do our part to show Macon Cares about the lives and health of every citizen.

# That’s the Tuskegee Way: TU’s Exceptional Homecoming Experience

by Jessica Halsey and Fallon Brannon

If you weren’t at Abbot Stadium on November 5, then you missed out on the best HBCU homecoming game of the year. With over 35,000 people in attendance, The Golden Tigers defeated the Miles College Golden Bears 26-23 while going into overtime twice. Yet, the game was only a small part of the entire Homecoming experience. The entire week was full of various activities that filled the campus with beautiful Black joy.



In HBCU culture, homecoming is a time for coming together, returning, and celebrating. While each school hosts its respective homecoming along with their specific events, homecoming is an experience that invites attendees from all over and is not exclusive to just students and alumni. Homecoming games attract people from various backgrounds, whether they are students from other universities or friends of current students. Truly, it is a time where differences and boundaries cease to exist as everyone partakes in the activities. Many will recognize that it is only HBCU culture that is able to achieve this notoriety.

Although current students look forward to experiencing Tuskegee’s homecoming, this grand celebration is not just for them. Tuskegee University alumni and their families make their journey back to our historical campus to relive their college experience and reconnect with their former classmates. During the week, the university held student-centered events that encompassed live music, day parties, and a Black Market expo on the Yard. On Halloween, students showed out in their creative costumes for the Screams and Nightmares costume party, jammed out to various genres of music at the Aux Cord Wars, supported student-owned businesses at the Black Market Expo, wore their best outfits at Fried Chicken Wednesday, and sang their hearts out at the Rhythm and Flow concert featuring Jacques and Babyface Ray. All of these celebratory events led up to the Saturday football game where tents, grills, and Homecoming attendees permeated every patch of grass surrounding Abbot Stadium. The Shed was packed to full capacity, echoing the chants and songs from the band, as the football team put their best foot forward on the football field. On Sunday, people gathered in the Chapel for a Homecoming Convocation ceremony, commemorating the closing of an eventful week. Several reunion classes were acknowledged and celebrated for their fruitful donations to the university and the remarkable Golden Voices Choir filled the Chapel with their melodic notes.



Each event, both student-focused and alumni-concentrated, fully contributed to the liveliness of Tuskegee’s Annual Homecoming celebration. As this was the first open and in-person homecoming since the Covid-19 pandemic began, many of the alumni and students were eager to finally enjoy the legendary Skegee Homecoming experience. Moving forward, Tuskegee’s Homecoming continues to echo the university’s familial effect, far and wide across the nation. And that’s the Tuskegee way.



# After the Dust Settles: What Do the Results of the 2022 Mid-term Elections Mean for Macon County?

by: Elise Tolbert (Co-Founder of MCYC)

In the midst of record inflation, continued management of the global pandemic, record high crime, and political instability, the 2022 mid-term election was a significant election for America and a test of the strength of the two prevailing political parties. The Democratic party, touting its positive track record of passing profound legislation, and the Republican party, promising to focus on improving the economy and reducing crime if they were to gain control. Beyond the national elections were the state and local elections. One may argue that the state and local elections are more, if not just as important for voters as the electors that fill those positions have the responsibility of implementing national policy and addressing challenges most close to their constituents. After all, it is the local level where we live and the local level where we experience the benefits and challenges of life.

Results from the recent election took days to come in, but once the dust settled we learned that the Republican party took majority control of the House of Representatives and that the Democratic party seized control of the Senate. In the backdrop, Democratic leader Joe Biden remains President, and former President Donald Trump makes plans to make America great again, again.

In Macon County, we held important elections. We elected the first woman County Commissioner for Macon County, Janice Fountain. We also elected our County Coroner, County Sheriff, and School Board officials. The people we elected are responsible for allocating funding to address our community's needs, maintaining schools, and protecting public safety. Out of 16,000 registered voters, 5,421 (32%) of our country went out to vote, representing a rather low percentage of registered voters.

In Alabama, we had races for offices such as Governor, U.S. Senator, U.S. Congress, and many state-level positions such as Secretary of State, Attorney General, State Treasurer, Public Service Commission, and many more. The people elected to these offices will make critical decisions impacting the lives of everyday Alabamians. For example, the Governor will decide on hot button issues such as the allocation of pandemic relief funds, abortion rights, gun permit issues like whether there is a need for permits for conceal carry of a gun, consideration of gambling and lottery laws, and education bills aimed to improve math and reading in Alabama. The Attorney General is responsible for providing legal representation for the state of Alabama, its officers, departments, and agencies. He will ensure elections are fair and defend key decisions around issues such as fair voting, gender rights, and civil rights. The Public Service Commission makes decisions on the rates of utilities for Alabama. Considering the implications of the decisions that elected officials make, it is vitally important that we choose good people for the positions and that we engage with Candidates to vet them before we vote.



