

# MACON COUNTY COMMUNITY PARTNERS NEWSPAPER



A MONTHLY PUBLICATION

FEBRUARY 2023

VOLUME 2

ISSUE 2

*"A Real, Relevant Resource!"*



**FREE**



Help the Macon County Ministers' Council and the Black Belt Community Foundation to provide relieve for Selma.

## Free PCR Testing Clinics

Saturday February 4, 2023

Saturday February 18, 2023

**9:00 a.m. - 11:00 a.m.**

Greater Saint Mark Missionary Baptist Church  
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**Get Results by Text or Email**

**Pick up Free:**  
Sanitizer,  
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Information to keep  
you safe and healthy

**Corsi  
Rosenthal  
Box Air  
Cleaner  
Demonstrations**

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## Tuskegee Airmen Day

TUESDAY, MARCH 7, 2023



## Black History Quiz

Test your African American History Knowledge

Who dedicated the Lincoln Memorial in Washington, D.C.?

Who is the only person that had a Holiday while they were alive?

Who was the first African American on U.S. currency?

Who was the first African American to run for U.S. President?

Who was the first African American to have a National Park?

Answers on page 6!

**988** SUICIDE & CRISIS  
LIFELINE

# A Harvest of Hope Hero



Submitted By: Norma Jackson

Heroes can be found all around us, depending on whether or not you're open to seeing them! Such was the case when I stopped in the local Piggly Wiggly lately. I was probably number four in line, and just happened to pay attention to the pleasant manner in which the young woman on the register greeted her customers, the care she took with assisting the two that needed special assistance (including walking around the counter to help), and most of all the dignity she afforded each of the three people in front of me. By the time I got to the register I told her that I thought that the City of Tuskegee or the local Chamber of Commerce should hire her to teach customer service classes.

The experience was so refreshing that I commented about it to my husband when I got home. A couple of days later, back in Piggly Wiggly, she was about to close out her register for the day. I waited for her to close, and asked her name, and for permission to take her picture and share my experience in the Macon County Community Partners Newspaper. My unsung hero is Ms. Kimberly Johnson (pictured on the left), a regular person, doing a regular job with grace and excellence!

## UNSUNG HEROES

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

Let me introduce you to Ms. Asabi Hunter, the most energetic and talented entrepreneur imaginable! Ms. Hunter, otherwise known as Mama Yogi, was raised here in Tuskegee and is the proud mother of five sons and two daughters. She is a Certified Massage Therapist, Ayurvedic Stress Therapist, Spectrum and Certified Postpartum Doula, and a Macon County Health Navigator with SEED Inc., run by Scott and Erica Muhammad. A passionate advocate for environmental and climate change awareness, self-care, and health and wellness, all of her work revolves around improving the quality of life in our community - especially for our children. Believing that it is never too early to introduce youngsters to healthy practices, she established The Yoga Camp at Shanti Villa Institute in Tuskegee.



Ms. Hunter initiated the Mama Yogi Story Circle at the Macon County Library, where she serves as a storyteller, and she consults with local home-school families on creative projects that can be implemented at home, such as the Homeschool basket weaving course that she organized online with a local indigenous artist. Her focus continues to be on leadership development in our children, and she created

an opportunity several years ago for a group of youngsters to meet with Chairman Maxwell at the Macon County Commission office and attend meetings to understand the importance of service. The kids were designated as Junior Commissioners and took their role with serious purpose. Ms. Hunter hopes to resume this opportunity in the near future. She also makes sure to emphasize the importance of



She is a member of the Muslim Sisters on Main Circle, founded by her mother, Bettye "Ayesha" Swanson and located in the Tuskegee Islamic Center on Main Street. Whatever your faith, you are welcome there! The group is a member agency of the East Alabama Food Bank and provides monthly food supplement boxes of nutritious fruits and vegetables, some of which is donated by area farmers. She was also invited by Ms. Josie Gbadamosi to be a presenter at the Blueberry Farm summer STEM program.

Mama Yogi can be found on Facebook, where you can read about The New Grass Roots Green Team: Everyday People Empowered to Take Action for Earth. She is also on Instagram: Mamayogiofearth, or you can visit her website at <https://mamayogi.weebly.com>.

Tuskegee is full of unsung heroes who believe in the power of community and work hard to achieve a better future for each of us!

## Macon County Schools Spotlight



FLOYD BRIAN KYLE  
20190417  
SPC, 11C

Macon County Schools is pleased to welcome Sgt. Brian Floyd as a Junior Reserve Officers' Training Corps (JROTC) Instructor for the 2022-2023 school term. Sgt. Floyd brings 28 years of army experience where he served as Sergeant First Class. Sgt. Floyd has experienced significant success in the military for his commitment to excellence.

Sgt. Floyd is excited to retire from the army and have the opportunity to cultivate interest in the armed forces by teaching courses that promote and prepare students to pursue military careers upon graduation from

high school. Students from Booker T. Washington High School and Notasulga High School will now have the opportunity to participate in the JROTC program because it has been relocated to the Macon County Career and Technical Education Annex on Franklin Road. On behalf of the Macon County Board of Education, we are pleased to welcome Sgt. Floyd to our thriving community. We look forward to maintaining a strong JROTC program that delivers on the promise of college and career readiness.

