

# MACON COUNTY COMMUNITY PARTNERS NEWSPAPER



A MONTHLY PUBLICATION

FEBRUARY 2023

VOLUME 2

ISSUE 2



# FREE

*"A Real, Relevant Resource!"*

## Free SARS 2 PCR Testing



Saturday, March 4, 2023 9 - 12  
Greater St. Mark MBC - Tuskegee

Saturday, March 18, 2023 10 - 2  
New Mt. Pleasant MBC - Shorter



TUSKEGEE UNIVERSITY

## SPRING OPEN HOUSE

# March 25, 2023

*Come learn more about why Tuskegee University is ranked the #3 HBCU in the nation.*



First All African-American Veterans Hospital  
Celebrate with  
The Jackson Southernaires  
Saturday, April 15, 2023

## Tuskegee Airmen Day TUESDAY, MARCH 7, 2023





# UNsung HEROES

by Diane Kenney

*"The happiest people are those who do the most for others".*

-President Booker T. Washington

Dear Readers, I am quite sure that (like me) some of you have been referred for physical therapy as the result of an accident, injury, or surgery. You may have felt discouraged, wondering if you would ever get better again. Enter our Unsung Hero for March: Taylor Dominique Sippial, the granddaughter of Mr. Fred Sippial, Sr., the well-known and highly regarded local contractor who passed only a month ago.

Taylor majored in Exercise Science at Alabama A&M University in Normal, AL, and decided that Physical Therapy was the career choice that would allow her the greatest opportunity to pursue her passion for helping others by providing support and encouragement to those who doubted their physical ability to return to their previous levels of independence and well-being.



With that goal in mind, Taylor traveled nearly 4,377 miles to Brunel University in London, England! Yes, she did! She has an adventurous spirit and loves any opportunity to see the world and experience new cultures (her favorite country so far is Scotland). After three years of study in London, she is a fully licensed Physical Therapist in the United Kingdom. To meet the requirements for licensure in The United States, Taylor is taking extra classes each month at Nova Southeastern University in Florida and will finish on the last day of March.

For now, Taylor doubles as the receptionist at Crain Rehabilitation Services located in the Tuskegee Medical and Surgery Center (formerly known as Thomas Reed). Always calm and patient, Taylor greets every client with a warm and welcoming smile. She credits her grandfather with her really exceptional work ethic and replicates his passion for community service every single day! If physical therapy is in your future - don't worry - you'll be in good and caring hands!

## National Learn About Butterflies Day

Written By: Roosevelt Robinson- Alabama Cooperative Extension System

Submitted By: Macon County Environmental Justice League

Spring is in the air, and soon something else will be in the air: butterflies! With their graceful movement and astonishing beauty, these delicate winged creatures delight young and old alike, flitting from flower to flower in search of sustenance.

Butterflies are considered one of the most emblematic animals, occupying a special place in human culture. The butterfly has become a metaphor for hope, joy, and transformation. A totem for rebirth and resurrection, triumph of the soul and spirit. Not to mention their wings have been used as a canvas for some of the most striking works of art. Still, there is so much more to these jeweled insects than meets the eye.

### The Pollinator

Approximately one-third of all plants need pollination to set fruit, and butterflies are major pollinators. Through their delicate nature, butterflies serve as a barometer when something is amiss in the ecosystem. Butterflies at all developmental stages are a food source in the food chain for bats, birds, frogs, lizards, and toads, among others. More than just their beauty, an abundant and diverse butterfly pop-

ulation signifies a thriving ecosystem due to their role as predator and prey. Living symbols of the precariousness of nature, the welfare of butterflies is increasingly threatened by habitat loss, widespread pesticide use, climate, and weather changes.

**Learn About Butterflies.** Tuesday, March 14th is National Learn About Butterflies Day. National Learn about Butterfly Day is an initiative to encourage and educate everyone to take time to learn more about these beautiful, winged insects and their importance to the ecosystem. Looking for some inspiration on how to celebrate, here are just a few ideas you may want to try.

**Start a butterfly garden.** Consider planting nectar-producing flowers that have orange, pink, purple, red, or yellow blossoms. Pick a sunny location and plant in clusters.

**Serve butterfly treats.** Fresh fruit is the perfect springtime butterfly snack. Place a bit of fruit out in your garden for butterflies to enjoy.

