



MVSU to host walk in honor of Dr. Martin Luther King Jr.



The Mississippi Link Newswire

Dr. Martin Luther King Jr. will forever be remembered as a social activist and leader dedicated to ensuring equality for all, particularly during the nation’s Civil Rights Movement.

On Monday, Jan. 21, as the nation sets aside the day to honor King’s legacy, MVSU will pay homage to the civil rights leader by hosting its 2019 MLK Legacy Walk.

The walk will kick-off at 9 a.m. at the Dorothy Street Park in Itta Bena. A bus will be available at the William Sut-

ton Administration building on MVSU’s campus to transport participants to the park.

From the park, participants will walk to Tabernacle M.B. Church, located at 200 Greer St in Itta Bena.

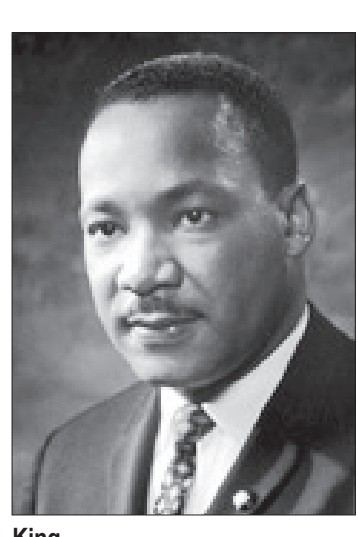
“This year marks the 51st anniversary of Dr. Martin Luther King Jr.’s assassination, April 4, 1968. The anniversary of his death gives us a reminder of the heartfelt and dedicated issues that Dr. King fought for and allows us to rededicate our-

MLK Walk
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Meet Martin Luther King Jr.

By Rhonda C. Cooper
Guest Columnist

I met Dr. Martin Luther King Jr. one spring afternoon in April 1970. I was lying on my grandmother’s infamous pink couch in the family room, watching the black-and-white floor model television and the wicker-basket wall



King
Meet MLK
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COMMENTARY

clock with white hands when my grandmother came home from work with him. I was by

JSU alum to keynote MLK birthday convocation

The Mississippi Link Newswire

The Margaret Walker Center at Jackson State University is pleased to announce that Lottie Joiner will be the keynote speaker for the 51st annual Dr. Martin Luther King Jr., Birthday Convocation at 10 a.m. Friday, January 18, in the Rose E. McCoy Auditorium on the JSU campus.

Joiner is the editor-in-chief of *The Crisis* magazine, the official publication of the NAACP, and a Washington, D.C.-based freelance writer. She is a native of Jackson, where she attended Callaway High School and received a full academic scholarship to Jackson State.

Joiner graduated magna cum laude from JSU with a degree in mass communications. While a student, she wrote for the *Blue and White Flash* newspaper, worked at the WJSU radio station, and joined the Gamma Rho chapter of Alpha Kappa Alpha Sorority Inc.

After Jackson State, Joiner



received a master’s degree in journalism from The Ohio State University, and her thesis focused on the media’s portrayal of Mississippi. Since then, she has written frequently about race, social justice, black history and culture and the civil rights movement in Mississippi and the South. Joiner’s work also explores structural inequity and its impact on the lives of

minorities, women and marginalized and underserved communities. She has been published in *The Washington Post*, *Time.com*, *TheAtlantic.com*, *Essence* magazine, and *Ebony* and *Jet* magazines.

“We are very lucky to have Lottie Joiner return home to Jackson and JSU to be our keynote speaker this year for MLK Convocation,” said Robert Luckett, director of the Margaret Walker Center. “When you consider that Margaret Walker’s first published poem was in *The Crisis* in 1934, then the opportunity to hear from that magazine’s current editor-in-chief is even more special,” Luckett added.

Margaret Walker began MLK Convocation at Jackson State to honor Dr. King just nine months after his assassination in 1968, making it one of the oldest celebrations of his life in the nation.

Immediately following MLK

Joiner
Continued on page 3

Two poems by Eli Siegel about Martin Luther King and America

By Alice Bernstein
Guest Columnist

Soon we will observe the federal holiday honoring Dr. Martin Luther King for his courageous opposition to racism, poverty, war and economic injustice. As I think of his meaning, after having been in Memphis last April 4 for the 50th observance of his tragic death, I want more than ever for people to know of two poems by Eli Siegel, the great American poet and founder of the philosophy Aesthetic Realism.

With enormous respect for Martin Luther King, Siegel expresses what America and every person in our troubled world is hoping for.

1. Something Else Should Die:
A Poem with Rhymes
By Eli Siegel
In April 1865
Abraham Lincoln died.
In April 1968
Martin Luther King died.
Their purpose was to have us say, some day:
Injustice died.
The stark facts with their



Memphian, Carolyn Michael-Banks at I AM A Man Plaza PHOTO CREDIT: 2018 ALICE BERNSTEIN/ALLIANCE OF ETHICS & ART, INC.



“Keep Running, Keep Winning and Never Stop Voting”

By Flonzie Wright Brown
Contributing Writer



On Wednesday morning, January 2, 2019, as I sat in the courtroom of Judge Denise Sweet Owens waiting for the Investiture Ceremony of the newly elected, Attorney “soon to become” Judge Crystal Wise Martin, my heart was filled with so much pride, I could have screamed with excitement. Retiring Judge Patricia Wise had invited me to the judge’s chambers to extend a personal invitation to all of the judges to attend New Hope Baptist Church’s Black History Program February 7, at 6 p.m. where Judge Crystal Wise Martin will be the guest speaker.

My mind hurriedly raced back to a time in our history (not so long ago) when we did not have the right to vote. I thought about the Mock Election November 3, 1963 (almost two years prior to the passage of the Voting Rights Act and known also as “The Freedom Vote”), and how African-American communities all over the state of Mississippi participated in this exercise. Even though we knew we did not have the right to vote and our vote was not official, it was critical that we dispel the myth espoused by the white community that “the colored people were sat-

COMMENTARY
isied and were not interested in voting.”

Voting places (usually in the black church or a black owned establishment), were set up like “real” voting places. Poll workers were appointed and trained to conduct this mock exercise. Amazingly, more than 80,000 African Americans from all over the state came to cast their vote for Dr. Aaron Henry for governor and Rev. Edwin King for Lt. governor. We as a strong and committed community were willing to do what was necessary to gain the right to vote.

I continued to reminisce about all of the hard work it took to not only obtain the right to vote, but to conduct voter-registration and voter-education classes to familiarize our citizens with the process. I sadly recalled however, the many lives that were lost, the beatings, jailings, death threats and how our people were tenacious, resilient and determined, in spite of the horrific dangers.

Having been given the opportunity to greet new and seasoned judges reminded me just how far we have come on many fronts. Going forward 55 years later, here I was in Judge Sweet’s chambers with an array of well-trained professionals in contrast to those of us who ran

50 plus years ago who did not have that same opportunity. This fact alone validated the courage of those earlier foot-soldiers, of whom I continue to pay tribute.

My mind shifted to the myriad of challenges I personally faced when I ran for public office in 1968 and I thought that coincidentally, 50 years ago, I too was being sworn as the first African-American female to be elected to a public office post or pre reconstruction. As you know, pre reconstruction, women could not vote.

At that moment, Judge Sweet entered her courtroom and announced each of the guest judges. As they strolled in, my transcendental state was brought back to reality and I knew this was “real” and not an imagined moment.

It was a convincing and validating experience that 50 years ago and continuing, we were on the “right side of history.”

What an historical and moving moment when Judge Patricia Wise was blessed and privileged to administer the oath of office to her daughter, now Judge Crystal Wise Martin. I could feel the pride, her emotion and the relief that “her” court was being left in good hands.

KEEP RUNNING, KEEP WINNING AND NEVER STOP VOTING.

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MLK Walk

Continued from page 1

selves to issues that consumed him in his later years as he fought for justice and equality for all people,” said organizer Jacqueline Gibson Preastly, MVSU’s vice president for student affairs.

Once at the church, a brief program will be held with several speakers including MVSU President Jerryl Briggs Sr.

