

# MACON COUNTY COMMUNITY PARTNERS NEWSPAPER



A MONTHLY PUBLICATION

SEPTEMBER 2023

VOLUME 2

ISSUE 7

*"A Real, Relevant Resource!"*



**FREE**



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Symone French



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festival & art exhibit

Saturday, September 23, 2023  
9:00 AM - 7:00 PM CT



Nature's Garden for Victory and Peace  
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Tuskegee, AL 36083  
[www.ngvp.org](http://www.ngvp.org)



**VA HOSPITAL  
Centennial Concert  
September 29**  
(Details Coming Soon)

## Macon Calendar



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

[www.maconprogress.net/macon-calendar.html](http://www.maconprogress.net/macon-calendar.html)

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

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# The Community extends a Warm Welcome to New Company

by Karin Hopkins



(From left) Trendco President, Tyler Hunter and his father, Trendco, CEO, Darryl Hunter (far right) had productive conversations with Tuskegee University Provost, Dr. Keith Hargrove and Tuskegee Mayor Tony Haygood

Macon County leadership was well represented at a reception for Darryl Hunter, CEO and his son, Tyler Hunter, President, who have expanded their company, Trendco, into Alabama with an operation located at the R.E.A.L. Park in Tuskegee, where hospital grade rubber gloves will be manufactured.

The reception to welcome these new corporate citizens was a joint project involving the Tuskegee Area Chamber of Commerce and the Macon County Economic Development Authority (MCEDA).

The event, which was held at the Chamber headquarters in downtown Tuskegee, attracted about 50 invited guests, including representatives from the City of Tuskegee, Utilities Board of Tuskegee, Tuskegee University, Macon County Schools, Macon County Commission, Macon County Health Care Authority and Veterans Hospital System as well as officials with the Chamber and MCEDA; the co-hosting organizations.

Earlier in the day, Governor Kay Ivey issued a news release announcing the arrival of Trendco, portraying the company’s decision to locate here as a win for the state of Alabama.

That entire day (August 9, 2023) was full of enthusiasm, which prompted Joe Turnham, MCEDA Director to say, “The Trendco team felt tremendous community support and love on the day of their announcement. Thanks to the Chamber and the Tuskegee family for such a great reception.”

Trendco executive, Darryl Hunter was impressed by Macon County’s brand of warmth and hospitality, saying, “It was an outstanding reception with an excellent cross-section of the community represented.” Continuing, he said, “if that was an indication of how Tuskegee is going to support Trendco, we are destined to do really well.”

To find out more about Trendco, visit [www.trendcousa.com](http://www.trendcousa.com).



# The Importance of Wearing a Seatbelt

by James Cooper

The National Highway Traffic Safety Administration (NHTSA) has consistently emphasized the critical role of seatbelt usage in saving lives and reducing injuries on highways. Analyzing the data compiled by the NHTSA underscores the irrefutable importance of wearing seatbelts while driving on highways. This article delves into the compelling statistics that highlight the significance of this simple yet effective safety measure.

## Are Seatbelts Effective?

According to the NHTSA’s data, seatbelts are one of the most effective tools for preventing serious injuries and fatalities in motor vehicle accidents. Wearing a seatbelt reduces the risk of fatal injury to front-seat passengers by around 45% and the risk of moderate to critical injury by about 50%. These figures highlight the stark difference that a simple, routine action can make when it comes to preserving lives.

## Highway Fatalities and Seatbelt Usage

The NHTSA’s data also reveals a clear connection between seatbelt usage and highway fatalities. In accidents where seatbelts were not used, a disproportionate number of fatalities occurred. In fact, in fatal crashes where the occupants were not restrained, the fatality rate is significantly higher compared to crashes where seatbelts were properly worn. This stark contrast emphasizes that wearing a seatbelt can be the difference between life and death in the event of an accident.

## Rollover Accidents and Seatbelt Efficacy

Rollover accidents are among the most deadly types of crashes. The NHTSA data shows that wearing seatbelts during a rollover reduces the risk of being ejected from the vehicle by up to 75%. Ejection from a vehicle substantially increases the likelihood of severe injuries or fatalities. Seatbelts play a crucial role in keeping occupants securely inside the vehicle during such accidents, significantly improving their chances of survival.