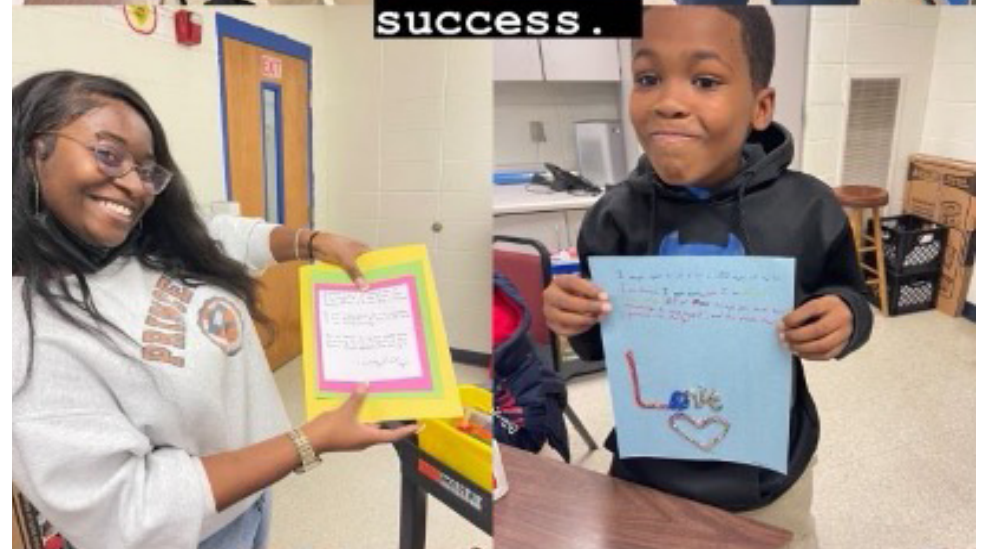
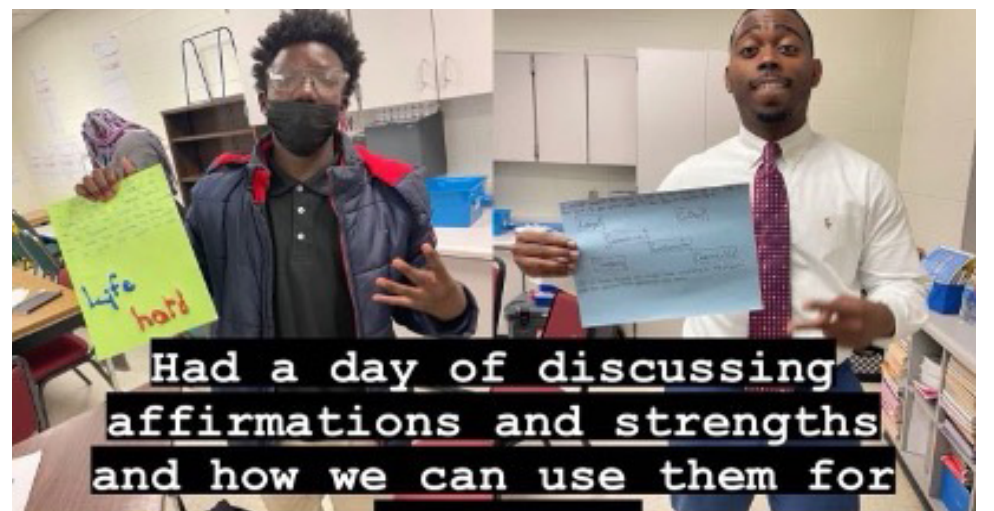
**Learn something you didn't know about butterflies.** For example, did you know:

- There are 165,000 known species of butterflies found on every continent except Antarctica.
- Some butterfly species lay their eggs only on one type of plant.
- Butterflies taste with their feet.

**Visit a local butterfly house, conservatory, or lepidopterarium.** These facilities specialize in breeding and displaying butterflies with an emphasis on education.

**Observe the Day.** Remember Tuesday, March 14th is National Learn About Butterflies Day. Butterflies bring joy, relaxation, and an awareness of nature to those who observe them. Conserving butterflies benefits both plants and animals that depend on them as well as the future of our natural environment. Happy National Learn About Butterflies Day!

## WE CARE!!!





There is some excitement buzzing at the Notasulga High School in Macon County Alabama. Thirteen students in the 7th and 8th grades are preparing to gain their White Coats in Pharmacy. They have been studying all year about health care, learning the fundamentals of health services and about the realities of life. There is more to this story, so tune in next month for the details. Congratulations Notasulga High School. WE CARE!!

# Impact of COVID-19 on Mental Health Among Children and Adolescents

By Kellon S. Banks, MPH and Crystal M. James, JD, MPH



The COVID-19 (coronavirus disease 2019) pandemic has notably impacted today's society, with severe and widespread effects being felt worldwide. These impacts have not been confined to one specific population, as humanity has faced hardships due to the COVID-19 pandemic. The coronavirus pandemic has highlighted the effects of poverty on the people who live in Alabama Black Belt counties. This is illustrated by an article by Oliver Laughland entitled "Death by Structural Poverty: U.S. South Struggles Against COVID-19" and published in The Guardian in August 2020. The article provides an intimate view of poverty as people struggle to deal with the pandemic with few resources and almost no access to a hospital or medical care. Laughland wrote, "Poor access to healthcare, failed political leadership, and the endurance of segregation and racism have contributed to a surge in deaths." He notes that Reverend William Barber of North Carolina, a civil rights leader and moral movement advocate, described the large number of deaths caused by the COVID-19 virus and its relationship to poverty as "death caused by structural poverty."

In addition to being a social and economic issue, data has also shown the COVID-19 pandemic is a mental health issue. Governments implemented stern social isolation measures, such as widespread lockdowns, travel restrictions, and school closings, in response to COVID-19. Although these measures may have been necessary to minimize the spread of the virus, they have caused enormous disruptions in people's everyday lives and put a heavy strain on their mental health.



The youth's mental health has been a significant public health issue even before the pandemic. There were considerable increases in the number of high school students nationally between 2009 and 2019 who reported having ongoing depressive or hopeless senti-

ments, having seriously contemplated committing suicide, and having done so. School closings, social isolation, financial hardship for families, fear of family illness or loss, and restricted access to healthcare due to insufficient insurance coverage or closed/shortened medical office hours during the pandemic all impacted the mental health of today's youth.