Preastly said the walk is just one small way to honor a champion for justice.

“MVSU recognizes the importance of celebrating the tools that activists

like Dr. King influenced to advance a more cohesive and inclusive society,” she said. “We recognize that it is always important to honor the legacy of these champions. So, on MLK Day 2019, it is our hope to reflect on how far we have come and how far we still have to go.”

The event is sponsored by MV-SU’s National Pan-Hellenic Council (NPHC), National Council of Negro Women (NCNW), Student Government Association (SGA), Student Ambassadors and the Student Union Board.

Joiner

Continued from page 1

Convocation, the Margaret Walker Center will honor Joiner as well as the Mississippi Civil Rights Museum, Charlie Braxton, Grace Sweet and Benjamin Bradley with For My People Awards for their contributions to African-American history and culture.

The luncheon will begin at 11:45 a.m. in the JSU Student Center Ballroom. Named after Margaret Walker’s classic poem “For My People,” past recipients of the award include James Meredith, Unita Blackwell, Robert Clark, Lerone Bennett, Andrew Young, Reena Evers-Everette, Charlayne Hunter-Gault and others.

Opened to great acclaim in December 2017, the Mississippi Civil Rights Museum has surpassed all expectations in just its first year and has had a remarkable influence on the public preservation of African-American

history and culture.

Another Jackson State alumnus, Charlie Braxton has built a remarkable career as a poet and playwright and has become one of the leading cultural critics in Hip Hop.

Finally, in 2013, Grace Sweet and Benjamin Bradley published Church Street: The Sugar Hill of Jackson, Mississippi, an important examination of the history of the Farish Street Historic District.

While MLK Convocation is free and open to the public, tickets for the 24th annual For My People Awards luncheon can be purchased through the Margaret Walker Center for \$20 beginning January 2.

For more information, contact the Center’s staff at 601-979-3935 or mwa@jsums.edu.

Meet MLK

Continued from page 1

then exhausted from boredom. I had been inside the house for several days with the mumps. I had grown weary of the sardine-oil soaked diaper fastened around my face to reduce the swelling.

My grandmother, Dorothy Hall Jackson, was a caregiver. She had pet names given to her by our family and friends. They were Aunt Dot, Ms. Dorothy, Ms. Jackson and “DJ.” “DJ” was my favorite, but I called her grandmama. She was my best person (I can’t say friend), and she knew more about me than anyone else because of the amount of time we spent together while my mother worked.

“DJ” instilled in me a love and appreciation for being Catholic and traveling aboard trains and buses; both provided me with opportunities to read a lot. I had been affectionately nicknamed “Four Eyes” by my grandmother’s brother, “Uncle Brother,” after I began wearing glasses at age 4. Thus, my grandmother knew how much bringing Dr. King into our home would mean to me – a loquacious and inquisitive six-year-old bookworm.

My grandmother introduced Dr. King to me without any fanfare or ceremony. She gently placed him beside me and slipped away gingerly

to change clothes and begin cooking. The man before me resembled all the other men that I knew in my little girl world. He was brown, had a mustache, neat hair about his head, and a warm smile. Dr. King was right next to me in my house and on my now, extraordinary couch.

For one known to talk “in and out of season” as my grandmother so often said, I could not bring myself to utter the slightest sound. I turned my head in the direction of the kitchen to look for her. But the thickness and moisture of the stinky diaper pressed against the left side of my face prevented me from doing so. I was quickly reminded of the very reason I had come to meet Dr. King in the first place. I was home from school with the bumpy contagion. He and I had become instant friends, and my unsightly and odorous predicament did not matter at all to him.

I do not know what it was about his presence, but I began to fidget. I wanted to move a bit, but I knew any movement on my part would disturb him since I was propped with pillows and lightly buried under the covers. The slightest change in my position would cause him to move, and I absolutely did not want that to happen. What I wanted more than anything was for my grand-

mother to reappear so that I could thank her. I wanted her to see how truly happy I was at that very moment.

Just as quickly as my heart and pulse had begun to race, I then began to settle into his company. I was looking at a man whose outstretched arms showed love and support for little brown girls and boys. I started smiling because I, too, was a little brown girl, and he was with me. I wanted to get even closer, so I scooted down to get more comfortable.

I then opened my newest book, Meet Martin Luther King Jr., by James T. deKay. Black and white pictures greeted me. Most of them were of him smiling with his wife and children.

But there was one that stuck out. It was of Martin Luther King being led away by two policemen. It was time for me to read about the man I was destined to meet. As I turned the pages, I saw that it was a chapter book with words printed in just the right size.

Chapter 1 showed a wide-opened mouth speaking into two microphones. The first printed page of the book used the words, “fighter” “fought” and “fight,” to describe Martin Luther King and his work. I had to know more so I continued my

quest. I read every chapter. They detailed his life as a young boy in Atlanta; his belief in equality for blacks during the Jim Crow Era; his courage to practice non-violence during boycotts and sit-ins; his sacrifices in being jailed for demanding voter rights; his speeches and marches to end segregation; his dreams of a better America for black and white children; his award of the Nobel Prize for peace in Norway; and, finally, his tragic death in Memphis.

I was transformed by all that had been written about the “Drum Major for Justice.” Dr. King’s deeds emboldened me to commit to a six-year old notion of law and fairness. I reread the book countless times. According to my grandmother, I declared at 7 that I wanted to be a lawyer because no one could talk and help people the way that I could.

I have now been a lawyer well over half of my life. What I experienced upon meeting Martin Luther King Jr. that special day while at home with the mumps forged our lifelong friendship because I was that young girl he would forever embrace.

Happy Birthday Dr. King and Thank you “DJ.”



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Happy Martin Luther King Jr. Day.

Jag basketball player scores a first for HCCHS



Tyes PHOTO COURTESY OF COACH ANTWAYN PATRICK

Mississippi Link Newswire

Junior Rafael Tyes was selected to represent the North in the State's 2019 North/South All-Star Basketball Game.

Tyes is the first Holmes County Central High School (HCCHS) Jaguars player selected to the All-Star team, and the second choice of college coaches throughout the country, according to longtime coach Antwayn Patrick.

"Only 12 students are selected out of more than 50 schools," he said. The All-Star Game will be played March 29 at Mississippi College.

Tyes is the starting point guard for the Jaguars. He was very excited to hear that he was selected. "I really feel good about this," he said. "I knew that if I worked hard enough, I could achieve something like this." He added that he is performing well academically.

Coach Patrick said when Tyes found out, "he hugged me and said, 'I love you, coach.'" Patrick said it is a great feeling when he sees his players excel and achieve.

"I'm extremely hard on this young man. He's getting better and to see his work being noticed is gratifying. As a coach – you realize that this is one of the reasons why you coach," he said. He expressed that this recognition is big for the county and for the school. "I'm big on team; however, I love when players get an individual award from other coaches. We have a lot of talent here, and this is just the beginning for Holmes County Central."

Superintendent of Schools James L. Henderson, Ed.D., concurs. "Indeed, we have a lot of talented students throughout the district," Henderson said. "That is why we are so aggressive in seeking more highly qualified educators to help our students realize their greatest potential – so the doors of opportunities for them can be endless."

In a brief telephone interview with Tyes' mother, Jennifer Luckett of Durant, she reacted: "Oh, I can't even find the words." She indicated that she believes this will provide many opportunities for her son.

Luckett, a single mother of three children (two in the district and a daughter at Mississippi State University majoring in social work), said: "I always pray this prayer over my children: 'God, if you don't favor me, favor my children.'"

We forecast a bright future for Tyes.

*Honoring the Legacy of
Dr. Martin Luther
King, Jr.*



★ VETERAN ★
Jay
HUGHES
LT. GOVERNOR

A FEW THINGS ABOUT JAY

- Self-made business owner, job creator and taxpayer
- Active-duty Military veteran
- Mom was a truck driver; Dad an oil field worker
- Not a career politician
- Volunteer substitute teacher
- FBI Citizens Academy
- Enhanced Conceal Carry permit holder
- Wants efficient govt., but out of our private lives
- School District Citizen of the Year
- Transparency award from Families as Allies
- Mental health advocate
- Believes in MS Main Street over Wall Street



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National orthotic/prosthetic organization names Larry Word of Jackson new president

By Susan Christensen
Health and Research News Service

When John O’Neal’s lower right leg was amputated after a horse riding accident, the South Mississippi farmer struggled to manage his 400 acres. He was basically crippled by an ill-fitting prosthesis.