# Black Belt Medical Reserve Corp

Submitted By: Tuskegee Area Health Education Center

Tuskegee Area Health Education Center's (TAHEC) Black Belt Medical Reserve Corp (BBMRC) is a locally-based, region-wide medical-volunteers resource whose purpose is to augment, assist and support the existing medical and public health systems during disasters and public health emergencies. The mission of the BBMRC is to improve health, safety, and build community resiliency by organizing and utilizing public health, medical and other volunteers for Macon and Bullock counties.



The BBMRC consists of volunteer healthcare professionals from several different disciplines who can be called upon to assist the community in the event of a major disaster or large-scale public health emergency, including natural or man-made disasters or acts of terrorism. As an "all-hazards" resource, the unit's volunteers and resources may be utilized in any type of natural or man-made emergency. Unit volunteers will only be used in functional areas or assignments for which they are properly trained and equipped.

The BBMRC may be used in large-scale, complex emergencies involving multiple jurisdictions and interagency operations or in smaller incidents involving a single jurisdiction or agency. BBMRC volunteers and resources may be assigned to area hospitals, public health agencies, or mass care facilities to augment and assist the staff of these healthcare facilities.

The BBMRC unit will not replace existing emergency medical response systems or resources. During emergencies, BBMRC volunteers may provide an important "surge" capability to perform some functions usually performed by emergency health staff. They can also augment medical and support staff shortages at local medical or emergency facilities. The BBMRC is primarily designed to assist and supplement the existing emergency medical response and public health systems in emergencies. However, BBMRC volunteers and resources may be utilized in non-emergency situations such as public health initiatives and community health outreach programs depending upon their availability.

To become a member, please contact Michael Henderson at michael.henderson@gmail.com or Cheryl Davis at cdgdavis@gmail.com

## The Ins and Outs of Bird Nesting Boxes

Written By: Roosevelt Robinson  
Alabama Cooperative Extension System  
Submitted By: Macon County Environmental Justice League

The Ins and Outs of Bird Nesting Boxes  
The population of North American birds has dropped nearly 30 percent since 1970. Development of rural and woodland areas has made bird habitats a scarce resource. Building nesting boxes for local birds is a great way to provide shelter for the local backyard birds everyone loves.

"Birds are a part of our lives, filling the air with song and inspiring us with their beauty," said Roosevelt Robinson, an Alabama Cooperative

Extension System regional agent.

There are many pros for a homeowner thinking about building nesting boxes. Encouraging birds to visit a backyard can help reduce or even remove the need to use chemicals to control unwanted pests like aphids, beetles, earwigs, mosquitoes, moths and others. Having birds visit nesting boxes will also provide endless fun with the



unique opportunity to watch the birds play and prepare their nests. **What's happening to our birds?**

The Brown-Headed Nuthatch, Carolina Chickadee, Carolina Wren, Eastern Bluebird and Tufted Titmouse are just a few beloved birds that are losing habitat due to no fault of their own.

"Songbirds play a major role in maintaining the health and stability of forested ecosystems by dispersing seeds, pollinating flowers and consuming massive amounts of insects that if left unchecked could lead to defoliating outbreaks," Robinson said.

Robinson said causes for the decline are imperfectly understood, but scientists are seeing it as a perfect storm of multiple causes. Everything, including commercial, industrial and residential developments—make a perfect storm for habitat loss.

### Building Bird Nesting Boxes

The best nest box building materials are inexpensive. People can find suitable wood scraps from places such as construction sites and lumber companies. Discarded pallets are a good source of wood. People can also use any "blemished" wood, which is wood deemed unsuitable by a company.

"Any grade of untreated lumber is suitable to build nest boxes," Robinson said. When building nesting boxes, use untreated, unpainted wood to construct them. These materials most closely resemble what birds would have used before the introduction of man-made nest boxes.

Different types of birds have different nesting requirements. Boxes can range in shape and size depending on the bird. Making the entrance hole smaller for some houses may protect smaller birds and keep out competitive birds.

For specific information on building birdhouses for different bird types, see the Alabama Extension publication Bird Houses for Songbirds.





**Selma, AL needs you now more than ever.**

The home of the Voting Rights Movement was **decimated by a tornado on January 12, 2023**. The resulting damage, much of which was in downtown and most of the surrounding residential areas, has **displaced residents and forced businesses to close**.

**We are asking for your support and investment** in Selma and across Dallas County to provide relief to those impacted by the destruction. This includes direct services to those in immediate need, data collection, encompasses the process of redevelopment for housing and local businesses, ensuring that local people are able to stay and prosper in their own community without fear of displacement or gentrification. In addition to the direct services and redevelopment, funding is needed to ensure that throughout the process Beloved Community Power Building is taking place **to create solutions rooted and grounded in the needs identified by the people of the community and their unified vision**.

Your contribution can be general support, or will **make an impact** in one of the following areas of your choice:

**Direct Services**

*Funds raised to support direct service in Selma, AL will be used to support the following actions/services:*

- Finding alternative shelter options for those displaced
- Providing food, water and clothing
- Securing broken windows and buildings
- Cleanup
- Furnishings
- Medical and mental health needs
- Toiletries
- Assisting with state and federal programs applications, etc.
- Other supplies and materials needed

**Redevelopment**

*Funds raised to support redevelopment in Selma, AL will be used to support the following actions/services:*

- Building renovation and repair
- The development of a community-based land trust ensures that residents are not displaced due to gentrification, and is a strategy to keep land ownership and decision-making in the hands of the community
- Sustainable energy infrastructure and safe green space development
- Assistance with small local businesses
- Sustainable tourism infrastructure
- Bridge the digital divide including completing the fiber optic ring around Selma
- Support the advancement of our educational systems

PO Box 2020 • Selma, AL 36702 • 609 Lauderdale • Selma, AL 36701  
334.874.1126 (office) • 866.874.1126 (toll free) • 334.874.1131 (fax)  
[www.blackbeltfound.org](http://www.blackbeltfound.org) • [info@blackbeltfound.org](mailto:info@blackbeltfound.org)

The Macon County



Ministers' Council

Help us help Selma!