To preserve the mental health and general well-being of the youth, improving their linkages to their schools, classmates, and families is essential, especially in light of the ongoing pandemic-related pressures. Evidence from prior outbreaks indicates that the pandemic may have long-term effects on the youth's mental health and could also be linked to possible increases in depression, anxiety, and post-traumatic stress disorder. This emphasizes the urgent need to address the mental health needs of today's youth. Comprehensive approaches that advocate for help-seeking behaviors, connections to dependable adults and supportive peers, and participation in community activities have been shown to have many advantages, including enhanced feelings of connectedness, better mental health, decreased risk for suicide, reduced prevalence of health risk behaviors, and improved academic achievement. These approaches also give youth access to the necessary mental health care that they need.

School districts can implement school-wide programs centered on social and emotional development for the youth, professional development for staff to improve classroom management, and methods to foster relationships between students, their families, and school staff to foster school connectedness and promote positive school climates. Analysis of school discipline rules by school districts to make sure they are applied equitably to students of all races and ethnicities is another strategy to promote healthier school climates. Parents and caregivers can develop relationships with their children via open communication, shared activities, and participating in their child's educational environment. Overall, mental health issues among the youth are significant public health issues and must be addressed.

## Abstractions by Jah Jah

"Abstractions by Jah Jah" is a product and learning service whose goal is to help students of all ages to become "kids" again through creative arts. These 6-month classes will take place virtually and in person on Tuesdays and Thursdays from 9:00 am until 5:00 pm. With only a one-time fee of \$100, this would give each student access to 2 hours of two-dimensional and three-dimensional design. Towards the end of the semester, there will be a live art exhibition/auction of each student's final project to showcase their artistic abilities. This package will give students a chance to become not only successful artists but also give them an opportunity to come entrepreneurs as well. ABBJ encourages every student who participates in this class feels safe and secure to express themselves no matter what life throws at them. Below are examples of ABBJ provides  
 More information: Phone: (256) 824-0136  
**Instagram:** Abstractions\_byJahJah **Facebook:** Abstractions by Jah Jah  
 Class days: Tuesdays & Thursdays (9:00 am-5:00 pm)

**Abstractions by Jah Jah**  
 Presents  
**ART WITH A TWIST**  
 \$100 ENTRY FEE  
 (One time for 6 months)

**Tuesdays & Thursdays**  
 9 AM - 10 AM  
 12 PM - 1 PM  
 3 PM - 4 PM  
 (late night)  
 6 PM - 7 PM

**CONTACT:**  
 Jalil "Jah Jah" Surge  
 (256)824-0136  
 FB: Abstractions by Jah Jah  
 IG: Abstractions\_byJahJah



# Health Matters

by Karin Hopkins

The Macon County Health Care Authority (MCHCA) is sharing information about its internal affairs and encouragement about medical services available to Macon County residents.

Two new board members recently joined the MCHCA board of directors. In December 2022, Grover Fountain was appointed to serve the unexpired time of his wife, former board member Jan Fountain who resigned the previous month, after she was elected to the Macon County Commission. Coincidentally, Jan Fountain is also central to the appointment of David Clinkscales. As the newly elected District 4 county commissioner, it was her job to fill a vacancy left when former MCHCA board member, Kenyatta Walker moved to a different city. Commissioner Fountain chose Clinkscales for this position.

Also, in 2022 MCHCA became the gateway for the Institutional Research Board (IRB), meaning outsiders who are interested in conducting medical research programs in Macon County must have their projects scrutinized by the health care authority. MCHCA Board Chairperson, Bernice Frazier says, "If an IRB should exist anywhere, it should be here in Tuskegee where a shameful medical experiment took place in the 1930s. We created this IRB against the backdrop of The Tuskegee Study of Untreated Syphilis in the Negro Male and we have vowed nothing like that will ever happen again in this community."



In January 2023, the MCHCA board was engaged by the National Institutes of Health (NIH), which has embarked on a nationwide campaign to develop a data base of one million Americans from diverse populations. The goal of the "All of Us Research Program" is to learn how people are affected by what they put in their bodies and how they conduct their lives. The overarching mission is for the NIH to find ways to treat and prevent diseases. MCHCA received a \$15 thousand grant to implement "All of Us" education and awareness strategies in Macon County.

Everything the MCHCA does is motivated by concern for the health of Macon County residents. This is why the board encourages everyone in this community to maintain good health practices, including regular checkups by a physician. Dr. Robert Quarcoo is an excellent doctor with sterling credentials. He attended medical school through the Health Professions Scholarship Program (HPSP), an option provided by the U.S. military that also includes an obligation to work after training is completed, as a military doctor for a minimum of four years.

Dr. Quarcoo fulfilled that debt and actually exceeded it, starting in Louisiana followed by time in Germany, where he worked extensively with retired American civilians. In Germany, he also took care of families, delivered babies, performed minor surgical procedures, ran the hospital emergency room and he says, "pretty much took care of everything." He has been a doctor for 14 years and has been on staff at Thomas Reed Medical Center since June 2022. MCHCA Board Chairperson, Bernice Frazier says, "The wait time is very short if you're coming to see Dr. Q or his colleagues who are both exceptionally qualified nurse practitioners. The atmosphere is super friendly and all patients are welcome."