## Positive Impact on Children's Safety

Seatbelt usage extends beyond adult passengers. Child restraint systems, including properly installed car seats and booster seats, are essential for protecting children in the event of a crash. The NHTSA data indicates that child restraint systems reduce the risk of fatal injury by 71% for infants and 54% for toddlers in passenger cars. For children aged 4 to 8, booster seats reduce the risk of serious injury by 45% compared to seatbelt use alone.

## Conclusion

The data provided by the National Highway Traffic Safety Administration leaves no room for doubt: wearing seatbelts on highways is an imperative practice that significantly reduces the risk of injuries and fatalities in motor vehicle accidents. The effectiveness of seatbelts in preventing serious harm is irrefutable, and the statistics underscore their vital role in safeguarding lives. As we navigate the roads and highways, let us not underestimate the power of this simple act. By buckling up, we not only protect ourselves but also contribute to the safety of our fellow travelers and loved ones.

Source:  
<https://www.nhtsa.gov/seat-belts/seat-belts-save-lives>  
<https://www.nhtsa.gov/press-releases/click-it-ticket-seat-belts>



# COVID-19 Hospitalizations Are On The Rise & We're Uninformed.

By D. J. Manuel

If you've watched the news lately, you've probably seen reports of a rise in COVID-19 hospitalizations. I know personally, I've had 5 friends in 3 states contract the virus in the last month. In short, the world no longer considers COVID a "pandemic" but COVID is still here and still impacting lives.



## COVID-19

What you need to know about COVID-19.

Since the signal was given for the end of the pandemic phase of COVID-19, the amount of data available has been increasingly limited. For example, here is a statement from the Alabama Department of Public Health website:

"The federally declared public health emergency for COVID-19 will expire on May 11, 2023. For the past three years, the Alabama Department of Public Health (ADPH) has had access to a large amount of COVID-19 data, some of which had been required to be submitted to the federal government. As these requirements transition, COVID-19 will continue to be reportable in Alabama, but some data will no longer be available."

With the end of the federal public health emergency in May, there are no resources for COVID-19 and no longer reporting requirements to receive those funds. This basically means if there is no money to pay for reporting, the state won't report. The danger we face due this is "doing the least" strategy is our community is less informed about the

local COVID-19 threat. Measuring hospitalizations yields much lower numbers compared to the number of confirmed positive cases.

So what's the big deal? I'm glad you asked! First, knowing how many people in our community are infected and carrying the virus can inform public officials who make policy decisions to protect their citizens. Second, when we know the number of people who are infected, it will inform our decisions around mitigation (mask wearing, social distancing, hand washing, etc.). Basically, if we knew there were 500 - 1,000 confirmed cases in Macon County, we would be more vigilant.

In my opinion, being uninformed and therefore less vigilant are factors that have led us to the current uptick in hospitalizations. So what do we do? Take as many steps to safeguard ourselves, families, and friends as possible. Be considerate of others remembering they are not all vaccinated. Don't forget vaccination will not stop a person from contracting or spreading COVID. If we test positive for COVID, be responsible with quarantine and/or isolation so we won't spread it to others.

COVID-19 is currently the featured topic on the homepage of the CDC website (taken from CDC.gov on August 24, 2023).

Can you get COVID multiple times?  
**YES.** This is another reason to stay vigilant against becoming infected.

**Coronavirus Prevention**

Can a face mask protect you from infection?  
A mask is an added layer of protection for everyone. You can spread the virus when you talk or cough, even if you don't know that you have it or if you aren't showing signs of infection.

Cover your nose and mouth in public.  
If you have COVID-19, you can spread it even if you don't feel sick.