The Macon County Youth Council (MCYC) is serious about ensuring that the community has an opportunity to engage with candidates. That is why we hosted the Macon County Candidate Forum in partnership with Tuskegee University's Department of History and Political Science, the Macon County Chapter of the Alabama New South Coalition, the Tuskegee Chapter of the NAACP, and Pi Sigma Alpha. The forum provided an opportunity for Macon County's citizens to engage with candidates who were seeking our vote. The event was held on October 27, 2022, at Tuskegee University and boasted an audience of over 100 citizens. Candidates for Congressional offices down to state and local offices participated. During the forum, the Candidates presented their platforms, and community members asked questions about issues that matter to us. It is critically important that we engage with elected officials to have a two-way line of communication. Elected officials need to hear from us to know what we want and expect from them. We also need to hear from them to get a sense of their stance on issues and assess their integrity and commitment to working on our behalf. The forum we hosted was a first step in the engagement process. We know that the real work to ensure that the people we elect represent our interest starts after the elections and continues 365 days a year.

That's why we started the Macon County Youth Council (MCYC), to give youth an avenue for civic engagement. Founded by Elise Tolbert and Omari Neal in January 2021, the Macon County Youth Council is an inclusive youth-led organization composed of young people aged 13-35 in Macon County, Alabama who seek to engage in community development to elicit positive change within the county. The council is organized for the purposes of representing, researching, articulating, and developing initiatives to further the youth vision for Macon County. The council holds monthly meetings and attends city council, county commission, and district-level meetings. The council also initiates quarterly community development projects.

Our goal is to convene Macon County's youth to create a new unified vision for Macon County while exposing and educating the youth to the operations of local government in hopes that they will create a better city, county, state, and nation. Going into 2023, we envision providing more opportunities for youth and all members of our community to engage with elected officials and use our collective power to shape the direction of our community.

To truly see change, we must do more than just vote. We must engage with elected officials year-round. By shaping the agenda, we have the opportunity and responsibility to shape what the elections mean for Macon County. We can organize and advocate for national, state, county, and local officials to provide resources to address our infrastructure needs, such as improving our roads, bridges, and water piping systems in Macon County. We can go to Board of Education meetings to speak about how we want the Board to support teachers or discuss changes needed to improve academic performance. We can go to city council meetings to learn about the decisions made in our cities and put forth ideas about how to address issues like housing, beatification, and support for small businesses. We can attend county commission meetings to advocate for how financial resources are allocated to meet our community's needs.

Being involved is not just an opportunity; it is our responsibility. By getting involved on every level, communicating with each other, and being well organized, we can take charge of our own future. Elections have consequences. It is virtually important that we vote but just as important that we stay engaged. If you are between 13-35, have a connection to Macon County, and want to get involved, join the Macon County Youth Council by contacting us at [maconcountyyouthcouncil@gmail.com](mailto:maconcountyyouthcouncil@gmail.com) or send us a message on Facebook or Instagram (@mcyca)

Whether you are a member of the youth council or not, there is always opportunity to engage. Decide on one issue you genuinely care about and push it as hard as possible with people who care about it too. I always say, "Our democracy works through our participation: "...now that the elections are over, it's time to work!"



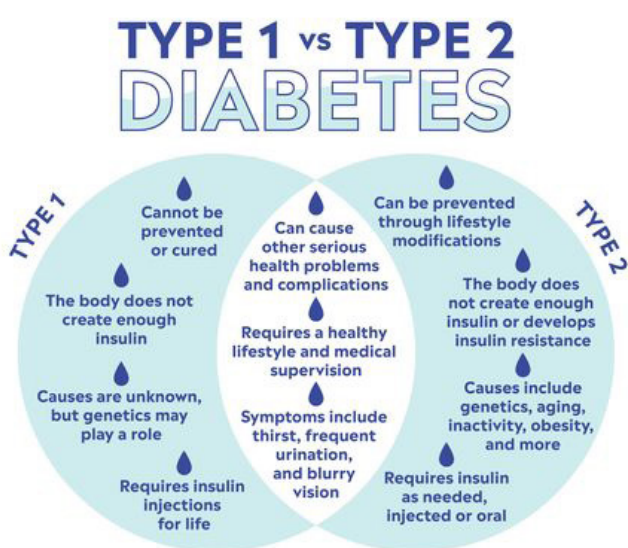
# Get Moving Macon County!

by Drs. Sunila Mahavadi and Chastity Bradford, Biology Department Faculty, Tuskegee University

National Diabetes Awareness Month was established by the American Diabetes Association (ADA) in 1975, and President Ronald Reagan declared November to be a “diabetes month” in 1981. Many diabetes organizations and companies launch campaigns in November to encourage people with diabetes to come forward and share their stories with the general public about living with their condition. The international symbol for diabetes is the Blue Circle, officially known as “Unite for Diabetes.” The circle stands for unity, and the color blue represents the sky. Diabetes affects approximately 37 million Americans, both adults, and children. According to the International Diabetes Federation (IDF), up to 212 million people, or half of all adults living with diabetes, are undiagnosed.