Then he began seeing Larry Word at Methodist Orthotics & Prosthetics in Hattiesburg. “And it was a like new era for me,” O’Neal said.

“Larry made me a new leg, and that thing fit like a glove. I couldn’t even work with my other leg, and now I work seven days a week. As far as I’m concerned, Larry’s the best. I got nothing bad to say about him – except he left.”

In 2015, Word moved to Jackson to become senior clinical manager of Methodist O&P and the manager of Methodist’s flagship clinic in Flowood. And O’Neal told him: “Quit being so good they want to promote you.”

Apparently, Word didn’t listen.

In December, the certified prosthetist/orthotist managed another career high. He was named president of the American Board for Certification, the national certifying and accrediting body for the orthotic, prosthetic and pedorthic professions.

That makes Word “a special man,” said Ted Thranhardt, a past ABC president.

“Larry’s ascension to president of ABC is the result of hard work, respect of his peers, and the desire to give back to not only the field, but to his community as well,” Thranhardt said. “He had to spend hundreds of hours of personal time just to be considered. His achievement is



Word

a true milestone, one to be proud of and congratulated.”

Before he joined the profession, Word was like a lot of people. He knew little about the field – until he began searching for a job after graduating from the University of Mississippi.

“I had a friend who knew I was interested in the medical field, and he said: ‘What about orthotics?’ And I’d never heard of orthotics.”

Orthotists make and fit splints and braces to meet the needs of those with disabling conditions such as cerebral palsy or spinal cord injury. Pedorthists specialize in orthoses for problems below the ankle.

Prosthetists make and fit prostheses for people with amputations, whether from trauma or diseases like diabetes or vascular disorders.

Word was trained and received his orthotist certification while in the U.S. Army. When the military quit offering the occupation, he moved to the private sector. Three years later, he entered Northwestern University Medical School in Chicago to obtain his prosthetic certificate.

After obtaining his prosthetic certification from ABC, Word began volunteering with the organization in 1997. He initially

helped frame certification exam questions and eventually became an examiner for the tests. He was elected secretary/treasurer for the ABC board in 2017 and served as president-elect last year.

His advocacy efforts have taken time away from his leadership role at Methodist O&P, a division of Methodist Rehabilitation Center in Jackson. But Methodist O&P Director Chris Wallace sees the benefits of having a clinician involved in the field on a national level.

“It also allows him to bring us knowledge of a broad spectrum of issues affecting the O&P industry,” Wallace said. “There are so many headwinds facing orthotics and prosthetics today and in the last five years that it is vital for us to remain knowledgeable about trends. Having him serving on various committees is a great benefit to Methodist as an organization and ultimately the patients we serve.”

Word said he has seen a lot of changes during his time with ABC. “When I got certified, you had to have a bachelor’s degree and a post-graduate certificate in one or both disciplines or a bachelor’s degree in orthotics and prosthetics plus 1,900 hours of training under a certified practitioner,” he said. “Now, anybody entering the profession and becoming ABC certified or licensed is going to need to have a master’s degree in orthotics and prosthetics and complete a one year residency in one or both disciplines.

“Our goal is to make sure people who go through the process possess a level of competence to be able to take care of people safely.



Jay Johnson and Martin Luther King III

*Remembering the dream
of
Dr. Martin Luther King Jr.*

*Happy Birthday Dr. King!
Jay Johnson*

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WE POWER LIFESM

Lanier Girls and Provine Boys win Pepsi-JPS Holiday Basketball Tournament

Mississippi Link Newswire

The Lanier High School Lady Bulldogs and the Provine High School Rams captured the 2018 Pepsi-JPS Basketball Tournament title. The tournament was held over three days from December 26–28.

The Lanier girls defeated the Lady Mustangs of Murrah by a score of 37-25. Kushuna Luckett, who led the team in scoring with 18 points, was named the game MVP. Lanier has enjoyed a winning season and finished the tournament with a 14-2 record. Jonas James Jr. is the team’s head coach. His assistant coaches are Mikel Houston, Kiera Jordan and Rickey Purvis.

The Provine boys managed a one-point victory over the Warren Central Vikings with a basket at the buzzer made by Ro’Darian Pendelton. This earned him MVP honors in the game that ended 45-44. Head coach Sirdonta Washington led the Rams to a respectable 12-6 record at tournament’s end. Julian Pickett and Christopher Ellis are the team’s assistant coaches.

Over 350 student-athletes from 24 girls and boys teams participated in the three-day tournament. Teams traveled from across the state and beyond to vie for the coveted championship. The bracket was packed with 30-plus games scheduled at multiple sites. Sportsmanship and MVP awards were given at the end of each winner’s bracket game.

Brown Bottling Group sponsors the annual Pepsi-JPS Holiday Basketball Tournament. The company provides individual and team trophies for winners and game MVPs. Representative Terrance Robinson presented a donation of \$7,000 on behalf of Brown Bottling to JPS Athletics.



2018 Pepsi-JPS Basketball Tournament Girls Champs – Lanier High School



2018 Pepsi-JPS Basketball Tournament Boys Champs – Provine High School



Terrance Robinson of Brown Bottling Company presents a check for \$7,000 to Clinton Johnson, executive director of Athletics for JPS.



Keshuna Luckett of Lanier was named the MVP of the girls championship game.



Ro’Darian Pendelton’s (left) game-winning basket at the buzzer earned him MVP honors for the boys championship game.

JROTC military gala showcases district’s bright stars



Head table guests including the mayor, JPS administrators, JROTC instructors and directors and cadet command staff.



Cadet Brigade Commander Ruben Banks presents a gift of appreciation to Mayor Chokwe Antar Lumumba on behalf of the JROTC.



Former professional basketball player Juanita Ward delivers an inspirational message before an attentive Gala audience.

Mississippi Link Newswire

Jackson Public Schools hosted the 7th Annual JPS JROTC Military Gala on December 14, 2018, at the Jackson Convention Complex. There were over 900 cadets, instructors, parents, school administrators and other invited guests in attendance.

The event is held annually as

part of a comprehensive development program for cadets and is an opportunity to celebrate the excellence, accomplishments and contributions of the JPS JROTC Program.

The military gala exposes cadets to a formal military dining experience while encouraging camaraderie among the cadets and their instructors.

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The Mississippi Link™

Volume 25 • Number 13

January 17 - 23, 2019

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Publisher.....Jackie Hampton

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The Mississippi Link [USPS 017224] is published weekly by The Mississippi Link, Inc. Offices located at 2659 Livingston Road, Jackson, MS 39213. Mailing address is P.O. Box 11307, Jackson, MS 39283-1307 or e-mail us at: editor@mississippilink.com; Please visit our website at: www.mississippilink.com. Phone: (601) 896-0084, Fax 896-0091, out of state 1-800-748-9747. Periodical Postage Rate Paid at Jackson, MS.

Deadline: The deadline for submitting items to be considered for publication is Tuesday at 10 a.m.

Subscriptions are \$32 per year; \$64 for two years or \$96 for three years.

Postmaster: Send all address changes to The Mississippi Link, P.O. Box 11307, Jackson, MS 39283-1307.

Advertising: For all advertising information, please call (601) 896-0084.

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GHP supports MVSU's Environmental Health program with \$5,000 grant

The Mississippi Link Newswire

A Mississippi Valley State University alumnus recently teamed up with his employer to present the institution with a \$5,000 grant.

Itta Bena native Kortney Haymore, a 2017 graduate of MVSU's Environmental Health program, currently serves as an industrial hygienist with Gobbell Hays Partners (GHP), Inc. in San Antonio.

The company recently awarded its inaugural \$5,000 community grant to MVSU by way of a nomination made by Haymore.