MCHCA owns Thomas Reed Medical Center and contracts with Community Hospital for administrative and operational services. Thomas Reed Medical Center is conveniently located at 301 Wright Street in Tuskegee. The phone number is 334.727.5900.

For the short and long-term future, MCHCA has exciting plans concerning health care in this community. Stay tuned for future articles on this topic as well as the leadership in Macon County that is dedicated to HEALTH MATTERS.

## Magnets in Cell Phones and Smart Watches May Affect Pacemakers and Other Implanted Medical Devices

Some consumer electronic devices, such as certain cell phones and smart watches, include highfield strength magnets. Recent studies have shown that consumer electronic devices with highfield strength magnets may cause certain implanted medical devices to switch to "magnet mode" and suspend normal operations until the magnet is moved away from the medical device.

Many implanted medical devices are designed with a "magnet mode" to allow for safe operation during certain medical procedures such as undergoing an MRI scan. These safety features are typically engaged by physicians with the use of a high field strength magnet that is placed near the implanted device placing it into a "magnet mode." Removal of the magnetic field causes the device to return to normal operation.

### Precautions for Patients with Pacemakers and Other Implanted Medical Devices

The FDA recommends patients keep any consumer electronic devices that may create magnetic interference, including cell phones and smart watches, at least six inches away from implanted medical devices, in particular cardiac defibrillators. Many implanted medical devices have FDA-approved information written for patients (patient labeling), which cautions patients to keep all cell phones and smart watches at least six inches from the implanted medical device. People with implanted medical devices may want to take some simple precautions, including:

- Keep the consumer electronics, such as certain cell phones and smart watches, six inches away from implanted medical devices.
- Do not carry consumer electronics in a pocket over the medical device.
- Check your device using your home monitoring system, if you have one.
- Talk to your health care provider if you are experiencing any symptoms or have questions regarding magnets in consumer electronics and implanted medical devices.

When near high strength magnets, devices with a magnetic safe mode could stop working or change how the device works. For example, a cardiac defibrillator may be unable to detect tachycardia events. Or it may change the operational mode of the devices such as turning on asynchronous (i.e., two or more events not happening at the same time) mode in a pacemaker.

Cardiac implanted electronic devices are intended to support heart rhythm disorders, such as slow or fast heart rates. When the device stops working, a patient may experience dizziness, loss of consciousness or even death if therapy is not delivered when lifesaving shocks are required.

It is important to emphasize the following: to avoid interference between cell phones and smartwatches and your heart device, keep them at least six inches (15 centimeters) away from implanted medical devices. Also, do not place cell phones, smart watches, and other consumer electronics close to your implanted medical device.

The FDA is aware of published articles which describe the effect that sufficiently strong magnetic fields can turn on the magnetic safe mode when in close contact. The FDA also conducted its own testing on some products that use the high field strength magnet feature and have confirmed the magnetic field is both consistent with the publications and strong enough to turn on the magnetic safety mode of the medical devices in question. The FDA believes the risk to patients is low, and the agency is not aware of any adverse events associated with this issue at this time.



# Abs 101 - Work them every way, but not every day

by David Henderson



We all have one body area that gives us the most trouble, and that is the midsection. I think the biggest challenge with working the core is that many people think those sit ups that were done in P.E. class are the only way to work the midsection, and that couldn't be farther from the truth. Also, many people think you should do crunches every day to slim down your stomach, which is also absolutely wrong. Let me explain.

1. Sit ups are not the ideal ab workout - For a child or teenager, doing full sit ups is okay because their body is typically strong and flexible enough to do so with no problem. However, as you get older, you run the risk of injury by doing full sit ups, unless you have a high fitness level and you workout all the time. But if you're not consistent with working out, crunches are a far safer option instead.
2. Doing crunches the same way every time will not get you results - If you are doing the same exact ab routine every single time, eventually you'll

build so much endurance that you won't feel sore the next day, but you need soreness in order to find out if you fully challenged the muscles. Therefore, you have to mix up your routine every time. Variations include full crunches one time, upper and lower separately the next, or holds instead of reps, or fast instead of slow. Now if you're confused about those descriptions, there are plenty of videos on YouTube that show different ways to do crunches. So as long as you do them a different way every time, you'll make more progress.

3. Do not do the same area of the core everyday - You absolutely want to do core work every day, but you absolutely do not want it to be the same area. You can alternate by working the front abs one day, and then the sides and obliques the next day. This is where side leans and supermans come in. (also see YouTube). So basically, variety is the spice of fitness to see progress, you have to mix it up. So give it a try and have a great healthy and blessed month!



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

## Stress Relief, Mmm-meditation

Submitted by: Rev. Jacquetta



**Nia:** Hey, Girl! I haven't seen you in a long time! What you been up to?

**Ama:** Hey! It's so good to see you! (hug) You know me! Always working. How about you?

**Nia:** I'm on leave.

**Ama:** On leave? For what? (concerned)

**Nia:** I went out on stress. I started having these headaches that wouldn't stop, no matter what I did. And one day at work, I just passed out!

**Ama:** What?!

**Nia:** Yep! And my manager couldn't send me home fast enough. She didn't want me to really hurt myself on the job (laughing).

