

MACON COUNTY COMMUNITY PARTNERS NEWSPAPER



A MONTHLY PUBLICATION

AUGUST 2023

VOLUME 2

ISSUE 6

"A Real, Relevant Resource!"



FREE



TUSKEGEE UNIVERSITY FOOTBALL FIELD GETS
NEW STATE-OF-THE-ART SCOREBOARD.

*Funded by the Coca-Cola Bottling Company United, this scoreboard
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the Golden Tigers are leading.*

Visit www.tuskegee.edu for details.

BACK TO SCHOOL

Macon County Schools
first day of school is
Monday, August 7, 2023!

GOLDEN TIGER EXPERIENCE NEW STUDENT ORIENTATION WEEK

Aug. 15-20, 2023

www.tuskegee.edu/nso

Big Sistas Inc. Presents

BACK to SCHOOL BASH!

SUN AUG 6TH
TUSKEGEE SQUARE
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BIGSISTAS25@GMAIL.COM

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FREE HAIRCUTS!
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EST. 2023

Macon Calendar

**Find: Events,
Meetings,
Concerts and
more!**

www.maconprogress.net/macon-calendar.html

Send events (include event street address) to:
MaconCoCal@gmail.com
Ask for the code to place this calendar on your website.

Something Special For Our Macon County Children

by Dr. Lucenia Dunn



Off Franklin Road in Tuskegee, there is a lane that leads to over 200 acres of land that was designated as a Boy Scout camp. It is the only official camp site for African American Scouts in the United States and was part of the Order of the Arrow. The earliest documented date for its existence is 1923, but we are researching the date of its official organization. But we do know it was very active from the 1930's through the 1990's when boys and girls enjoyed learning how to fish and camp and a few learned to swim. There was a beautiful lake that was fed by fresh clean water from an underground stream. Generations of children from Macon County enjoyed playing and learning on those grounds.

However, it recently fell into disrepair. The dam was broken, the lake was drained, and the campgrounds were deserted. It became overgrown with weeds and the buildings were destroyed. There is currently only one remaining cement block building on the grounds, and it is being used for storage.

But take heart, all is not lost. Under the direction of Dean Olga Bolden-Tiller of the College of Agriculture at Tuskegee University, Dr. Rashidah Farid-Tilghman has been assigned to bring life back to this historic site. In collaboration with The Movement 46 (TM46), a community-based organization, there is something special taking place. After an absence of several decades, Camp Atkins is coming back!



Dr. Farid-Tilghman has partnered with members of the Macon County community to revitalize Camp Atkins. TM46 folk are cutting weeds, trimming trees, and reestablishing trails. They have removed vines covering the Mess Hall, removed underbrush from trees and the site where tents will be erected has been cleared and will be ready very soon for overnight stays.

Plans are to repair the Mess Hall, build bathrooms and resting benches, plant edible walking trails, and establish special nature study trails that include bird watching. Children will paint murals on the walls of the newly constructed buildings and learn to shoot bows and arrows, set up camp as well as learn rules of safety. And for those who are able, special skills hiking trails throughout the grounds will be created.

We need seeds, flowers, blueberry bushes, and trees including persimmons, apples, and figs. We need carpenters, brick masons, elec-

tricians, farmers/gardeners, tree trimmers, bull dozers. Most of all, we need your help and labor!

Our children need a place to learn, have constructive fun, get physical exercise, be creative, relieve themselves of digital interaction, and know something outside of negative experiences. Therefore, we invite you to join the movement to prepare a place for our kids from toddlers to teens. Let us join forces, talents, and skills to make Camp Atkins – A great experience for our children and families in Macon County.

Finally, for those who have already experienced Camp Atkins, have pictures, want to share stories, or join the movement, please contact Dr. Lucenia W. Dunn at 334-421-7244 email: tmccf.inc@gmail.com, or Mr. Guy Trammell at 334-339-8935 email: guytram2@gmail.com.