**Don't put a mask on anyone who is:**

- Under 2 years old
- Having trouble breathing
- Unconscious or can't remove the mask on their own for other reasons
- Someone with a disability who can't wear a mask or can't safely wear one to the disability

A person who has a job in which wearing a mask would create a risk to co-workers health or safety



***These safety precautions must be in place at all times to reduce the risk of spreading disease. Practicing these basic guidelines will help prevent illness from occurring.***

***The information contained in every SEED pamphlet is written and verified by scholars and researchers, sharing their knowledge in their own words. We don't oversimplify complicated issues, but we do explain and clarify.***

**Nile Hawkins MPH CPH  
Students for Economic & Educational Development, Inc.**



# Overweight Vegans & Vegetarians

by David Henderson



Every month, more and more Americans are going vegan or vegetarian. Personally, I have become a daytime vegetarian, and I only eat meat at dinner. However, the statistics for obesity are still continuing to rise, and obesity itself raises the risk for all major health problems alone. So let’s look at all the ways that vegans and vegetarians are sabotaging themselves everyday instead of losing weight.

**1 - Too many carbs.** Avoiding meat can make many vegetarians turn to high carb foods such as bread, rice, pasta, chips, cookies, and other baked goods, instead of just filling their diet with fruits and vegetables, which would actually help them lose weight. That’s because carbs and especially sweets are the hardest types of calories to burn. That oat bran muffin or oatmeal cookies with 100 carbs per serving are going to take a 2 mile run or a 5 mile walk to burn off if you’re trying to lose weight. The same goes for starchy vegetables like potatoes, and eating more than 2 servings of fruit at one time and not giving your body time to utilize the sugar before eating more is not good either for weight loss. Meanwhile, people who eat low carb with plenty of fruits and vegetables typically lose weight and maintain weight loss astoundingly easier. Basically, the only people who should be eating lots of carbs are people who are on their feet all day long or who do intense workouts everyday, and are also not overweight.



**2 - Too many highly processed ingredients.** If a vegetarian version of something has more chemical ingredients than the natural version, that is not necessarily healthy, especially if it has all kinds of preservatives, as well as artificial colors and artificial ingredients, which slow down your metabolism.

**3 - Too many nuts & not enough protein.** Nuts are a good source of protein for vegans and vegetarians, however they do have twice as much fat as protein. Therefore, two servings of nuts would have about 30 grams of fat in order to get the 15 grams of protein (which is still not enough for the day), so most vegans need to consider using vegan protein powder and vegan protein bars. This is why I’m not vegan, because there’s so much protein available in eggs and dairy, as long as it’s not more than 3 eggs per day & also not traditional cow’s milk. Yogurt and cheese only have a small fraction of the lactose that’s in cow’s milk, meanwhile between those and eggs, I can easily get in over 50 grams of protein a day before I even touch a protein supplement or meat. However, if you do eat dairy and eggs, you also need to eat plenty of fruits and vegetables and exercise regularly, which helps with your digestion and heart health. Now cow’s milk is completely different though. Nobody above age 18 should be drinking cow’s milk unless it is lactose free, even if it is skim, because the high levels of lactose are inflammatory and are linked to numerous health problems and obesity as well. Meanwhile, yogurt, cheese, and eggs are not.

**4 - Entirely too much soy.** Soy is okay in moderation, but it is not something that anyone should be consuming in large quantities other than post menopausal women, and I’ll explain more in another health

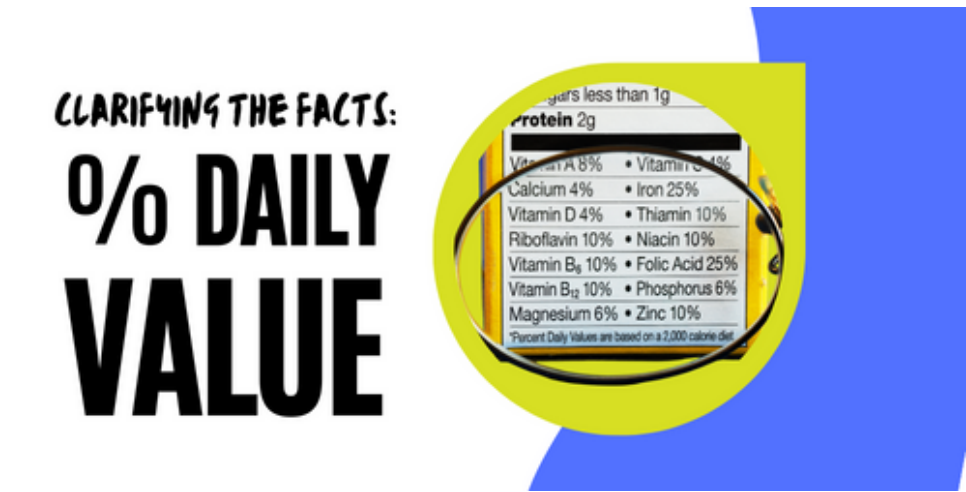
tip. But for men, boys, and young women, too much soy can potentially be a bad thing, so limit it to only one small serving per day of food or beverages made with soy. Well, if you’re vegan or vegetarian, please avoid these pitfalls and strive to eat low carb and eat mostly fruits and vegetables, not too many nuts, and low soy unless you’re an older woman. As always, have a healthy month!