**Ama:** So what was wrong?

**Nia:** My doctor said it was stress!

**Ama:** Stress? Stress can do that?

**Nia:** Yes, Sistuh, stress can cause all kinds of damage. I've learned so much. I never want that to happen again.

**Ama:** What did you learn?

**Nia:** I found out most autoimmune conditions are caused by stress. Well, not really caused by stress, but stress is an underlying factor.

**Ama:** Really? Sistuh, just call my world Stressland! I wind up taking work home all the time. I'm never relaxed. How did you fix it? You look mighty carefree now!

**Nia:** Oh, I still have cares. I just handle 'em differently. I don't carry stuff with me anymore. I leave it where I found it (chuckling). Seriously, I had to begin to save my own life. As I was leaving the doctor's office, I heard a nurse talking. I just kinda ear hustled while she talked and pretended it was taking that long to make my next appointment (laughter).

**Ama:** What was she talking about?

**Nia:** She was talking about meditating!

**Ama:** Meditating?! (surprised) You mean sitting and staring at your navel for hours at a time?

**Nia:** (Laughing) That's what I used to think, too. But when the nurse caught me listening, instead of getting upset, she handed me an invitation to a meditation class.

**Ama:** I take it, you went?

**Nia:** Not at first! I was thinking "How could meditation help me with stress?" The doctor gave me some meds, so I took those first. But they made me feel sluggish—and the side effects were awful. So, I thought, "What can you lose, Baby Girl?" Right then, I heard a commercial saying, "Sometimes the help you need is already there." That settled it. I went to the class that very night!

**Ama:** And you got better?

**Nia:** Not right away (laughter). They call meditation a practice for a reason. My mind was everywhere! But just sitting and being in a peaceful environment was so soothing, I decided to go back the next week. I practiced in the meantime, and I've been going ever since. I'm getting better at it. It helps me refocus my thoughts even when I'm not intentionally meditating.

**Ama:** Wow (softly)! That sounds powerful!

**Nia:** It is! There's a class tonight, if you wanna go.

**Ama:** It certainly can't hurt.



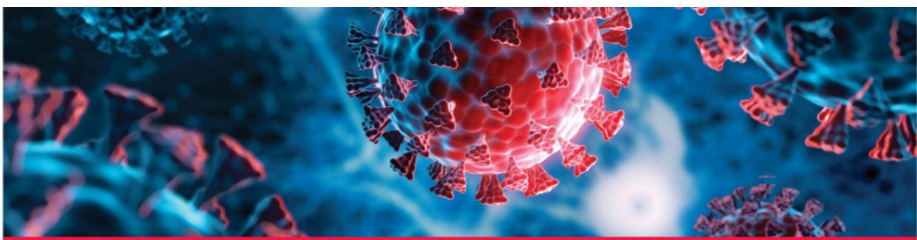
Rev. Jacquetta

Self-Care Specialist, The Whole-Self Ministries

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

On air Wednesdays, 4 p.m.: [www.InnerLightRadio.com](http://www.InnerLightRadio.com)





# Alabama Department of Public Health COVID-19 Wrap-Around Services

Promoting COVID-19 Wrap-Around and Basic Social Support Services to Prevent the Spread of COVID-19

**Alabama Counties Covered in East Central District:**  
Autauga, Bullock, Chambers, Coosa, Elmore, Lee,  
Lowndes, Macon, Montgomery, Russell, Tallapoosa

**No Age, No Citizenship, No Income Restrictions for Grant Approved Services**

**APPROVED SERVICES INCLUDE:**

- Grocery Delivery or Pick-up
- Hygiene Products
- Cleaning Supplies
- Laundry Supplies
- Referrals can be received from healthcare providers, family members, community, and service agencies and ADPH offices.
- Referrals are assessed on a case-by-case basis.
- Services authorized depend upon current status as determined by United Way's 2-1-1.

**For detailed information and assessment, contact an ELC Social Worker:  
334-293-6400 or 334-727-1800**



WHEREAS, funding for activities performed under this Grant was provided by the Department, Bureau of Communicable Diseases, Infectious Diseases and Outbreaks Division through a cooperative agreement with the Center for Disease Control and Prevention, CDA # 93.323, being Grant number 6NU50C0000945-02-03, Epidemiology and Laboratory Capacity for Infectious Diseases for budget period August 01, 2019 - July 31, 2024.



FAITH IN ACTION ALABAMA

# CLERGY CONVERGENCE AT THE STATE HOUSE

*Removing obstacles to voting faced by formerly incarcerated Alabamians.  
Fighting for Forgiveness Faith and Fairness.*

Join us as we pray and engage our state legislators to help secure passage of legislation that would strengthen our state's democracy.

**9:00A.M. - 2:00P.M.  
WEDNESDAY MARCH 8, 2023**

**Alabama State House**

11 S. Union St Montgomery, AL 36130

**SATURDAY**  
MARCH 18TH, 2023

**10AM TO 2PM**

VENDOR PRESENTATIONS @ 11:30AM

New Mount Pleasant MBC  
426 County Road 13  
Shorter, Alabama, 36083



**COMMUNITY WELLNESS FAIR**  
CONNECTING OUR COMMUNITY



**WE WILL HAVE:**

- ✔ Free Health Screenings
- ✔ Community Resources
- ✔ COVID Test
- ✔ Blood Mobile
- ✔ Free Tablets/Phones

**+ Food, Fun & Prizes**

For more information contact:  
pastoracwilliams@hotmail.com  
maconmeans@gmail.com

Sponsored by:  


in conjunction with  


## OUR PURPOSE

*Removing obstacles to voting faced by formerly incarcerated Alabamians.  
Fighting for Forgiveness Faith and Fairness.*

Please join Faith in Action Alabama as we converge at the State House in support of our voter rights restoration bill. We have seen increasing success each year since 2020, moving legislation that makes it easier for formerly incarcerated Alabamians to vote. We need your help to secure passage this session. First, we will pray together and engage lawmakers in person. Then we will debrief and break bread. Transportation and lodging will be available to those traveling more than 100 miles.

