

Branch # 3025

Alexander-Pulaski Co NAACP

National Association for the Advancement of Colored People

2022 in Review

THIS EDITION

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As we come to the end of the year, we reflect on the many successful endeavors that the Alexander-Pulaski Co Branch has conducted/supported this year. There have been challenges and obstacles as the struggle truly does continue, however, we also must take notice of the bright spots to encourage us in the coming year. The following are the highlights.

January: 28th Dr. Martin Luther King, Jr Commemorative Celebration

February: Youth attend Black History Scholar Bowl in Carbondale

March: Celebration of Herstory, volunteering at the Pilot Garden

April: Volunteering Pilot Garden, Cairo, IL

May: Expungment & Sealing Clinic, Kidney Mobile Clinic, Local HS Senior Scholarship presented

June: Co- Sponsored Juneteenth Celebration, Cairo; co-sponsored Health Fair, Cairo, IL, Sponsored Pilot Garden Open House

July: Branch Representative Lynne Chambers attends National NAACP Convention in New Jersey

August: Voter Registration Drives

September: Illinois State Conference Annual Convention in Cairo/Marion hosted by Alex-Pulaski Co Branch

October: Membership Drive-Mounds and Pulaski, IL; Election Nominating Committee Meets

November: Branch Elections are held, Cosponsored Fall Extravaganza, Cairo, IL

December: Christmas Outreach to Local Families

VISION STATEMENT

The vision of the National Association for the Advancement of Colored People is to ensure a society in which all individuals have equal rights and there is no racial hatred or racial discrimination.

MISSION STATEMENT

The mission of the National Association for the Advancement of Colored People is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination.

As we reflect on 2022, let us look forward to 2023 and the difference we can make in our community when we work together collectively for a purpose.

WOMEN IN THE NAACP WOMAN OF THE MONTH

The Alexander-Pulaski Co Branch recognizes Mrs. Debra Houston as the WIN Woman of the Month for November 2022.

Mrs. Houston is the Project Director and Coordinator of Meridian Community School District 101, 21st Century Community Learning Center for the past eleven years. This is an Illinois State Grant program. This program offers tutoring, homework help, and enrichment to the students in grades kindergarten through twelfth grade in the Meridian School District.

Mrs. Houston began her career at Meridian CUSD 101 as a fifth-grade teacher in 1974. She has taught grades kindergarten through 9th grade and was the WECEP (Work Experience Career Exploration Program) coordinator working with students aged 15-18. Mrs. Houston has been the Assistant Principal for Meridian Elementary/Middle School and her career has also included being the Special Education Director for Meridian School. Mrs. Houston retired from Meridian School District 101 after 35 years of service.

Debra is the daughter of James and Margaret Verbalene (Brown) Newell. The second oldest of eight children, she graduated from Cairo High School and received an Associate of Science Degree from Shawnee College. She is the first to graduate with a Bachelor's degree in her family.

Debra received her Bachelor's Degree in Elementary Education with a Specialty in Special Education, Gifted and Learning Disabled Students, and graduated with Academic Distinction with a Master's Degree in Special Education from Southeast Missouri University in Cape Girardeau, Missouri. She is also certified as a Vocational Cooperative Teacher Coordinator from Western Illinois University in Macomb, Illinois and has obtained her Principal and Superintendent Endorsements at Southern Illinois University in Carbondale, Illinois.

Debra was President of Meridian's Teacher's Union 2 times and was instrumental in helping the district obtain a new teacher's contract.

She is also a member of the Epsilon Lambda Omega Chapter of the Alpha Kappa Alpha Sorority, Inc., in Cairo, Illinois, and have been honored to be the President of the chapter three times. She is currently serving as financial secretary in the Epsilon



**MRS.
DEBRA HOUSTON**

Lambda Omega Chapter of Alpha Kappa Alpha Sorority, Inc.

She is a member of PDAG (Professional Development Advisory Group) for the state of Illinois, 21st Century program state committee.

Debra enjoys reading, shopping, gardening, and traveling. She loves working with children and young people, which is why she always wanted to be a teacher. Working in the education field has always been important to her.

Mrs. Houston is married to Robert Houston Sr., and they live in Unity/Hodges Park, Illinois.

They have 3 children, Janice, Kanci, and Robert Houston, Jr. and have 8 grandchildren, and 2 great-grandchildren.

Congratulations to Mrs. Houston for this recognition and her many contributions to education in our community.

SPEAKER: LT GOV JULIANA STRATTON



2023
**ALEXANDER-PULASKI COUNTY
BRANCH NAACP
PRESENTS THE ANNUAL
DR. MARTIN LUTHER KING, JR.
BREAKFAST
MONDAY, JANUARY 16 @ 9AM**

"THE STRUGGLE CONTINUES", JOIN THE FIGHT!