"When GHP first announced the contest, I knew I wanted to nominate MVSU — particularly the Environmental Science program. Valley is the only school in the Mississippi Delta with an Environmental Health program and that makes it unique," said Haymore.

In a post announcing MVSU as the recipient of the award, GHP stated, "Thank you, MVSU, for equipping bright minds like Kortney to improve environmental health in Mississippi and across the world."

Dameon Shaw, MVSU's interim vice president for university advancement, said that the grant will help equip more students with skills to make a difference in a global society.

"We are thankful to GHP for being visionaries in giving back. We are also excited that one of our alums, Mr. Kortney Haymore, has found a place in this amazing company," said Shaw.



Pictured, from left, Gobbell Hays Partners (GHP) Vice President Kenneth S. Garza and President/CEO Dominique G. Arrieta join MVSU alum Kortney B. Haymore, an industrial hygienist with GHP, for a photo with the \$5,000 check donated to MVSU in support of its Environmental Health program.

"Kortney's love for the University motivated him to nominate MVSU for the company's first-ever community grant, which will enable us to touch the lives of more students and improve our capacity to serve our community."

For Haymore, Valley has been a beacon of light and having the chance to give back means a great deal to him.

"Giving back not only means monetary donations, although it is needed. But giving back to me

means reflecting on the opportunities that were made available for me," Haymore said.

"The professors poured so much knowledge into me and countless others assisted me throughout my matriculation at MVSU, so now to be able to reach out and help another student means everything to me," he added.

GHP specializes in the fields of architecture, forensic architecture, environmental health and safety (EHS), LEED/sustainability

and project management in healthcare, hospitality, historic renovation, multi-family, government, laboratories, commercial and education. This firm is one of the first to successfully integrate architectural design with environmental and industrial hygiene consultation.

To learn more about GHP visit, www.ghp1.com

To learn more about MVSU's Environmental Health program, call 662 254-3377 or visit www.mvsu.edu.

Tougaloo College scholarship campaign to commemorate its 150th anniversary

The Mississippi Link Newswire

As Tougaloo celebrates its 150 year anniversary, to address the priorities of educational access and student success, the college will launch its Sesquicentennial Campaign for Scholarships to raise \$10 million over the next two years.

"This is our very first fundraising initiative that expressly targets scholarships for students as we more intentionally focus on furthering the transformation of today's students into tomorrow's leaders. This campaign is a vital step in positioning the college for continued growth and to ensure its future as a viable, competitive, attractive place for twenty-first century learners," says President Beverly W. Hogan.

"Private support is needed to increase scholarships so that the college can continue to attract and retain the best and brightest students," says local businessman, Tougaloo trustee and chairman of the Sesquicentennial Campaign

Steering Committee LeRoy Walker. "Anytime you talk to a CEO or an entity of interest, it always surfaces that 40 percent of the African-American doctors, lawyers and healthcare professionals doing business in Mississippi graduated from Tougaloo College. That's huge. You may be creating the next president of the United States. That is why this campaign is so important. Moreover, the campaign is a great opportunity for businesses to invest in students who are potential global leaders," says Walker.

The scholarship campaign will be formally launched during the college's 31st annual business luncheon Friday, February 22, at the Hilton Jackson Hotel. The luncheon was initially established to form strategic partnerships with local community businesses and serves as a platform to show appreciation to companies, organizations and individuals who support the college's mission and vision.

Nominations, applications sought for Alcorn State University president search

The Mississippi Link Newswire

The Board Search Committee leading the search for the next president of Alcorn State University has set the best consideration deadline for applications for Friday, March 1.

All applications and nominations should be submitted to Parker Executive Search.

"Alcorn State University is a great university with an historic past and a strong fiscal foundation," said Shane Hooper, president of the Board of Trustees and chair of the Board Search Committee. "It is in a great position to attract candidates of the highest caliber."

Following the best consideration deadline, Campus Search Advisory Committee members will submit at least five candidates unranked to the Board Search Committee. The board will select the candidates to be interviewed.

The interviews will be held in the spring, with the preferred candidate visit tentatively scheduled for April.

For more information and to view the Leadership Profile, visit the Mississippi Institutions of Higher Learning's Web site. For updates, the ASU search can be followed on Twitter @ASU_Search and @MSPublicUniv.

Hinds CC honors retirees with emeritus status

The Mississippi Link Newswire

Hinds Community College awarded emeritus status to three retirees at the spring Convocation Jan. 8.

They are Bobby G. Cooper of Jackson, Professor Emeritus of Music/Jubilee Singer Director Emeritus; Ben Fatherree of Clinton, Professor Emeritus of History/College Historian and Beverly Derden Fatherree of Clinton, Professor Emeritus of English.

They join 33 other retired Hinds Community College employees who have been selected for the emeritus honor.

Cooper had 51 years of service in education with 45 years of those at Hinds. He was the longest tenured employee of the college at time of his 2018 retirement. Cooper taught music on the Utica Campus. He served as choral music director and chairman of the humanities division.

Cooper is best known throughout the country for his leadership as director of the Jubilee Singers, which he resurrected in 1972. The Jubilee Singers have traveled throughout the world.

Ben Fatherree has been involved in education for 48 years with 43 of those years being at Hinds where he taught history courses on the Raymond Campus and served as department chairman. In addition, he is a noted historian who has written the definitive history of Hinds Community College from its inception through the 2017 Centennial celebration.

He is an expert on civil war



Hinds Community College retirees Bobby G. Cooper, Ben Fatherree and Beverly Derden Fatherree

history, especially in the local area, and has been very involved with the Friends of Raymond organization, which has made many improvements to the Raymond Military Park, earning national attention from the National Park Service.

Beverly Derden Fatherree began her relationship with Hinds as a student. She has devoted 40 years of her life to teaching with more than 35 years of those at Hinds. She continues her service

as an adjunct in the writing lab. She taught every English course offered, served as curriculum coordinator and was academic liaison for dual enrollment classes taught in the area high schools.

She is well known for her "Flannery O Connor: in Her Own Words," a dramatic monologue which she wrote.

All three were named among the 100 People Passionate about Hinds Community Col-

lege during the 2017 Centennial celebration of the college. All three have also established scholarships through the Hinds Community College Foundation.

Selected by a Hinds committee, emeritus status is conferred on retirees who have dedicated their lives to the college. A photo recognizing their status is showcased in the Emeritus Room at Fountain Hall on the Raymond Campus.

Hinds CC alumnus has photography exhibit at Raymond campus

The Mississippi Link Newswire

Hinds Community College alumnus Dana Moody, professor at the University of Tennessee at Chattanooga in the Department of Interior Architecture and Design, will have an exhibit in the Marie Hull Art Gallery on the Raymond campus.

Her exhibit, "Havana: Behind the Façade," began Jan. 14 and continues through Feb. 14 during regular gallery hours, which are 8 a.m. to 3 p.m. Monday-Thursday and 8 a.m. to noon Fridays. The gallery is closed on holidays when the college is closed. She will have a closing reception from 2 p.m. to 4 p.m. Feb. 14.

Moody, a 1989 Hinds graduate, teaches interior architecture and design. "Buildings tell stories about people, societies and cultures," she said. "My obsession for architectural studies began at a young age and has formed both my career and my creative endeavors. I have explored different mediums and styles to translate how my



Moody

eyes see historic architecture and interiors, including acrylic paintings and marker and pencil renderings on hand-drafted drawings.

"Eventually, I discovered that photography has the ability to capture the integrity of architectural details that are often glossed over in paintings and drawings."

She calls her architectural photographs "windows into the past."

After leaving Hinds she received a bachelor's degree at the University of Southern Mississippi and master and doctorate degrees from the University of Tennessee in Knoxville.

