

Branch # 3025

Alexander-Pulaski Co NAACP

National Association for the Advancement of Colored People

THIS EDITION

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Rev. Dr. Martin Luther King, Jr. 2023 Commemorative Breakfast

The Alexander-Pulaski County NAACP presented the Annual Dr. Martin Luther King Commemorative Breakfast at the St John Praise and Worship Center in Pulaski, IL. The MCs for the event, Ms Joanne Pink and Ms Lynne Chambers led and facilitated a full program of music, speakers, and presentations.

The Breakfast was catered by Ms Katrina Jones and assistants from Blaxx Smoke House.

Apostle Larry T Barnett, Sr, Th.D. began the program with a moving invocation that set an uplifting tone for the morning. Pres Tyrone Coleman and Secretary Sari-



ta Swayer led those in attendance in the Negro National Anthem and Ms Joan Floyd gave the Welcome. Moving vocal selections were given by Mr Calvin Byrd throughout the program. Recognition of those in attendance included local municipal leadership, Mayors Dean Rogan, Sr, Curtis Marshall, Sr., Thomas Simpson and Alice Madison as well as in State Congressional Representation, Sen Dale Fowler and Rep Paul Jacobs. Former US Congressman Glen Poshard was also in attendance and provided remarks on his longtime support of the area, the local branch, and his friendship with the late Congressman John Lewis. He reminded us that there are times when fighting for the rights of others necessitates getting in “Good Trouble.” Heather Green offered information regarding the criminal justice system’s use of the Theory of Accountability in Illinois and the impact on minority communities.

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.

All in attendance were excited and honored to have Lt Governor Julianna Stratton deliver the keynote speech. Lt Governor Stratton acknowledged her ground breaking and glass shattering position in state leadership and her efforts and work to advocate for all Illinoisians. Her focus on reducing Food Insecurity and bringing access to fresh produce to areas designated as Food Deserts in collaboration with various groups including the University of Illinois Extension has made the Rise Up Community Market in Cairo, IL a very real prospect. The Lt Governor also has advocated for criminal justice reform and innovative efforts at Restorative Justice. Bishop Derek Eurales and Sec Sarita Sawyer presented several awards to honor local individuals, businesses and organizations (honorees are listed on page 7-8.) on their accomplishments and success.

President Tyrone Coleman closing remarks were overflowing with gratefulness to God for His hand upon this Branch and the efforts to eliminate racial discrimination in all areas. Pres Coleman also expressed thankfulness to the many people who played a role in planning, decorating, and operating such a successful Dr King breakfast. Recognition of the many sponsors of this year's breakfast was highlighted and is listed on the following pages. Rev. Stephanie Fisher closed the breakfast with a benediction that encouraged all to continue the legacy of Dr King in the efforts of the NAACP to bring about change and progress.

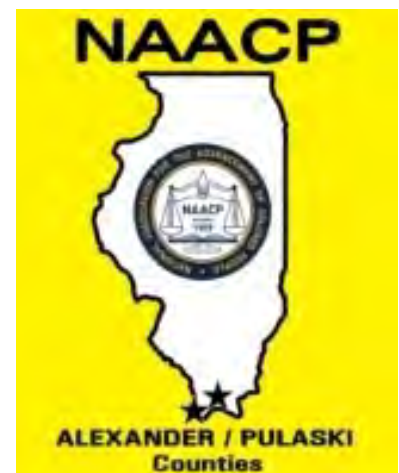
Dr King's dreams for a society of equal opportunity were echoed throughout the program. His legacy of service and advocacy reminded us that the Struggle Continues, and that when we join the fight and work together we make strides towards a better society for all Americans. We will continue to serve, to march, to work, to fight, to sit and to stand for justice when it is hard and in times of opposition in order to realize the Dream.