Author: Dr. Lucenia W. Dunn, President/CEO, Tuskegee Macon County Community Foundation, Inc. (TMCCF) and Facilitator for The Movement 46 (TM46). All citizens of Macon County here and elsewhere are members of TM46.

NEWS RELEASE: Macon County Probate Judge James Cooper Receives Certification of Completion from Alabama Law Institute and Alabama Probate Judges Association

Tuskegee, AL – July 26, 2023 – Macon County Probate Judge James Cooper is pleased to announce the successful completion of a comprehensive series of probate law courses, culminating in the award of a Certification of Completion – “Basic Law for Probate Judges” course from the Alabama Law Institute and Alabama Probate Judges Association. After diligently pursuing probate law classes over the course of four years, Judge Cooper has attained an enhanced level of expertise in probate law, further strengthening his commitment to serving the community with the utmost professionalism and knowledge.

The probate courses offered by the Alabama Law Institute and Alabama Probate Judges Association are designed to provide judges with a comprehensive understanding of probate law, equipping them with the necessary skills to handle a wide range of legal matters within their jurisdiction. Judge Cooper's commitment to undertake these courses reflects his dedication to continuous professional growth and his unwavering commitment to upholding justice in the probate court.



Throughout the four-year study of probate law, Judge Cooper has immersed himself in various aspects of probate law. The course was a study of the law administered by Probate Judges in the following areas: probate of wills, administration of estates, commitments to mental facilities, adoptions, guardianships, conservatorships,

eminent domain, election laws, real estate, and general courtroom procedure, and more. The coursework and real-world case studies have enriched his knowledge and sharpened his ability to make informed decisions while protecting individuals' rights.

The Alabama Law Institute's Certification of Completion is a testament to Judge Cooper's exceptional dedication, perseverance, and intellectual rigor. It affirms his mastery of probate law and recognizes his commitment to maintaining the highest standards of professionalism in his role as Probate Judge.

Judge Cooper would like to thank the Alabama Probate Judge's Association and the Alabama Law Institute for providing a comprehensive and well-structured program that has greatly contributed to his professional growth. He would also like to express his appreciation to his colleagues and staff for their unwavering support throughout his educational journey.

"I am humbled and honored to have completed this intensive probate course," said Judge Cooper. "The knowledge I have gained over the past four years will undoubtedly enhance my ability to serve our community effectively and ensure that justice is served in every probate matter that comes before me. I remain committed to upholding the highest standards of integrity and fairness in my role as Probate Judge."

Honorable David Kimberley, Deputy Director of the Alabama Law Institute, stated, "This course offers judges the opportunity to be advised of new case law and statutory changes, as well as the legal procedures affecting their job." This course was conducted in nine sessions of two or three days each over the past four years.

Organizers are pleased with the outpouring of support for the event honoring the late Chief Leon Frazier

By Karin Hopkins

The Village of Hope Inaugural Awards and Scholarship Fundraising Banquet, which took place on Saturday, June 17, 2023, was a resounding success. The event was organized to commemorate the life and enduring impact of Leon E. "Chief" Frazier, with Bernice Frazier, his widow, spearheading the initiative. Held at the Bethel Life Center, the occasion also celebrated the contributions of individuals who have demonstrated exceptional community service.

During the event, four outstanding individuals were recognized as "Mighty fine human beings" for their remarkable servant leadership. Omari Neal and Elise Tolbert received Youth Advocate Awards, highlighting their efforts in advocating for and empowering young people. Guy Trammell was honored with the Distinguished Historian Award, acknowledging his significant contributions to preserving and promoting local history. Sheriff Andre Brunson was presented with the Star of Merit-Law Enforcement Award, recognizing his exemplary service and commitment to maintaining law and order.



Bernice Frazier was beaming at the event to honor her late husband, Chief Leon Frazier

The evening's success extended beyond the accolades and recognition. Generous donations poured in, with a considerable amount

collected to be directed towards the scholarship endowment. This endowment aims to support individuals pursuing careers in the criminal justice system, including law enforcement.