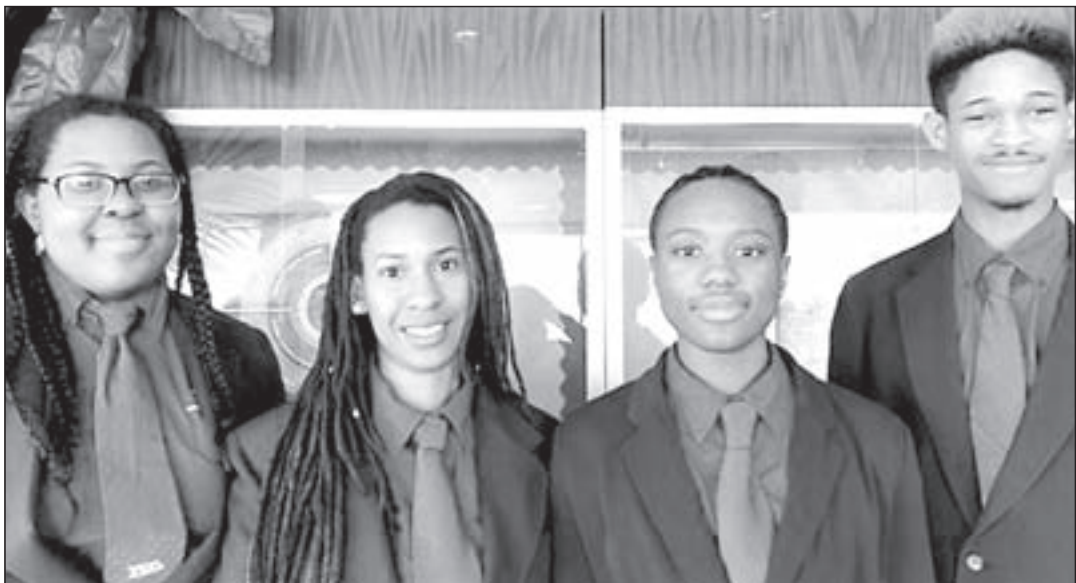
JPS CDC students win congressional app challenge for second year in a row

The Mississippi Link Newswire

Several students enrolled in the Simulation and Animation Design Technology Program at the Jackson Public Schools Career Development Center have created a national award-winning app for the 2018 Congressional App Challenge. This is the second year in a row that students from this program have received recognition for winning this national challenge.

For their winning app, this year's team programmed an Arduino Bluetooth module and concealed it in a fanny pack. The app, called Keep Safe, alerts parents when their child has wandered more than 33 feet away from their parent's mobile device.

These students, who are all members of the Technology Student Association, were among over 5,200 students across the nation who signed up to participate in the 2018 Congressional App Challenge. This challenge is a public effort to encourage students to learn how to code applications through annual district-wide competitions hosted by Members of Congress for their dis-



Members of the winning app challenge team from the Career Development Center include (from left) student Sydney Colman, Simulation and Animation Design instructor Myesha Wallace, and students Grace Blount and Ralphael Shinnie.

trict.

Students in participating Congressional districts code original applications for the chance to be selected for recognition by their Member of Congress. In addition to other prizes, winners will have their work put on display for one year in the U.S. Capitol Building and on the House.gov website.

The Congressional App Challenge is executed by the

Congressional staff of each participating district and coordinated by the Congressional Internet Caucus and the non-governmental sponsor of the project, the Internet Education Foundation.

The Congressional App Challenge will invite winners from across the country to showcase their apps to their Members of Congress and members of the tech community at #HouseOfCode, a reception on Capitol

Hill to be held in Spring 2019.

#HouseOfCode is a celebration of the 2018 Congressional App Challenge winners. Students will have the opportunity to participate in activities facilitated by representatives from some of the country's leading tech companies. Once #HouseOfCode finalizes dates for this year's celebration in Washington, D.C. these winners will receive attendance confirmation to participate.

JPS librarian named Kaigler-Lamont Award recipient

The Mississippi Link Newswire

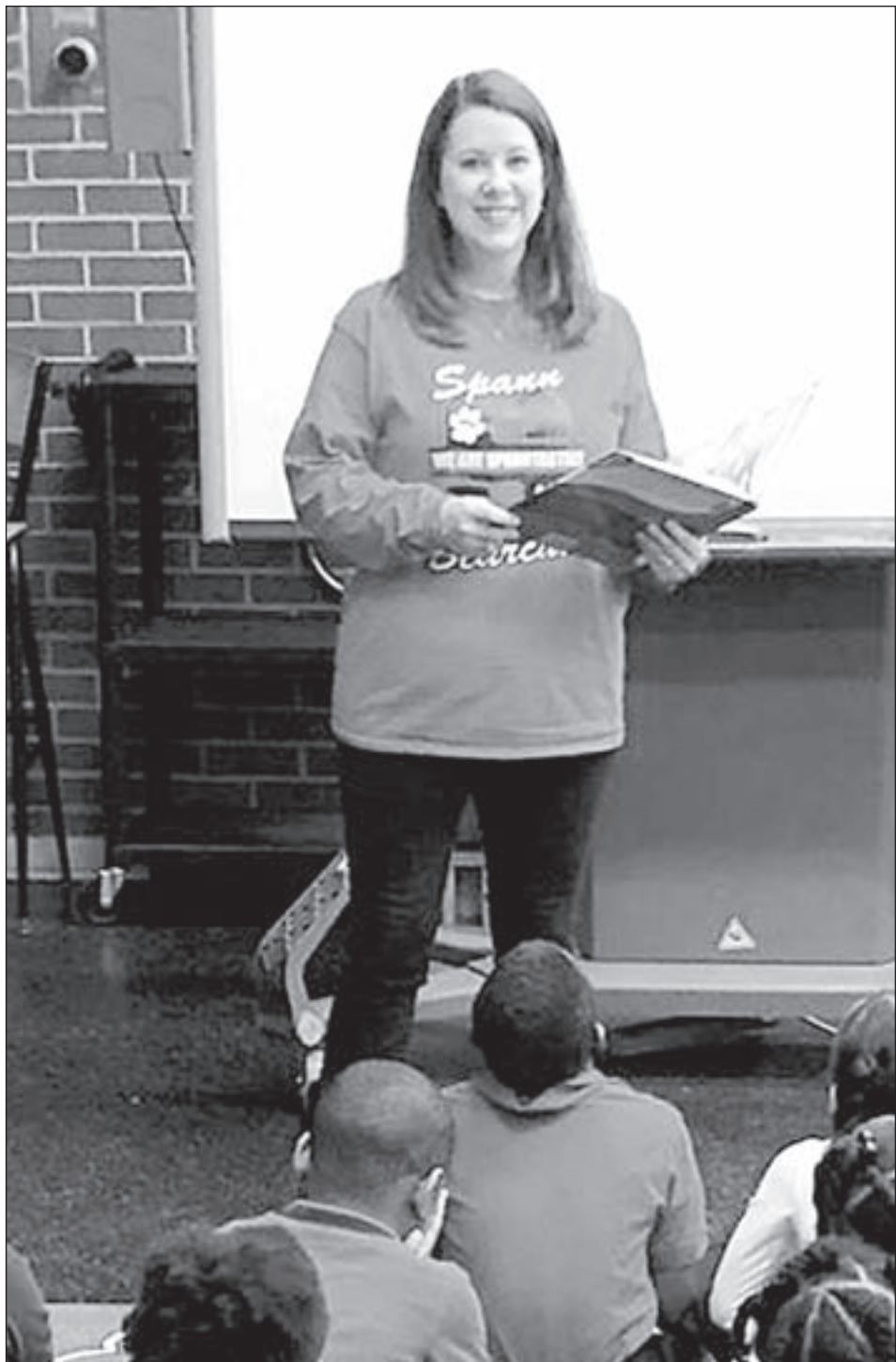
Spann Elementary librarian Jennifer Baker has been named the 2019 Kaigler-Lamont Award honoree by the Children's Book Festival. The Kaigler-Lamont Award recognizes distinguished accomplishments in promoting children's reading by librarians and teachers in Mississippi schools and by children's librarians in the public libraries of Mississippi. To be nominated, librarians must demonstrate that they go beyond packaged programs such as Accelerated Reader to instill a love of reading.

Baker will be honored along with other award recipients at the Children's Book Festival scheduled for April 3-5, 2019, at the University of Southern Mississippi. Her award package includes free registration for the festival, the plaque that will be presented during the festival's welcome session, a \$500 honorarium and another \$500 to purchase books for the Spann Elementary library. She will be the 21st recipient of the prestigious award and the first ever from a JPS school.