Scan to donate.



# Daily multivitamins (EVERYONE above age 1 needs 1) pt 1

by David Henderson

When it comes to your diet, the one single thing that makes the biggest difference in your health and lifespan by far, is eating more fruits and vegetables. After that, it's avoiding sugar and unhealthy carbs. But then right after that, it's taking a daily multivitamin. And for adults, an actual pill is far better than the gummy versions, which have less than half of the vitamins and minerals of a tablet or capsule. Here are the benefits:



## BENEFITS of multivitamins

- Even if you do eat a very healthy diet, because of the lack of the quality of most soil in the world today due to mass production, you're still probably not getting the nutritional equivalent of a multivitamin.
- Multivitamins have 100% of Recommended Daily Allowance of over 10 vitamins such as A, C, D, E, K, B1, B2, B3, B5, B6, B7, B9 & B12
- Also 100% of RDA of over 10 minerals, such as Calcium, Magnesium, Zinc, Selenium, Copper, Boron, Manganese, Chromium, Molybdenum, Chloride, and Potassium.
- Also other additional ingredients such as Lutein, Lycopene, fruit and vegetable extracts, etc.
- Since most adults don't eat a very healthy diet, it's a safe estimate to say that they aren't feeding their children a healthy diet either. Children age 1 and older can take chewable or gummy vitamins, which can help to ensure ideal growth and development, especially since they're probably not eating a perfect diet, and definitely if they are drinking sodas, which deplete the body of calcium. However, teenagers should consider taking an actual pill just like adults.
- Preventing disease - studies have shown that not consuming the proper amounts of vitamins and minerals over time can raise risks for cancer, heart disease, Alzheimer's, osteoporosis, etc, so like the old saying goes, better safe than sorry.

So, if the question is who should take daily multivitamins, the answer is simple - everyone over the age of 1!

For more contact David Henderson at American Health & Fitness Services  
(334) 226-0627 [www.americanhealthfit.com](http://www.americanhealthfit.com)

# Human Papilloma Virus (HPV), Check Ya Self, Get the Facts!

Submitted by: Doretha Heard, Macon M.E.A.N.S.

Did you know that there is a virus called Human Papilloma Virus (HPV) that infects 1 in 4 Americans? This virus is spread through sexual contact, primarily among males and females in their late teens and twenties. It is crucial that the community is aware of this virus and how it is transmitted because most people with HPV do not have symptoms. That means you can get it from someone who does not know they have been infected. HPV is the known cause of cervical cancer and also plays a relevant role in the development of several other cancers.

There is no treatment for HPV, and it can only be suppressed by the body's immune system. The good news is there is an HPV vaccine approved by the U.S. Food and Drug Administration (FDA), but the sad news is that it is severely underutilized. According to the Centers for Disease



Control and Prevention (CDC), this vaccine can prevent most cases of cervical cancer if given before exposure to the virus. It prevents new HPV infections but does not treat existing infections or diseases. It's ideal for both girls and boys to receive the vaccine before they have sexual contact and are exposed to HPV. Research has shown that receiving the vaccine at a young age isn't linked to an earlier start of sexual activity.

The Alabama Department of Public Health reports that Alabama's vaccination rate of 20% lags behind the national average of 49%. Only 20% of children in the 11-15 age range have received the vaccination in Macon County, compared to 40% in Bullock and 30% in Barbour, which puts our young people in greater risk of developing HPV-related cancer in the future.

Knowledge is power, and with that in mind, the Check Ya Self HPV Awareness Campaign (CYSC) was conceived. Several organizations have joined forces to implement the CYSC with a goal to increase awareness of HPV, HPV-related cancers, and the vaccine among

young men and women. The campaign will employ scholars from Macon County middle and high schools and students from Tuskegee University. During this four-week campaign, participants will be engaged in several mostly virtual learning activities that will empower them to share their knowledge of HPV infections. This campaign will climax with Peer Leaders creatively demonstrating their knowledge of HPV, and those students successfully completing all activities will receive a substantial monetary stipend.

CYSC is a collaboration among: The Department of Graduate Public Health, College of Veterinary Medicine/Research Centers in Minority Institutions (RCMI), Tuskegee University, Macon M.E.A.N.S., Alabama Department of Public Health, East Central District, MCBOE- Office of Student Health Services, City of Tuskegee, Tuskegee Advancing Health Literacy Grant (TAHLG), and Southern Black Girls and Women's Consortium.

For more information regarding CYSC, contact [maconmeans@gmail.com](mailto:maconmeans@gmail.com).  
For more information on HPV, related cancer and vaccines visit: [www.cdc.gov/hpv](http://www.cdc.gov/hpv).

# Sharing Positive Lessons From COVID Experiences

As Noah and Karin Hopkins reflect on last year, they see bad and good consequences from their bout with COVID in October 2022. Together for nearly 40 years, they are each other's support system. She takes care of him when he is not well and he does the same for her. But twin cases of COVID first left them helpless and then triggered enormous gratitude when an angel of kindness stepped in. That angel was Jan Fountain, a close friend who brought care packages to the couple or called to check on them every day.