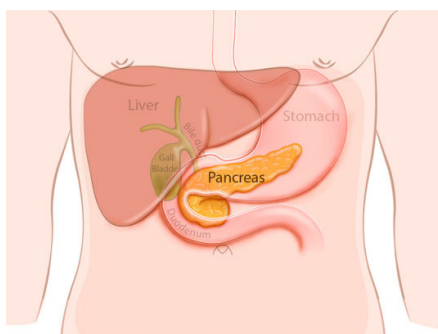
The IDF is encouraging people and organizations all over the world to get involved and help the cause by signing a petition that will be published soon, pledging support for increased access to diabetic care, reaching out to local or national policymakers to ensure diabetics have access to care, or by taking part in a local diabetes awareness campaigns which aim to provide knowledge to those living with a risk of type 2 diabetes.

Diabetes mellitus (DM) is a chronic disease that impairs carbohydrate, protein, and fat metabolism. It is sustained by a lack of insulin secretion, caused either by problems with peripheral tissue’s ability to absorb insulin or by the pancreatic-Langerhans islet cells’ progressive or pronounced inability to produce insulin. The two types of diabetes that are classified are type 1 and type 2.

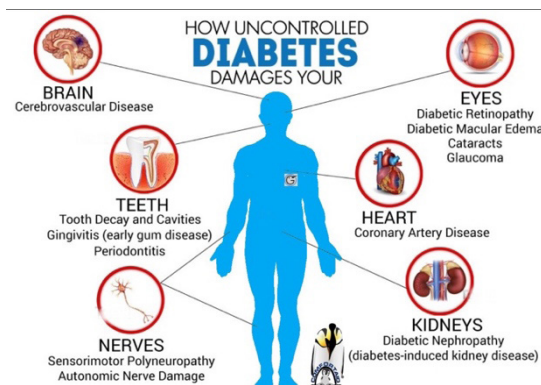


Damage to pancreatic cells caused by environmental or infectious agents can explain the etiology of type 1 diabetes. Due to the high prevalence of childhood diagnoses, type 1 diabetes is also referred to as juvenile diabetes. Anyone can be affected, regardless of age, race, or weight. This type of diabetes impairs the body’s ability to produce insulin, which regulates blood glucose levels. Type 2 diabetes is defined as a combination of low insulin production from pancreatic b-cells and peripheral insulin resistance. Insulin resistance causes elevated fatty acids in the plasma, resulting in decreased glucose transport into muscle cells, as well as increased fat breakdown, resulting in increased hepatic glucose production. Smoking, being overweight or obese, being physically inactive, having increased A1C levels, having high blood pressure, and having high cholesterol are all risk factors for diabetes complications. Approximately two-thirds of the adult population in the United States are considered overweight or obese. Diabetes and insulin resistance are strongly

linked to body mass index. Obese individuals have higher levels of nonesterified fatty acids, glycerol, hormones, cytokines, proinflammatory markers, and other substances involved in the development of insulin resistance. Diabetes pathogenesis is because the b-islet cells of the pancreas are impaired, resulting in a lack of blood glucose control. Weight gain and increased body mass are major contributors to the development and increasing prevalence of type 1 and type 2 diabetes.



Geographically, there is a pattern to the prevalence of diagnosed diabetes, with the South and the Appalachian States having the highest prevalence while the Midwest and Northeast had the lowest. Diabetes is influenced by social, behavioral, and environmental factors that interact with genetic susceptibility. Examples of these factors are food insecurity, food access, and access to health care that is affordability and high quality. Diabetes is most common among American Indians/Alaska Natives (14.7%), Hispanics (12.5%), and non-Hispanic blacks (11.7%), followed by non-Hispanic Asians (9.2%) and non-Hispanic whites (7.5%).



Diabetes can damage the eyes, kidneys, nerves, and heart and cause the development of certain cancers. Diabetes also impairs gastrointestinal motility, resulting in symptoms such as delayed or rapid gastric emptying, delayed intestinal transit, and constipation, which is common in patients with type 1 and type 2 diabetes and causes significant morbidity.



Dr. Sunila Mahavadi’s work and others has shown that women have a higher prevalence of diabetes-related gastroparesis and constipation than men. The findings of Dr. Mahavadi’s studies are intended to shed light on the cellular mechanisms underlying sex- and cycle-dependent changes in GI motility and dysmotility.

Let’s do our part! Get Moving Macon County, Eat a Less Fast Food, and Keep Monitoring Your Blood Glucose!