## Clarifying The Fact: % Daily Value

by Nina German Hall PhD, RDN, LD

The % Daily Value (%DV) is the percentage of the Daily Value for each nutrient in a food serving. The Daily Values are reference amounts (expressed in grams, milligrams, or micrograms) of nutrients to consume or not exceed daily.

The %DV shows how much a nutrient in a serving of food contributes to a daily diet and can help you determine if a food serving is high or low in a nutrient.



### General Guide to %DV

- 5% DV or less of a nutrient per serving is considered low
- 20% DV or more of a nutrient per serving is considered high

More often, choose foods that are:

- Higher in %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
- Lower in %DV for Saturated Fat, Sodium, and Added Sugars

Use %DV to compare food products (remember to make sure the serving size is the same) and often choose products that are higher in nutrients you want to get more of and lower in nutrients you want to get less of.

Use %DV to help distinguish one claim from another, such as “light”, “low”, and “reduced”. The %DVs can help you compare food products to see which is higher or lower in a particular nutrient.





WHOLISTIC Health EXPO

SATURDAY

september 16TH

8 AM - 3 PM

\$20 gets you in and pays for two \$15 classes!

Alternative Practitioners/Vendors!

8:00 Opening Ceremony

8:30 Kemetic Yoga w Ivory Kenan

9:45 Art w Jah Jah

11:00 Personal Fitness w David Henderson

12:15 Raw Food Prep - A Taste of Wejuvenation and Healing

2:00 Drum Circle

Art by Jah Jah

Nurse Stacey Changey - Immune System Building

RawSoulicious Sunflowerwell

Reiki by La ...and counting

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CELEBRATION OF SELF-CARE

4

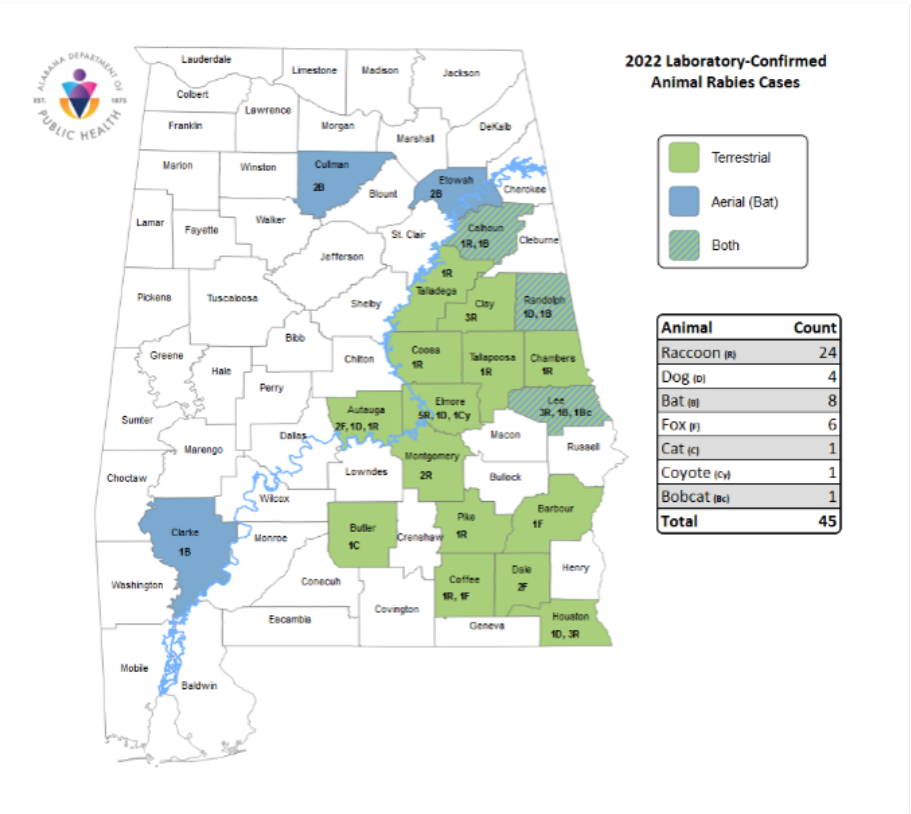


# Rabies May Be Closer Than You Think

by Lauren Gibson, Tuskegee University Graduate Student

When people think of the word “rabid,” it is typically used to describe confused and aggressive behavior. People do not usually think of a person who has the actual disease. Many people may not believe that rabies could be present right in their own backyard, but rabies is a disease that can affect both people and animals, and it occurs even here in the USA. Humans can be infected by the bite of a rabid animal, or through saliva from an infected animal or person. After the initial bite, the virus travels to the brain of the infected individual before symptoms are seen. Human deaths from this disease are extremely rare, but there is more work to be done to protect both animals and humans from exposure or infection becoming fatally affected. The goal of this article is to help communicate the deadly nature of this zoonotic disease (spread between animals and humans), that is on the rise in south-central Alabama.