Their COVID experience started when they tested at home and registered positive. After several days of isolation, they went to the Macon County Health Department and sat in their car as a nurse administered a follow up COVID test. They were crushed when that test was also positive. However, while speaking with social worker, Delores Calhoun, they found out about COVID relief services offered by the Alabama Department of Public Health (ADPH).

They were shocked yet grateful for the introduction to the Epidemiology and Laboratory Capacity for Prevention and Control of Infectious Diseases, which gets abbreviated to the ELC program according to Erongia Mahone.

She is a social worker and public health supervisor assigned to the East Central District, encompassing 11 counties, including Macon County. Ms. Mahone explained that ELC provides "wraparound services," such as shopping and home delivery of groceries and other items, including cleaning and laundry supplies. And if people cannot safely quarantine at home, they can stay in a hotel for up to five days. The grocery store purchases and hotel bill are covered through an arrangement involving the state health department and United Way.

Anyone can tap into ELC after they have a confirmed case of COVID followed by a social worker's assessment. The patient then has to call 211 and either the same day or within 24 hours, the delivery will be on their porch. Ms. Mahone says she typically gets this reaction from people concerning ELC, "Why am I just now hearing about this?" She says there is no budget to help spread the word so her office distributes a flier at public events and in medical offices.



*Tuskegee residents, Karin and Noah Hopkins are active retirees who enjoy a healthy lifestyle. They feel their COVID experience was mitigated by vaccinations and booster shots.*

When Good Samaritan, Jan Fountain and her husband, Grover contracted COVID, the Hopkins' helped her navigate the ELC process and she welcomed the assistance. "If a person has COVID and is able to get nutritional and personal items delivered to them with just a phone call and a few minutes of their time, it helps to ease some of the stress of being isolated." Jan is now an advocate for the program, saying, "I have shared this information with others who have COVID and they too were very appreciative."

Through the ELC program, ADPH received multiple grant awards totaling more than \$500 million from the Centers for Disease Control and Prevention (CDC). These funds are dedicated to response efforts associated with COVID-19 and other infectious diseases.

Contact the Macon County Health Department at 334.727.1800



## The Power of Unity

*Submitted by Omari Neal, (Co-Founder of MCYC)*

Each new year sparks an interest in reflection and self-improvement for us all. Curious about ways to bring our best foot forward into the new year. Understanding, "The first step towards getting somewhere is to decide you're not going to stay where you are." As we enter 2023, we have the power to create a new reality despite what has happened in the past. The number twenty-three (23) signifies new beginnings, revolution, and transformation. In Macon County, a change is shifting where the youth are beginning to lift the veil of ignorance. Knowing that each generation has the responsibility to address the concerns of their time.

As the Macon County Youth Council (MCYC) begins to focus on the agenda for the new year. We reflect on the power of unity. The power of unity is essential to our society; when we come together, we are stronger, more productive, and can achieve greater things.



Unity allows us to share knowledge, resources, and ideas to create a better future. It also encourages active citizenship, which means that individuals are actively involved in their communities and work together to improve the quality of life for everyone. Not just during election season but also when the real work begins for our leaders.

We encourage you to have a conversation with someone in the community you don't usually talk to and really listen to what they have to say. Then share your perspective with the goal of coming to an understanding. This is just one step in creating a foundation of unity within our community. Let us use this New Year as an opportunity to create positive change in our lives and in the lives of others. Interested in knowing how you can contribute to the revitalization of Macon County? We invite you to join us at [www.nextstepup.org/mcyc](http://www.nextstepup.org/mcyc) to sign up, and let's work together to create our new reality!

## Black History Quiz Answers

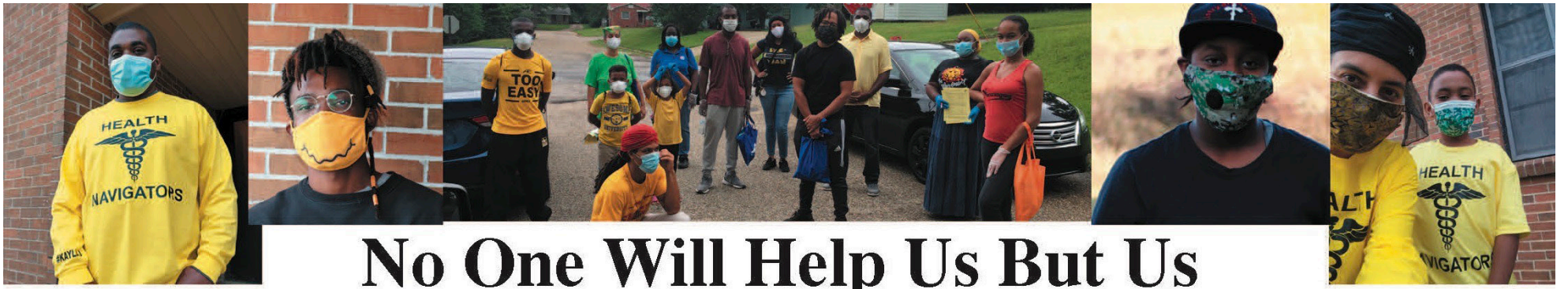
**Who dedicated the Lincoln Memorial in Washington, D.C.?**  
1922 Dr. Robert Russa Moton, Tuskegee Institute's 2nd President

