

MACON COUNTY COMMUNITY PARTNERS NEWSPAPER



A MONTHLY PUBLICATION

APRIL 2023

VOLUME 2

ISSUE 4

"A Real, Relevant Resource!"



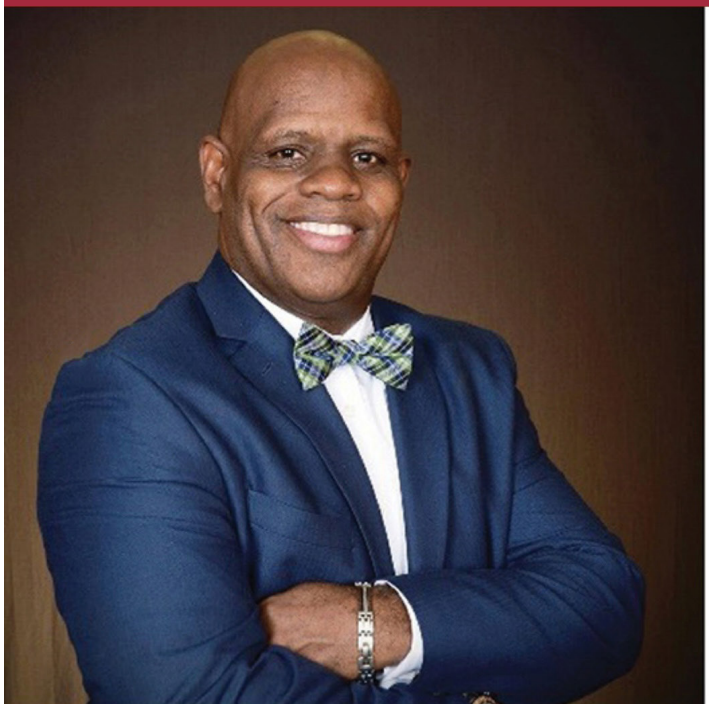
FREE

17th Annual George Washington Carver Arts & Crafts Festival

Sponsorship Opportunity

Visit www.carverfestival.org

for details.



TUSKEGEE UNIVERSITY

2023 Founders' Day Convocation

April 2, 2023 | 9:30 a.m. CDT | University Chapel

Speaker: Rev. Dr. James P. Quincy, III

Pastor, Lee Road Baptist Church of Cleveland, Ohio

Streaming live on YouTube. [Click here for more information.](#)



Tuskegee Veterans Hospital

1923 - 2023

100 Years

First All African-American Veterans Hospital

Celebrate with

The Jackson Southernaires

Saturday, April 15, 2023



Macon Calendar



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www.maconprogress.net/macon-calendar.html

Send events (include event street address) to:

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Ask for the code to place this calendar on your website.

Life Is Precious

by D. J. Manuel



Many years ago I heard a story about two men. They were not able to see eye to eye and their differences came to a head at a meeting. At the beginning of the meeting, the first man placed his gun on the table. In response to the obvious threat, the second man placed his gun on the table as well. Thankfully, cooler heads prevailed and violence was avoided. As I reflect on that story, I wonder why violence was even an option. What could be so important or valuable that it was worth more than a human life? Maybe that's not the right question.

In the Bible, Exodus 20:13 says "You shall not murder." Moses shared this simple commandment with the Children of Israel and it was loaded with meaning. You see, Israel had been in slavery in Egypt for 400 years. Their lives were devalued to the level of property. They faced hardships and a diminished quality of life for multiple generations. At one point, the Pharaoh of Egypt even ordered the deaths of every male baby born to the Israelites. After 400 years of living in an existence where their lives were considered worthless, God delivered his people and told them life was precious. "You shall not murder".



We're no different. After the atrocities of American slavery, the horrors imposed on our people, the oppression of the Jim Crow era, and even the current crimes of sex trafficking of our women and girls along with the tragic loss of lives due to unfettered police brutality, surely, we should value life enough to take our guns off the table as an option for conflict resolution. Surely, we can see that cars, money, material things, pride, reputation, and malice aren't equal to a life. There are simply too many forces seeking our destruction for us to help them by destroying one another through gun violence. Maybe the right question is, how do we restore the value of a life?

1. **Love God.** God has given us life and we should be thankful for the life we are living.
2. **Love Yourself.** You're so important, God gave you a gift you can't earn, buy, or replace. The condition of your life may not be perfect right now, but you're still here with a chance to make it better each day.
3. **Love Others.** Every person you see is a recipient of God's gift of life. We do not have the right to take God's gift from another person. It's theirs. We can't have it, hold it, or use it. Instead, we should value and protect their lives like they're our own.

April is National Frog Month!

Submitted by: Macon County Environmental Justice League

After passing winter at the bottom of ponds and lakes or nestled down into leaf litter on the forest floor, it's no wonder frogs are ready to serenade us into spring. Emerging just as rain and melting snow create pools that will lodge their eggs and tadpoles during development, male frogs of many species start to coo females into producing a new generation of baby frogs. These harbingers of spring, have long been subjects in the mythologies and folklore of people around the world for centuries. Frogs have been celebrated as symbols of transition, a leap from one place, thing, situation to another. Representative of fertility, prosperity, purity, and good luck. And of course, ladies have to "kiss" a lot of them to find their prince.