Alexander-Pulaski County NAACP

P. O. Box 54

Cairo, IL 62914

Email:

alex.pul.illinois.naacp@gmail.com

Website:

apcountynaacp.org

SPONSORSHIP LEVELS

GOLD: \$501—\$1000

SILVER: \$251—\$500

BRONZE: \$50—\$250

NAACP



**ALEXANDER / PULASKI
Counties**

ADMISSION: \$20 PER PERSON — PAY AT THE DOOR



**ST. JOHN PRAISE & WORSHIP CENTER
371 N. CHESTNUT STREET
PULASKI, IL 62976
APOSTLE LARRY T. BARNETT, SR., PASTOR**



WELCOME

Alexander-Pulaski County Branch of NAACP
presents ANNUAL
REV MARTIN LUTHER KING JR



St. John Praise & Worship Center

Pulaski, IL

“The Struggle Continues”

Join the Fight!

MONDAY, JANUARY 16, 2023

9 AM

SPONSORSHIP LEVELS

GOLD	\$ 501- \$1000
SILVER	\$ 251-\$500
BRONZE	\$ 50- \$250

Name of Business _____

Sponsorship amount purchased \$ _____

Solicitor's Name _____

CUT ON ABOVE LINE (for purchasers use only)

Name _____

Purchased amount \$ _____

Date _____ Solicitors Name _____

**Has Purchased a Sponsorship advertisement from Alex/Pulaski Counties
NAACP MLK Celebration**

Branch Activities

Alexander-Pulaski Co NAACP Branch recently held Officer and Executive Board elections. Members cast their votes via Election Buddy as coordinated by the National organization. The Branch leadership for 2023 includes:

President: Tyrone Coleman

Secretary: Sarita Sawyer

Treasurer: Gloria Hayes

Executive Committee:

Lynne Chambers

Heather Green

Janice Russell

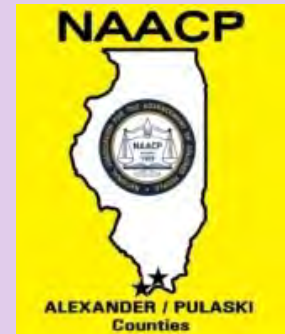
Anganetta Terry

Christy Davis

Artie McBride

Joan Floyd

Joann Pink



Santa Claus and Mrs. Clause recently visited Cairo for the Christmas Light Parade. They stayed after for Hot Chocolate and met the kids to hear their Christmas Wish List.

Start the
New Year
with an
Active
Membership

**RENEW
TODAY!!**

Mark your
Calendar

MLK
Breakfast

Mon. Jan 16





Branch Secretary and Univ of IL Extension employee Sarita Sawyer recently met with Lt Gov Juliana Stratton in Chicago on food insecurity in Illinois and efforts to address these challenges in our local area. The University of Illinois Extension is working hard to obtain resources that will be effective and sustainable including the Pilot Garden and the Rise Community Market.



The Alexander-Pulaski Co Branch selected 20+ local families to share some Christmas care and cheer. Pictured above and to the right are 2 of the recipients.



***MASKS AND HAND SANITIZER ARE AVAILABLE AT
NO CHARGE
COURTESY OF THE NAACP
CONTACT PRES COLEMAN (Limited quantities)***

**RESUMING...
REGULAR SCHEDULED
ALEXANDER-PULASKI
BRANCH MEETINGS
VIA ZOOM (CURRENTLY)**

**4th Thursday of the Month
At 6:00 pm**

(Search Email for Zoom link and information
from
Branch Secretary Sarita Sawyer)

**THIS &
THAT**

Welcome to the 2022 NAACP newsletter, it is best viewed via email. In the age of COVID, we have paused in person meetings. We need a medium to relay information and upcoming events so that everyone is aware and has the opportunity to participate or contribute. This newsletter is intended for members of the NAACP and others with similar efforts to support equality. Please submit relevant information, upcoming events, and Branch activities by email to Heather Green at hamurphy_13@aol.com or text 618-306-0578.

OFFICE NUMBER 618-734-9188

Membership

Support your local branch of the NAACP with your membership!

Memberships are \$30 annually, expire in 1 year and need renewed.

Have you checked your membership date? **RENEW!!** Contact Sarita Sawyer 618-306-2324 for more information on when your membership needs renewing.

PAINT DAY

and more

1PM



Rise
Community
Market®

WE ARE IN NEED OF
MEMBERS AND VOLUNTEERS
TO PAINT AND HELP
WITH OTHER ITEMS.

DEC. 28TH
VOLUNTEERS NEEDED

TO ASSIST CALL **618-967-2981** OR **618-759-0402**



Rise Community Market[®]

Quick Facts

HISTORY

The City of Cairo lost its last grocery store in December of 2015 after serving the community for over 70 years. This left residents with no retail option for fresh food-making it a food desert. Two-thirds of the town's population travels over 30 minutes to shop for groceries at least once a month. In the spring of 2022, a group of citizens from diverse backgrounds came together to form a steering committee in an effort to create a community co-operative store. With consultation and support from University of Illinois Extension and the Illinois Institute for Rural Affairs at Western Illinois University, the group developed by-laws, policies, filed Articles of Incorporation and sought grants to launch the Rise Community Market Co-op. The Co-op is now selling memberships and shares of preferred stock to raise the remaining capital to renovate the former Subway location at 3010 Sycamore street in Cairo.

