




HEALTHY TEENAGERS AND YOUNG ADULTS CAN GET BACTERIAL MENINGITIS. HERE IS HOW IT SPREADS:




Coughing & Sneezing



Sharing Drinks & Utensils



Kissing







Living in Close Quarters


ABOUT 10% OF PEOPLE WITH BACTERIAL MENINGITIS WILL DIE, SOMETIMES WITHIN 24 HOURS. SURVIVORS MAY HAVE BRAIN DAMAGE, LOSS OF LIMBS, AND HEARING LOSS.

THERE ARE 2 TYPES OF MENINGOCOCCAL VACCINES RECOMMENDED FOR PRETEENS AND TEENAGERS.

FOR MORE INFORMATION ON BACTERIAL MENINGITIS AND THE MENINGOCOCCAL VACCINE, VISIT alabamapublichealth.gov/immunization or [facebook.com/AlabamaImmunizationInfo](https://www.facebook.com/AlabamaImmunizationInfo).



#PreventMeningitis
#GetVaccinated




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The Coosa County NEWS

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The Coosa County News (USPS 010147) is published every Friday, except the 52nd week of the year by Coosa Communications, Inc., 9671 U.S. Highway 231, Rockford, AL 35136.

Periodical postage is paid at Rockford, AL 35136.

POSTMASTER: Send address changes to the Coosa County News, P.O. Box 99, Rockford, AL 35136.

In-county subscriptions for The Coosa County News are available for \$24 for one year. Out-of-Coosa County subscriptions are available for \$30 a year.

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Deadline for submitting material, including notices of meetings, activities, engagements, weddings, anniversaries, birthdays, and thank you notices, as well as display ads, legal ads, and classified ads is noon Tuesday prior to publication, unless otherwise prearranged.

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Chamber Meeting

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running the logo board advertisement quarterly to promote its members.

In other business, the chamber tentatively set October 18 as the date for its annual meeting. Member renewal letters will be sent out in August, and they hope to include fliers promoting the annual meeting with those letters to help inform all current members.

The board also mentioned beginning work on the

fiscal year 2019 budget next month, identifying new board members in August, reviewing the annual bylaws in September, and doing the member advertisement in the newspaper in September.

The next monthly meeting of the Coosa County Chamber of Commerce will be held Thursday, July 12, at 5:30 p.m. at the Coosa County Extension Office in Rockford. The meetings are open to the public.

Chamber Spotlight

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Martin and soon employed as a software developer for Information Technology (IT) projects at the U.S. Army Fort Benning and The Maneuver Center of Excellence.

From 2008 to 2014, Josh worked with the Network Enterprise Center on Fort Benning with multiple software development projects and eventually was promoted to key personnel within management. His problem-solving skills and the ability to create IT solutions for the Army were recognized by Lockheed Martin. In 2011, he also completed his Masters of Science in Computer Science from Columbus State University.

Lockheed Martin attempted to relocate Yates for many opportunities within their company, but the majority of the positions were outside Alabama.

“I really enjoy being a resident of Alabama,” Yates said. “My daughter and I live in downtown Montgomery in the historic Capitol Towers building.”

In 2014, Yates resigned from Lockheed Martin and began to work as a consultant in software development for Alabama Department of Medicaid. He was tasked to upgrade or rebuild legacy software systems within the Medicaid agency.

After he completed the Medicaid system migrations in December 2015, Yates began to consult in software development for Alabama Department of Public Health Immunization Division. He was tasked to upgrade the enterprise software system used by all doctors, pharmacists and nurses that report immunization shots within the state of Alabama. As of today, he still supports this system.

Yates has a passion for contributing to the local community. In 2015, he became a board member with the Coosa County Chamber of Commerce. He built and currently maintains the chamber’s website

(www.coosachamber.com).

Yates also has multiple memberships with other local nonprofit organizations to provide support with his skill set. To name a few, he is a life member of Veterans of Foreign Wars (VFW) Post 96, Montgomery Chamber of Commerce, Montgomery Armed Forces Communications and Electronics Association (AFCEA), Montgomery Downtown Business Association, and HUBZone Contractors National Council.

Since November 2017, Yates worked closely with the Small Business Administration (SBA) and completed the HUBZone and Service Disabled Veteran Owned Small Business (SDVOSB) certifications by April 2018. These two important business certifications allow CodeHeight Solutions to have a competitive edge on set aside small business contracts from federal and state governments.

Within the last few months, Yates created a new project called #MyMGM Chat. This project has not been released yet due to testing and development, but the goal is to help the residents of Montgomery and neighboring counties to have a cleaner social media platform for any local topics.