Unfortunately, frog populations have been declining worldwide at unprecedented rates. Threatened by disease, habitat loss, invasive species, pollution, and climate change, up to 200 species of frogs have completely disappeared since 1980. These cold-blooded amphibians with their protruding eyes, webbed hind feet, and moist skin have inhabited Earth for as long as humans, yet man's population continues to increase while frog populations decrease. This month, we celebrate the canaries in the global coal mine. Frogs.

Why frogs are worth saving

Within the many diverse ecosystems on Earth, every animal and creature has a crucial role to play in maintaining ecological balance. Frogs may seem like a minute part of this equation, but their importance is far greater than many may believe. Their existence and continuation assists global biological fitness and stability in numerous ways.

- **Frogs are an integral part of the food chain.** Throughout their lifecycles, frogs occupy a vital position in the food chain as both predators and prey. As tadpoles, they consume algae, regulating blooms. Frogs are an important source of food for a variety of organisms, including birds, fish, and snakes. Loss of frogs may lead to fundamental breakdown in a food web with cascading effects throughout an entire ecosystem.
- **Frogs are important in research.** Skin secretions of frogs have the potential to significantly improve human health through their use as pharmaceuticals. Roughly 10% of Nobel Prizes in Physiology and Medicine are a result of investigations utilizing frogs. The painkiller Epibatidine is 200 times more potent than morphine and is synthesized from various species of poison dart frogs. Toxins of frogs are very diverse, explaining why they are being studied for their medicinal properties and potential use as therapeutic drugs.
- **Frogs keep insect populations under control.** Frogs are biological control agents as they eat billions of insects each year. By and large, most frogs eat a carnivorous diet consisting of locally available insects and mollusks such as crickets, dragonflies, flies, grasshoppers, larvae, mosquitoes, slugs, spiders, snails, termites, and worms. This reduces the need for harmful pesticides that could ultimately cause harm to all organisms.
- **Frogs are bioindicators.** The most important contribution frogs make may be their role as an early warning for endangered ecosystems. Due to their intricate life cycle and moist, permeable skin that can easily absorb bacteria, chemicals and other contaminants, frogs are subjected to both land and water pollution. These traits make them susceptible to changes in the environment. Since they never journey far, remaining in relatively confined regions throughout their lifespan, frogs are good indicators of local and global environmental conditions.

When pollution or other environmental changes affect a habitat, frogs are often the first casualties.

Learn About Frogs

April is National Frog Month. National Frog Month is an initiative to encourage and educate everyone to take time to learn more about these croaking, jumping amphibians and their importance to ecosystems. Looking for some inspiration on how to celebrate, here are just a few ideas you may want to try.

Participate in FrogWatch. A nationwide volunteer frog monitoring program, FrogWatch helps citizen scientists young and old understand the significance of frogs as an indicator of environmental health. Participants are trained to identify frog calls, collecting, recording, and submitting their findings for scientists to study.

Create a frog friendly backyard. Make a small shallow pond in a partly shaded area. Utilize thick ground cover plants around portions of the pond, providing an area of warmer and cooler water. Make sure your pond has sunlight. This encourages algae and other plants to grow, providing food for tadpoles. Ensure the banks of your pond slope gently. This way frogs can get out. Adding rocks and logs provide shelter for adult frogs.

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

- There are approximately 6,000 species of frogs worldwide.
- You cannot get warts from touching a frog. That is just a myth.
- According to scientists, frogs were the first land animals with vocal cords.
- A frog completely sheds its skin about once a week. After it pulls off the old, dead skin, the frog usually eats it.
- When a frog swallows its prey, it blinks, which pushes its eyeballs down on top of the mouth to help push the food down its throat.



Visit a local zoo, herpetological society exhibition, or museum of natural history. These facilities specialize in presenting collections of specimens with an emphasis on education.

Observe the Month

Remember April is National Frog Month. Whether egg, tadpole, or adult, frogs are essential to many ecological communities. As stewards of our natural world, conservation efforts must be a global team effort. Happy National Frog Month!

A New Way To Wipe Out Cancer!

Sascha Roth remembers the phone call. She was scheduled to undergo weeks of radiation therapy for rectal cancer. But the phone call from Memorial Sloan Kettering Cancer Center (MSK) medical oncologist Andrea Cercek changed everything. Dr. Cercek told Sascha, then 38, that her latest tests showed no evidence of cancer, after Sascha had undergone six months of treatment as the first patient in a clinical trial involving immunotherapy at MSK.

Dr. Cercek explains: "Our first duty is to save our patient's life. But standard treatment of surgery, radiation, and chemotherapy cause life-altering bowel and bladder dysfunction, incontinence, infertility, sexual dysfunction, and more." Immunotherapy harnesses the body's own immune system to defeat cancer. Immune cells contain a safeguard called a checkpoint, to prevent them from attacking normal cells. Cancer cells can trip this safeguard and shut down immune

cells, allowing a tumor to hide and grow.



However, immunotherapy can turn the tables yet again. Patients were given the checkpoint inhibitor dostarlimab (Jemperli) every 3 weeks, for 6 months. Their tumors were closely tracked, using imaging. "The immunotherapy shrank the tumors much faster than I expected," says Dr. Cercek. "My research nurse Jenna Sinopoli said, 'The patient has only received 1 treatment and they're not bleeding anymore and their terrible pain has gone away.'" Dr. Cercek recalls: "Patients came to my office after just two or three treatments and said, 'This is incredible. I feel normal again.'"