# Tuskegee Community Embraces the Families of Tuskegee’s Murder Victims

by Scott and Erica Muhammad

The 27th anniversary of the historic Million Man March was observed here with a three-day celebration of life and a declaration that “The war on murder begins with the healing of our families.” Over 150 family members of Tuskegee’s murder victims gathered on October 16, 2022, at city hall to honor their lost loved ones. Many were moved to tears as life affirmations of the slain were read and parents lifted veils to find surprise portraits of their loved ones produced by fine artists. “My first reaction was, wow,” said Michelle Renfroe-Fields, sister of murder victim Demetrius Renfroe. “It brought tears to my eyes. It’s more than I expected.”

The Unveiling was the pinnacle of a three-day weekend that brought Tuskegee and Montgomery families together with SEED staff from around the country for a weekend of workshops, tours, healing, and edification. The event was part of SEED’s ongoing WOMB movement—the War On Murder Begins, and took place on the anniversary of the historic Million Man March and Holy Day of Atonement held in 1995 as a day of atonement, reconciliation, and responsibility. The Grand Unveiling was planned as a catalyst for Tuskegee institutions to begin looking at their contribution to the culture of murder in this city. Activities began Friday morning with a fruit tree planting ceremony at the SEED Atonement Memorial Garden in the Ridgewood Community off Howard Road. “This neighborhood just suffered a big loss in July with the murder of Torey “T.O.” Robinson. We thought that they could use some healing energy over here,” said Scott Muhammad.

Avis Ford-Thompson and her sister, Angie Ford, planted a King David apple tree for her son Brantley. “He was the apple of my eye,” Ford-Thompson said. “Today is a special day,” her sister said. “Today is our mom’s birthday. So, this really means so much to us to be able to plant his tree on our mom’s birthday. I couldn’t sleep last night just thinking about this.” Afterwards, Tuskegee historian Guy Trammell journeyed participants through the marvel of Tuskegee University from its beginnings at Butler Chapel and campus development. The tour concluded at the Taylor School of Architecture and Construction Science, where participants gathered for workshops and a delicious home-cooked meal.



Gold Star Mother Felicia Hope Jones, mother of slain Tuskegee University student Canon Jones, addressed the families in a moving workshop detailing how the tragic loss of her son led to the renewing of her life’s purpose and the birthing of a gift. “Take back your power by choosing yourself. You have to choose YOU.” On Saturday, the group visited the Legacy Museum in Montgomery to view the exhibit, “From Enslavement to Mass Incarceration.” Although scheduled for two hours, the tour group—which included children—spent the whole day at the site reading the words off the walls. Sis. Latricia Muhammad conducted workshops on the Dianetics of Grief and Self Analysis, while Rev. Jacquetta Parhams of Whole Self Ministries delivered a much-needed reminder for participants to be mindful of self-care. The message hit home for Ms. Sibyl Caldwell who is caring for her 95-year-old mother while trying to process the loss of her son, Samuel, who was killed in their family home in June.

The highlight of the weekend was the surprise unveiling of the portraits and the presentation of the Life Affirmations written by student writers and professional journalists from around the country. Event organizers spent Saturday night constructing temporary walls at the Tuskegee Municipal Complex to hang and veil the portraits. “We spent over a year organizing the artists in secrecy,” said Scott Muhammad. “We were so careful about keeping the portraits a secret that we did not even tell the writers about that part of the project, nor did we share a picture of the person with the writers. We wanted the writers to create a picture of each person’s life through their stories.” These stories are being compiled into a book that is planned for release in time for the second Grand Unveiling next year. Forty-five artists from around the country and world rendered 54 portraits, including artists who sent portraits from Ghana and Nigeria. The portraits are being custom framed for the Gold Star families to keep as a family heirloom.

Muhammad is still looking for family members who have not yet received their portraits. “You’re going to want to be present for Part Two,” he said. “Our writing team is still conducting interviews with families that came late to the process.” Anyone who has lost a loved one in Tuskegee from 2000 to the present who would like to participate should contact him at (334) 452-2426.





# The Healthy Halloween Harvest Festival: Then and Now



In the early 2000's the Macon County Ministers' Council held their first Harvest Festival on the square in downtown Tuskegee. This event was created as a safe alternative to traditional trick or treat activities for families in Tuskegee. Churches provided games and activities along with candy and non-candy prizes for children who participated. A simple dinner of hotdogs, chips, and bottled water were provided through the generous donations of local businesses and supportive citizens. This 2-hour event, held on Halloween night drew an estimated crowd of 500 people which exceeded the 250 person goal set by the Minister's Council.