For example, topics on Facebook that become a few weeks old slowly get lost on the behemoth social media platform. The #MyMGM Chat user interface will have a useful timeline feature, and users can attach videos and pictures to their posts. The expected release date is July 2018. If the community adopts this free service, then CodeHeight Solutions will continue to maintain the platform.

Contact information for CodeHeight Solutions, LLC can be found on the company’s website: www.codeheight.com.

On social media, Yates uses @JoshYates1980 for Twitter and Facebook.

Summer Camp

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Dean and Mrs. Jackie Dean, Commissioner Paul Perrett and Mrs. Dianne Perrett, the Coosa County Chamber of Commerce, and the Coosa Valley Resource Conservation and Development Council (RC&D Council). Without the support, we would probably not have as many attend.

The 4-H Summer Camp is a great experience for youth ages 9-14 to learn about leadership, team-building skills and how to network with others. One of the goals of the Coosa County Extension Office is to continue to assist youth in attending summer camp.

The 4-H Summer Camp is a 2-and-a-half-day

event that cost \$106 per camper. Persons willing to assist can give any amount.

If you would like to assist in this effort for the summer of 2019, you can make a check payable to 4-H Club Foundation. All donations are tax deductible. Donations can be mailed to the Coosa County Extension Office, P.O. Box 247, Rockford, AL 35136.

For more information about summer camp or general 4-H information, contact Sharon Haynes, Coosa County Extension coordinator, at 256-377-4713 or via email at sah0008@aces.edu.

WIC income guidelines increase: Are you eligible?

Special to the News

Alabama families may qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children, better known as WIC.

If you are a woman who is pregnant, who had a baby within the past six months, who is breastfeeding, or who is the parent or guardian of a child up to age 5, you are encouraged to apply for WIC at your local county health department or WIC agency.

Participants in the program receive free nutrition education and breastfeeding peer counseling support. In addition, participants have the option to receive up to three months of food benefits at a time for each qualified family member. Food benefits are redeemable at WIC-authorized stores throughout Alabama.

Under the 2018 federal poverty guidelines, more families may be eligible for the program. WIC is open to participants with incomes up to 185 percent of the federal poverty level. Check the table below to see whether your family qualifies:

Family Size*	Annual Income	Weekly Income
2	\$30,451	\$586
3	\$38,443	\$740
4	\$46,435	\$893
5	\$54,427	\$1,047
6	\$62,419	\$1,201

*Each unborn infant counts as one in the family size.

WIC participants must have both a limited income and a nutritional need. Families who receive Medicaid, SNAP or Family Assistance already meet the income qualifications for WIC. Even families who do not qualify for these programs may be eligible for WIC because of its higher income limits.

Amanda Martin, WIC Director, Alabama Department of Public Health, said, “WIC encourages families to be healthy by providing nutritious foods. Nutritious foods help children grow to be healthy adults and pregnant women to have healthy babies.”

For more information please go to <http://www.alabamapublichealth.gov/wic> or call the statewide toll-free line at 1-888-942-4673.

ADPH offers recommendations to prevent infectious disease outbreaks at camp

Special to the News

Summer camps provide a great opportunity for children and teens alike to make lasting friendships, while being physically active and developing life-long skills.

Although the goal of summer camp is to keep your children healthy and safe, it is not unlike school or daycare settings where children and staff can become sick if proper handwashing is not practiced. Often these camps provide children with the opportunity to participate in nature and water activities, which expose children to germs that thrive in these environments.

Within the past two weeks, three separate outbreaks at summer camps have been reported. The most common ways in which illnesses can spread in these settings include food, water, animals, person-to-person, mosquitoes and ticks. These outbreaks are still under investigation, but diarrhea or vomiting has been reported as the primary symptom.

The Alabama Department of Public Health (ADPH) would like to provide some basic control measures to campers and staff alike in these types

of settings.

“Parents, it is recommended that you keep your child home if he or she has been sick in the two weeks prior to them attending any type of summer camp,” Epidemiologist Amanda Ingram said.

When sending your child to summer camp, think about packing some basic supplies that will give him or her a head start at preventing illness including:

- Disinfecting wipes that contain bleach
- Insect repellents that contain 20 percent or more DEET
- Light-colored clothing

Finally, parents and staff should stress the importance of washing hands, rather than using hand sanitizers, as those products are not effective against illnesses caused by viruses (such as influenza and norovirus). In the event soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol to reduce the number of germs on hands.

To report an outbreak, please contact your local health department or your ADPH district investigator.