The Bethel Life Center was a great space for the event

The Village of Hope Inaugural Awards and Scholarship Fundraising Banquet stands as a testament to the enduring legacy of Leon E. "Chief" Frazier and the commitment of Bernice Frazier to honor his memory. By recognizing exceptional community service and supporting aspiring individuals in the criminal justice system, the event serves as a catalyst for positive change and the betterment of the community.



Macon County Commission Chairman Louis Maxwell and District 4 Commissioner Jan Fountain

The success of this inaugural event not only celebrates the achievements of the award recipients but also symbolizes the collective effort and support of the attendees and donors. It showcases the power of coming together to uplift and invest in the next generation of leaders and professionals in the criminal justice field. Bernice says this is a manifestation of her husband's philosophy. "It was Leon's goal to assist youth in making a difference from inside the system rather than complaining about the system. I believe through this scholarship endowment his goal can be achieved. Donations to the scholarship fund will continue throughout the year. It is our intention to award the first scholarship in 2024."



The continued donation process is being finalized and will be announced soon. Also, in the near future, information will be released explaining how to apply for a scholarship through the Village of Hope program.

Sports Nutrition for Athletes & Exercisers

by David Henderson



As a new school year starts, let's look at what young athletes need to be taking (in addition to stretching and staying hydrated.) Also, these are for all adults who are physically active or who want to have less joint pain, more strength, more energy, and better overall health.

Joint support - Glucosamine / Chondroitin / MSM

All 3 of these are generally combined in a blend, but they are also sold separately. Glucosamine is from shrimp, so anyone who's allergic to shellfish should get a blend with the other two or just do MSM. From superstores to dollar stores, you can generally find a blend for less than \$15, and that small price can bring great joint pain relief, especially compared to the price of pain medicine and medical treatments. For children and teens, I'd recommend 500 mg/day for them, and for adults, I'd recommend 1,000-2,000 mg/day.



Muscle support - Protein

The Recommended amount of protein for adults with a 2,000 calorie diet is around 50g/day. However, for physically active people, especially weight lifters, the scientific calculation is your body weight in KG, which is lbs divided by 2.2. For example, 220 lb = 100kg. So a 220 lb person would need 100 g/day of protein. Therefore the 50g/day recommendation would really only be for an active 110 lb person. So everyone who weighs more than 110 lbs, do the math to see what you need. However for vegans and vegetarians or anyone who can't get that much protein in, just don't lift as heavy, but rather focus more on body weight exercises and lighter weights for muscular exercise.



Overall health & energy - Multivitamins

Multivitamins normally start around \$5-\$10 (better ones cost more), but they all typically provide your body with over 20 vitamins and minerals, which help every organ in your body function better. As a result of every organ functioning better, you'll have more physical stamina and strength, as well as heart and brain health. Dollar for dollar, multivitamins are probably worth thousands of times what you pay for them, and unless you eat a perfect diet, everyone should take one. So make sure you're taking care of your joints, muscles,

and overall health with joint supplements, protein, and multivitamins. Alright, have a healthy and blessed month!

A Quick Relationship Tip

by D. J. & Melissa Manuel

My amazing, beautiful, intelligent, sweet, loving wife Melissa shared a relationship tip for couples. I'd like to share it with you.

"Here's a quick tip I've learned from 27 years of marriage: Relationships aren't something you treat with passivity. You have to work at communicating your needs even when you don't think you should have to. Give your partner the benefit of the doubt, plus the opportunity to hear you and understand your needs.



Saying "He/ She should know what I need and how to treat me, if he's/ she's a real man/woman." That's actually not a fair assessment if the relationship is still in the first phase of maturity. Or even if time and circumstances have changed the relationship. Healthy, non-judgmental communication is ideal in growing relationships.

Don't allow your pre-existing expectations cause you to mistreat someone that could be in your life to bring you joy. Communicate with him or her like you want to be communicated with...and watch your relationship grow by leaps and bounds."