WHAT IS A CO-OP?

Unlike a traditional grocery store, Rise Community Market is a co-operative which means it is a business that is owned by the members of the community it serves. Co-operatives are independent associations of volunteer individuals working to meet common economic needs through a jointly-owned and democratically controlled enterprise. Individual citizens buy memberships which makes them an owner with a voice and a vote. In this way, customers are not just shoppers. Members have a say in how the store works. Members meet at least once a year to make major decisions about the store and to elect a Board of Directors. The Board meets often and works closely with the General Manager to monitor store operations and respond to needs. The Board hires and supervises the General Manager of the store.

MEMBERSHIP

Membership to Rise Community Market costs **\$50 annually**. Each member has one vote at meetings of members. Members vote on major operational facets of the store including selecting the Board of Directors, making changes to by-laws and influencing major decisions about the store's future. Membership also entitles shoppers to "patronage benefits" which includes deals and discounts based on the amount of goods and services purchased at the Co-op.

EMPLOYMENT

A few weeks before opening, the Co-op Board will hire a full-time General Manager to oversee the store operations. This position will require supervisory experience in retail operations and familiarity with inventory, personnel management, profit centers and basic marketing. The General manager will also hire a variety of part-time and full-time positions to operate the store and the deli/bakery.

TIMELINE

The Steering Committee is working toward a Grand Opening date this fall or winter. That depends upon a lot of factors including store renovations, supply chain issues, ability to hire personnel, sufficient membership and stock sales, formation of the Board of Directors as well as other business considerations. So far, we are on schedule with the major tasks of opening the store.



Rise
Community
Market

3010 Sycamore St. Cairo, IL
A Community -Owned Grocery Co-operative

Membership Application

Please Print:

First Name: _____ Last Name: _____ M.I. _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ Birth date: ____/____/____

Home Phone: _____ Cell Phone: _____ Email: _____

The Annual Membership fee is \$50

The following notice is required by the Internal Revenue Code. It does NOT change the fact that the Co-op distributes patronage refunds by issuing checks to its members.

Please be advised that by becoming a member of the Cooperative, you are consenting, pursuant to the Internal Revenue Code, to the following:

THAT THE AMOUNT OF ANY DISTRIBUTIONS TO YOU FROM THE COOPERATIVE WITH RESPECT TO YOUR PATRONAGE OCCURRING AFTER RECEIVING THIS NOTICE WILL BE TAKEN INTO ACCOUNT BY YOU AT THEIR STATED DOLLAR AMOUNTS IN THE MANNER PROVIDED IN 36 USC 5 1385 (A) IN THE TAXABLE YEAR IN WHICH SUCH WRITTEN NOTICES OF ALLOCATION ARE RECEIVED BY YOU.

PLEASE NOTE that as a matter of practice the Cooperative does not distribute Written Notices of Allocation to you to indicate your allocation of a "stated dollar amount" and patronage refund. Instead we issue checks, vouchers or in store credit which constitute your actual patronage refund.

However, should we ever distribute Written Notices of Allocation intentionally, or inadvertently as may be determined by the IRS, the above notice and your consent will allow the Cooperative and you to treat the Written Notice of Allocation for tax purposes in the same manner as we each currently treat the checks distributed as patronage refunds, subject (as always) to a change in the law.

Signature: _____ Date: _____

MEMBER SERVICES USE ONLY

Member # _____

Amount Paid: _____ Cash Check No. _____

Check here if individual is interested in gifting an annual membership (separate application needed for gift recipient).



The Pilot Garden: Cairo's Food Donation Garden

13h • 🌐

We've added up the total amount of produce grown and donated this year - 1230 pounds! We nearly doubled our donation amount from last year. Thank you to ALL our volunteers, as this garden would not be possible without the hard work and dedication of many in this community. We look forward to next season!



Illinois Extension



1230 lbs

**grown and donated
from The Pilot
Garden in 2022**



SET UP

SHAWNEE COMMUNITY COLLEGE L-ATRIUM

February 20, 2023 from Noon - 8:00 p.m.

February 21, 2023 from 9:00 a.m. - 2:00 p.m.

4-H CAN CONSTRUCTION



CANNED FOOD DRIVE

PUBLIC VIEWING

FEBRUARY 21, 2:00-7:00 PM

AWARDS IMMEDIATELY FOLLOWING THE PUBLIC VIEWING AT THE SHAWNEE CC EDUCATIONAL CENTER/AUDITORIUM



University of Illinois Extension Sponsors Annual 4-H Can Construction To Collect Canned Goods

CONTEST RULES

- Open to any 4-H clubs, FFA or community organizations.
- All original canned food labels must be left on can/box.
- Construction paper labels may be placed over original labels, if needed.
- Exhibit should fit in a 10ft. by 10ft. space, with a 6ft. height restriction
- An organization may partner with another community organization for funding.
- Any non-perishable food item is eligible.
- All items will be donated to local food pantries!**



FOOD WILL BE PACKAGED FOR THE FOOD PANTRIES, FOLLOWING THE AWARDS

AWARDS 1ST, 2ND, & 3RD

MOST CANS COLLECTED

PEOPLE'S CHOICE

Illinois Extension



Client Choice Food Pantry

A PROGRAM OF  arrowleaf[®]
Growth. Community. Transformation.