Dr. Cercek says: "The most exciting part of this is that every single one of our patients has only needed immunotherapy. We haven't radiated anybody, and we haven't put anybody through surgery." She continues, "They have preserved normal bowel function, bladder function, sexual function, fertility. Women have their uterus and ovaries. It's remarkable."

Health Matters

Bernice Frazier

The Macon County Health Care Authority is in partnership with national entities that share our health advocacy mission. To ensure that our community gets important information provided by our partners, we frequently will share their news with you. The following article originated with the ALL of US Initiative.

COVID-19 Antibody Study and Results

Researchers are interested in discovering when and where COVID-19 began to spread in the United States in the early days of the U.S. epidemic. Since many All of Us participants have contributed samples for use in different studies, the program already had thousands of blood samples on hand when COVID-19 emerged and was able to support this research.



Bernice Frazier is Chairperson of the Macon County Health Care Authority. She can be contacted via email at maconhealthcareauthority@gmail.com.

All of Us worked with Quest Diagnostics to test 24,079 participant samples provided between January and March 2020 to look for antibodies against SARS-CoV-2, the virus that causes COVID-19. The program used the Abbott Architect SARS-CoV-2 IgG ELISA and the EUROIMMUN SARS-CoV-2 ELISA (IgG) antibody testing platforms. For a sample to be considered "positive" by the research team, it had to have positive results on both platforms.

Data from the antibody tests are now available for replication studies through the Researcher Workbench. All of Us privacy and security safeguards, such as the removal of direct identifiers, have been applied to the data to protect participant privacy. Read more about the All of Us antibody study and its results at <https://www.joinallofus.org/coronavirus/antibody-testing>.

Scan to see the antibody testing results.



Yoga, Cardiovascular Disease and You

by Khristina Young, Chinyere Knight, PhD, RYT 200

As a pre-med student and concerned citizen of Tuskegee, I appreciate the opportunity to discuss my experience with yoga. During my own practice, I noticed that I tend to carry a lot of tension in my shoulders and neck. This may be due to spending countless hours on a computer. Practicing child's pose regularly, shown in Figure 2, is very helpful at releasing built-up tension and results in an overall feeling of relaxation and stress relief.

Consistently practicing yoga poses or asanas can significantly improve heart health. Since cardiovascular disease is chronic, meaning it develops over time, it is important to prevent its development and avoiding risk factors, if possible. One activity that has a plethora of evidence-based literature to support the improvement of overall wellness including cardiovascular health is yoga. This practice originating in Eastern medicine, meaning "to unite" or "to connect" has been shown to have therapeutic potential in Western medicine practice.

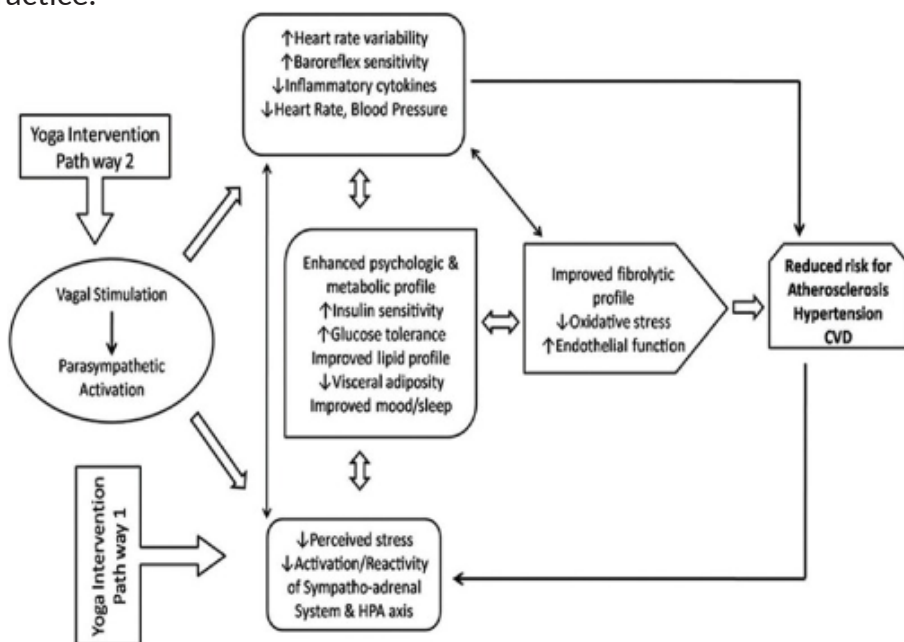


Figure 1: Flowchart of the yoga intervention pathway (Sharma et al., 2019)

The figure above is a flowchart showing the pathway of yoga in the prevention of hypertension/ cardiovascular disease. As an example, the first pathway demonstrates the activity of yoga and its direct physical effects such as the decrease in perceived stress as well as a decrease in the activation/reactivity of Sympatho-adrenal System and HPA Axis. Both of these systems regulate the release of stress hormones (i.e. cortisol) that are related to blood sugar levels and inflammatory responses. Thus, there is an enhanced psychologic/ metabolic profile, increase in insulin sensitivity and glucose tolerance.