Starting her career in the elementary classroom, Baker brings the qualities of a committed and highly-qualified educator to her role as library/media specialist at Spann. She provides each of her students with an enriched learning environment that contains a wide variety of materials that cultivate their academic growth. She diligently implements several programs a year to create a culture of reading. One of them is the Book Buddy program with the school's adopter, Bellwether Church. She has also had celebrity readers visit the school to read with students, like Mississippi first lady Deborah Bryant. Last year, Baker secured enough free books for each of her students to take home to read over the summer months.

What may set Baker apart the most is her willingness to meet the educational needs of her students and their families. In fact, two of her colleagues praised her for this virtue.

"Mrs. Baker also goes out of her way to work with and involve parents and families in accessing materials and programs," said colleague Eileen R. Milner. "If there are parent requests, I have observed numerous times her caring ways to support the families and make them feel comfortable." "She is dedicated to the students of



Baker

Spann Elementary and works tirelessly to ensure each student has access to quality reading materials," said English language teacher Judy Wren. "She is also an invaluable professional who does not hesitate to take up leadership responsibilities, assist other teachers, come in early, stay late and do whatever needs to be done."

The Kaigler-Lamont Award is named for longtime supporters of the Children's Book Festival and friends, Fay B. Kaigler

and Ruth Lamont. Kaigler, a retired elementary school teacher, taught in California and Mississippi for 33 years, instilling the importance of reading in her students.

Lamont, a children's librarian in Baton Rouge, Louisiana, invited Kaigler to attend the festival in Hattiesburg, Mississippi. For many years, they traveled to the event each spring. A generous financial gift from Kaigler funds both the award and the festival that bear her name.

Ren-Nessa Maulseed starts journalism career at WLBT in Jackson



Maulseed

The Mississippi Link Newswire

A mass communication student at Alcorn State University has landed a job with a local news station.

Ren-Nessa Maulseed, a junior is WLBT's newest associate producer. In her new role, Maulseed is responsible for editing videos for inclusion in on-air newscasts, writing news articles and operating the teleprompter for nightly shows.

During her three years at Alcorn, Maulseed has worked to prepare herself for such a role. She's thankful for being granted a professional opportunity so soon on her journey.

"I have worked hard to position myself where I am now," said Maulseed. "I'm grateful for the opportunity to work while I am in school, knowing that there's more to learn."

Motivation by her mentors gave Maulseed the confidence to pursue a media career. She thanks Curtis Aaron and Larry Sanders providing tips on editing and becoming a better writer.

"I shoot and edit videos for our department's newscast, and I write content for the campus newspaper. In addition, I work with my school's sports network as a video board /switchboard operator and camerawoman. In my spare time, I edit pictures and create graphics and logos for my friends."

Maulseed also thanks Joey Mitchell, director of Career Services at Alcorn, for guiding her along her employment search.

In the future, Maulseed hopes to become a top producer for a television station. She also hopes to go into television station management.

Alcorn students receive Title III scholarships



Anderson

The Mississippi Link Newswire

Three students at Alcorn State University began the spring semester on a high note due to newly acquired scholarship funds.

Shakeria Anderson, Kourtney Billups and Sarah Pierre were awarded scholarships for \$500 by the National Association of Historically Black Colleges and Universities – Title III Administrators, Inc. (NAHBCU – Title III). The scholarship winners were among 18 recipients to receive the award.

Anderson, a junior business administration major from Coila, Mississippi, takes pride in winning the scholarship because it's a testament to her dedication to her studies.

"It was a great feeling to be awarded the scholarship because it showed that my hard work had

paid off," said Anderson.

Pierre, a junior business administration major from St. Martinville, Louisiana, spoke on the benefits that scholarships provide for students.

"Scholarships provide students with the opportunity to reach the next level in their education," said Pierre. "If it weren't for scholarships, some people wouldn't have the opportunity to experience college."

With the scholarship, Billups, a senior nursing major from Memphis, Tennessee, hopes to motivate others to work hard so that they can be eligible for academic relief.

"It is inspiring to receive a scholarship because other students look up to you and realize they can also win awards with time and preparation," said Billups.



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Hughes named Employee of Month at Mississippi State Hospital

Mississippi Link Newswire

Gwendolyn Hughes has been named Mississippi State Hospital's January Employee of the Month for Direct Care.

Hughes, a Byram resident who was born in Columbus, is a mental health technician supervisor in inpatient services (substance use service). She has worked at MSH for 5½ years.

The MSH Employee of the Month award recognizes employees who have made outstanding contributions to the hospital through their work. The program is sponsored by Friends of Mississippi State Hospital, Inc.

MSH, a program of the Mississippi Department of Mental Health, was founded in 1855 and helps the individuals it serves achieve mental wellness by encouraging hope, promoting safety, and supporting recovery. The hospital is accredited by the Joint Commission.



Hughes

Gunn appoints Cockerham to chair House Judiciary B Committee

The Mississippi Link Newswire

Yesterday, Speaker Philip Gunn announced his appointment of Rep. Angela Cockerham (D-Magnolia) as the new House Judiciary B chairman.

"Chairman Cockerham is an intelligent attorney and a hard worker," said Gunn. "She is an asset to Mississippi. She is a talented member who will excel in this role. Furthermore, I am honored to call Chairman Cockerham a close friend and colleague."

Cockerham has served in the Legislature since 2005. Previously, she chaired the House Energy Committee. She is the vice-chairman of the House Management Committee and serves on the House Apportionment and Elections; Appropriations; Compilation,



Cockerham

Revision and Publication; Education, Energy, Ethics, Legislative Budget Committee and Performance Based Budgeting Committees.

Cockerham is a member of Alpha Kappa Alpha and the Mississippi and Louisiana Bar

Associations. She is Special Counsel at Wise Carter Child & Caraway, P.A.

"I would like to thank Speaker Gunn for his continuous confidence in my abilities as a legislator and more importantly for his friendship," said Cockerham. "I look forward to working with the members of the Judiciary B Committee and the members of the House in passing legislation that will address human trafficking and child exploitation, criminal justice reform and other issues for the betterment of our state and nation."

Cockerham replaces Andy Gipson as chairman of Judiciary B. Gipson was appointed by Governor Bryant to serve as commissioner of agriculture.

Gunn appoints Staples to chair House Energy Committee

The Mississippi Link Newswire

Speaker Philip Gunn announced his appointment of Rep. Gary Staples (R-Laurel) as the new House Energy chairman.

"Gary is a seasoned veteran of the legislative process," said Gunn. "He has a vast understanding of the energy sector. He will be a great chairman of this committee."

Chairman Staples has a combined 19 years of experience in the Legislature. Previously, he served as the vice-chairman of the House Energy Committee.



Staples

He serves on the House Agri-

culture, Appropriations, Banking and Financial Services and Public Utilities committees.

"Many thanks to the Speaker for the confidence shown in me to handle this important sector of the oil industry," said Staples. "I will do the best job I can do."

Staples is affiliated with the Jones County Economic Development Authority, American Legion, Jones County Cattleman's Association, Northeast Jones FFA Alumni and Laurel Telephone Pioneers.

Congressman Bennie Thompson's statement on Medgar Evers Bill

Mississippi Link Newswire

U.S. Representative Bennie G. Thompson released the following statement on reintroducing the Medgar Evers Home National Monument Act:

"I am honored, in my capacity as congressman of the Second Congressional District of Mississippi, to author this legislation to honor the sacrifice of Civil Rights Icon Medgar Evers and his widow, Myrlie, by designating their home as a National Monument. This legislation is of great personal importance to me," Thompson said. "I, like many others, was inspired by the magnitude of determination Mr. Evers showed by dedicating himself to others and fighting against adversity. The designation of his home is an everlasting tribute to his legacy."

Due to bipartisan efforts last Congress, this legislation

passed through the Committee on Natural Resources and ultimately passed the House by unanimous consent.

"I am re-introducing this legislation, and I look forward to the Senate passing the same legislation so that we can finally get this done. I am asking that we make this happen and honor the legacy of an icon in American history, Medgar Wiley Evers."