For more information please email [info@fiaal.org](mailto:info@fiaal.org).

Learn to do good. Seek justice; help the oppressed; defend the fatherless; plead for the widow.  
Isaiah 1:17

**Macon County  
Mental Health Crisis Number  
334-566-3391  
24 X 7**





# EAT YOUR COLORS

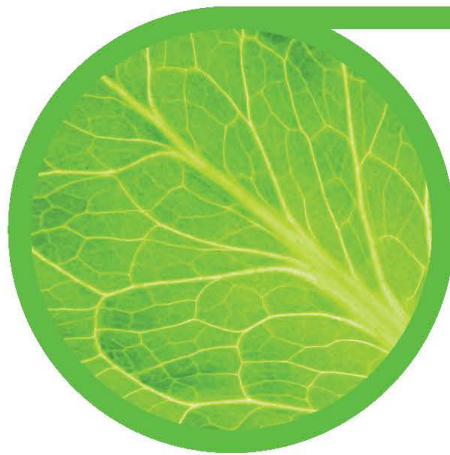
When looking for rainbows, most of us tilt our heads up to the sky. But when it comes to your health, the most important place you can find a rainbow is on your plate. Eating fruits and vegetables in a variety of colors means you're more likely to get the vitamins and nutrients you need. Read below to learn what each color of the rainbow can do to improve your health!



Red foods like cherries, cranberries, grapes, beets, red peppers, tomatoes, strawberries, radishes and raspberries may help maintain heart health, promote vision, boost your immune system, and reduce risk of cancer.



Orange and yellow foods like cantaloupe, sweet potatoes, carrots, pumpkin, oranges, pineapples, apricots, grapefruit, yellow squash and tangerines may help promote vision, boost your immune system, and lower your risk for heart disease and cancer.



Green foods like spinach, collards, limes, kale, broccoli, asparagus, green beans, cucumbers, avocados, green bell peppers, kiwi, leafy greens, snow peas, and honeydew may help promote healthy vision and reduce risk of cancer.



Blue and purple foods like plums, eggplant, purple cabbage, raisins, blueberries, blackberries, black olives, and purple grapes may help improve memory, and lower your risk for heart disease, stroke, cancer, and memory problems.



Brown and white foods like pears, dates, cauliflower, mushrooms, onions, parsnips, garlic, leeks, scallions, bananas, white corn, and turnips may help promote heart health and reduce risk of cancer and stroke.



Find more wellness tips and tricks at [thewellnesscoalition.org/resources](http://thewellnesscoalition.org/resources)

**The Wellness Coalition**

## GET A FREE BLOOD PRESSURE MONITOR



Get a **FREE** blood pressure monitor when you complete our no-cost wellness program! Participants will learn tools to manage and prevent chronic health issues.

Scan the code or visit [BIT.LY/JOINHEARTLINK](http://BIT.LY/JOINHEARTLINK)