Tex-Mex

DECEMBER FOOD DRIVE

DROP OFF
Monday - Friday, 8:30 am - 4:00 pm

OUR LOCATIONS

- 1401 Washington Ave in Cairo
- 101 Oliver Street in Vienna
- 125 North Market Street in Golconda

Unable to drop off? No worries, call Marsha or TJay at 618.658.3079 to arrange a pick-up

MENU REQUEST

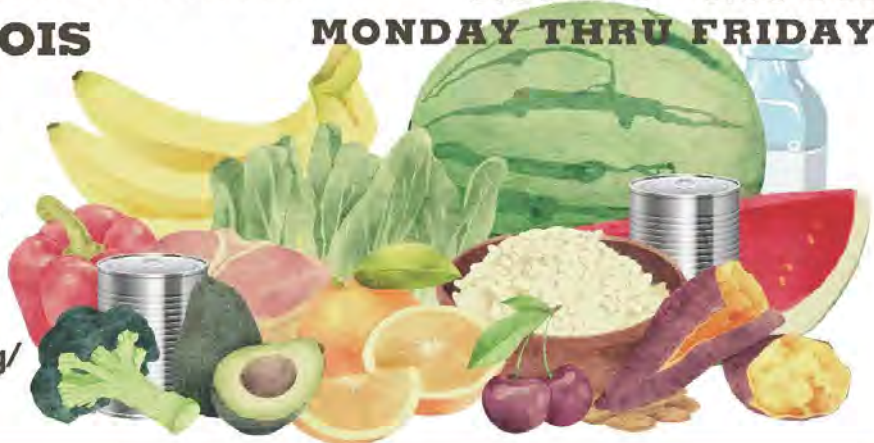
- FAJITA SEASONING
- NACHO CHIPS
- COOKING OIL
- CANNED TOMATOES
- REFRIED BEANS
- FLOUR TORTILLAS
- SALT & PEPPER

Supporting the Client Choice Food Pantry
A PROGRAM OF  arrowleaf[®]

**1401 WASHINGTON AVE
CAIRO, ILLINOIS**

**8:30 AM - 4:30 PM
MONDAY THRU FRIDAY**

On-site food donations are accepted.
Monetary donations can be made online with credit card -
<https://myarrowleaf.org/donation-form/>





arrowleaf[®]

Growth. Community. Transformation.

Connell F. Smith Building Displacement Assistance

Our trained counselors, case managers, and community advocates are here to help displaced residents of the Connell F. Smith Building (managed by the Alexander County Housing Authority) in Cairo, Illinois.

We're here to help! 1401 Washington Ave
Cairo, IL 62995
618.734.2665

Here are few examples of what we can help with
at no cost:

- Emotional support and referral to behavioral health resources
- Phone calls to housing resources to help communicate your needs
- Assist you in filling out applications and identifying resources to meet your basic needs
- Arrange for linkage and referral to community resources such as human services, transportation, moving services, primary health, and medical specialists
- Access to limited household supplies and food

Questions? Contact:

Ali Henriksen - Crisis Director

618.967.9948 - ali.henriksen@myarrowleaf.org

24/7 Crisis Hotline - 618.658.2611

visit our website
to learn more
about our
resources &
opportunities





Child Care can be **Costly!**



We can help you pay for it!

The Illinois Child Care Assistance Program (CCAP) makes it possible for families and guardians who qualify to receive financial help. The program pays for child care costs so you can work, attend training or school.

Families have the power to choose the child care option that works best for them:

Child Care Center

Care provided in a group setting.

Family Child Care Home

Care offered in the home of a licensed provider or family, friend or neighbors home.

In-Home Child Care

Care provided in the home of the child by a family, friend or neighbor.

Use this chart to see if your family might be eligible.

Family Size	Maximum Monthly Income (Gross before taxes)
2	\$3,433
3	\$4,318
4	\$5,203
5	\$6,088
6	\$6,973
7	\$7,858
8	\$8,743
9	\$9,628
10	\$10,421

Income guidelines as of July 1, 2022.

Contact us today to see if you qualify or to start an application!

877-20-CHILD • www.dhs.state.il.us **Child Care Assistance Program**



CommunityHealth
& EMERGENCY SERVICES

Appointments Available In:

Carbondale
Cairo
Tamms



Haley Inman
PA-C



Natasha Shafer
APN

Call to Schedule:
1-877-MY-CHESI
(692-4374)

Olive Branch, IL
Alexander Co.