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“Search Me, O God”

PART 1

By Pastor Simeon R. Green III
Special to The Mississippi Link



We read in Second Corinthians 13:5: “Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates (disqualified)?” If there was ever a time when people need to really examine themselves, it is today.

Allow this writer to remind us that we are living in a perilous time. It is a time when many people claim they are doing well spiritually; however, they do not realize their relationship with God and one another has faltered. The closeness that they once had with Him and one another has somewhat cooled. The things of God just do not hold as important a place as they once

did.

The Corinthians were called to examine and test themselves to see if they really were Christians. Just as we get physical checkups, the Apostle Paul urges us to give ourselves spiritual checkups. We should look for a growing awareness of Christ’s presence and power in our lives. Only then will we know if we are true Christians or merely imposters. If we’re not taking active steps to grow closer to God, we are drawing further away from Him.

It is so important to examine ourselves so that we can know if our experiences are up-to-date. We must diligently search for anything that would be displeasing to God or to the cause. We must be sure that **all** is well between us and our brothers and sisters in Christ.

In Psalm 26:2, we read these words of admonition: “Examine me, O Lord, and

prove me; try my mind and my heart.” David was not claiming to be sinless – that is impossible for any human to achieve. But he was consistently in fellowship with God, clearing his record when he sinned by asking for forgiveness. Here he pleads with God to clear his name of the false charges made against him by his enemies. We also can ask God to examine us, trusting Him to forgive our sins and clear our record according to His mercy.

Why is it necessary for us to ask the Lord to examine us? Sometimes, we may be prone to be too easy on ourselves. We may be somewhat partial or excuse something that needs to be dealt with in a serious way. It is possible that we could overlook something that God considers to be quite crucial. God will always be honest with us by showing us things that we need to take care of in our lives.

Again, Paul was admonishing the professed Christians in Corinth to take a close look at their lives. He encouraged and strongly challenged them to know for sure that all was well between them and the Savior. He knew that some of their conducts were not good. Certain ones committed sin and others were questioning Paul’s position as a leader. As he closed his letter to them, he let them know that if he came to them, he was not going to spare but would take sharp action.

As he finalized his letter, he told them to be perfect, to be of one mind and to live in peace.

Next week – Part II, “Search Me, O God.”

Rev. Simeon R. Green III is pastor of Joynes Road Church of God, 31 Joynes Road, Hampton VA 23669. He is a member of the National Association of Evangelism Church of God, Anderson, Ind.

PRESERVED Tales from the pole

By Shewanda Riley
Columnist



“It’s what you used to slide down!” blurted out the 25-year-old brother to his 5 months pregnant 23-year-old sister. For a few seconds, everyone at the table was too shocked to do anything but look down at the Taboo game pieces. The awkward silence that followed was broken when the young lady quickly grabbed her purse and car keys and rushed from the house in tears.

Her brother, now sure that the time he’d spent over the Christmas vacation rebuilding his relationship with his estranged mother and sister was now irrevocably shattered, followed her in hot pursuit all the while pleading with her to forgive him for his ill-spoken words. He didn’t do it out of anger but sincerely was trying to help her with the word clue.

Within minutes the mother of both of them joined them outside as the brother blocked his sister’s attempts to get inside her car. As the mother yelled insults at the brother, the other family members did their best to calm the situation. It took a few minutes but finally everyone came back inside and started watching TV.


I couldn’t believe it when my sister recounted this drama that happened at her in-laws’ Christmas day a number of years ago. What started as a friendly game of Taboo ended up ruining her in-laws’ Christmas celebration. My sister said that it wasn’t a big secret that the young lady had been

a stripper when she was younger. However, the young lady had turned her life around and was trying to put that part of her past behind her. She was frustrated because it seemed like every step she made towards a positive future was ruined by others reminding her of where she’d been, as if she needed the help.

Many of us may not have slid down a stripper’s pole in our past, but we all have things from 2018 that we are trying to move past in 2019 even though the year is just a few weeks old. You may want to lose weight but get discouraged when you see how you look in the mirror. Or, you may boldly claim that you will have peace of mind in 2019 concerning your finances but worry as you shoulder the burden of more debt.

As much as we try to change, we are constantly reminded in the present of how we failed in the past. However, Isaiah 43:18 says “Forget about what’s happened; don’t keep going over old history. Be alert, be present. I’m about to do something brand-new. It’s bursting out. Don’t you see it? There it is. I’m making a road through the desert, rivers in the badlands.” It’s not the change itself that makes the biggest difference in our lives...it’s developing the discipline and wisdom to recognize that it’s God who keeps us as God completes the process of change.

Shewanda Riley is a Dallas, Texas based author of “Love Hangover: Moving From Pain to Purpose After a Relationship Ends.” Email preservedbypurpose@gmail.com or follow her on Twitter @shewanda.




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Shame and shade in Birmingham: in praise of Davis

By Julianne Malveaux
NNPA News Wire Columnist



If anyone deserves a civil rights award, Angela Davis certainly does. The activist and scholar has been on the front lines of the civil rights movement all of her life. She has been especially active in prison reform matters, but she has also been involved in other civil and human rights issues. When I learned in October that she would get the Fred Shuttlesworth Human Rights Award from the Birmingham Civil Rights Institute, I was absolutely delighted. I imagined the wide smile the daughter of Birmingham must have flashed when she learned that she would be honored.

Everyone in Birmingham wasn't thrilled, though. Some people in the conservative Southern town seemed disturbed that she had been a member of both the Black Panther Party and the Communist Party. Others were concerned about her support of the BDS (Boycott, Divestment and Sanctions Movement) against the Israeli occupation. She has said that she stands in solidarity with the Palestinian people and advocates for their fair treatment in Israel.

Some ill informed people consider the BDS movement "anti-Semitic." They suggest that any questions that one raises about Israel shows a bias against Jewish people. But Davis, a lifelong human rights activist, is concerned about the humanity of Palestinian people, as well as other people.



Davis

And she is rightfully concerned, as many of us are, about the spate of laws recently passed that downright outlaw the BDS movement. According to the *Middle East Monitor*, a teacher in Texas, Bahia Amawl, refused to sign an oath that required her to pledge that she "does not currently boycott Israel," that she will not boycott Israel and that she will "refrain from any action that is intended to penalize, inflict economic harm on, or limit commercial relations with Israel."

Texas is among some 25 states that have passed laws forbidding the state from doing business with companies that boycott Israel. It will also not invest pension funds in companies that support BDS. Thirteen more states including Washington D.C., have similar laws to the Texas law pending, pitting people's first amendment rights of free speech against support for Israel. And Florida Senator Marco Rubio, in the middle of a government shutdown, had the nerve to introduce national legislation that mirrors the Texas law (actually, Illinois was the first state to pass this discriminatory law).

Lots of people in Birmingham aren't having it. Though the "Civil Rights Institute" has rescinded its award to Davis, there has been significant protest about the decision. Birmingham's Mayor, Randall Woodfin, who is a non-voting member of the Museum Board and did not participate in the decision to rescind the award (the city provides the museum with about a million dollars a year in operating funds) has expressed his dismay about the decision. Three board members have resigned from the board. And Alabama columnist Roy S. Johnson has written a fiery column accusing the Civil Rights Institute of insulting Rev. Shuttlesworth and staining its own legacy. Johnson says the Birmingham Jewish community may have been the loudest, but not the only folks pushing for Davis' award to be rescinded.

Who rescinds an award after it has been granted for statements that were not recently made, but are a matter of record? Davis has long been an outspoken activist, just like Rev. Fred Shuttlesworth. Nothing had been changed from the time Davis was notified of the award and January 4, when it was rescinded. The BCRI did not have to honor Davis, but their canceling the award is a special kind of insult. Fortunately, Davis has a thick skin, and she knows exactly who she is. She didn't cringe when then-California governor Ronald Reagan had her fired from UCLA for her membership in the Communist Party. She didn't flinch when she was incarcerated for a crime she did not commit. And she will not tremble because the BCRI rescinded the award.