**Who is the only person that had a Holiday while they were alive?**  
1997 First Monday after Feb 4th is Rosa Parks Day in Michigan  
Rosa Louise McCauley born at Tuskegee's John A. Andrew Hospital

**Who was the first African American on U.S. currency?**  
1946 Booker T. Washington 50 cent piece

**Who was the first African American to run for U.S. President?**  
1960 Clennon W. King Jr. (Ind) Tuskegee Institute Biology major

**Who was the first African American to have a National Park?**  
July 14, 1943 - George W. Carver National Monument, Missouri



# No One Will Help Us But Us

## SEEDs Health Navigators address critical community health care needs

The Students for Educational and Economic Development's authentic and inspiring Health Navigator project trains residents and students as peer health educators that will address an unmet community health need. In order to engage Macon County residents the Navigators will implement "door-to-door methods" to help those with limited health literacy to take action to ease COVID infection and prevent chronic conditions using verbal communication, handouts, and sharing of online resources.

In the United States, there are currently over 1, 100,000 (1 million, 100 thousand) deaths and one third of them are Black people. The COVID pandemic revealed that there are two diseases: one disease for white people and a more deadly one for people of color. This difference is predicated on generations of pre-existing socioeconomic and health disparities that leave Black people extremely vulnerable to this virus and a legacy of premature death. There is a County wide need for community education as elected leadership at the city, county, state, and federal level were tremendously slow to provide guidance as the pandemic was spreading.

### HISTORY

The Health Navigators program began as a pilot in Macon County in response to residents' initial concern, fear and ignorance of the pandemic in June 2020. The program was designed by SEED Directors Scott and Erica Muhammad, and board member Nile Muhammad, as COVID was becoming a widespread disease. The program was initially designed by Nile Muhammad, MPH CPH to assist Black men in Chicago, responding to chronic illnesses that reduced their life expectancy. The Navigators expanded into "door to door" education while assisting residents with identifying and managing their illnesses. The Navigators' initial outings were attended by the Macon County Sheriff's Department, the Tuskegee Police Department, graduate students/alumni from Tuskegee University, community leaders and other volunteers.

### HOW

New Health Navigators will participate in an initial orientation session where they get to know their Navigator colleagues, learn the goals and process of the program, and are given an overview of the COVID pandemic, basic public health and an understanding of health differences in our county. Here are 3 ways you can use the Health Navigators as a community resource for greater levels of health and well-being.

1. Slow the viral spread of COVID by avoiding large block parties, extended family gatherings, children's play dates and the sharing of drugs and alcohol.
2. Learn the steps to strengthen, and build up your immune system without depending on more treatments of medication
3. Discover easy-to-fix home remedies.

The aim of the program is to have a presence in each municipality in Macon county.

## Responsibility to Care For Self

Submitted by: Rev. Jacquetta



I know men who have their hair cut professionally every week. This is self-care. I know women who get professional facials every week. This, too, is self-care. I want to talk to you about self-care. There's more to self-care than haircuts and facials. Sometimes it's all about maintaining your balance in a world that's spinning all too fast and promoting fear at every turn.

We have a responsibility to care for ourselves before anybody else. I see you! Giving me the side eye, thinking i'm selfish! Well, if you're a Christian, remember the scripture that says to love your neighbor as you love yourself—as you love yourself. Loving self was a given. If you're not a Christian, let's look at some logic. On an airplane, the flight attendant tells us to put on our own oxygen mask first. Why? Because if you're weak and falling out from lack of oxygen, you won't be much help to those around you.

Let's look at this from two perspectives. Second of all, there are some people in this world who need you, whether you think so or not. For those people, it is necessary to eat healthy food, exercise regularly and get enough rest.

In the first place, you must do this for yourself. You must care enough about yourself to not only get the weekly haircut or facial; but in order to be whole, joyful and healthy, you have to value yourself enough to do inner work on yourself. You must protect your environment and maintain a healthy attitude by blocking out the information and situations that tear you down (maybe even take a break from social media now and then) and let in that which feeds your soul. Build your esteem by doing work that uplifts you. Guard your heart by surrounding yourself with loving supportive people. Care for YOUR SELF for yourself!

Rev. Jacquetta, Self-Care Specialist  
 The Whole-Self Ministries  
 Little Texas, Tuskegee  
[www.thewholeselfministries.org](http://www.thewholeselfministries.org)

# Sharing Positive Lessons From COVID Experiences

Reprinted from "Partners In Wellness" by the Wellness Coalition

We are nearing the beginning of a fourth year of life with the COVID-19 pandemic. The Wellness Coalition, healthcare organizations, and other agencies have been working to:

- Engage communities to establish trust and provide resources
- Lessen the impact of misinformation
- Increase COVID-19 and flu vaccination rates

Now we find ourselves in the middle of a tripledemic. After so many years and an expanding list of threatening viruses, how do agencies fight fatigue, keep the public trust, and manage uncertainty? We must continue to provide fact-based information. Here are answers to some of the latest questions about the tripledemic and other current concerns and doubts.



## What is the tripledemic?

The "tripledeemic" is a term that some public health leaders and the news media are using to describe the current spread of three respiratory illnesses: COVID-19, flu (influenza), and RSV (respiratory syncytial virus).

COVID-19, flu, and RSV cases and hospitalizations are spiking in many parts of the country. Each virus can pose a serious health threat, especially for older people and people with underlying health conditions. RSV and flu are also serious concerns for children.