The Wellness Coalition

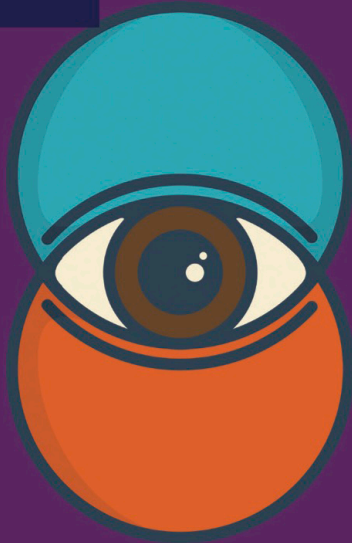








**All of Us**  
RESEARCH PROGRAM

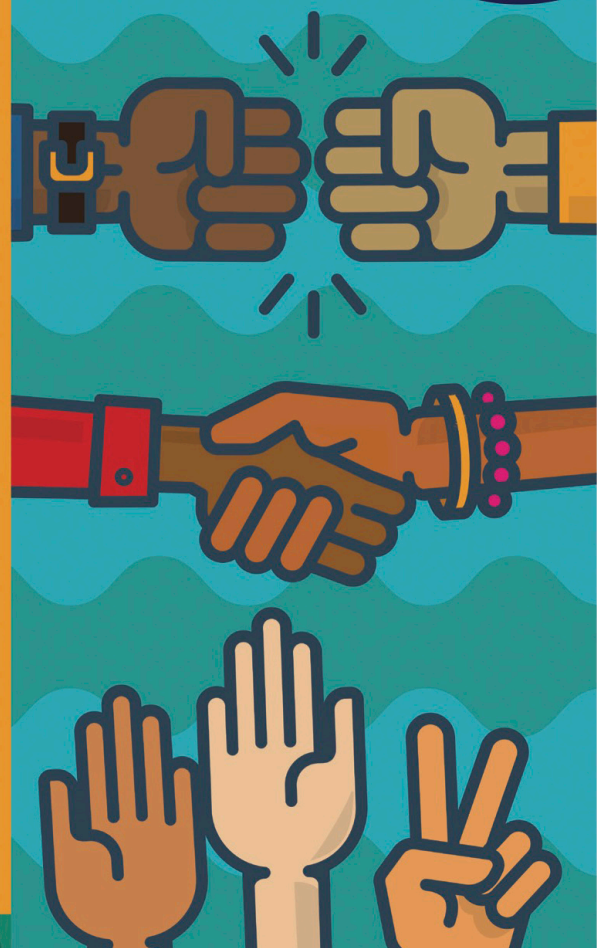


You will receive compensation of \$25 after you complete your visit.

WE WILL BE

*Invisible*

NO  
LONGER



## Be one in a million

It's our differences that can make the difference in medical breakthroughs. The *All of Us* Research Program has a simple mission: to speed up health research and medical breakthroughs.

### Contact us:

[JoinAllofUs.org](https://JoinAllofUs.org) | [help@joinallofus.org](mailto:help@joinallofus.org) | (844) 842-2855

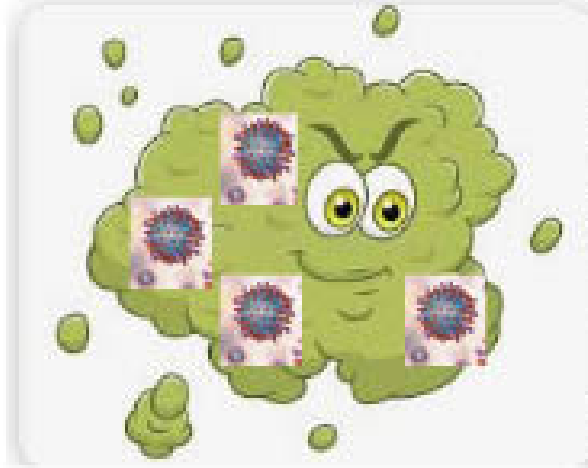
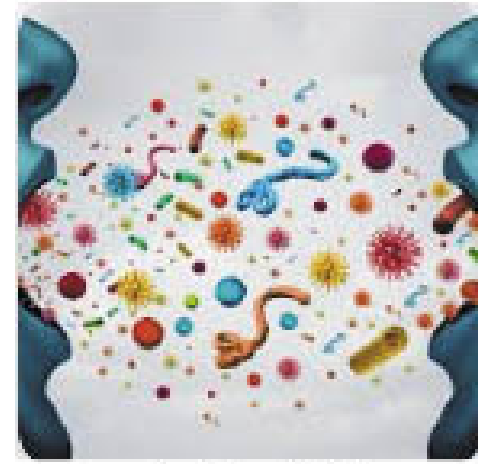
*All of Us* and the *All of Us* logo are service marks of the U.S. Department of Health and Human Services.



# Not Safe, Not Effective

In making decisions, it is always good to have as much information as possible. This is where "informed" decision making begins. We can weigh the risks versus the benefits.

Concerning the Pfizer and Moderna vaccines available in the U.S., one portion of information, from the Centers of Disease Control (CDC) has been broadcast loud and clear, "These vaccines are Safe and Effective!" However, there is additional information that gives a more complete picture, and it should be shared equally with the public.



**Not FDA Approved:** Pfizer and Moderna supplied Covid 19 vaccines that had not completed all required safety testing. On December 11, 2020, FDA (Food and Drug Administration) instead granted Emergency Use Authorization (EUA), because of the pandemic. These vaccines are not approved and when the U.S. ends the Covid 19 Emergency in **May 2023**, all EUA vaccines will not be authorized for public use.

**NOT SAFE** - The following are safety issues, concerning your health, with the mRNA vaccines.

May 10, 2021 - FDA reported "Syncope" or adolescents fainting following Pfizer vaccination.

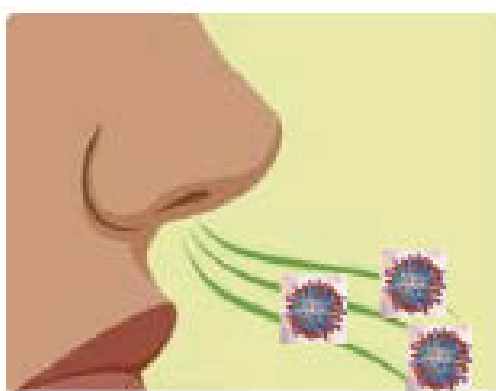
June 25, 2021 - FDA reported "myocarditis" (heart infection) and "pericarditis" (heart sac infection) from Pfizer vaccination, especially in males 12 to 40 years of age.

January 4, 2023 - CDC reported 18,533 U.S. deaths from mRNA vaccines.

February 10, 2023 - CDC reported 1,950,086 adverse events in people caused by the Pfizer vaccine.

**NOT EFFECTIVE - INFECTION RATE:** Moderna Bivalent Covid 19 vaccine was evaluated in June 2021 by FDA, and in September 2021 by CDC, initiating a \$5 Billion purchase of Bivalent vaccine. But what FDA and CDC didn't know was that **Moderna withheld data**, that came from their trials, at both meetings. The withheld data demonstrated that those vaccinated with the Bivalent were getting infected with SARS 2 Covid 19 at double the infection rate compared to the earlier Moderna vaccines.