For several years, the Macon County Ministers' Council organized the Harvest Festival alone until they were joined by the Macon County Schools and the Tuskegee University Center for Bioethics in Health Research. Through the combined efforts of these three groups the previously named Harvest Festival became the Healthy Halloween Harvest Festival. The event outgrew the square in downtown Tuskegee as well as the athletic field near the Macon County Schools offices. After consulting with local police and the sheriff's department, the planning committee was advised to move the event to Booker T. Washington High School, where it is still hosted today.

Over the years, the Healthy Halloween Harvest Festival has grown to more than 4,000 participants. Students and families from across Macon County and most recently Bull-ock County attend the event each year. The committee has worked hard to ensure the students in Macon County are able to enjoy the generosity of the community, even in difficult times. For example, in 2019, the weather was so bitterly cold, the committee improvised and held the event inside Booker T. Washington High School.

During the early days of the COVID-19 Pandemic, in 2020 and 2021, the committee pivoted again and made the event a contactless, drive thru event called Halloween in Lights. For two years visitors attended the festival in their cars and were given the opportunity to receive treats and health related resources given to them in their vehicles.



COVID-19 is still surging and the Healthy Halloween Harvest Festival was once again a drive thru event on Monday, October 31, 2022, from 6:00pm to 8:00pm. Thanks to the generosity of churches, businesses, and organizations, the youth and children of Macon County were able to enjoy the bounty that was provided. We look forward to the day when we will be able to return to an in-person event. Let's continue this legacy of joy for the families in Macon County.

If you are interested in participating in the event next year, please let us know. We are looking for committee members, sponsors and vendors. For more information contact Rev. Katrina Love, President, Macon County Ministers' Council: [www.maconcouncil.org](http://www.maconcouncil.org).





# Kitchen Scrap Gardening Helps Families Eat Fresh Year-round

Submitted by Angel Walker

This is the time of year when families gather around the dinner table to eat a variety of appetizing dishes. While preparing to partake, it's also important to consider the amount of food waste produced during the holiday season. According to the WorldWatch Institute, Americans generate three times as much food waste between Thanksgiving and New Year's Day than the rest of the year, with \$293 million in food waste generated during Thanksgiving alone. Fortunately, there is a way to put a few dollars back in your pocket as well as limit the number of food scraps produced during the preparation of those delectable dishes. Consider kitchen scrap gardening.



## Gardening with Food Scraps

Kitchen scrap gardening is regrowing your inedible kitchen waste into edible veggies and greens that can save you money on grocery bills and reduce the amount of waste entering landfills. From celery and lettuce to herbs and potatoes, kitchen scraps often have plenty of life left. They just need a chance to avoid the trash can. You can grow your new food indoors in decorative saucers and containers year-round, or move them outside to your garden in spring.

After cutting away the “usable” parts of vegetables, the remaining plant material has enough stored energy to process light and nutrients, thus promoting auxins (natural plant hormones) to grow new cells for fundamental plant growth. Once triggered, auxins and other chemicals pull together available resources to fight off infection, close the wound, and initiate new roots. Try a few of these easy regrows. It will make you think twice about which food scraps get thrown away.

## Regrowing Produce

Using the bottom 2 inches of the root end of a bunch of celery:

- Insert four toothpicks equally spaced around the celery, about 1 ½-inch from the bottom. This keeps the celery from touching the bottom of your bowl, slowing the rot of the outer stalks.
- Set the celery in a shallow glass bowl or jar. Fill with enough water to submerge an inch of the root end.
- Place the bowl or jar where it gets good natural light for several hours a day. Be sure to change the water every two to three days, ensuring the celery root end is always submerged.
- After a few days, small leaves will emerge from the very center of the top. Over a week, you will notice small stalks with leaves and tiny roots emerging around the base of the celery root.
- Now that you have roots, it's time to replant in soil. If using potting soil, use a mix suitable for vegetables and herbs. Keep the soil moist, but not wet. Celery flourishes in cool weather and rich soil, so give it shade during the hottest part of the day and feed it to replace vital nutrients.

Unlike growing celery, you won't be able to regrow a full head of lettuce. However, you will regrow enough leaves for a sandwich or even a single serving salad. Don't let that stop you, because it is a cool experiment.



## Save Money and Landfill Space

- Snip off the top 3 to 4 inches from the fresh stems of discarded kitchen scrap herbs (basil, mint, rosemary, sage, etc.).
- Leave the first two sets of leaves at the top (growing end) of each stem, removing lower leaves.
- Place stems in a container of fresh water (use distilled or spring water if your tap water is treated). Be sure the water level covers at least one set of leaf nodes (the area where the lower leaves were attached to the stem). Upper leaves should remain above the waterline.
- Most herbs prefer six to eight hours of sunlight per day, so place the container in a bright location, changing the water every few days. Depending on the type of herb, it may take up to several weeks before your kitchen scrap herbs start to send out new roots.
- Wait until roots are at least an inch long and sending out rootlets before planting herbs in soil. Make use of quality potting or soilless medium and planter with adequate drainage holes.