In the small neighborhood of Willow Creek, the number of positive rabies cases has been higher than usual. Just this year, three rabies-positive raccoons had been discovered in the Willow Creek area – a community near Auburn. This small neighborhood houses numerous companion animals, as well as families with young children. In 2022, the surrounding counties of Lee, Elmore, Montgomery, and Tallapoosa all had positive cases of rabies in various animal species (Fig 1). Just recently, in 2023, a rabies-positive cat was diagnosed in Russell County and another rabies-positive raccoon was found elsewhere in Lee County. As you can see in Figure 1, the counties surrounding Macon County have a high presence of positive rabies cases. The map shows the importance of keeping the spread of rabies in our area at bay.



While working as a veterinary assistant, and now, while perusing a Master of Public Health (MPH) degree at Tuskegee University, I have learned a great deal about the disease and fortunately, I have seen many rabies vaccinations given to animals in the veterinary clinic. The importance of vaccinating companion animals is more dire than ever. It is the pet owners’ duty, by law to keep their animals up to date on rabies vaccination from as young as 12 weeks old. Rabies vaccines can last 1 year or 3 years. If your animal is exposed to an animal suspected or known to have rabies, it is crucial to visit a local veterinarian immediately who will advise you on the care of your animal, as well as provide you with some important information on what you must do to protect yourself. If you suspect that you have come into contact with an animal that is positive for rabies, you are encouraged to visit your family doctor who would take action to protect you from becoming ill from the disease, which can be prevented with a vaccine. For more information on rabies disease, you can visit the Alabama Department of Public Health website.

**DON'T DROP THE BALL!**  
**LEARN HOW TO STAY COOL IN EXTREME HEAT.**  
[www.maconcares.org](http://www.maconcares.org)

**STAY COOL! STAY HYDRATED! STAY INFORMED!**

Stay **Cool**

- 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

Stay **Hydrated**

- 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

Stay **Informed**

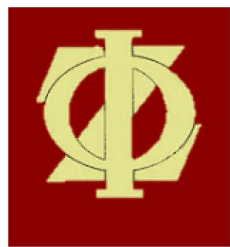
- Check for updates on local news.
- Seek local cooling shelters.
- Know the signs of heat related illnesses.
- Use a Buddy System when working outdoors.
- Monitor those at high risk: Infants and young children, people 65 years of age or older, people who are overweight, people who overexert during work or exercise, and people who are physically ill.