Rev. J's
Self-Care Station

PODCAST & NEWSLETTER

Edition 2 - Stress and How to Fix It

Use the code to listen

revjselfcarestation
WholeSelfMinistries

Healing House
at
Peace Place
Little Texas, Tuskegee, Alabama

PRE-REGISTER
www.theholselfministries.org
833-BE-WHOLE

EVERY WEEKEND THIS SUMMER
JUNE 9TH - SEPT 23RD, 2023
Fridays, 2 pm - 7 pm
Saturdays, 8 am - 1 pm

Mini-Retreats
The healthcare industry is changing. Many of us will be locked out if the shifts continue as they have. If you're ready to take your health into your own hands, come learn about and practice Self-Care. For \$396.00, we invite you to our 5-hour Mini-Retreat where you will enjoy:
• 2 Delicious Meals
• Nature Walk
• Self-Care Coaching
• Writing a Self-Care Plan
• Exhilarating Exercise

Wellness Checks
Make an appointment for a prevention assessment with
Dr. Darnita Nurse Carolyn
Basic Assessment 15-45 min - \$150.00
General Exam 45-75 min - \$250.00

Protecting Your Fury Pet Family Members During the Hot Summer

Ruby L. Perry, DVM, MS, PhD, ACVR Diplomate

Ebony Gilbreath, DVM, PhD, ACVP Diplomate

We all are struggling in these extreme summer temperatures to enjoy a much-needed summer break and enjoy summer activities with family and friends. Sometimes we forget that our fury pet family members need to be protected from the heat also. The same precautions you take for you and your family, do the same with your pet. Pets are loving and adorable and bring comfort to the family in many ways, so let's keep them safe.



Basic knowledge about your pet is helpful with providing precautions and safety. Because of their beautiful fur, pets sweat primarily through their paws. Therefore, they do not respond to heat the same way as people. People sweat through the skin, so it is reasonable to use a fan to cool off, but not so much for our pets. While you are cooling off with the fan or in the shade; more likely your pet will be by your side, just know that in addition to plenty of water, your pet needs additional cooling sources such as cold towels on those areas not covered by fur first such as the paws, the face (nose & ears), and around the neck area. In addition, ensure that they are not walking on hot surfaces as cement and asphalt. Remember: "Cool those paws!"



Pay careful attention to when your pet maybe suffering from heatstroke. Take immediate steps as you head to your primary-care veterinarian for veterinary care. Heatstroke is a life-threatening condition and can lead to serious complications and sometimes death. This is the same in people also. The normal temperature in the dog is 101.5 degrees Fahrenheit. When the temperature rises to 105 degrees, your pet may be suffering from heatstroke. Dogs primarily cool off by panting which allows the air to pass over moisture from their tongues and nasal passages and sweating from their paws. However, with heat prostration, sweating is not enough. They will need immediate veterinary health care. If you notice that your pet is panting heavily, has rapid beathing, excessive drooling, dry mucous membranes, and bright red gums (can observe by raising the lip), a very rapid heart rate, and you may observe imbalance (dizziness) as the pet stands. Take immediate action by applying ice packs or cold towels to the head, neck, chest and feet; and can also run cool water over their body. Do NOT use cold water because this may cause them to go into shock. Allow them to drink small amounts of water and ice cubes for them to lick on while you get them directly to your primary-care veterinarian.

The links below are valuable resources on basic steps to keeping your pet safe from the summer heat.

1. The American Veterinary Medical Association article on "Warm Weather Safety: Keep Your Pets Safe During Hot Weather" [Warm-Weather-Safety-Flyer.pdf](#)

2. The Humane Society of the United States on "How to Keep Animals Cool When Temperatures Soar" <https://www.humanesociety.org/resources/keep-pets-safe-heat>

3. The American Kennel Club on "How to Recognize Heatstroke in your Dog" <https://www.akc.org/expert-advice/health/heatstroke-in-dogs/>







DON'T DROP THE BALL!
LEARN HOW TO STAY COOL IN EXTREME HEAT.

www.maconcares.org

STAY COOL! STAY HYDRATED! STAY INFORMED!