## “Eyes” on the Prize

Are leftover potatoes in the cupboard starting to sprout? Perfect! Potatoes aren't grown from seeds but from eyes.

- When your potatoes start to grow eyes, slice them into 2-inch pieces that contain 1-3 eyes.
- Let the potatoes sit out overnight so that the cuts dry and heal over.
- Now plant them in the soil about 4 inches deep. Cut side down with eyes facing upward. Ensure the soil is always kept moist.
- After a few days, green sprouts will appear from the soil. As your potato plants grow, “hill” them by adding more soil, as the stems grow taller.
- In time, your potato plant will die, sometimes after flowering. Now harvest by digging up your prized potatoes.

There are more than a handful of veggies and herbs you should rarely “re-buy” or start from seed because you can “regrow” them from leftover bits of original veggies or herbs. Happy gardening, no matter what season.





# Avoiding Holiday Weight Gain and Unhealthy Eating Habits

by David Henderson

It's holiday time again, and between school and community events, football games, and family dinners, there is an abundance of food everywhere you look. Unfortunately, there is an extremely likely chance that a lot of it will be unhealthy. It is no secret that many companies have created so many foods and drinks to sell to us that have no nutritional value, and they will continue to do so because they are making a fortune in sales. As a result, the life expectancy for the average adult is actually starting to decline! So it is up to us to take care of our own health, and we can do that by making smart choices.



The current research suggests that people who exercise, eat nutritious food, take daily vitamins and supplements, don't smoke, and get routine medical checkups may actually be on track to live to the age of at least 100 or more with all of these factors combined. So basically, your lifespan today is in your hands, depending on your lifestyle.

Now when it comes to the holiday survival game plan to not gain weight, I have very good news. There are many powerful vitamins and supplements that can help regulate your blood sugar, cholesterol, blood pressure, fatigue, and even anxiety that are quite simple and also very effective.

## Vitamins & Supplements:

Every morning, I personally take a multi-vitamin and all of the following supplements, but even if you just take two or more of these you will be doing your body a huge favor.

1. **Turmeric:** This spice is hands down my favorite supplement because it is shown to have health benefits for your heart, brain, joints, and possibly help prevent cancer. In addition to capsules or pills, it's also available in teas, gummies, and foods that have been cooked with it.
2. **Cinnamon:** There is a very high incidence of Diabetes in our communities. Blood sugar control is quite possibly one of the most important factors in the human body, because high blood sugar disrupts nearly all metabolic processes in the body. Cinnamon is one of the best natural blood sugar regulators and it can also help decrease inflammation and pain. You can obviously sprinkle it over foods or add it to coffee, tea, or other drinks. It is also available in pill or capsule form.
3. **Fish Oil (or Flaxseed Oil if you're a vegetarian or vegan):** Fish oil does not only improve heart health and blood pressure, but it can also improve brain health and help with joint problems. There are numerous blends on the market, but as long as you're getting one that has EPA and DHA in it, you're good to go. Personally, I take a blend.
4. **Ginger:** Your digestive system or "gut" does not just absorb and eliminate food, it actually functions as another brain, telling your brain what to do based on what it is fed. actually making it more of the "first brain". Ginger aids the digestive process by helping your body eliminate unhealthy foods more quickly, keeping your gut and bloodstream more purified. It is also high in the antioxidants that fight inflammation and pain. You can find it in the spice aisle as well as in teas, gummies, chews, mints, drops, and drinks. While many people swear by Ginger Ale for digestion, it still contains a lot of sugar and carbonation, so try to find a non-carbonated sugar-free version or a brand that has less sugar.
5. **Last but not least is Ashwagandha.** It's got a long name but has amazing results. As we all know, mental health is becoming one of the biggest challenges in the world we live in today, especially after the pandemic. Substance abuse and depression are at epidemic levels. Our days are typically high in stress and fast paced, and we are bombarded with advertisements and social media 24/7. Ashwagandha is a powerful supplement that can help reduce stress, improve mental clarity, lower blood pressure, help you sleep, and maintain a more balanced, cheerful mood. It can be taken once a day or even at each meal if you feel that your life is full of stress. It is available in gummies, teas, pills, capsules, and drops.



Honorable mention also goes to these other supplements that are extremely healthy overall: Garlic Extract or Oil, Black Seed Oil, Sea Moss (or Spirulina), a Calcium/Magnesium/Zinc blend, and a Glucosamine/Chondroitin/MSM blend.

As I've stated many times before, the hands down simplest way ever to improve your health and lifespan is by simply eating more fruits and vegetables because your digestive system knows exactly what to do with them. Your body knows exactly how to extract essential vitamins, nutrients and antioxidants from fruits and vegetables, circulate the water from them, and use the fiber to keep your digestive system clean. Try to avoid all of the other foods we eat that clog our arteries and intestines that lead to every form of cancer and health problem that exist.