Branch Treasurer Gloria Hayes & Vice-President Craig Ballard



Lt Gov Julianna Stratton and Branch Sec Sarita Sawyer



2023 DR. MARTIN LUTHER KING SPONSORSHIP LIST

GOLD

Illinois American Water
James & Joann Pink
Rogan's Country Pharmacy & Creative Hands
Shawnee Community College

SILVER

Dale Fowler, Senator
Mannie Funeral Home
University of Illinois Extension

BRONZE

A Touch of Bling & More, Inc.
Bishop Derek & Retha Eurales
Cairo Public Utility
Carey Simmons, Alexander County
Circuit Clerk
Committee to Elect Artie McBetts
Curtis Marshall, Mayor
Delta Sigma Theta Sorority, Inc.,
Carbondale Alumnae Chapter
Dixon Chiropractic Center PC
Epsilon Lambda Omega
Sorority, Inc., Cairo
Eugene Kennedy
First State Bank of Olmsted
G & L Clothing Store, Cairo
George Moss Heating & Cooling
Glenda Jones Family
Glenn & Jo Poshard
Gospel of Deliverance Ministries
Harp Insurance Services, Inc.
Henderson Automotive
Heznan & Carolyn Duman
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Joie & William Eason,
African American Museum,
Mounds
Legacy Training, Inc.,
Lynne Chambers, Esq.,
Executive Director
Mae Fields, Marcopa, AZ
Marcia Watkins, Alexander
County Treasurer
Mike Hileman, U-Haul
Ma. LaVerna Thomas
Rev. Gloria Hayes, in memory of
Leland Hayes & Lenda Pigeon
Rev. Tyrone & Mary Coleman
Sasha & Sabrina Sawyer
Sherwell's Barbecue
Sheila R. Grigby
Southern Bank, Cairo
St. Paul AME Church, Mounds
Stop & Shop, Mounds
Tara Harris
Teresa Deloach
Tim Brown, Sheriff
Waymon & Shirley Butler
Zach Price, Alexander County Clerk
Zachary Gowen, States Attorney

THANK YOU TO ALL DONORS

Dr King Breakfast Pics

**Pictorial Credit, Sarita Sawyer, James Johnson, Derek Eurales



Local Municipal Leadership: Chief Brown, Mounds, Mayor Pro-Temp Florence Heady, Mounds
Lt Gov Juliana Stratton, Dean Rogan, Sr, Mayor Pulaski, Curtis Marshall, Sr, Mayor Olmsted,
Thomas Simpson, Mayor Cairo, Allison Madison, Mayor Mound City



Carolyn Dumas & Mary Coleman



_____, Janice Russell,
& Anne Terry



Apostle Larry T Barnett, Sr.



Mrs. Joann Pink &
Sec Sarita Sawyer



Lynne Chambers, Esq & Joann Pink



Ms. Joan Floyd



Mr Calvin Byrd



President Tyrone Coleman



Rev. Stephanie Fisher



Lynne Chambers, Esq Joann Pink &
Heather Green



Mrs. Retha Eurales



Business/Organization Awardees



Patricia Wilson
Planet Focus



Jody Johnson
University of Illinois Extension



Dale "Jake" & Rebeka Woodson
Hannibal Black Sports Bar & Grill



John Shadowens
Sean Park—IL Institute for Rural Affairs



Wesley Purchase
Wesley Purchase Trucking



Freddie Brown & Alfred "Earl" Pryor
Instructors Highway Construction
Careers Training Program



Diann Riley & Natalie Sawyer
Family Members of Honoree Carl Riley



NuVisionz Hair Salon



Rise Up Community Market Steering Committee

(Pictured) Gabrielle Harris, Marcella Woodson, Dale “Jake” Woodson, John Shadowens,
Mayor Thomas Simpson, Steven Tarver

Not Pictured: Late Rodney Moore, Brittney Matthews, Maria Watkins, Judy Watkins, Ke’Ron Watkins,
Sheila Nelson, James Dumas, T’Jay Purchase



Pictured Left:
Bishop Derek
Eurales and Sec
Sarita Sawyer
present awards to
this year’s hon-
orees.



Shawnee College President Dr. Tim Taylor &
John A Logan College Pres Dr. Kirk Overstreet

***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 2023 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.



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).



Rise
Community
Market®

We need
you

VOLUNTEER
TO HELP SET UP FLOOR
LAYOUT, BUILD SHELVING,
AND GENERAL CLEANING.

JANUARY 28, 2023
10AM-3PM

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



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)

Client Choice Food Pantry

A PROGRAM OF



arrowleaf[®]
Growth. Community. Transformation.