This action helps to control blood sugar levels and decrease risk for other chronic diseases including obesity and diabetes. In addition, there is an improved lipid profile (blood cholesterol levels), improved mood/sleep and a decrease in visceral adiposity (excess body fat). This is then followed by an increase in heart rate variability and baroreflex sensitivity (fluctuations in heart rate are signs of a healthy heart under less stress), as well as a decrease in inflammatory cytokines (chemical signals in the body that promote inflammation), heart rate and blood pressure. The vasculature consists of arteries, veins and capillaries. A decrease in oxidative stress protects cells against damage and increase the function of these pathways. In summary, these factors culminate to reduce the risk of atherosclerosis, hypertension and cardiovascular disease.

Child's Pose

1. Spread knees wide with big toes touching.
2. Place crown of head on the mat while extending the arms forward.
3. Relax shoulders, chest and stomach.
4. Inhale: reach arms forward
5. Exhale: Sink tailbone to heels.
6. Repeat steps 4-5 for five breaths



This illustration above demonstrates a common yoga pose that benefits cardiovascular health. Child's pose, also known as "balasana", is a resting pose that is suitable for beginners and yogis. It has been shown to have a positive impact on blood pressure and heart rate

as well as improving blood circulation and releasing tension in the neck, shoulders, chest and hamstrings (Jabir et al., 2017). My hope is to reach out to those looking for a low-impact, holistic intervention for cardiovascular and stress management. I can attest to the many health benefits practicing yoga offers.

References

- Jabir, P. K., Sadananda, B., & Das, K. S. (2017). Effect of Balasana on cardiac parameters among healthy medical students. *National Journal of Physiology, Pharmacy and Pharmacology*, 7(12), 1342-1346.
- Sharma, K. S., Choudhary, N. R., & Subramanya, P. (2019). Evidence based of yoga studies on cardiovascular health: A bibliometric analysis. *International Journal of Yoga*, 12(2), 162.

Outdoor Family Fun & Fitness

by David Henderson



It's officially Spring now, and as it gets warmer, everyone should start thinking about getting outside, but don't only think about things you can do by yourself, but think about the whole entire family. If you have children at home, there are tons of things that you all can do together as a family that can qualify as exercise. If not, you can get other family members and friends to join you in outdoor activities.

Here's the plan - start with the simple, old fashioned stuff. Stuff like playing catch in the yard or playing basketball in the driveway. Or blowing bubbles outside and chasing them. Then, also think back to P.E. class at school, and about games like kickball, freeze tag, throwing a frisbee and more. Of course there are also more activities, but those are just a few ideas for outdoor fun family activities that can result in a good workout as well. Just because you're not running on a treadmill or lifting weights doesn't mean you're not exercising.



A family or a group of friends that is participating in any type of sport or activity that requires movement is just as good as a structured workout in many ways. First of all, there's a chance to break a sweat. Any time that you break a sweat from sustained physical activity, as long as it's not too hard for you and doesn't cause any major pain while you do it, then you are doing something beneficial for your heart, lungs, joints, bones and muscles, as well as possibly your blood pressure, blood sugar, and cholesterol as well. Best of all, not only are you getting a good workout in, but you're also having fun with your family or friends at the same time, so that's a real win win.

David C. Henderson, Founder/Director
American Health & Fitness Services (334) 226-0627
www.americanhealthfit.com
www.davidchenderson.com



What's In A Sound?

Submitted by: Rev. Jacquetta

Everything is coming up music!

Did you see the movie, "Tap," back in 1989? You know, the one with Gregory Hines, Suzanne Douglas and Savion Glover? Gregory Hines' character had an ear for music and he heard it everywhere: in the street traffic, in the rain drops, in footsteps... And there really is music all around us—if we pay attention. And music can impact us in various ways.

Have you ever been irritated and realized it was your surroundings that were bothering you? The trains in the station, the music from the passers-by, the shouting of the children going by, etc. The music was too much! Most of us don't pay attention to the sounds that surround us. Some of them we hear, some of them we actually listen to. But sounds are so powerful, they permeate our very soul.

The sound from tuning forks can shatter glass and cut through steel. Does anybody remember the Memorex commercial from back in the 60s (yes, I'm dating myself, but it's now on YouTube) in which Ms. Ella Fitzgerald sang a bit of scat and shattered a glass with a high note? Or have you seen the demonstrations that show how sounds reshape forms in sand?



These are demonstrations of how powerful sound is in impacting our bodies. After all, the whole everything was created by sound, i.e. God Said! So, it's important that we consider how our organs and brain and heart are affected by the sounds around us. Have you ever stood too close to a speaker with booming bass? Your whole core vibrates to the rhythm.



We're constantly vibrating to the sounds around us. When we don't feel well, our insides have shifted out of balance and our vibration is no longer on beat; we become out of harmony. The sounds we expose ourselves to may contribute to making us sick. Conversely, though we can't feel it as much as with booming bass, our core vibrates when exposed to softer music.

There are practitioners who specialize in sound therapy. They use bells, drums, singing bowls, cymbals and various other instruments to create healing vibrations that permeate our bodies and help us retune from the sounds that may have shaken our core and gotten us out of balance. When we're not paying attention, sounds can heal. Again, I dip back into the 60s—remember the Soul music that came out during the Civil Rights Movement? Motown, Stax, Atlantic and others brought healing into our communities.

So, of course, when healing is intentional, as when sound practitioners play music that is focused toward our wholeness, our vibrations are raised, and balance is restored. Try it some time. In the meantime, pay attention to what sounds you let into your environment. When harsh sounds come into your world, let soft music, encouraging conversation, nature sounds help you reharmonize your vibration.



