

GENERAL / HEALTH

LEGAL NOTICE

A Chattanooga-Hamilton County/North Georgia Transportation

Planning Organization (TPO) Technical Coordinating Committee (TCC) meeting will be held on Tuesday, October 4, 2022 at 1:30 p.m. (Eastern) at the Development Resource Center, 1250 Market Street, First Floor Conference Room 1A, Chattanooga, Tennessee 37402.

The TCC will take action on the following items:

- Approval of the July 12, 2022 TPO Technical Coordinating Committee Meeting Minutes
- Recommend to Approve by Resolution the 2023-2026 Transportation Improvement Program (TIP) Contingent Upon Satisfying Federal Comments
- Recommend to Approve by Resolution the Congestion Management Process (CMP)

2023-2026 Transportation Improvement Program (TIP) Public Review and Comment period: Action of the TCC on the TIP will open the Public Comment period once Federal comments are satisfactorily addressed. Please check the RPA's website for the draft document for review and the dates of the comment period.

The public review and comment period for draft plans and programs will be used to satisfy the public participation requirements of the Federal Transit Act (49 USC Section 5307/5310/5339). Public notice of public involvement activities and time established for public review of and comments will satisfy the Program of Projects requirements.

Meeting materials will be available for viewing on the web after September 23, 2022 at www.chcrpa.org under the Transportation Planning Organization meetings section, or at the Regional Planning Agency (RPA), 1250 Market Street, Suite 2000, Development Resource Center, Chattanooga, TN 37402. For a reasonable accommodation request or if you require language assistance, please notify the RPA three business days in advance of the meeting and staff will be glad to work with you in obliging any reasonable request. For a complete agenda or additional information, please call the RPA at 423-643-5900 or email TPO@chattanooga.gov.

Military: from front

advocacy was visible in 1986 when the late Congressman John Lewis submitted legislation calling for a national museum in its broader scope. His legislation languished for seventeen years until then, President George W. Bush signed it into law in December of 2003. When signed the legislation enveloped the subject of Black Military History. The Foundation and its coalition of veteran organizations halted its calls for a Military Museum to demonstrate a willingness to work with the government under the mandate of the Legislation. We were aware of the importance of the subject and the need for it to be recognized in a national institution.

By 2003, we had led a highly visible advocacy for then twenty-five years calling for the National Minority Military Museum. The visibility of our advocacy gained us a seat on the national museum's preliminary planning body. The invite came through the Department of Interior. However, we were only included in the decision to establish the institution's Civil Rights theme and received assurances Black Military History would have a gallery in the proposed national facility. The finished result of the gallery leaves much to be desired. We have yet to receive an explanation as to why the Black Military History Gallery is the smallest display area in the museum. However, military history is the cornerstone of the Civil Rights Movements. In an institution where the average gallery size is seven thousand square feet, the Military History gallery was reduced in size by fifty-eight

percent. The three thousand square feet gallery covers Black participation in five branches of the Armed Forces plus the Revenue Cutter Service over a span of two hundred and fifty years of intermittent service. By comparison, the replica of Oprah Winfrey's theater in the museum is ten thousand square feet. It is three times (plus) one the size of the Black Military History Gallery. A disparity that many people find questionable and for some offensive. The museum is three hundred and sixty thousand square feet in size. The Museum's denial of the request to provide a place for the statue on the property is another question Black Veterans are seeking explanation. It cannot be an issue of space; we are talking about one hundred square feet of land on a five acre piece of property. We have invited the Supervisory Curator of Collections to explain to the public why the statue is not a good fit for the museum grounds. We invite an explanation of what appears to be institutional indifference regarding the subject of Black Military History.

The Coalition invites the public to join us at Arlington National Cemetery on September 30, at the Tanner Amphitheater. The program will be to deliver the Final Report on the campaign that led to then Colonel Charles Young's promotion to Brigadier General. The program will be from 2:00 clock to 4:00 clock pm. Veteran Organization members are asked to wear your Colors.

Petition · Black Veterans call for statue of B-Gen Charles Young on National AA Museum grounds in DC. · Change.org

Free Entrance to Point Park on Saturday, Sept. 24, in Celebration of National Public Lands Day

Fort Oglethorpe, GA: Point Park, atop Lookout Mountain, part of Chickamauga and Chattanooga National Military Park, is waiving the entrance fee on Saturday, September 24, 2022, to celebrate National Public Lands Day.