Stay Cool	Stay Hydrated	Stay Informed
		
<ul style="list-style-type: none"> ●Wear appropriate clothing. ●Stay cool indoors. ●Cut down on exercise during the heat. ●Wear sunscreen. ●Do Not Leave Children in Cars! ●Avoid hot and heavy meals 	<ul style="list-style-type: none"> ●Drink plenty of fluids. ●Consult your doctor if you're on water restrictions due to medications. ●Stay away from very sugary or alcoholic drinks. ●Replace salt and minerals lost from sweating with sports drinks. ●Keep your pets hydrated 	<ul style="list-style-type: none"> ●Check for updates on local news. ●Seek local cooling shelters. ●Know the signs of heat related illnesses. ●Use a Buddy System when working outdoors. ●Monitor those at high risk: Infants and young children, people 65 years of age or older, people who are overweight, people who overexert during work or exercise, and people who are physically ill.
 <p style="font-size: 0.8em; margin: 0;">UTILITIES BOARD OF TUSKEGEE <i>Purpose. Progress. People.</i></p>		

BINGO!
for Wellness!

Date: Tuesday, August 22 **Time:** 10-11AM

Location:
207 North Main Street, Tuskegee, AL 36083

Additional Details:

- Educational Bingo
- Wellness information
- Prizes will be available!

Questions?
Call The Wellness Coalition at (334) 293-6502.



The Wellness Coalition



PROSTATE CANCER AWARENESS

CAR & BIKE SHOW & HEALTH FAIR!

SAVE THE DATE



SATURDAY
SEPT 30TH
2023
9:00AM

SEEKING:
HEALTH VENDORS
HEALTH SCREENINGS
CAR SHOW PARTICIPANTS
FOOD VENDORS
ENTERTAINERS
SPONSORS

FOR MORE INFO CONTACT MACONMEANS@GMAIL.COM,
OR CALL 334 724 7560 OR 334 481 8815

TUSKEGEE SQUARE
DOWNTOWN TUSKEGEE, AL

PLEASE MAKE PLANS TO JOIN US FOR A DAY OF
FOOD, FUN, AND EMPOWERMENT

THIS COULD ALSO BE YOU!

1/4 PAGE \$200!

Our newspaper is a great place to showcase your business! In addition to our printed paper, your ads will be shared on our website, social media, and our growing list of email subscribers.

To place an ad, contact D. J. Manuel at eManuel Business Solutions 205-202-9317 info@emanuelbiz.com

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

A place to build confidence and feel good about breastfeeding your baby.

Become a Baby Café Breastfeeding Counselor

No insurance or appointment needed!

All licensed Baby Cafés are run by a range of approved staff, including IBCLCs, CLCs, CLSs, CLEs, midwives, nurses, WIC Peer Counselors, and other accredited breastfeeding counselors. Be part of something extraordinary!

Visit babycafeusa.org to join the BCBC Mentoring Program and discover more ways to get involved.

Visit a Baby Café!

Free Support for Moms and Families

Breastfeeding moms don't always have the support they need as they navigate the challenges of keeping appointment times, finding insurance, and paying copays.

Baby Cafés are a FREE place for every parent who needs support with breastfeeding services.

The Wellness Coalition
(334) 293-6502 | thewellnesscoalition.org
3060 Mobile Hwy, Montgomery, AL 36108
[TheWellnessCoalition](https://www.facebook.com/TheWellnessCoalition) [WellnessAlabama](https://www.instagram.com/WellnessAlabama)

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

Benefits of Visiting a Baby Café:

1. Baby Cafés are welcoming spaces to learn about breastfeeding your baby.
2. If you have questions, Lactation Consultants are available to support your breastfeeding journey.
3. Baby Café staff are supportive, caring, and will help you build confidence.
4. The well-being of mom and baby is our top priority.

You'll also have the chance to connect with fellow moms, explore your rights regarding breastfeeding or pumping at work, and learn about the field of lactation consulting.

What You Can Expect From Baby Cafés

Reliable Care
All Baby Cafés are required to be licensed by Baby Café USA (BCUSA) through an application process, including staff training. Baby Cafés never sell or market anything to attendees.