24<sup>th</sup> Annual One Health  
Symposium  
11<sup>th</sup> Annual Phi Zeta  
Research Day



Theme:  
Translation of One Health  
Research to Policy, Practice,  
and Action



Monday, September 18, 2023  
9:00 a.m. – 4:00 p.m. (Symposium)

Tuesday, September 19, 2023  
9:00 a.m. – 4:00 p.m. (Phi Zeta)

Virtual  
and  
In-Person

Patterson Hall  
Auditorium

**REGISTER HERE**

or scan QR code below



Registration Deadline  
8/28/2023  
Call for Abstracts Deadline  
8/21/2023

Must be registered  
to receive lunch

Inquiries E-mail:  
[thughley@tuskegee.edu](mailto:thughley@tuskegee.edu)

Tuskegee University  
College of  
Veterinary Medicine

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AWARENESS**

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& HEALTH FAIR!**

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SEPT 30TH  
**2023**  
9:00AM

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HEALTH SCREENINGS  
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OR CALL 334 724 7560 OR 334 421 8815

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DOWNTOWN TUSKEGEE, AL

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D. J. Manuel at  
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205-202-9317  
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The Tuskegee University Fall sports athletes are shown helping to distribute food alongside the Helping Hands Food Ministry on Wednesday, August 14, 2023, at Greater Saint Mark.





# Relationship Tip: Different Together

by D. J. Manuel

I've been married now for 26 years. My wife and I have some things in common, but not everything. We don't like the same types of movies and TV shows, or have the same hobbies. We spend our personal time doing different things. But the one thing we have in common is our love for each other. So how do we make our differences work? We make an effort to be "different together".

*(The Woman) "Tell me, O you whom I love, Where you feed your flock, Where you make it rest at noon. For why should I be as one who veils herself By the flocks of your companions? (Her Beloved) If you do not know, O fairest among women, Follow in the footsteps of the flock, And feed your little goats Beside the shepherds' tents."* (Song of Solomon 1:7-8 NKJV)

In Song of Solomon 1:7-8 the woman loves her beloved and wants to spend some quality time with her man. So she wants to know where he's going. Her beloved replies by saying, just follow the footsteps of the flock. He's saying "just come find me and when you get here, feed your goats while I tend to my flock. You do your thing and I'll do my thing but we'll be together."



In the ins and outs of day-to-day married life, we aren't always doing the same thing. But it doesn't mean we have to be apart. We can do different things and still be together. This is important because many couples struggle to find quality time in the midst of their busy life-styles. The end result can be devastating over time leaving couples feeling alone and neglected.

Here are a few habits that have worked for us. When my wife is cooking I will sometimes sit in the kitchen and read or write. I'm not doing what she's doing but I'm present and available if she wants to talk. Or sometimes I will go work at a local coffee shop and she will come along and watch movies on her iPad. We're doing different things but we're still together.

So the next time your boo is sitting on the sofa watching a show you're not interested in, go sit with him or her anyway and do something you like instead. Or if your man is going to play golf, go with

him, drive the golf cart, and take a good book to read. When you're different together you're sharing life and blessing one another with your loving presence.

# Much Needed Rain

by Rev. Jacquetta

Whew! Family, it's still hot! But thank God for the rain!

I've heard a lot of complaints about the storms that have come through, not because they're tearing up roads and trees, but because of the inconvenience of the rain. The thunder and lightening can be frightening and dangerous. And the rain was almost horizontal, the winds were blowing so hard.

But can you imagine how dry and barren and difficult this summer would have been without the rain. Farmers would have had a very difficult time, which would have decreased supply of local produce and driven up their prices. The grass would have browned, decreasing the nature food for cattle. And more people would have suffered from heat problems than already did. The rains were a good thing! I want to talk metaphorically for a moment. The same thing happens in our lives sometimes. We all get rain periodically. We even get storms. They may take the form of sickness and pain or accidents. But when those times come, they come with a message. They usually come to tell us something about our behavior or to get our attention. And just as the rain was needed, they are often needful things. "Accidents" get our attention and cause us to be more cautious, to slow down, to watch our step (whether in a car or on foot). Especially, if you felt it coming.

Sickness and pain come to point out something that needs to be fixed—and most sickness is fixable. We usually take medicine to neutralize the fever or dull the pain, but they serve a purpose. A fever comes to let you know a battle is raging and your immune system is fighting off invaders that are attacking you from the inside. So if you can eat or drink something to assist your immune system in the battle—such as citrus fruits, dark berries, dark green leafy vegies, Vitamins C, D and E, echinacea—that would be more beneficial than taking medication simply to bring the fever down, in essence telling your white blood cells, "Stop that and calm down," leaving the invaders to run rampant, though you don't know it because the medicine made you feel better because the fever is gone.