Rev. Jacquetta
Self-Care Specialist, The Whole-Self Ministries
www.instwholeselfcare.org
On air Wednesdays, 4 p.m.: www.InnerLightRadio.com

Emergency Storm Shelters



Frank H. Lee , Director
Macon County EMA / DHS
334 220 3744
Frankhlee79@gmail.com

District I

District One Recreation Center
3039 County Road 69, Tuskegee, Alabama 36083

District II

Warrior Stand Community
357 County Road 5, Union Springs, Alabama 36089

District III

Fort Davis Community
17793 County Road 2, Union Springs, Alabama 36089

Shorter Community

144 Old Federal Road, Shorter, Alabama 36075

District IV

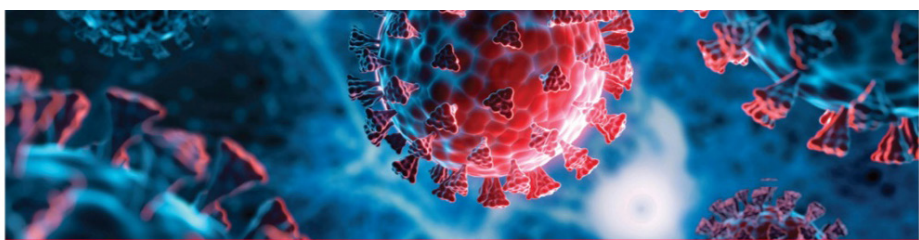
Notasulga (Liberty City)
355 Lori Lane, Notasulga, Alabama 36866

Franklin Community

1656 AL Highway 49, Tuskegee, Alabama 36083

City of Tuskegee

Tuskegee University
(The Basement of Tompkins)



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:

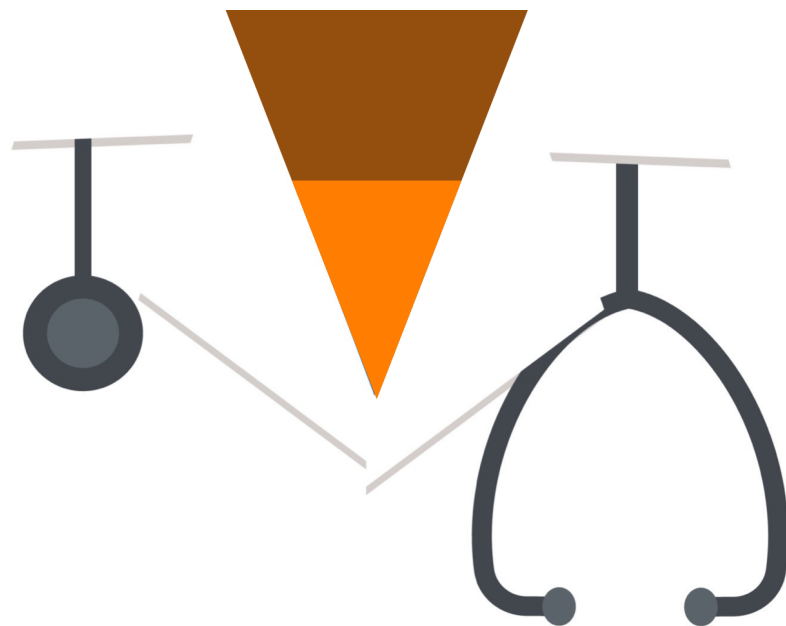
- Grocery Delivery or Pick-up
- Hygiene Products
- Cleaning Supplies
- Laundry Supplies

- 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.



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FELLOWSHIP OF ALABAMA PRESENTS:

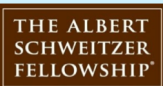
The Junior Healthcare Leaders of Alabama

21ST CCLC WHITE COAT CEREMONY

Wednesday, April 5 @ 6 PM

Notasulga High School Auditorium

500 E Main St, Notasulga, Alabama 36866



"YES, WE CAN DEFEAT COVID-19!"

Presenter:

Roslyn Holliday Moore
Deputy Director for Programs

U.S. Department of Health and Human Services
Office of Minority Health



Tuesday, April 4, 2023

6:00 p.m. CST / 7:00 p.m. EST

Via Zoom Only

Registration is required:

<https://us02web.zoom.us/join/zoom/register/tZEuce2hqDksGNfPsqkvOpbZg5hDpejnglw6>