It is absolutely 100% possible to enjoy the holidays with a healthy diet, so try your best, and I'll see everyone in the new year when our focus will be on staying fit with exercise!

David Henderson, Director  
 American Health & Fitness Services  
[www.americanhealthfit.com](http://www.americanhealthfit.com)  
[www.davidchenderson.com](http://www.davidchenderson.com)  
 (334) 226-0627



## MONKEYPOX

### How is monkeypox spread?

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including

- Direct contact with monkeypox rash, scabs, or fluid from sores or saliva from a person with monkeypox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.




[www.cdc.gov/monkeypox](http://www.cdc.gov/monkeypox)


## MONKEYPOX

### How can I protect myself from Monkeypox

- Avoid touching the rash, cuddling, kissing or sharing utensils and cups of a person with monkeypox.
- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.



Learn more: [www.cdc.gov/monkeypox](http://www.cdc.gov/monkeypox)



## MONKEYPOX

### What should I do if I have a new or unexplained rash or other symptoms?

- Avoid sex or being intimate with anyone until you have been checked out by a healthcare provider.
- If you don't have a provider or health insurance, visit a public health clinic near you.
- When you see a healthcare provider, wear a mask.
- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact.



[www.cdc.gov/monkeypox](http://www.cdc.gov/monkeypox)

Monkeypox spreads from person-to-person through close contact with someone who has a monkeypox rash. Close contact can mean being face-to-face (such as talking, breathing or singing close to one another which can generate droplets or short-range aerosols); skin-to-skin (such as touching or vaginal/anal sex); mouth-to-mouth (such as kissing); or mouth-to-skin contact (such as oral sex or kissing the skin). Possible mechanisms of transmission through the air for monkeypox are not yet well understood and studies are underway to learn more.


We are still learning about how long people with monkeypox are infectious for, but generally they are considered infectious until all of their sores have crusted over, the scabs have fallen off and a new layer of skin has formed underneath, and all the sores on the eyes and in the body (in the mouth, throat, eyes, vagina and anus) have healed too.

Environments can become contaminated with the monkeypox virus: for example, when an infectious person touches clothing, bedding, towels, objects, electronics and surfaces. Someone else who touches these items may become infected if they have any cuts or abrasions or they accidentally touch their eyes, nose mouth or other mucous membranes. This is known as fomite transmission. Cleaning your hands after touching objects that may be contaminated can help prevent this type of transmission. It is also possible to become infected from breathing in skin flakes or virus from clothing, bedding or towels. In the current outbreak, experts are still trying to understand whether this mode of transmission plays a major role.

The virus can also spread during pregnancy to the fetus, during or after birth through skin-to-skin contact, or from a parent with monkeypox to an infant or child during close contact.

### You can catch monkeypox through close contact with someone who has symptoms including:

- Skin-to-skin (e.g., touching, anal and vaginal sex)
- Face-to-face (e.g., talking, singing, breathing)
- Mouth-to-skin (e.g., oral sex)
- Mouth-to-mouth (e.g., kissing)
- From contaminated bedding, towels, clothing, surfaces or objects



### Monkeypox can spread through sex :

- People who have sex with multiple or new partners are most at risk
- Check yourself regularly for symptoms and ask partners to do the same
- If monkeypox is impacting your community, you can reduce your risk by reducing your number of sexual partners, waiting for a while before having sex with any new partners or taking a break from sex
- Have open, non-judgmental conversations. Swap contact details with sexual partners and agree to let each other know if you develop symptoms
- Condoms will prevent some STIs. They may also reduce your risk of exposure to monkeypox, but they will not prevent you becoming infected through close physical contact

**INFORMATION TAKEN FROM THE WORLD HEALTH ORGANIZATION WEBSITE:  
[HTTPS://WWW.WHO.INT/NEWS-ROOM/QUESTIONS-AND-ANSWERS/ITEM/MONKEYPOX](https://www.who.int/news-room/questions-and-answers/item/monkeypox)**



# Historic News

On **December 18, 1832**, the Legislature established Macon County from lands of the Mvskoke Nation, which formed the current shape of Alabama. It was named for North Carolina's Nathaniel Macon, a soldier and statesman. In 1866, Macon County was reduced in size to form Bullock and Lee Counties. Bullock County was named for Colonel Edward C. Bullock, a State Senator who promoted slavery as essential to the South, and Lee was named for Robert E. Lee, top military officer of the Confederacy.