Similarly, pain comes to let us know something is out of balance and needs to be recalibrated to function healthily. For example, in all this heat, you may get a headache. Simply taking aspirin won't fix the problem. It'll stop the pain, but if your head was hurting due to dehydration, the problem still persists until you drink water (not soda or coffee). However, you don't know dehydration is still a problem because you silenced the pain, which came to be a messenger.

So, let's look at "accidents" and pain differently. They serve a purpose, just like the rain.



Rev. Jacquetta (lower case "i" intentional)  
Self-Care Specialist, The Whole-Self Ministries  
[www.thewholeselfministries.com](http://www.thewholeselfministries.com)  
YouTube: <https://www.youtube.com/channel/UCzSsDaHViYvAeFhXqdV6-fQ>  
On air Wednesdays, 4 p.m. CT: [www.InnerLightRadio.com](http://www.InnerLightRadio.com)





## **Danger to Boys!**

Boys 12 to 17 year old are at the Highest Risk of getting Myocarditis (infection of their heart) and Pericarditis (infection of the sac around their heart) by taking the COVID-19 Vaccines or Boosters.

## **COVID-19 VACCINATION DO'S AND DON'TS**



COVID-19 Vaccination Do's and Don'ts

Images may be subject to copyright. Learn More

**DO** ask if the Vaccine will Keep you from Getting COVID-19  
**DO** ask if the Vaccine will Prevent you from Spreading COVID  
**DO** read the Information sheet distributed at the Vaccine Site.  
**DON'T** take the Jab without an allergy check by a physician.  
**DON'T** take an outdated Vaccine. Current viruses will defeat it.

# **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





# Breaking Down The Nutrition Label

by Nina German Hall PhD, RDN, LD



The first (and in my opinion, the most important) section of the Nutrition Facts panel shows the serving size and number of servings.

**Serving Size:** When looking at the Nutrition Facts panel, first look at the number of servings in the package, called servings per container, and the serving size.

- The serving size is the recommended amount of food to be eaten. The amount listed for each nutrient on the label is the amount in ONE serving.
- Make sure to pay attention to the serving size AND the number of servings in the package. For example, if one serving equals 1 cup, and there are two servings per container, eating the entire contents of the container doubles the value of EACH nutrient on the label.

**Calories:** Calories measure the amount of energy obtained from ONE serving of a food.

- Using the above example, assume there are 250 calories in one

serving. If you eat the entire package, then you will consume two servings or 500 calories. So, remember the number of servings you consume determines the number of calories you eat.

- To achieve or maintain a healthy body weight, balance the calories you eat and drink with the number of calories your body uses.
- Your calorie needs vary depending on your age, sex, height, weight, and physical activity level.

**Nutrients:** The next section of the Nutrition Facts panel shows some essential nutrients that impact your health. Use this to guide you in choosing foods with more of the nutrients you want, such as fiber, and less of nutrients to limit, such as saturated fat, sodium, and added sugars.

- Eating too much saturated fat and sodium increases the risk of developing health conditions such as cardiovascular disease and high blood pressure.
- Avoid foods with trans fat. According to the Dietary Guidelines for Americans, there is evidence that diets higher in trans fat are associated with an increased risk of developing cardiovascular disease. As of 2018, most uses of trans fat in the U.S. food supply have been phased out.
- Use the Nutrition Facts panel to support your dietary needs. Americans generally do not get enough of the recommended amount of dietary fiber, vitamin D, calcium, iron, and potassium. Therefore it is recommended to choose foods higher in these nutrients.
- Eating a diet high in dietary fiber can increase the frequency of bowel movements, lower blood glucose, and cholesterol levels, and reduce calorie intake.
- Diets higher in vitamin D, calcium, iron, and potassium can reduce the risk of osteoporosis, anemia, and high blood pressure.

**Total Sugar vs. Added Sugars:** Total sugar includes sugar naturally present in many nutritious foods and beverages, such as lactose in milk and fructose in fruit, as well as any added sugars that may be present in the product.