Registration is also open Tuesday, April 4, 2023

from 5:30 p.m. CST - 5:50 p.m. CST



7 LAST WORDS OF JESUS CHRIST

WWW.MACONCOUNCIL.ORG

**GOOD FRIDAY
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**Macon County
Mental Health Crisis Number
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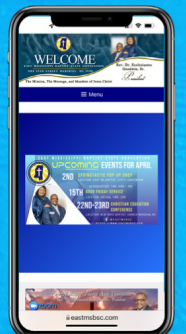
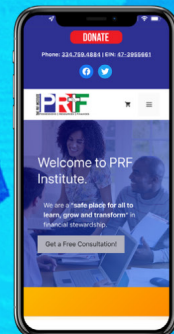
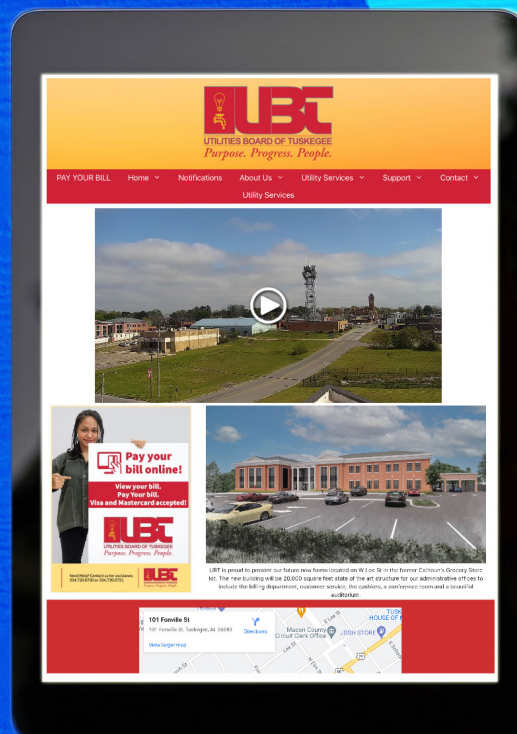
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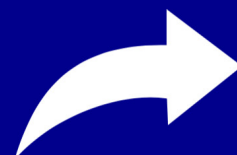
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The Fruit We All Should Bare

by Joshua X. Lewis



There is no question that we are living in stressful, uncertain times, wherein a spiritual renewal is critical to the creation of a flourishing society that honors the life and dignity of all beings. A county or community that seeks progress will undoubtedly mention economic empowerment, and rightfully so. A more relevant and equipped county would even involve environmental restoration as a major area to engage. While economic empowerment and environmental restoration are absolute necessities, the need for spiritual renewal must not be overlooked when seeking countywide transformational change.

The idea of spiritual renewal is not foreign to Macon County. Faith communities and other organizations have provided avenues for and information about spiritual rebirth. And, since the definitions can vary, let's define "spiritual rebirth" as the transformation that arises as an individual's ego is lowered, thinking and actions become selfless, and a naturally divine way of

being and living emerges. While we may differ on the agent or catalyst of this spiritual rebirth, it is difficult to argue against the need for it. A spiritual rebirth is needed for the seed of change to be deposited into the fertile soils of the soul. That seed is then watered by time and made to grow by the light of information, bringing forth the fruit (compassion, justice, forgiveness, unity, and service, etc.) that can impact and propel our community.

I grew up in The Black Church like many of you. Therefore, I must mention that the black church has been vital in the life of Macon County, especially through the period of The Civil Rights Movement. The movement had economic focuses, environmental aims, and obvious spiritual roots that reminded the people of a moral imperative and an interconnectedness that fostered fresh ideas, new energy, and safe spaces for so many. When community members are aware of the needs, beliefs, and emotions of others or when they take pleasure in their interactions with them or when they are encouraged to seek out and value connections with others – the spiritual fruit are likely to promote progress. We applaud the spiritual awakenings and influences of the past, but we must not get caught on the treadmill of nostalgia. We have the power to come together as agents of change in this age...in this year! We, who have awakened spiritually and are bearing fruit, can unite to find creative ways to encourage moral, ethical, and overall spiritual elevation—elevation, which can be measured by tangible acts.

Biblical vision for rebirth and renewal includes a vision for the renewal of individuals, people groups, and communities through the power of the Good News spread by God's people. Today, we are those people spreading light and love. You don't even have to be a saint to help cultivate this spiritual rebirth. The beautiful thing about the spiritual evolutionary process is that it is like air—it's available to everyone. Once we have tangibly tasted our oneness with God and each other, we become willing to seek unity, to engage issues collectively, and support spaces where others are spiritually renewed as well. These spaces should be where people are being charitable toward others, have forgiveness as their practice, and reconciliation as their game. They also support initiatives that promote appreciation, hope, and hospitality. They join forces with those who legislate justice and enforce peace, acceptance, and joy. To embrace and exhibit the fruit of spiritual renewal, we must cultivate the soil of our community for a spiritual rebirth movement that will have tremendous impact.

Be encouraged to seek individual and the collective spiritual rebirth of our county and know that the spiritual resources can be used in community advancement to create the outcomes we deserve and desire. Ask yourself this spiritual question: What can you do, big or small, to support the renewal of self and Macon County?



Vegetarian Sweet Potatoe Lasagna

Nina German Hall PhD, RDN, LD – Registered Dietitian Nutritionist

Swap traditional lasagna noodles for thinly sliced sweet potatoes for a nutrient-dense, energy-packed dish!

- 2 tablespoons avocado oil, divided
- 1 medium onion, minced
- 1 - 28 ounce can of no added salt diced tomatoes, undrained
- 3 tablespoons no added salt tomato paste
- 4 garlic cloves, minced and divided in half
- 2 teaspoons oregano
- 1 teaspoon paprika
- 1 teaspoon sea salt, divided
- 1 teaspoon black pepper, divided
- 1 cup water
- 1 cup fresh basil, finely chopped
- 2 large sweet potatoes, peeled and thinly sliced lengthwise
- 3 cups baby spinach
- 1 - 12 ounce carton of tofu, drained
- 3 tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice
- 2 cups shredded mozzarella cheese or plant-based mozzarella cheese divided

Preheat oven to 350 F.

In a medium saucepan, heat one tablespoon of oil over medium heat. Add onions; cook for about 5 minutes. Add diced tomatoes, tomato paste, one tablespoon minced garlic, oregano, paprika, ½ tsp salt, and ½ tsp black pepper.