National Public Lands Day, organized by the National Environmental Education Foundation (NEEF), celebrates the connection between people and green

space in their community, inspires environmental stewardship, and encourages use of open space for education, recreation, and health benefits.

Celebrate with us by visiting Point Park on this fee free day to indulge in the views and scenery of the Chattanooga Valley from 2,100 feet above, hike the natural and wildlife-abounding Lookout Mountain Battlefield 30-miles of trails,

while learning the historical significance of this area during America's Civil War in what became known as, "The Battle Above the Clouds." During the day, Park Rangers will provide programs at 11am, 2pm and 4 pm and will also be available at the Lookout Mountain Battlefield Visitor Center from the hours of 8:30 am to 5:00 pm to answer questions and provide information about the park and the Battles

for Chattanooga.

For more information about programs at Chickamauga and Chattanooga National Military Park, contact the Chickamauga Battlefield Visitor Center at 706-866-9241, the Lookout Mountain Battlefield Visitor Center at 423-821-7786, or visit the park website at www.nps.gov/chch

Is COVID Winding Down? Here's What Top Experts Are Saying

We've gotten a better understanding of how to protect ourselves against COVID, new Omicron-specific boosters are being rolled out, the U.S. Centers for Disease Control and Prevention has dropped COVID-19 quarantine and distancing recommendations, and many people have thrown off their masks and returned to pre-pandemic activities. Additionally, the number of new coronavirus cases fell everywhere in the world last week by about 12%, according to the World Health Organization's latest weekly review of the pandemic. This means COVID is coming to an end right? Not exactly. In fact, scientists believe the pandemic will linger far into the future.

"This is very encouraging, but there is no guarantee these trends will persist," said WHO Director-General Tedros Adhanom Ghebreyesus at a press briefing. "The most dangerous thing is to assume (that) they will," he said. Even though the number of weekly reported deaths has plummeted more than 80% since February, one person still dies from COVID-19 every 44 seconds, according to Ghebreyesus.

Why has the pandemic lasted so long? One reason the pandemic has lasted this long? It's gotten better and better at getting around immunity from vaccination and past infection. According to scientists, emerging research suggests the latest Omicron variant is gaining ground in the U.S. BA.4.6, which was responsible for around 8% of new U.S. infections last week also appears to be even better at evading the immune system than the dominant BA.5.

Based on this information, scientists believe that the virus will continue to evolve.

How long will COVID be around?

In fact, White House COVID-19 coordinator Dr. Ashish Jha says COVID will likely be with us for the rest of our lives.

According to experts, COVID-19 will most likely become endemic. This means it will occur regularly in certain areas. However, they don't believe this will happen anytime soon.

The virus "just has too many ways to work around our current strategies, and it'll just keep finding people, finding them again, and self-perpetuating," Eric Topol, head of Scripps Research Translational Institute says.

The good news, however, is that we are getting better at fighting it as long as we don't slip backward.

"Obviously if we take our foot off the gas — if we stop updating our vaccines, we stop getting new treatments — then we could slip backwards," Jha adds.

How will COVID mutate?

Scientists don't expect the virus to keep getting transmissible forever.

"I think there is a limit," says Matthew Binnicker, director of clinical virology at Mayo Clinic in Rochester, Minnesota. "What we're really dealing with, though, is there's still a lot of people across the world who don't have any prior immunity — either they haven't been infected or they haven't had access to vaccination."

If the baseline level of immunity rises significantly, the rate of infections, and the emergence of more contagious variants,

should slow down, according to Binnicker.

Scientists hope this level of immunity will continue, however, as immunity wanes, there is a chance that the virus could mutate in a way that causes more severe illness.

"There's not any inherent reason, biologically, that the virus has to become milder over time," said Dr. Wesley Long, a pathologist at Houston Methodist. The fact it may seem milder now "is likely just the combined effect of all of us having some immune history with the virus."

What will be the next variant?

Since last year, Omicron has been around leaving behind a series of highly transmissible subvariants. This pattern could continue for at least the next few months, according to Binnicker. However, in the near future, we may see a new variant due to the recent wave of infections and re-infections, which "gives the virus more chances to spread and mutate and new variants to emerge," Binnicker notes.

Can you influence the future of COVID?

While it may be discouraging to hear that COVID is here to stay, experts believe that the future of the virus can be impacted for the better if more people get vaccinated and boosted.