Most cases of COVID-19, flu, and RSV are mild, but as millions of people are getting sick, the number of people with serious illness is also rising. The "tripledeemic" is placing pressure on hospitals and healthcare facilities, and it is already straining the capacity and resources of many pediatric hospitals.

## How do I know the difference between flu, RSV, & COVID-19?

The best way to know if you or your child is sick with flu, RSV, or COVID-19 is to get tested for these viruses.

Flu, RSV, and COVID-19 are respiratory illnesses that can have varying degrees of symptoms, from no symptoms to severe symptoms. You cannot tell the difference between these illnesses by symptoms alone because they have some of the same signs and symptoms. Common symptoms between the two viruses include fever, cough, fatigue, runny or stuffy nose, and several others.

You can test for COVID-19 at home, while most flu tests and RSV tests are administered by a medical professional. Contact your healthcare provider if you have questions about testing and treatment, especially if you or your child are at high risk for complications from flu, RSV, or COVID-19.

## Why is mask guidance coming back in some places?

With COVID-19, flu, and RSV cases and hospitalizations spiking, some public health officials are revisiting mask guidance and are again recommending mask wearing, particularly in indoor public spaces.

Data show that high-quality, well-fitting masks are effective at reducing the transmission of COVID-19. Studies also show that high-quality, well-fitting masks are likely effective at reducing the transmission of flu and RSV. Scientists continue to study the use of masks, including what kinds of masks work best and which viruses can be prevented from spreading by wearing masks.

Regardless of local mask guidance, anyone can wear a mask as an additional precaution to protect themselves and their families from respiratory infections.

## Why do new variants of COVID-19 keep appearing?

Variants emerge as a result of naturally occurring mutations in viruses. For example, the flu virus changes often, which is why doctors recommend a new flu vaccine each year.

Scientists monitor all COVID-19 variants but may classify certain ones, like Omicron and Delta, as "variants of concern." Scientists monitor these variants carefully to learn if they spread more easily, cause more severe cases than other variants, or evade vaccine protection. As long as COVID-19 spreads, new variants are expected. The best way to prevent the spread of COVID-19, including variants, is to get vaccinated and boosted.

## Why do I need a vaccine if I had COVID-19?

COVID-19 vaccination is effective in preventing reinfection in people who previously had COVID-19. One study, for example, showed that among people hospitalized with COVID-19, those who were previously infected with COVID-19 were 5 times more likely to get COVID-19 again if they were unvaccinated than people who were fully vaccinated. For that reason, even if you have already had COVID-19, vaccination is an important step to protect yourself and those around you.

## Can my work mandate a vaccine?

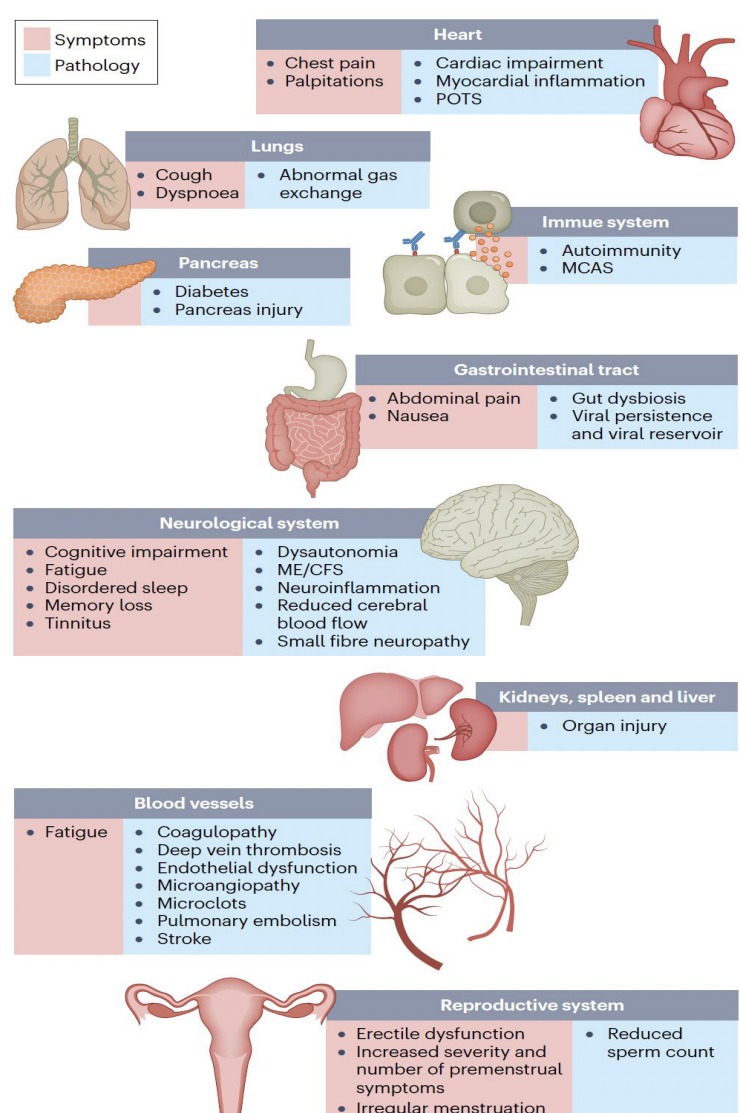
While vaccine requirements vary by state, location, business, and school, the science remains the same: the best way to protect yourself from getting COVID-19 is to get vaccinated, and boosted when eligible. Employers: On January 13, 2022, the Supreme Court ruled that the federal government cannot enforce a vaccine mandate for large businesses. This does not mean that private employers are blocked from creating vaccine mandates. Vaccines remain the safest and most effective way to protect against COVID-19, and employers are still legally able to mandate COVID-19 vaccinations for employees.