KAUFMAN FOODS
FOODTOWN
GROCERY • DELI • PRODUCE • HOT FOOD
FRESH CUT MEAT MARKET
618-776-5935
OPEN 7 DAYS A WEEK



New Hope Campaign

FREE KIDS COATS & SHOES

(WHILE SUPPLIES LAST)

Purchased with monetary donations through the
WIBH New Coats, New Hope Campaign and the
Warm Soles, New Hope Campaign



NO PAPERWORK OR
PROOF OF INCOME
REQUIRED



ITEMS ARE AVAILABLE IN SELECT SIZES WHILE SUPPLIES
LAST AT THESE LOCATIONS. CALL FOR PICK-UP

Arrowleaf: 618-658-3079

Children's Medical & Mental Health Resource Network: 618-833-6488

Southern 7 Head Start: 618-634-2297



For more information visit
www.operationwarm.org/wibh





Do you have vision loss due to glaucoma, diabetic retinopathy, macular degeneration or another type of eye condition?

Let us help you!

The OIB program offers:

Talking devices – alarm clocks, scales, timers, blood pressure monitors and glucometers

Safety Tips and tools for around the house and out in the community

Help in finding transportation resources

Techniques on how to continue enjoying your hobbies or learning new ones

A monthly peer support group

If interested, contact

Lisa Reiss at (618) 457-3318

Comptroller Mendoza Visits Local Area

Illinois State Comptroller Susana Mendoza recently visited Southern Illinois and stopped at Rogan's Country Pharmacy in Pulaski, IL. Comp Mendoza came specifically to receive feedback and input on fiscal programs that her office has helped to facilitate. One program that was appropriated funds was the Critical Access Pharmacy (CAP) program. This program helped to offset recent changes in the Illinois Medicaid system that negatively affected Illinois independent pharmacies.

Rogan's Country Pharmacy located in Pulaski, IL is a minority and veteran owned independent pharmacy. Rogan's Pharmacy serves the entire Far Southern Illinois area that has been designated as a Medically Underserved Area which includes a significant population covered by Illinois Medicaid services. With the implementation of the Managed Care Initiative in this area in 2019, the care for Medicaid recipients was transferred to individual insurance companies, and this brought many challenges to recipients as well as providers.

Many independent pharmacies and pro-



viders have been forced to close their doors as a result of the reimbursement rates that were unreasonably reduced with this transition. The CAPS program helped to offset a portion of that financial loss for the business and helped save many pharmacies throughout the state from being forced to close. While this program has been a business saver to this point, it is not dealing with the underlying causation of the problem itself, the regulation and oversight of the Managed Care Initiatives contracted through Health & Family Services. Comptroller Mendoza is also vocal on the effectiveness of the MCOs to provide for the basic healthcare needs of those covered under the IL Medicaid system. She intends to push further to make sure that all parts of the healthcare system, patients and providers are provided with the adequate and appropriate resources that are needed to live, care and work in Illinois.



BUSINESS RESOURCES



**Southern Five Regional Planning District
and Development Commission**

9h · 🌐

Are you looking to start a small business? Already have a small business but are looking to make upgrades? Southern Five RPC can help! Southern Five RPC offers small business loans of up to \$150,000 to those in our southern five counties. With interest rates as low as 4.5%, our loans are a great option! If you are interested, please call us at (618)845-9000 or email btaylor@southernfive.org.

SOUTHERN FIVE RPC IS AN EQUAL OPPORTUNITY PROVIDER. Our loans are available to those in the five counties we serve of Union, Johnson, Massac, Pulaski, and Alexander.

CMB
Coalition for Minority Business



The Coalition for Minority Business is currently holding monthly Zoom meetings to engage local entrepreneurs and business owners as we learn, network, and support each other. Local business owners are featured to share their stories and experiences. Contact Lynne Chambers to be added to the Zoom Meeting E-Mail Notification List. Sponsored By:



Small
Business
LOANS

*Helping you
power your
small business*



Contact Southern Five by phone: (618) 845-9000
or email: btaylor@southernfive.org

The Harold S. Jones Fine Arts Center
PRESENTS
A MEMORIAL DAY WEEKEND



ARTS & CRAFT FAIR

Friday, May 26th • Noon - Until
Saturday, May 27th • Noon - Until

• Buy • Artwork • Crafts • Food
• Sell • Apparel • Jewelry
• Entertainment • Fireworks

For FREE vendor sign up, please visit
www.hsjfineartscenter.com or call (618) 306-5785.
Location: 815 Commercial Ave - Cairo, IL 62914

Harold S. Jones Fine Arts Center Upcoming Events

The Harold S Jones Fine Arts Center will provide public housing transition assistance for those individuals that will be displaced by the closing of the Connell Smith apartment complex. Those Families in need of furniture and household items for the move can contact 618-306-5785.

In November, the Harold S. Jones Fine Arts Center will start a Student of the Month program for high school students from the Cairo, Meridian, and Egyptian school districts. A cash prize up to \$100 and a certificate of achievement will be awarded to the winners selected by their school staff on a



The Computer Lab at the Harold S Jones Fine Arts Center is now available for use. Please call 618-306-5785 for times and information.