"We have a virus out there that's still circulating, still killing hundreds of Americans every day," Jha said in a press briefing Tuesday. But, he added: "We now have all of the capability to prevent, I believe, essentially all of those deaths. If people stay up to date on their vaccines,



if people get treated if they have a breakthrough infection, we can make deaths from this virus vanishingly rare."

Up to 100,000 COVID-19 hospitalizations and 9,000 deaths could be prevented if Americans get the updated booster at the same rate they typically get the annual flu shot this fall. About half of Americans are typically vaccinated against the flu each year, CDC director Rochelle Walensky says.

Vaccines are also a great way to boost your immunity.

Aside from getting vaccinated and boosted, the same safety precautions that we have been practicing since the start of the pandemic remain good options in high-risk situations. This includes wearing masks indoors when COVID rates are high, social distancing and regularly washing your hands. (Source: BlackDoctor.org/Jason Henderson, September 2022)

The Six Pillars Of Dementia Prevention

Couch potatoes beware! According to the Framingham Heart Study, a federally funded health research project that begun in 1948, those who get little to no exercise have a higher risk of developing dementia in old age—by a whopping 50 percent.

Meanwhile, by participating in moderate physical activity daily — walking briskly, bicycling, gardening, or even dancing — you can stave off the risk of developing the disease associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

"It doesn't require intensive physical activity to decrease risk of dementia," says senior researcher Dr. Zaldy Tan. He is medical director of the Alzheimer's and Dementia Care Program at University of California, Los Angeles. "Even moderate amounts are fine."

According to the study results, which were recently published in *Journals of Gerontology: Medical Sciences*, 3,700 participants aged 75 and older gained the most benefit from exercise against the

early onset of dementia. The takeaway? "You're never too old to exercise and gain benefit from it," Tan adds. "These patients derive the most benefit from exercise because they are the ones who are at the age of greatest risk for dementia."

As you may know, the brain tends to shrink with age. So, it makes perfect sense that people who exercised on a regular basis, tended to have larger brain volumes than those who were inactive, researchers found.

As for how they came across their results, study authors measured how often the participants exercised, and tracked them over a decade—breaking the study population down into fifths that ranged from the desk-bound to the full of zip.

Overall, investigators discovered that the one-fifth containing the most inactive people were 50 percent more likely to develop dementia than the other four-fifths. In other words, even a little exercise helps! During the study, 236 people developed dementia.

Of course, exercise is just one way to

prevent the common illness. According to the Alzheimer's Research & Prevention Foundation, there are 6 pillars of dementia (and Alzheimer's) prevention:

1. Mental stimulation: Learning new things throughout life will help keep you mentally sharp. Read something new, watch a new documentary, learn a new skill, try a new board game, learn a new instrument, etc.

2. Quality sleep: An increasing number of studies have linked poor sleep to higher levels of a sticky brain-clogging protein, beta-amyloid, which interferes with sleep. "Other studies emphasize the importance of uninterrupted sleep for flushing out brain toxins."

3. Stress management: While chronic stress has an overall negative impact on your body, it takes one heck of a toll on the brain, causing shrinkage in the area of the brain known as the hippocampus, hindering nerve cell growth, and increasing your risk of dementia. Combat these effects by participating in daily relaxation activities.

4. Social engagement: An active so-

tion."

Both Summers and Pierre don't say the election should be overturned, but each expressed the Hatch Act be clarified.

Summer, "I think the smell test does have a little bit of a possibility in the overall totality of the circumstances."

While Mott technically has another week to contest the election, she likely



cial life consisting of "tests of memory and cognition" creates less room for isolation as we get older.

5. Regular exercise: At least 150 minutes of moderate exercise each week.

6. A balanced diet: Stock up on fruit and veggies. Get plenty of omega-3 fats and by all means, avoid trans fats and saturated fats which can cause inflammation and produce free radicals which are hard on the brain.

Naturally, the more you implement these pillars in your daily life, the healthier your brain will be... longer. (Source: Ruthie Hawkins, BlackDoctor.org Contributor)

won't. Her Friday Instagram post said that she does accept the results of the election. Either way, Marvene Noel is expected to be sworn into her seat Tuesday at 6:00. (Scott Koral).

This is an ongoing story check out our website at chattnewschronicle.com for updates.

Election: from front

Hatch Act, because there is no provision that says an elected *city* official can't endorse whomever he chooses.

Summers says an oldrule should stand here. "There's one basic rule of politics: you don't get involved in somebody