## Other Vaccine Requirements:

- Healthcare workers at facilities that receive Medicare and Medicaid funding are required to get a COVID-19 vaccine.
- Businesses may also require patrons to show proof of vaccination for entry, and these requirements vary on the state and local level.

Call The Wellness Coalition at (334) 293-6502 to discuss more ways you can help increase vaccination rates.

# Effects of Long COVID on the Body







**In Partnership with Macon County Community members:  
A Health Research Symposium:  
Moving Us Forward!**

# Join Us

For a conversation with members of the Macon County community and Researchers as we discuss the importance of engagement in research to better shape the future of health care for you, your family, and your community for generations to come!

**February**

**9-10, 2023**

**Thursday, February 9th 6 PM - 8 PM CT**  
**Friday, February 10th 10 AM - 2:15 PM CT**  
Bethel Missionary Baptist Church  
802 Bethel Street  
Tuskegee, Alabama 36083



Dr. Karriem Watson



Dr. Stephen Olufemi Sodeke

### Presented by

The *All of Us* Research Program and Members from the Macon County Research and Health Community.

**Hosted by:** Dr. Karriem Watson, Chief Engagement Officer, *All of Us*, and Dr. Stephen O. Sodeke, Resident Bioethicist and Professor of Bioethics and Allied Health Sciences, Tuskegee University.

Sessions will feature panel discussions that address the history of research & clinical trials and identify areas that can grow into collaborative opportunities between researchers and community members in the greater Macon County area. Invited guests include Lillie Head, President of the Voices of our Fathers Legacy Foundation, Veronica Robinson of HELA100: The Henrietta Lacks Initiative, Christopher Williams with Quality of Life Health Services, Inc., Dr. Deneah Maxwell-Stafford of Rhema Health and Wellness, Dr. Clayton Yates with Tuskegee University, Community Advocate Dr. Luceria Dunn, and others in the health and research fields.

### Please RSVP or Contact Us:

Click here to RSVP: <http://bit.ly/3ZthTdF>

**Yekaterina Simanovskaya**, [ysimanovskaya@pyxispartners.com](mailto:ysimanovskaya@pyxispartners.com)



No food or associated event activities were paid for by government grant funds.

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# Inflammation is one of the top buzzwords for 2023.

And for a good reason. While I have no intention of fear-mongering you about inflammation, I want to EDUCATE and EMPOWER you to live and feel better. The fact is, food plays a crucial role in how you feel and perform in life. Short-term inflammation is associated with brain fog, fatigue, and achy joints. In contrast, long-term inflammation is linked with chronic diseases such as cancer, diabetes, heart disease, and depression.

The good news is that your food and lifestyle habits can combat inflammation. And reducing your body's inflammation leaves you feeling healthy, strong, and ready to embrace the day! Vegetables and Fruits: Numerous studies show that a high intake of vegetables and fruits offers significant protection against cancer, heart disease, and other chronic diseases. Low in calories and rich in antioxidants, vitamins, minerals, and phytochemicals, vegetables and fruits are the cornerstones of an anti-inflammatory diet. Eating a variety of produce, from leafy greens to carrots to berries, provides the nutrients essential for a vibrant and strong life. And be sure to include a variety of colors!

**How to Eat It:** Create the habit of including a vegetable or fruit at every meal and snack. The more you practice adding produce to your meals, the easier it will become, and the better you will feel.

Pro Tip: Minimize the amount of sugar, salt and fat added to fruits and vegetables for the best health benefit.

The Right Fats: Monounsaturated fats are found in high concentrations in olive oil, avocados, nuts and seeds. These fats are high in oleic acid and polyphenols, providing significant anti-inflammatory properties. Omega-3 fats (which our bodies don't make) are essential for regulating the production of pro- and anti-inflammatory compounds. Good sources include flaxseed, walnuts and fatty fish such as salmon, mackerel and sardines.

**How to Eat It:** Use Extra Virgin Olive Oil as your primary fat in food preparation, including salad dressing.

Pro Tip: Eat fish 2 to 3 times a week to help keep inflammation in check.

Whole Grains: Whole grains are rich in fiber, antioxidants, and phytochemicals, helping to reduce cholesterol levels, promote digestive health, and reduce chronic inflammation. Grains such as brown rice, barley, quinoa, millet, and wheat berries support a healthy gut microbiome, helping to reduce inflammation.

**How to Eat It:** Step up your whole-grain game and experiment in the kitchen with barley, millet, and wheat berries. Include cooked barley in salads for a nutrient-dense energy boost. Top baked goods with raw millet for an extra crunch, and add cooked wheat berries to soups.

Pro Tip: Cooked grains such as rice, barley, or quinoa can be frozen and reheated for leftovers.

Plant-Based Proteins: Vegetable proteins such as beans, legumes, nuts, and seeds are high in fiber, magnesium, and phytonutrients. Studies have shown magnesium can help reduce inflammation.