Justice for JR—Justice Rallied

held a March on Washington Ave in Cairo to bring attention and advocate for Cleodious Schoffner, JR who has been incarcerated for 25 years for a crime committed in Alexander Co. Cleodious was convicted based upon Laws of Accountability and was sentenced to Life Without Parole as a 20 year old young man. Cleodious' sentence is a result of mandatory sentencing and outdated criteria for accountability and sentencing guidelines. Cleodious' case has many twists, turns and ethical concerns. Cleodious was not involved and has been supported by the surviving victim's family after years of silence. Witnesses have come forward to admit perjury, and conflict of interests in courthouse staff during the jury selection process. All of this information has been presented to the First Circuit Court and is currently under review. However, it is time to Rally Justice on behalf of an innocent man. It is time to Rally Justice to focus enough attention on this case to have it overturned. It is time to Rally Justice so that Cleodious Schoffner is not forgotten behind those bars.

An innocent man has served 25 years...with a lifetime to go. It is time.

To view previous Prayer Rallies and the March on Washington Ave, please search Justice for JR on Facebook and on the Web. For further information or to find out how you can support the Justice for JR movement, please contact Heather Green at 618-306-0578.

OVERCOME INJUSTICE — JUSTICE FOR JR



Highway Construction Careers Training Program



The Highway Construction Careers Training Program at Shawnee Community College celebrated the completion of the first class in this new program to SCC. This partnership is with John A. Logan College and the Illinois Department of Transportation. Seven students went through 12 weeks of training, which included work on projects at Cairo City Hall, the park in Mounds, the Rise Market, and a pavilion at the bus stop in Mound City. The supervisors, participants and program directors were excited and pleased at the success of the introductory class.

The next class will begin in Spring 2023. If you are interested in this career training program contact SCC. Pictured below is this year's graduating class.





Wellness on Wheels

Health Screening Events



**COMING IN
DECEMBER 2022**

December 7	Goreville City Hall	9:00 AM—11:30 AM
December 7	Dollar General Store, Vienna	1:00 PM—4:00 PM
December 14	Shawnee Comm. College Cairo Extension	9:00 AM—3:00 PM
December 28	Super Suds II, Metropolis	9:00 AM—11:30 AM
December 28	Harrah's Casino, Metropolis	1:00 PM—3:30 PM

FREE SERVICES AVAILABLE	CHARGED SERVICES AVAILABLE
<ul style="list-style-type: none"> • NARCAN Training • Home Colon Cancer Test (FIT) • Blood Pressure Screening • Medication Disposal Packet 	<p>***Bring your Health Insurance Card***</p> <ul style="list-style-type: none"> • Blood Lead, Hemoglobin and Cholesterol Screenings • STD Tests (Chlamydia, Gonorrhea, and Syphilis) • HIV, Pregnancy and TB Skin Tests • Well Water Test • Flu Shots • COVID-19 Vaccine & Booster (Bring your COVID Vaccine Record)

No Appointment Needed. Walk-ins welcome!

For more information and future
S7HD Wellness on Wheels events contact
Shawna Rhine at Southern 7 Health Department

618-634-2297 ex. 9161.

Or visit S7HD on Facebook,



Southern Seven Health Department
Southern 7 App.



Presented in
partnership with



Screening for Colon Cancer is easy. Living with it isn't.

**Request your FREE, at-home test kit from
Southern 7 Health Department TODAY!**



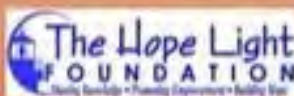
- NO Prep***
- NO Dietary Restrictions***
- NO Prescription***
- NO Doctor Referral***

For Anyone over age 45

FIT (Fecal Immunochemical Test) is 97% effective at detecting blood in the stool, which could be a sign of pre-cancerous polyps or colorectal cancer.



**Call Southern 7 Health Department at 618-634-2297
or visit www.southern7.org**



COVID INFORMATION AND RESOURCES

Relaunch of Free At-Home Test Program - Biden Administration

- The relaunch of the free at-home test program is part of the Biden administration's preparedness plan for Covid this winter.
- Every U.S. household is eligible to order 4 free at-home COVID-19 tests.
- To order your tests, please visit www.covid.gov/tests
- Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).



www.covidtests.gov

CURRENT CDC COVID19 RECOMMENDATIONS

IF YOU TEST POSITIVE:

STAY HOME X5 DAYS, AFTER FIVE DAYS AND NO SYMPTOMS MASK X5 DAYS

IF YOU ARE EXPOSED:

BOOSTED, VACCINATED X2 WITH MODERNA OR PFIZER, OR J&J WITHIN 2 MONTHS-MASK X10 DAYS, TEST ON DAY 5 IF POSSIBLE

NOT VACCINATED, WAS VACCINATED WITH MODERNA OR PFIZER MORE THAN 6 MONTHS AGO WITH NO BOOSTER, J&J OVER 2 MONTHS AGO OR NOT VACCINATED-STAY HOME X5 DAYS AND WEAR A MASK FOR ADDITIONAL FIVE DAYS, IF NOT POSSIBLE TO QUARANTINE, MASK X10 DAYS, TEST ON DAY 5 IF POSSIBLE.

Wear your Mask.

Wash your Hands.

Watch your Distance.