Added sugar includes sugars that are added during the processing of foods, such as cane sugar, brown sugar, honey, evaporated cane syrup, malt syrup, molasses, high fructose corn syrup, sucrose, and others. Diets high in calories from added sugars can make it difficult to meet daily recommended levels of essential nutrients while staying within calorie limits.

The American Heart Association recommends that women consume no more than 25 grams of added sugar daily, and men should consume no more than 36 grams of added sugar daily.

## Macon Means

### Macon County Food Distributors Round Table

#### September 2023

#### Free Food Distribution Schedule

S	M	T	W	Th	F	S
					1	2
3	4 Labor Day	5	6 10:30 Helping Hand Ministry Free Food Distribution TBA Rev. A. Williams	7 10 Bowen UMC 2107 W Mtg Rd Senior's Food	8	9
10	11	12	13 10:30 Helping Hand Ministry New Mt Pleasant 426 Co. Rd 13 Hardaway, AL Rev. A. Williams	14	15	16
17	18	19 9 Macon Co Food Pantry 3103 Daly Last P - Z Free PCR Covid Test	20 10:30 Helping Hand Ministry Liberty City 5607 Hwy 14 Notasulga, AL Rev. A. Williams	21 10 Bowen UMC 2107 W Mtg Rd Senior's Food	22 Children's Food Distr. Brownville, Notasulga, Shorter, Tuskegee Warrior Stand/Cotton V	23
24 12 Macon Co Food Distributors Zoom Meeting	25	26	27 10:30 Helping Hand Tuskegee VA Hospital Road Tuskegee, AL	28	29	30 CAR SHOW Prostate Fair Tuskegee Sq.

The Macon Food Hotline: (334) 724-2550

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

## Macon Means

### Macon County Food Distributors Round Table

#### October 2023

#### Free Food Distribution Schedule

S	M	T	W	Th	F	S
1 	2	3 	4 10:30 Helping Hand Ministry Chisholm Ctr 3031 Co Rd 69 Little Texas Rev. A. Williams	5 10 Bowen UMC 2107 W Mtg Rd Senior's Food	6	7
8	9	10	11 10:30 Helping Hand Ministry Shady Grove Bapt. 2777 Co Rd 81 Tuskegee, AL Rev. A. Williams	12	13	14
15	16	17 9 Macon Co Food Pantry 3103 Daly Last A - G Free PCR Covid Test	18 10:30 Helping Hand Ministry Tabernacle MBC 1431 Co. Rd 9 Tuskegee, AL Rev. A. Williams	19 10 Bowen UMC 2107 W Mtg Rd Senior's Food	20 Macon Back Pack Program Brownville, Notasulga, Shorter, Tuskegee Warrior Stand/Cotton V	21
22 Tuskegee VAMC 100 Yrs Clergy Service 2pm	23 12 Macon Co Food Distributors Roundtable Zoom Meeting	24	25 10:30 Helping Hand Ministry Prairie Farms Ctr 45 Tysonville Rd Shorter, AL Rev. A. Williams	26	27	28 Old Federal Rd Storytelling Fest Shorter, AL
29	30	31 Healthy Harvest Fest 6 - 8pm				

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**National Negro Business League** - Twelve years before the U.S. Chamber of Commerce was born, Booker T. Washington founded the Negro Business League, August 23 - 24, 1900, in Boston, as an important aspect of his strategy for community building. The League formed 300 chapters that included women and men business owners, as Julius G Groves the “Negro Potato King,” and H.C. Haynes inventor of the Haynes Razor Strap.. Included were professionals, as undertakers and physicians. Meetings hosted the National Negro Banker’s Association, National Negro Retail Merchants’ Association, National Negro Real Estate Dealers, National Negro Finance Corporation, National Negro Bar Association, and the National Negro Press Association.

**Frazier Chevrolet Olds**, was the first African American owned and operated automobile dealership in the southern United States. It’s location in Tuskegee’s Village of Greenwood was first established by Edward W. Frazier, with his white partner, Bernard D. Cohn. He later partnered with Dr. and Mrs. Ellis Hall Sr. The Montgomery Road business had 18 employees and sold General Motors vehicles.





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

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