Add water and bring to a boil. Reduce heat and simmer for 25 minutes. Stir in basil. Meanwhile, add tofu, nutritional yeast, lemon juice, and the rest of the garlic, avocado oil, salt, and pepper in a food processor. Blend until smooth; fold in 1½ cups cheese and set aside.

Assemble in an 8-inch square baking dish. Start by spreading ½ cup tomato sauce on the bottom of the baking dish. Add one layer of potato slices and top with ½ cup filling, 1 cup spinach, and ½ cup sauce. Repeat with remaining ingredients. Top with cheese.

Cover with foil and bake for 55 minutes. Uncover and broil on high until cheese browns, about 2 minutes.

Serves 6

Per Serving: 352 calories, 16 grams fat, 6 grams saturated fat, 29 mg cholesterol, 550 mg sodium, 33 grams carbohydrates, 7 grams

A Children's Guide To Coping With The Pandemic

by Malaka Gharib

It's been months since the pandemic started. And you might be feeling worried... scared... frustrated.



But there are LOTS of ways we can make ourselves feel BETTER.

If you're feeling sad, that's OK.

You might know someone who got sick with COVID.



Or you might know someone who has died.

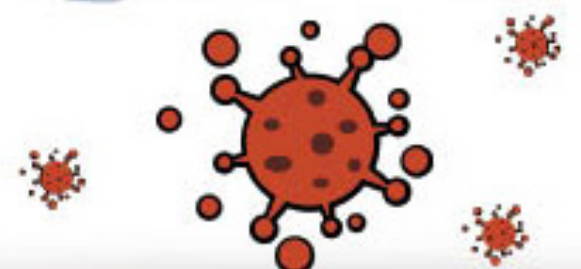
Grief shows up in many ways. Sometimes it might feel like ANGER or boredom.



Or it might make you feel really tired.



No matter how you feel, know that others are probably feeling the same way. The pandemic is HARD for EVERYONE.



If you're UPSET or HURTING let mom, dad or someone you trust know you're having a hard time.

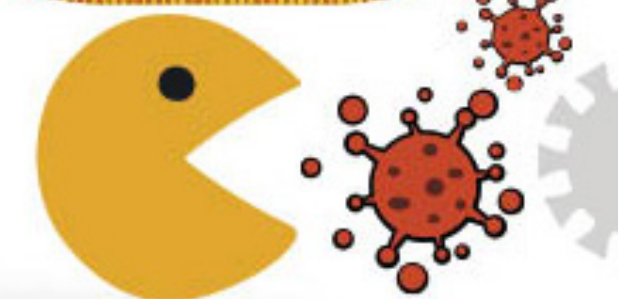


It's important to Share your feelings with others so they know how to help you.



Sometimes it feels good to let out how you feel inside, instead of keeping it all in.

For More Info Contact SEED at 334-245-9647



All About The Task Force



When we recognized that multiple organizations were working in silos to address COVID-19 issues in Macon County, we made a decision to act in the greater good of the entire community and come together under one umbrella. This was the impetus for the Macon County Community Partners Task Force, a consolidation of efforts involving several local entities.

The Macon County Community Partners Task Force meets weekly on Saturday mornings via ZOOM technology. Management of each meeting is rotated among four community leaders who are responsible for efficient administration of the meetings, which typically attract about 25 individuals representing municipalities, businesses, educational institutions, churches, nonprofits, grass roots organizations and concerned citizens. This is a time to share ideas, resources, and information vital to eradicating COVID-19 in Macon County.

Work conducted by the Macon County Community Partners Task Force involves four strategic goals that model successful efforts utilized by other counties, states and parts of the world engaged in combatting the coronavirus pandemic. The strategic goals are centered on these overarching needs:

- A Comprehensive Healthcare Response
- A Unified Coronavirus Public Policy
- An Efficient Management and Distribution of Resources
- A Centralized and Multi Layered Communication System

The task force has been effective at creating an infrastructure for long-term sustainability. Committees are working on their specific areas and significant cross-pollination is occurring. Please consider joining our task force. Get details on how to join our weekly meetings on our website, www.maconcares.org.