Potato Soup

JANUARY FOOD DRIVE

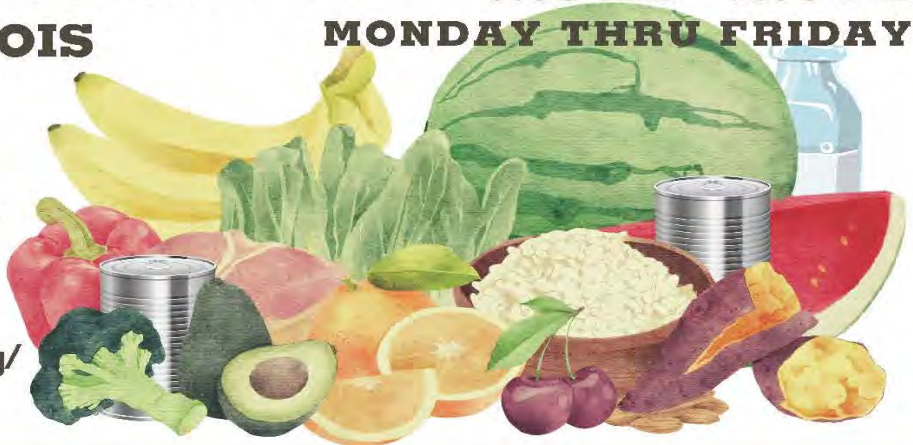
DROP OFF Monday - Friday, 8:30 am - 4:00 pm	MENU REQUEST BACON BITS SHREDDED CHEESE POTATOES CHICKEN BROTH CARROTS CRACKERS SALT & PEPPER
OUR LOCATIONS <ul style="list-style-type: none">• 1401 Washington Ave in Cairo• 101 Oliver Street in Vienna• 125 North Market Street in Golconda• 204 South Street in Anna <p><i>Unable to drop off? No worries, call Marsha or TJay at 618.658.3079 to arrange a pick-up</i></p>	

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/>






HEAVEN'S KITCHEN
A COMMUNITY MISSION LED BY THE
FOWLER BONAN FOUNDATION



SOUTHERN ILLINOIS CANNED SOUP DRIVE

February 15th-March 15th, 2023



*Visit our Facebook for drop off
locations:*

FOWLER BONAN FOUNDATION

DONATIONS MAY BE MAILED TO:
FOWLER BONAN FOUNDATION
HEAVEN'S KITCHEN
PO BOX 848
HARRISBURG, ILLINOIS 62946



QUESTIONS?
618-926-3062



FOWLERBONANFOUNDATION@GMAIL.COM

MOBILE FOOD DISTRIBUTION

Heaven's Kitchen/Mighty Rivers Worship Center

225 10th St. Cairo, IL 62914

LIMIT OF 2 HOUSEHOLDS PER CAR

Wednesday, Feb. 8, 2023

9:00-11:00 am CST

Sponsor:



Illinois Children's
Healthcare Foundation

TRI-STATE
FOOD BANK
A MEMBER OF
FEEDING
AMERICA

Income Eligibility Guidelines			
# In Household	Yearly Income	# In Household	Yearly Income
1	\$24,950	5	\$38,450
2	\$28,500	6	\$41,300
3	\$32,050	7	\$44,150
4	\$35,600	8	\$47,000



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**



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

**Vendors
Needed**



CARBONDALE SMALL BUSINESS VENDOR FAIR

Empowering Women & Minority Entrepreneurs

APRIL 15-16, 2023

10:00 AM - 4:00 PM

LOCATION

**CARBONDALE CIVIC CENTER
200 S ILLINOIS AVE, CARBONDALE, IL 62901**

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



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

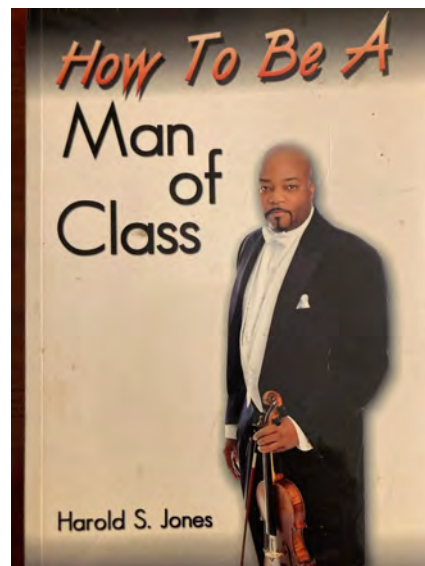
The Harold S Jones Fine Arts Center will provide public housing transition assistance for those individuals that will be displaced by the closing of the Connell Smith apartment complex. Those Families in need of furniture and household items for the move can contact 618-306-5785.