Professional Staff
Café staff consists of approved breastfeeding counselors and access to a Board-Certified Lactation Consultant.

Inclusive Support
Baby Cafés offer FREE breastfeeding/ chestfeeding support from pregnancy to weaning. They warmly welcome parents who exclusively pump, working parents, stay-at-home parents, and individuals from diverse cultures and lifestyles.

Community Connection
Baby Cafés encourage social connections among attendees beyond the regular meetings to foster a sense of community and support among parents.

Planning Your First Baby Café Visit

If you're planning your first visit to a FREE Baby Café, use the links below so we can help you reach your breastfeeding goals.

PARENT REGISTRATION FORM:

[BIT.LY/BABYCAFEREISTER \(ENGLISH\)](https://bit.ly/babycafeenglish)
[BIT.LY/BABYCAFEREISTERP \(SPANISH\)](https://bit.ly/babycafeespanish)

BABY CAFÉ ATTENDANCE FORM:

[BIT.LY/BABYCAFESSESSION \(ENGLISH\)](https://bit.ly/babycafeenglish)
[BIT.LY/BABYCAFESSESSIONP \(SPANISH\)](https://bit.ly/babycafeespanish)

Want to learn more?
thewellnesscoalition.org/babycafe

Highlights from the Macon County Community Partners Mobile Testing Clinic held at the Macon County Ministers' Council Food Pantry





BTW HS Participants



Notasulga HS Participants



TU Participants



Carver Festival Community Outreach

Macon County Students Trained as Peer Leaders in Human Papilloma Virus (HPV) Awareness

By Doretha Heard, Macon M.E.A.N.S.

Human Papilloma Virus (HPV) infects 1 in 4 Americans. This virus is spread through intimate body contact and most new infections of HPV are 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. Alabama Department of Public Health reports the HPV vaccination rates for Macon County are disheartening when compared with surrounding counties. Only 20% of children in the 11-15 age range have received the HPV vaccination in Macon County, compared to 40 % in Bullock and 30% in Barbour. The fact that Macon County has low HPV vaccination rates could put our young people in greater risk of developing HPV related cancer in the future.

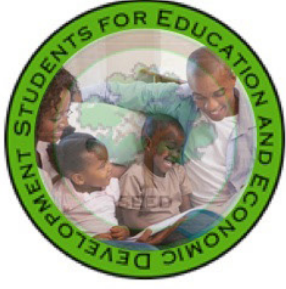
Knowledge is power, and with that in mind, the Check Ya Self (CYS) HPV Awareness Campaign was conceived. The goal of the campaign is to increase awareness of HPV, HPV-related cancers, and the HPV vaccine among young men and women in our community. The campaign trained scholars from both Booker T. Washington and Notasulga High Schools, and students from Tuskegee University to serve as leaders among their Peers to promote HPV knowledge. During the four-week training, the participants engaged in learning activities that empowered them to be leaders among their Peers and promote their knowledge about this common viral infection. The campaign climaxed with the Finale, in which the participants demonstrated their knowledge of HPV, evidencing they are empowered to go out into their communities to share this information. Those students that successfully completed all required activities, earned the title of Peer Leader, and received a substantial monetary stipend are Cheryl Hayden and Camay Reese, BTW HS; Tashailya Terry, Alexia Fountain, Dorian Pollard, Rashad Jackson, Javon Ray, Notasulga HS; and Taylor Black, Laila Hopkins, Angel Lindsey, TU.

The students were overly excited to share their newfound knowledge of HPV and their first community awareness activity was participation in the Carver Festival. MS Tanya Campbell, School Nurse at Notasulga HS volunteered to coordinate the campaign activities for the students at Notasulga HS. Ms. Campbell stated: "the CYS Campaign was an excellent program that cultivated an awareness of HPV and the importance of making healthy choices now. She says the motivation of the five (5) participants at Notasulga HS triggered excitement among the other students to get involved in HPV Awareness.