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

FUEL FOR THE FUTURE

10 Sustainable Eating Tips



1. **Consume more plant-based proteins.** Legumes/dried beans (black beans, pinto, kidney, etc.), lentils, and chickpeas are not only an excellent source of protein, but they also have a lower carbon footprint than animal products and are very affordable. Health benefits of bean consumption include decreased cancer risk, improved heart health, and better gut health.
2. **Join the Meatless Monday Movement.** To improve your health and environment, serve a plant-based meal once a week. Experiment with other meatless meals such as lentil soup, vegetable salad, or a garden lasagna.
3. **Eat less meat and buy higher quality.** The United Nations estimates that 14.5% of greenhouse emissions come from livestock production. Currently, Americans consume more meat than what is recommended by the USDA. Pay attention to where your meat comes from and aim to buy responsibly produced, higher-quality meat. Investing in your meat choices will lead to less consumption and less waste.
4. **Buy local.** Purchasing your food from local vendors means less pollution. Local food doesn't have to travel as far to get to your plate, helping to reduce greenhouse gas emissions and improve your carbon footprint. Supporting local businesses is also good for the local economy. A win-win for all!
5. **Watch for palm oil.** This commonly used oil is the cause of large-scale deforestation. Rainforests, and the habitats of many animals, such as orangutans and Sumatran tigers, are being destroyed at 300 soccer fields per hour. Many environmentally-friendly companies use sustainable palm oil certified by the Rainforest Alliance. Check the ingredient lists of your processed food items, cleaning supplies, and hygiene products.
6. **Reduce bottled water consumption.** Most freshwater humans use is for food production. In addition, the US uses 1.5 billion gallons of oil each year to produce plastic water bottles. The amount of plastic pollution in the oceans accumulating due to plastic bottle use alone is frightful. Buy reusable bottles that function well for you and your family so everyone will be excited and committed to using them.
7. **Grow your food.** Practice gratitude for this earth you live on and your body by planting a garden and nurturing your body with its food.
8. **Minimize food waste.** Americans throw away billions of pounds of food yearly, wasting the energy and water used to grow, transport, and package it. By being more mindful of your food, you can reduce food waste and help preserve more energy and resources.
9. **Embrace all the fantastic and nutritious plant-based foods available.** Create the foundation with whole-grains, fruits, vegetables, beans, peas, legumes, nuts, seeds, avocados, coconut, and plant-based oils such as olive oil, avocado oil, and grapeseed oil.
10. **Experiment and have fun!** Consume an assortment of foods to meet your nutrient needs. A few favorites include quinoa, tofu, tempeh, hemp seeds, chia seeds, flax seeds, seaweed, and fermented vegetables to create more intriguing meals in flavor and texture.

Historic News Tuskegee VA's Amazing Physicians



Dr. Toussaint Tourgee Tildon finished college at 19, then earned his Harvard medical degree. He also trained under Dr. Solomon Carter Fuller, the first African American Psychologist. His classmates were: Dr. Simon Overton Johnson, Dr. George C. Branche, and Dr. Harvey F. Davis. In 1923, Tildon, along with these doctors, became the first 4 African-American physicians hired at the Tuskegee Veterans Administration Hospital. Tildon was both a physician and a

psychiatrist. His medical research included: Cardiovascular Syphilis, Heart Disease in Pulmonary Tuberculosis and Cardiovascular Disease Complicating Neurosyphilis Among Negro Veterans. On July 1, 1946, he became the Tuskegee VA Medical Director. He served in that position until his retirement on January 31, 1958.

Dr. Mildred Dixon was the Veterans Bureau's first female podiatrist, the first African American podiatrist and the first full-time podiatrist. She served at the Tuskegee VA Hospital and established the first residency program for podiatry medical students, in the Veterans Administration.



Dr. Dixon

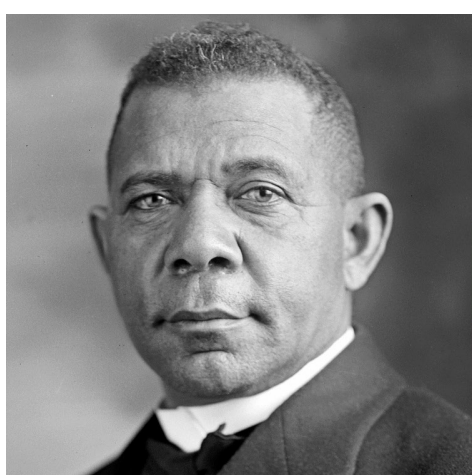


Dr. Ivy O. Roach Brooks was the first African American female leader in the field of radiology. She was Chief of Nuclear Medicine Service at the Tuskegee VA Hospital. In the 1960's, she conducted research into

diets for controlling high blood pressure and hypertension. Her high level of expertise expanded her responsibilities to include work with the United States Nuclear Regulatory Commission where she approved license submissions for nuclear research.

Dr. Brooks

The Tuskegee Veterans Administration Hospital was the first and only Federal Veterans Hospital operated and administered completely by African Americans. All administrators, physicians and nurses were African-American. In 1925, it became the first VA Hospital to start a medical residency program, which served Black medical students, because white hospitals rejected Black students for residency training. The Veterans Bureau later began medical residency in 1946.



Macon Means

Macon County Food Distributors Round Table



**April 2023
Free Food**



Distribution Schedule

S	M	T	W	Th	F	S
1 						1
2	3	4	5 10:30 Helping Hand Ministry New Mt Pleasant 426 CR 13 Hardaway, AL Rev. A. Williams	6 10 Bowen UMC 2107 W Mtg Rd Senior's Food	7 12 7 Last Words 	8
9 Resurrection Sunday 	10	11	12 10:30 Helping Hand Ministry Warrior Stand Center 395 CR 5 Warrior Stand Rev. A. Williams	13	14	15
16	17	18 9 Macon Co Ministers' Council Food Pantry 3103 Daly St Last A - G	19 10:30 Helping Hand Ministry Gr St Mark MBC 3403 W MLK Dr Tuskegee, AL Rev. A. Williams	20 10 Bowen UMC 2107 W Mtg Rd Senior's	21 Children's Food Distr. Brownville, Notasulga, Shorter, Tuskegee, Warrior Stand/Cotton V	22
23/30 12 Macon Co Food Distributors Roundtable Zoom	24	25	26 10:30 Helping Hand Chisholm Com Ctr 3031 CR 69 Little Texas, AL	27	28	29 Hop Into Spring 12 - 4pm Tuskegee Square

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
334-724-2611, 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

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Get Facts

Get Supplies

Get News

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

MACON CARES