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.

Mr. Harold S. Jones was recently honored with recognition in People Magazine. Mr. Jones has written and published "How to Be A Man of Class" and is available for purchase online at Amazon.com ISBN 978-0-615-38102-2. This book is a guide for men of all social and economic backgrounds covering various topics and situations where being a man of class is imperative to personal success and growth. Both men and women who are raising boys to men are encouraged to read this information literary work.



BLACK MEN'S HEALTH CONFERENCE

SAVE THE DATE

Registration coming soon

BLACK MEN'S HEALTH CONFERENCE

FOCUSING ON YOUR WELLNESS



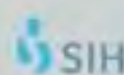
Free wellness screenings to
include:

- Blood pressures checks
 - Cholesterol and blood sugar finger stick checks
 - Height/weight and body mass index measurements
 - Mental health resources
- And much more!



SATURDAY
FEBRUARY 18, 2023

7:30am - 12:30pm
Carbondale Civic Center
(Free Parking in West Lot)



CANCER SCREENING



What is cancer screening?

Checking for cancer (or for conditions that may become cancer) in people who have no symptoms is called cancer screening. Screening can help doctors find and treat several types of cancer early. Examples of cancer screening tests are the mammogram for breast cancer, colonoscopy and FIT (Fecal Immunochemical Test) for colon cancer, the Pap smear and HPV (human papillomavirus) tests for cervical cancer, the DRE (digital rectal exam) for anal cancer, low-dose computed tomography (also called a low-dose CT scan or LDCT) for lung cancer, and PSA (prostate-specific antigen) tests for prostate cancer. Screening can also include checking for a person's risk of developing an inherited disease by doing a genetic test.

Why should I be screened for cancer?

Screening can detect cancer early which is important because when abnormal tissue or cancer is found early, it may be easier to treat. By the time cancer symptoms appear, cancer may have begun to spread to other organs in the body making it harder to treat.

Individuals should discuss the cancer screening guidelines with their health care provider to determine their screening needs.

Cancer Screening

The U. S. Preventive Services Task Force (USPSTF) is an organization of doctors and disease experts who research the best ways to prevent diseases and to make recommendations on how doctors can help patients avoid diseases or find them early. The following are the USPSTF cancer screening recommendations by age group.

Type of Cancer	Age	Sex	Tests	Frequency
Breast	40-49	Female	Mammogram	Discuss with doctor about annual screening.
	50-74	Female	Mammogram	Every 1-2 years.
	75+	Female	Mammogram	Discuss with doctor.
Cervical	21-65	Female	Pap test Pap test and HPV test	If normal results, every 3 years. If normal results, every 5 years.
	65+	Female	Talk to your doctor.	
Colorectal	45-75	Male, Female	Fecal occult blood test (alternative to colonoscopy)	Annually
			Sigmoidoscopy	Every 5 years
			Colonoscopy	Every 10 years
			CT Colonography (Virtual colonoscopy)	Every 5 years
Lung	50-80	Male, Female	Low-dose computed tomography (LDCT)	Annually for people who: <ul style="list-style-type: none"> • Have a 20 pack-year¹ or more smoking history. • Smoke now or have quit within the past 15 years.
Ovarian	No reliable screening is available for ovarian cancer in women who do not have any signs or symptoms. Discuss with your doctor any changes that are not normal and could be a sign of ovarian cancer.			
Prostate	Younger than 55	Male	Prostate specific antigen (PSA) test	Discuss testing with your doctor if you are high-risk or have a family history.
	55-69	Male	PSA test	Depends on results.
Skin	Any	Male, Female	No recommendation for routine screening. Report any unusual moles or changes in your skin to your doctor and discuss if you are at increased risk of skin cancer.	