This is the second year that several organizations have collaborated to implement the Check Ya Self Campaign. They have now trained over 20 Peer Leaders in the community to promote HPV Awareness.

The Collaborative would like to thank all the volunteers, mentors and all who participated in the CYS Campaign activities. Recruitment for 2024 CYS Campaign will start soon. For more information on how to get involved, contact maconmeans@gmail.com. For more information on HPV, related cancers, and vaccines, visit www.cdc.gov/hpv.





COVID is airborne.

COVID is the illness caused by infection, even in mild cases.

It is 1/60th the size of a hair and floats on dust. It is spread mostly through aerosols (breath, coughing, sneezing or speaking) that linger in unventilated indoor air for hours.

Cardiovascular diseases including blood clots, strokes, and heart attacks increase 2-3 times a year following infection.

Vaccines might lower hospitalizations and death, but are insufficient to prevent infection and long-term poor health.

COVID is airborne.

Contact SEED
334-245-9647

THE PROTOCOL

will strengthen YOUR Immune System

Make sure you take meds and supplements (vitamins, herbs, minerals) (at least 1 hour apart)

NEVER take meds and supplements at the same time.

DAILY or Every Other Day
Every Other Day for maintenance after recovery

1000 mg - Vit C

1000 iu - D3

500-1000 mg Vit A

50 mg - Zinc (w/ food)

1000 mg - Magnesium

1000 mg - Garlic

700+ mcg - Echinacea

(2 - 3) doTerra beadlets

(called On Guard over the counter from the drugstore or Amazon or ask a Health Navigator)

SEED INC
Students For Educational
& Economic Development
presents



HEALTH NAVIGATORS

of Macon County

Avoiding COVID: Infection or Reinfection



MACON SAFE CHOIRS

Masks



- Use Special Choir Masks
- Use Good Fitting Masks

Distance

- Space 6 foot to 8 foot apart
- Applies indoors & outdoors

Time



- 30 minute practice indoors
- 60 minute practice outdoors
- Clear Room for Air Exchange

Air Flow

- Outdoors is Best (use CO2 Meter)
- MERV 13 Air Filtration
Minimum Efficiency Reporting Value

Hygiene

- Hand Sanitizing
- Equipment Sanitizing



Why You Shouldn't Work at a Computer Screen All Day Without Taking Breaks To

By James Cooper



In today's digital age, it's more common than ever to work at a computer screen all day long. However, there are a number of health risks associated with doing so without taking breaks.

Here are some of the most common health problems that can occur from working at a computer screen all day without taking breaks:

- Eye strain. This is one of the most common problems associated with computer use. It can cause symptoms such as blurred vision, dry eyes, headaches, and neck pain.
- Neck and shoulder pain. This is another common problem associated with computer use. It can be caused by poor posture, which can lead to muscle strain and pain.
- Carpal tunnel syndrome. This is a condition that affects the nerves in the wrist. It can cause pain, numbness, and tingling in the fingers.
- Headaches. Headaches are a common problem for people who work at computer screens all day. They can be caused by eye

strain, neck and shoulder pain, or stress.

- Depression and anxiety. Long hours spent in front of a computer screen can lead to feelings of isolation and disconnection. This can increase the risk of developing depression and anxiety.

In addition to these physical health problems, working at a computer screen all day without taking breaks can also have a negative impact on your mental health. It can lead to fatigue, decreased productivity, and difficulty concentrating.

So, what can you do to protect your health if you work at a computer screen all day? Here are a few tips:

- Take regular breaks. Get up and move around every 20-30 minutes. This will help to reduce eye strain and prevent other health problems.
- Adjust your posture. Make sure your monitor is at eye level and that your keyboard and mouse are at a comfortable height.
- Take care of your eyes. Blink regularly and use artificial tears to keep your eyes moist. Consider wearing blue light blocking glasses to protect your eyes from eye strain.
- Get enough sleep. When you're well-rested, you're better able to cope with the demands of computer use.
- Take a break from screens. Spend some time each day doing activities that don't involve screens. This will help to reduce your overall screen time and give your eyes and body a break.