HAS IT BEEN **5 MONTHS**
SINCE YOUR LAST COVID
SHOT???

GET YOUR BOOSTER!!!

EDUCATION, TRAINING & JOB OPPORTUNITIES

[Shawnee Community College](#)

A new program at Shawnee Community College is underway. The Highway Careers Construction Training Program officially started in September. The next session is expected to start in February 2023. You can apply on our website. <https://shawneecc.edu/community-services/cced/hcctp> #chooseSCC



Rise Community Market · Follow
3d · 🌐

We are now accepting applications for STORE MANAGER. The position will start in early January, 2023 as we prepare to open the Rise Community Market. The job description and application can also be picked up at City Hall, Shawnee College Extension Center and Cairo Public Library. Download the application packet here: <https://drive.google.com/file/d/1K4ohE1Bgyn2AmwqZQoHBFITZ-c6NUcXU/view?usp=sharing>

Return to application along with resume to: Rise Community Market, PO Box 867, Cairo, IL 62914 or email to: risecommunitymarket@gmail.com

Rise Community Market

WE ARE HIRING

STORE MANAGER
Now accepting applications

Download the Application
Return to risecommunitymarket@gmail.com
or mail to Rise Community Market, PO Box 867, Cairo, IL 62914

NOW HIRING

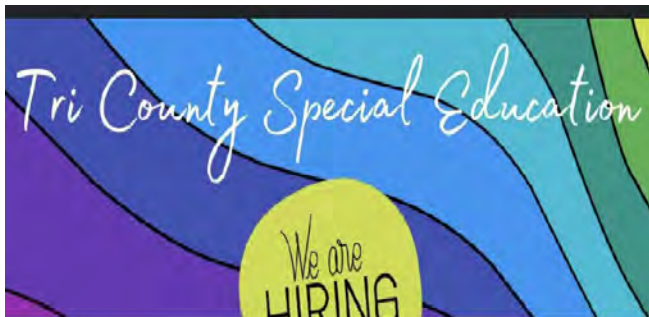
Executive Director of The Saints Foundation
Executive Director of Human Resources
Education Technology Coordinator
Nursing Simulation Coordinator & Tutor
Administrative Assistant to the Dean of CTE
Welding Instructor

Apply Online
shawneecc.edu/jobs

APPLY TODAY!!!

EDUCATION, TRAINING & JOB OPPORTUNITIES

The Alexander Co Assessor’s Office has an immediate part time position open for anyone interested. This is approximately 4 days per week between 8am-4pm Monday and Friday. Days off will fluctuate. Position to include data entry, customer service and basic clerical skills. Please send resume to : Alexander County Assessor 2000 Washington Ave, Cairo, IL



*Paraprofessional
Health Care Aides*

18 + years of age to apply
High School Diploma or equivalent required

Pay starting at \$14 per hour
Flexible scheduling for those seeking part-time employment
Paid group health insurance for full time employees
IMRF retirement

Tuition reimbursement for those with an associate degree,
pursuing a degree in education.

Open Interviews

JAN 5, 2023 9 AM - 5:30 PM	CENTRAL ADMINISTRATIVE OFFICES	1335 N. Cedar Court Carbondale, IL
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Apply now on www.tcse.us
CLICK ON EMPLOYMENT OPPORTUNITIES TO BEGIN



2023 NEW YEAR NEW CAREER

**WE'RE BRINGING BACK 3RD SHIFT
FOR IMPROVED WORK-LIFE BALANCE!**

HIRING FOR ALL POSITIONS!



Please park in the gravel lot between the buildings. Enter Aisin Manufacturing (the middle building) through the reception entrance, in front of the circle drive. Bring your resume and be ready to interview for an amazing career!

WHEN:

SAT. JAN. 7
9:00am - 2:00 pm

WHERE:

1100 REDCO DR.
MARION, IL



Community Prayer List

Terrance Adkinson
Sec Dr Carla Campbell-Jackson
Rus Clark
Velma Clark
KaMya Gary
Pres Teresa Haley
Kenneth Hamilton
Joan Holley
Daphne Hollis
Hunter Johnson
Erma (Percy) Jones
Lisa Jones
Ronnie Mack
Charlotte Mallory
Edwina Pige
Nathaniel Pige
Debra (Ben) Redman
Carl Riley
Cleodious Schoffner, Jr.
Ron Swope & Family
LaVerna Thomas
Regina Topp
Joyce Wade
Kimberly Walker– Killion
Benetta Walls
Eula Woods



Family of David Baldwin
Family of Jeffery Childs
Family of Jacob Gary
Family of Virginia Hollis
Family of Marene Jackson
Family of Ricky Johnson
Family of Terrell Johnson
Family of Estella Jones
Family of Kai'slyana Mason
Family of Loretta Woodson

Continue to Lift Up

Families of those who have lost their lives due to the COVID-19 Pandemic

Those suffering loss and reflecting on loved ones not present during this holiday season.