¹ A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

CANCER SCREENING



What questions should you ask your health care provider about cancer screening?

- What cancer screenings are recommended for someone my age?
- How often should I get cancer screenings?
- Where can I get my cancer screenings done?
- How do I schedule my screening tests?
- Will my screening tests be covered by my health insurance?
- What will the screening tests cost if they are not covered by insurance?

What information should I collect for my family history?

- Who had cancer and what specific kinds did they have?
- How old were they when they were diagnosed with cancer?
- Are they still living? If not, at what age did they die and what caused their death?

How do I collect family health history information?

You can enter your family health history into My Family Health Portrait at <http://kahuna.clayton.edu/jqu/FHH/html/index.html>. Update it over time and print it out to share with your doctor and relatives.

Family Health History and Cancer

Learn your family's health history and share it with your doctor. Your family health history is a record of diseases and conditions that run in your family that can affect your risk of getting cancer.

Gather information about yourself and your blood relatives, including parents and grandparents, aunts and uncles, sisters and brothers, nieces and nephews, and children.

If you have a family history of breast, ovarian, uterine, or colorectal cancer, you may have a higher risk for developing these cancers. Tell your doctor if:

- A relative was diagnosed before age 50 with uterine, breast, or colorectal cancer.
- Two or more relatives on the same side of the family were diagnosed with uterine, breast, or colorectal cancer.
- A female relative was diagnosed with ovarian cancer.
- A male relative was diagnosed with breast cancer.
- You have an Eastern European or Ashkenazi Jewish ancestry.

Telling your doctor about your family health history is the first step in finding out if you may have a higher cancer risk. It could help you and your doctor decide what tests you need to screen for cancer, when to start, and how often to be tested. Knowing your family health history also helps you and your doctor decide if genetic counseling or testing may be right for you.

Screening Record

The following table is provided to record your specific screening needs based on discussions with your health care provider.

Type of Cancer	Screening Interval	Most Recent Screening Date	Next Screening Date
Colorectal			
Breast			
Cervical			
Lung			
Prostate			
Skin			

Get Flu/FIT

Next time you get your annual Flu Shot from Southern 7 Health Department ask for a

FREE

FIT kit to screen for Colorectal Cancer at home.

FIT stands for Fecal Immunochemical Test and is for anyone 45 and older who hasn't had a colonoscopy in 10 years.

FIT is not meant to take the place of a colonoscopy, but is an option for people looking for a comfortable way to screen for colon cancer.

Talk to your Southern 7 Health Department provider about FIT and how to get your test kit. Or call 618-634-2297 ex. 9161 or download the Southern 7 App.



Funding for FIT is provided by



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



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



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



SOUTHERN7.AAIMTRACK.COM

Head Start Teacher at Mounds Head Start - Mounds, IL

Head Start Teacher This position is a full time (10 months/year) position and is based at the Mounds Head Start in Mounds, Illinois. It does...

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

We're Hiring!

Power/Recovery/Pulp Leaders
Manager of Analysis/Controller
Electrical Reliability Engineer
Mechanical Reliability Engineer
Project Engineer
Process Engineer
Production Order Coordinator

PHOENIX PAPER

Start your application today at www.phoenixpaper.com/careers/

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 Pigeo
Nathaniel Pigeo
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 Jacqueline Bailey
Family of Donna Banks
Family of Hobert Barfield
Family of Geraldine Chambliss-
Trammell
Family of Willie Lee Dennis
Family of Neziah “Shon” Wyatt
Family of Terryn Wiggins-Hawkins
Family of Glen Wheeler

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

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.



EXEC COMMITTEE CHAIRPERSONS

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



*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?

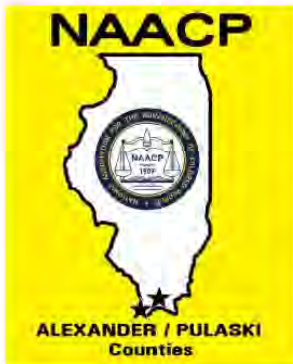
Join the WIN (Women In NAACP) Committee today!

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)**