At **8:00 a.m. on Friday, December 16, 1898**, U.S. President William McKinley visited Tuskegee at the request of Booker T. Washington. He was touring Georgia and Alabama to gain support for the Treaty of Paris. McKinley, with his family, cabinet members and military generals were greeted on the campus of Tuskegee Institute by a crowd of 6,000, including 1,200 Black campus students. Members of the Alabama Legislature were also in attendance. On Campus Avenue, the entourage viewed a parade of the various Institute industries, then Booker T. Washington hosted a program in the Tuskegee Chapel, where he, McKinley and Alabama Governor Joseph F. Johnston spoke. This was the first of several U.S. Presidential visits down through the years.

In 1915, D.W. Griffith released the movie: Birth of a Nation, from the book and screenplay "The Clansman". It stigmatized Black men as dangerous criminals and depicted members of the defunct Ku Klux Klan as heroes, giving rise to a new resurgence, of the Klan.

In 1918, Booker T. Washington's executive administrator Emmett Jay Scott wrote a screenplay for his movie "The Birth of a Race" to counter-balance Birth of a Nation. He depicted progress that Black people across the globe made in education, business and community development. The producers of The Birth of a Race, however, released it with a different script, which lost the impact that Emmett Scott had originally intended.



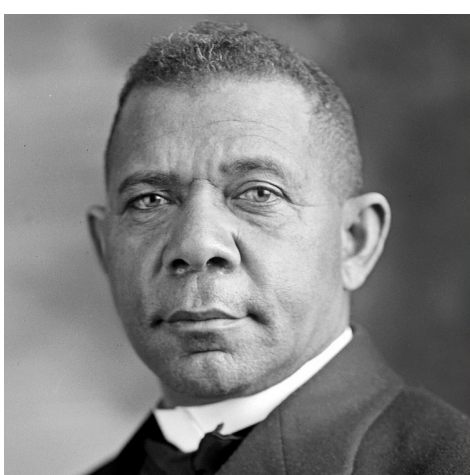
On **December 2, 1966**, the Knights of the White Camellia burned a cross at the Washington Public School, located on Cedar Street, in Tuskegee.

December birthdays include:

Dec. 7, 1941 **Carole Simpson**, Tuskegee's future public relations director, was born in Chicago.

Dec. 22, 1916 **Deborah Juanita Cannon Partridge Wolfe**, Macon County's educator/administrator extraordinaire was born in Cranford, NJ

In 1844 the Montgomery - West Point Rail Road was completed which runs through Notasulga, Shorter and Chehaw. Macon County founder, Thomas Simpson Woodward wrote in December 9, 1857, that the Rail Road "runs within 5 feet, if not over the place, where the cabin stood in which Billy Powell, or Ussa Yoholo (Osceola) was born." **Osceola** moved to Florida and became the Seminole War Chief.





# Macon Means

## Macon County Food Distributors Round Table

**December 2022**

### Free Food Distribution Schedule

S	M	T	W	Th	F	S
				1	2	3
				10 Bowen UMC 2107 W Mtg Rd Senior's Food		
4	5	6	7	8	9	10
			10:30 Helping Hand Ministry Chisholm Center 3031 Co Rd 69 Little Texas Rev. A. Williams			
11	12	13	14	15	16	17
			10:30 Helping Hand Ministry Mt Nebo MBC 7677 US Hwy 29 Roba Rev. A. Williams	10 Bowen UMC 2107 W Mtg Rd Senior's Food	Children's Food Distr. Brownville, Notasulga, Shorter, Tuskegee, Warrior Stand/Cotton V	
18	19	20	21	22	23	24
		9:00 Macon Co Ministers' Council Food Pantry 3103 Daly St Last Names: P to Z	9:30 AKN 4771 Hwy 199 10:30 H Hand Prairie Farms 45 Tysonville Rd Shorter, AL			Christmas Eve
25	26	27	28	29	30	31
Christmas						New Year's Eve

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

## 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, Jan Fountain, District 4

Macon County Sheriff's Office  
Jail Address: 246 County Road 10, Tuskegee, AL 36083  
Phone: 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

Tuskegee District Court  
334-727-6110  
Judge Deborah H. Biggers, District Judge

Macon County Clerk of Courts  
334-724-2614, David R. Love, Jr.

Macon County Schools  
334-727-1600  
Dr. Melissa Williams, 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

Utility Board of Tuskegee  
334-720-0700, Gerald Long, General Manager

Tuskegee Medical and Surgical Center  
334-727-5900  
301 Wright Street, Tuskegee, AL



**MACON - RUSSELL**  
Community Action Agency

PROVIDES ASSISTANCE WITH:  
RENTAL, ENERGY: Heating & Cooling &  
EMERGENCY TRANSPORTATION

Macon-Russell Community Action Agency  
501 S. School Street  
Tuskegee, Alabama 36083  
Phone: 334-727-6100

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

**Get Food**

**Get Help**

**Get Tested**

**Get Facts**

**Get Supplies**

**Get News**

**GET COVID-19 INFORMATION AT  
WWW.MACONCARES.ORG**

**MACON CARES**