By following these tips, you can help to protect your health and well-being if you work at a computer screen all day.



Here are some additional tips for taking screen breaks:

- Get up and move around. This could mean walking around your office, stretching, or doing some light exercises.
- Step outside for some fresh air. This will help to improve your mood and alertness.
- Close your eyes and relax. This will help to reduce eye strain and improve your focus.
- Do something that doesn't involve a screen. This could mean reading a book, listening to music, or spending time with friends and family.

Taking regular screen breaks is an important part of maintaining a healthy work-life balance. By following these tips, you can help to protect your health and well-being while still being productive at work.

Reference: <https://www.cnet.com/health/are-blue-light-blocking-glasses-effective/> - July 20, 2023

Historic News

Macon County Nurses



Major Della H. Rainey

Major Della H. Rainey, was the first African American nurse to enter the Army Nurse Corps. She was promoted to chief nurse and stationed at the Tuskegee Army Airfield Hospital. She was the first African American nurse to be in charge of a U.S. military hospital.



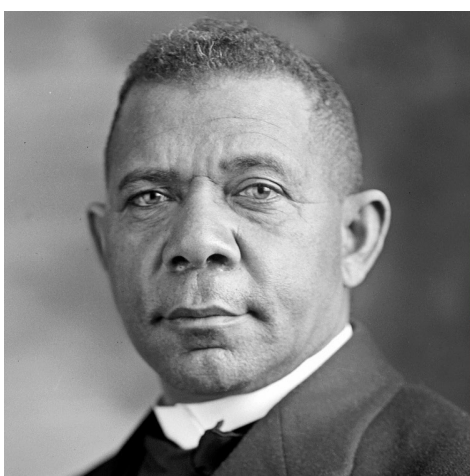
Nurse Frances Davis

Frances Reed Elliott Davis, entered the Freedman's Hospital Training School for Nurses in Washington, D.C. in 1910. The final exams in 1913 were based on race, with the most difficult tests for white students. Davis insisted on taking the exam with the white students and became the first African American to pass the exam. In 1918, her determination helped her to become the first African American in the Red Cross Nursing Service. She also directed the Nurse Training Program at Tuskegee Institute's John A. Andrew Memorial Hospital.



Capt. Naomi Bell

Captain Naomi B. Bell, was the "Sweet Heart" of the Tuskegee Army Flying School. She graduated from the University of Georgia Nursing School and joined the Army Nurses Corps. Nurse Bell was stationed at the Tuskegee Army Air Field Hospital. Later, she became the first African American Nurse in the newly formed U.S. Air Force.



Macon Means

Macon County Food Distributors Round Table



August 2023

Free Food

Distribution Schedule



S	M	T	W	Th	F	S
		1	2	3	4	5
			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		
6	7	8	9	10	11	12
			10:30 Helping Hand Ministry Mt Nebo Bapt 7776 US 29 S Roba, AL Rev. A. Williams			
13	14	15	16	17	18	19
		9 Macon Co Food Pantry 3103 Daly Last H - O Free PCR Covid Test	10:30 Helping Hand Ministry Tuskegee Univ 1210 N Chamblis Tuskegee Inst. Rev. A. Williams	10 Bowen UMC 2107 W Mtg Rd Senior's Food	Children's Food Distr. Brownville, Notasulga, Shorter, Tuskegee Warrior Stand/Cotton V	
20	21	22	23	24	25	26
			10:30 Helping Hand Ministry District 4 Ctr 1200 CR 27 Chehaw, AL Rev. A. Williams			ALL MACON CO DAY
27	28	29	30	31		
	12 Macon Co Food Distributors Zoom Meeting	10:30 Helping Hand Solomon Chapel 4214 W MLK Dr Tuskegee Inst, AL				

For the Latest Food Distributions:
Listen to:
Mr. Sylvester McPherson
at 9:45am daily (100.7)

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



GET COVID-19 INFORMATION AT

WWW.MACONCARES.ORG

MACON CARES

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