**VIRUS TRANSMISSION:** A University of California study on Covid 19 during the 2021 Delta wave, found that virus transmission rates were relatively the same from both vaccinated and unvaccinated. Both were spreading the virus. A January 2022 study in the Lancet found that vaccination did not reduce community virus transmission. A February 2022 study in The Lancet found household transmission relatively the same from both vaccinated and unvaccinated household occupants.



**GET HEALTHY!!:** The overall message is this, the unapproved mRNA vaccines do not prevent virus infection, nor do they prevent virus transmission, and people have been both injured by them and died from them. In general, vaccines are not the "Silver Bullet".

We must maintain a **HEALTHY LIFE** via: clean air (open windows, avoid crowded spaces), **masking around people**, **washing hands**, **get your sleep**, **take vitamins (D3 & C)**, **exercise and reduce stress**.

**REMEMBER:** The SARS 2 Covid 19 virus infects our body by your **NOSE** not your **ARM!**



**Follow the Macon County Community Partners Task Force on Social Media!**



# Historic News First Class of Tuskegee Airmen

March 7, 1942, the first class of Tuskegee Airmen earned their Silver Wings, at Moton Field, Tuskegee, AL. 13 cadets entered the training, however only 5 completed training.



They were: Lemuel R. Curtis, Charles Debow, Mac Ross, George Spencer Roberts and Captain Benjamin O. Davis Jr.

The Tuskegee Airmen program was conducted by the U.S. Army Air Corps to prove that African Americans could not fly airplanes, nor fix and maintain such complicated equipment. However, the Tuskegee Airmen did not just disprove this premise, they actually won the victory over Germany in World War II, with both excellence and superior intellectual acumen. They were the most educated unit in the U.S. military. They were all college graduates.

There were 992 pilots, trained by Chief C.A. Anderson (Father of Black Aviation), and a total of over 14,000 in the program, including mechanics, weathermen, medical staff, office personnel and more. The Tuskegee Army Airfield had over 200 buildings and about 4,000 personnel. It was Macon County's second largest town.



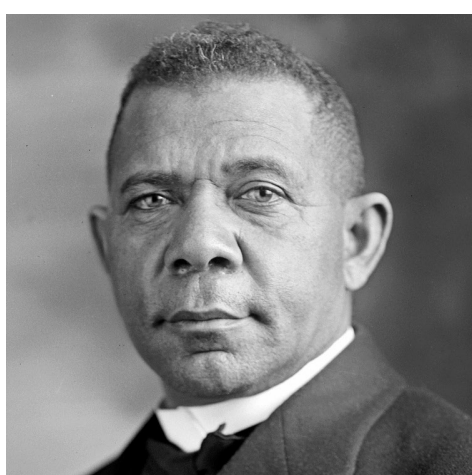
**Fannie Rosetta Gunn Boyd** was the first female mechanic, in the Tuskegee Airmen program, making her the first African American female mechanic in the Army Air Corps. Learning mechanics from her brothers, she could fix or maintain any vehicle or engine. She and the other female mechanics at Moton Field maintained the primary flight training aircraft.

**Willa Beatrice Brown**, the first African American female pilot (1938), to also earn a commercial pilot's license (1939), was the Civil Air Patrol's first African American female.

Her Coffey School of Aeronomics, established in 1939, was selected for the Civil Pilots Training Program. In her pilot uniform, she visited the Chicago Defender, gaining coverage of



African American aviation. This spread among Black newspapers, producing support for the coming Tuskegee Airmen program.





# Macon Means

## Macon County Food Distributors Round Table



**March 2023  
Free Food**



### Distribution Schedule

S	M	T	W	Th	F	S
			1	2	3	4
			10:30 Helping Hand Ministry Prairie Farm Ctr 45 Tysonville Rd Shorter, AL Rev. A. Williams	10 Bowen UMC 2107 W Mtg Rd Senior's Food		
5	6	7	8	9	10	11
		Tuskegee Airmen Day 	10:30 Helping Hand Ministry Greater St Mark MBC 3403 West MLK Jr Hwy Tuskegee Inst., AL Rev. A. Williams			
12	13	14	15	16	17	18
Daylight Savings 			10:30 Helping Hand Ministry Tuskegee Univ. 1210 Chambliss Tuskegee Inst. Rev. A. Williams	10 Bowen UMC 2107 W Mtg Rd Senior's Food		Health Fair  New Mt Pleasant MBC 426 CR 13, Shorter
19	20	21	22	23	24	25
		9 Macon Co Ministers' Council Food Pantry 3103 Daly St Last P - Z	10:30 Helping Hand Ministry District 4 Center 1200 Co Rd 27 Tuskegee, AL Rev. A. Williams		Children's Food Distr. Brownville, Notasulga, Shorter, Tuskegee, Warrior Stand/Cotton V	
26	27	28	29	30	31	
12 Macon Co Food Distributors Roundtable Zoom			10:30 Helping Hand Notasulga HS 500 E. Main Street Notasulga, AL			

**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)

**Get Food**

**Get Help**

**Get Tested**

**Get Facts**

**Get Supplies**

**Get News**



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

**MACON CARES**