Our Healthcare Workers and Staff

Men & Women of the US Military

State of Illinois Elected Officials
& National Leaders

Contact Info

Alexander-Pulaski Co NAACP
PO Box 54, Cairo, IL 62914
EMAIL: alex.pul.illinois.naacp@gmail.com
WEBSITE: apcountynaacp.org



**Pay your Membership or make Donations via PAY PAL
ALEXANDER-PULASKI NAACP BRANCH**

Let US March on... 'Til Victory... is Won

~LOCAL BRANCH LEADERSHIP~

President Tyrone Coleman
Vice President Craig Ballard
Secretary Sarita Sawyer
Treasurer Gloria Hayes

COMMITTEE CHAIRPERSONS

ACT-SO – Christy Davis
Economic Development-
Artie McBride
Health-Heather Green
Housing-JoAnn Pink
Labor/Industry-Monte Russell
Legal Redress-Lynne Chambers
Membership-Anne Terry
Publicity-Carolyn Dumas
WIN (Women in the NAACP)
Sheila Nelson

NAACP MEMBERSHIP CAMPAIGN

The NAACP is launching the **ALL IN Local Membership Campaign**. We are growing our base, we are all in. Are You?

ALL IN...for Justice

ALL IN...for Equality

ALL IN...for Civil Rights

If you want to join the local branch in promoting and supporting the local chapter in their efforts to improve the lives of people of color, join **NOW!**

Contact President Tyrone Coleman at 270-366-2014. Send check or money order to PO Box 54,

Cairo, IL. 62914 Indicate new or renewed member, name, address, and contact information.

Sponsorships available to people wanting to be active but have limited financial resources. Accepting sponsorships for memberships also.



*Support your local
branch of the NAACP
with your membership!*

How to Join the NAACP & What to Do!!

Who should join the NAACP? Any person wanting to work together to eliminate racial discrimination and encouraging equitable opportunities.

How do I join? Request a membership application at the Cairo office or by calling the Cairo office, via email, or ask a member. Complete and return the form along with your membership fee to PO Box 54, Cairo, IL 62914.

What do I do when I become a Member?

- 1.) Attend monthly meetings to find out about upcoming events and efforts.
- 2.) Reach out to President with area interest: housing, health, legal redress, economic development, education, or special programs/projects.
- 3.) Volunteer for special events and community outreach programs.

What does my local chapter do? The Alexander-Pulaski Co Branch is very active throughout the far Southern Illinois counties. Our local office takes referrals for a variety of needs, including COVID-19, housing, education, legal, healthcare, and experiences with discrimination.. The Branch raises funds to sponsor 2—\$500 Scholarships to graduating High School Seniors (1 Meridian and 1 Cairo) each year primarily through the annual Freedom Fund Banquet.

Who do I contact if I have more questions?

Pres Tyrone Coleman
Sarita Sawyer —Branch Secretary

Anne Terry—Membership Chair
Artie McBride — Office Manager

TOGETHER, WHEN WE FIGHT, WE WIN

What's Your Passion???

Use your knowledge along with passion to engage and make a change in our local area, Join a Focus Committee.

Do you see areas for improvement and want to make a fundamental change in the schools —

Join the Education Committee

Do you want to help improve the lives of women and children?

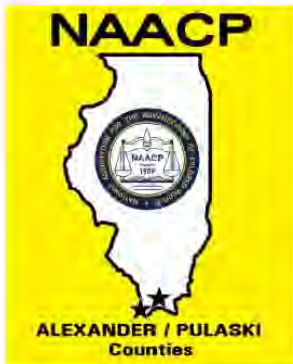
Join the WIN (Women In NAACP) Committee today!

What to improve the health and overall wellbeing of our community?

Join the Health Committee

What to contribute ideas to attracting business and commerce and making sure everyone has the same opportunity ?

Join the Economic Development Committee!



Alexander - Pulaski Co NAACP

Membership Application

PO Box 54, Cairo, IL 62914

Website: apcountynaacp.org

Email: alex.pul.illinois.naacp@gmail.com

270-366-2014

Date: _____

Name: _____ Birthdate: _____

Address: _____ PO Box _____

Cell Phone: _____ Home Phone: _____

Email Address: _____

New Member or Renewal

Registered Voter? Y N

Veteran? Y N

**Join
Now!**

FOR OFFICE USE ONLY

Date Received: ___/___/___

Renewal Date: ___/___/___

Member No: _____

Amount Received: _____

Payment Type:

Cash Check PayPal

Committee (s)

Interested in: Up to 2

ACT-SO

Economic Dev

Education

Healthcare

Housing

Labor & Industry

Legal

Membership

Membership Levels

(Please check one)

- ◇ **Annual Adult \$30.00**
- ◇ **Youth (up to 21) with Crisis Magazine\$15.00**
- ◇ **Youth (up to 21) no Crisis Magazine\$10.00**
- ◇ **Junior Life (ages 13 and under) \$100**
- ◇ **Bronze Life (ages 14–21)\$400**
- ◇ **Silver Life\$750 (Annual Installments of \$75)**
- ◇ **Gold Life\$1500 (Annual Installments of \$100)**
- ◇ **Diamond Life\$2,500 (Annual Installments of \$500)**