**How to Eat It:** Add to salads, soups, or use as a side dish.

Pro Tip: You can add white or cannellini beans to a smoothie. Just ¼ cup gets you all the benefits, including added protein and fiber, and you won't taste them. That's a win-win!

Nina's Nutritional Values, LLC  
Nina German Hall PhD, RDN, LD – Registered Dietitian Nutritionist



The Movement 46 (TM46) invites the public to participate and share their concerns, solutions, feelings and challenges every 4th Thursday of each month at 7:00 pm (CST). The first will be February 24, 2023. We will meet by Zoom and Facebook Live Stream. The TM46 Zoom Link is:

<https://us02web.zoom.us/j/87085351344?pwd=eVliUEZxdnFpSXpQSVFzLzBj-cIQ2QT09>

Meeting ID: 870 8535 1344

Passcode: 458332

Facebook address: The Movement 46

Let us work together to make Macon County and Tuskegee University the best in the world.

Questions: Call Dr. Lucenia Williams Dunn, President/CEO of the Tuskegee Macon County Community Foundation, Inc. (TMCCF, Inc.) on 334-421-7244.

# Historic News VA Hospital opens 100 years ago



*Dr. Robert Russa Moton*

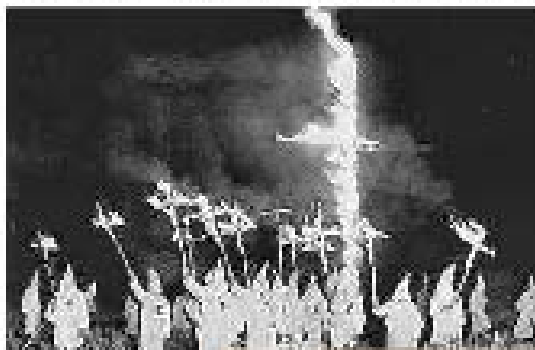
**Robert Russa Moton**, Tuskegee Institute's President, donated 300 acres of land, for the Federal Veterans Bureau to build a hospital for Black veterans at Tuskegee. Moton was promised the hospital would be staffed completely by Black administrators, Black physicians, Black nurses, and all Black employees.

However, upon opening, **February 12, 1923**, the entire staff was white, except for the Black nurses aides, to prevent white nurses from having to touch Black skin.

Dr. John A. Kenney, Sr, Tuskegee's John A. Andrew Memorial Hospital Director, worked behind the scenes, with National Medical Association Black physicians, and hired an all Black hospital staff. Because of this, his house was burned down, and he sent his family north.



*Dr. John A. Kenney Sr.*



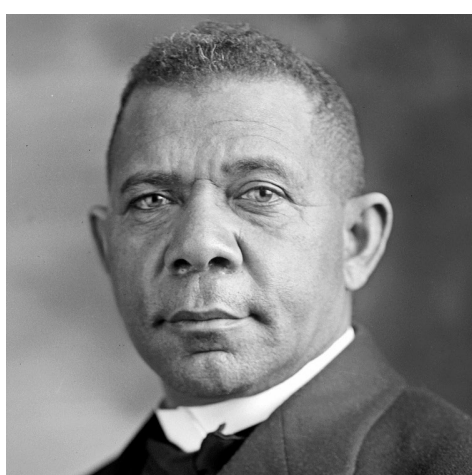
700 Ku Klux Klan members burned a 40 ft cross on the Tuskegee Square and marched to burn Tuskegee Institute down, however a few thousand people, Black and white, gathered to protect the campus, and the Klan members left the area fearing for their lives.

*The Tuskegee all Black Veterans Admin. Hospital No. 91 Medical Staff*



*Dr. Joseph H. Ward*

**Major Joseph Ward**, the first Black director of Tuskegee's VA Hospital No. 91, was the first Black administrator of a large Federal facility (464 acres, 600 patients, over 300 employees). Ward created the first intern program for Black nurses and Black medical students. He moved the facility from being the typical tuberculosis center and another psychiatric asylum, to an expert research and general hospital.



# Macon Means

## Macon County Food Distributors Round Table



### February 2023

### Free Food

### Distribution Schedule



S	M	T	W	Th	F	S
			1	2	3	4
			10:30 Helping Hand Ministry Vegetable Mart 16675 W Hwy 80 Shorter, AL Rev. A. Williams	10 Bowen UMC 2107 W Mtg Rd Senior's Food		 <b>Rosa Parks</b> Born 1913 in Tuskegee
			8	9	10	11
			10:30 Helping Hand Ministry Mt Nebo MBC 7677 US Hwy 29 S Roba, AL Rev. A. Williams			
12	13	14	15	16	17	18
 Tuskegee Veterans Hospital 100 Years Old		Valentines Day 	10:30 Helping Hand Ministry BTW HS 3803 W MLK Tuskegee, AL Rev. A. Williams	10 Bowen UMC 2107 W Mtg Rd Senior's Food		
19	20	21	22	23	24	25
		9 Macon Co Ministers' Council Food Pantry 3103 Daly St Last H - O	10:30 Helping Hand Ministry Franklin Town Hall 525 AL Hwy 49 Franklin, AL Rev. A. Williams		Children's Food Distr. Brownville, Notasulga, Shorter, Tuskegee, Warrior Stand/Cotton V	
26	27	28				
12 Macon Co Food Distributors Roundtable Zoom						

**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 Assistance
- Utility Assistance: Lights, Gas, and Water
- Emergency Assistance
- Transportation Assistance
- Prescription Assistance

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

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



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