Indeed, demonstrating the indomitable spirit that she is known for, Davis will travel to Birmingham in February for an alternative event. And the Birmingham Civil Rights Museum has egg on its face. That city showed a young Davis who they were when the four little girls, some of whom she knew, were killed at the 16 Street Baptist Church in Birmingham. And they are showing her who they are once again. Shame and shade!

Unfortunately, I'm not surprised. One of the founders of the Women's March has demanded the resignations of Tamika Mallory and Linda Sarsour because they attended one of Minister Louis Farrakhan's Savior's Days. Marc Lamont Hill lost his CNN commentary gig because he spoke up for Palestinian rights. Alice Walker has been criticized because she supports BDS. Now Davis is being denied an award. When is enough going to be enough?

For the record, I support Palestinian rights. And I support Israel's right to exist. Are the two incompatible? I think not. The one-state solution, with a right to return, and full citizenship rights for Palestinians makes sense. But Israel is not about to budge, and BDS as an attempt to influence it.

States passing laws to outlaw free speech erodes the first principle of our Constitution and undercut the actions at the very foundation of our nation. Remember the folks who dumped tea into the Boston Harbor because of an unfair tax? Today that action might be against the law.

Julianne Malveaux is an author and economist. Her latest book "Are We Better Off? Race, Obama and Public Policy" is available via www.amazon.com for booking, wholesale inquiries or for more info visit www.juliannemalveaux.com

Economics, not electoral politics, is the key to success

By A. Peter Bailey
TriceEdneyWire.com



America (aka USA) continue to recognize the importance of maximizing their economic potential.

At the risk of being accused of repeating myself, I will say once again that black people who live in the continent of North America (aka USA) continue to recognize the importance of maximizing their economic potential. In 2018, as in the previous 100 or so years, we as a people put most all of our time, energy and resources into electoral politics. We jump for joy when a black person is nominated for or elevated to some political position without understanding that a group of people may have a limited degree of political influence but will absolutely never have political power without economic power.

No one better understands and explains this better than the per-

ceptive visionary James Clingman, who warns us of this basic fact over and over again in his must-read book, *Black Money Matters*. The book, published in 2015, includes the following:

"Our aggregate annual income of \$1.2 trillion is mainly used to create wealth for everyone except black people because we spend the vast majority of it at their businesses. Politics has not and will not solve these issues. We must solve them ourselves by 'the work from our own hands' as Martin Delany told us.

"This book deals with the potential and economic issues that affect us and between 2008 and March 2015 it directs the readers' attention not only to the problems we face as individuals and as a collective, but also to practical, achievable and appropriate solutions. It points us to a way out of the economic ditch in which we have

remained for decades since the 1960s when we owned more assets, relatively speaking, and controlled economic enclaves across the country...Each day we can see how much 'Black Dollars Matter' to everyone else's worth and well-being; the question is: How much do they matter to black people?"

"This is my final attempt to enlighten, to inspire, to challenge and to change our thinking in such a way that it has a positive impact on those who come behind us. It encourages the elders among us but our passing must be with patience, direction, advice and counseling."

This is serious guidance from a brother who now is dealing with a debilitating illness. In his book he does exactly what he advocates above. It offers concrete guidelines on how to more effectively use our collective economic resources in the campaign against white su-

premacy and for equal right, equal opportunity and equal justice.

By the way, Clingman is not the only one who urges us to do more to maximize our economic potential rather than relying much too much on electoral politics. Ancestors such as Booker T. Washington, Mary McLeod Bethune, Marcus Garvey, Chancellor Williams, Harold Cruse, Brother Malcolm X and Dr. Martin Luther King, Jr. have also spoke out on our becoming more diligent and intelligent economically.

If we chose to ignore their wisdom and guidance in this arena, we will have no one to blame but ourselves if other ethnic and religious groups continue to take advantage of our willful ignorance.

A. Peter Bailey, whose latest book is *Witnessing Brother Malcolm X, the Master Teacher*, can be reached at apeterb@verizon.net.

A change for the better: House rules on staff diversity

By Marc H. Morial
President and CEO
National Urban League



Diversity matters. In a world that is both diverse and deeply interconnected, companies and institutions with greater levels of diversity are achieving better performance. Most organizations, including McKinsey, have more work to do to take full advantage of the opportunity presented by a more diverse leadership team. Organizations also have more work to do on their talent pipeline to attract, develop, mentor, sponsor, and retain the next generations of diverse leaders at all levels. But with the rewards of diversity set to increase, investing now is the best plan. Winners will pull further ahead and laggards will fall further behind. – Management Consulting Report "Diversity Matters," McKinsey & Co.

The National Urban League congratulates the U.S. House of Representatives, which approved a rules package creating a new Office of Diversity and Inclusion and requiring the appointment of a chief diversity officer and the development of a diversity plan.

Congressional staff diversity has long been a top priority of the National Urban League. Just last month, we joined with more than 60 other national civil and human rights organizations and stakeholders in sending a letter calling on Members of Congress to prioritize diversity in hiring top staff. In the letter we encouraged the members to take the following steps:

1. Set Clear Goals: Promptly develop hiring goals to ensure diversity among those hired in new top and key mid-level staff position openings in your office.
2. Adopt a Diversity Plan: Develop a written office diversity and inclusion plan that includes recruitment and hiring goals, retention and development strategies for staff, data collection and analysis procedures, a clear allocation of responsibility among staff and performance evaluation for implementation of the plan, and unconscious bias training for all managerial staff involved in recruitment, hiring, evaluation and retention.
3. Adopt the Rooney Rule: Formally adopt and implement the Rooney Rule, which would require your office to interview at least one person of color for every top and key midlevel staff

position opening. Senate Democrats adopted this rule in 2017. Data should be kept to measure the compliance and effectiveness of the rule.

4. Support Chamber-Wide or Conference-Wide Efforts to Improve Staff Diversity, such as the creation of an independent and bipartisan diversity office, the disclosure of demographic data of staff and adoption of the Rooney Rule.

These are the same recommendations we made when we hosted a panel on diversity at the U.S. Senate nearly two years ago.

Soon afterward, we delivered senior-level resumes of qualified, African-American candidates to senators who represent states with a high percentage of minority residents. Our intention was to encourage senators to consider a diverse pool of candidates when hiring for positions like chief of staff, legislative director and communications director.

Newly-elected Senator Doug Jones of Alabama last January appointed the first black chief of staff in the Democratic caucus, joining Republican Senators Tim Scott of South Carolina and Jerry Moran of Kansas.

In a letter accompanying the resumes we sent to the Senate, I

wrote:

At the core of economic civil rights is the idea that all people should have access to jobs for which they are qualified. Despite the progress this country has made related to corporate diversity and inclusion, our Congress, specifically the U.S. Senate, has failed to move the needle when it comes to diversity and inclusion. This is deeply concerning and an embarrassment to our country. While policy decisions affecting all Americans are debated in the halls of Congress, persons of color are largely absent in top-level staff positions. Thus, on issues like education, the economy, health care and decisions of war and peace, Members of Congress are legislating without the perspective of black and brown staff.

According to the Joint Center for Political and Economic Studies, more than 31 percent of top staffers hired so far by newly-elected House Members are people of color. As of September, fewer than 14 percent of top staff in the House were people of color.

The rule change is a significant step toward a Congress that truly represents the rich diversity of the nation and an expansion of economic opportunity for all Americans.

It's your money!

By E. Faye Williams
Trice Edney Newswire



I know it's your business where you spend your money, but I can't help but wonder where many of us would be today if our ancestors like Dr. Martin Luther King Jr., Fannie Lou Hamer, Amelia Boynton Robinson, Medgar Evers, John Lewis, Rosa Parks, and a whole lot of our warriors for justice would have taken the position that they were not going to risk their lives for the good of our community so long as they were personally benefitting.

What if they had taken money from guilty parties and kept quiet about racist and disrespectful acts against the rest of us? What if somebody gave them a few dollars to back off and not participate with any groups or make any objections to what was hurting our community? What if somebody told you they would continue spending their money with corporations they know are spend-

ing the company's proceeds (your money) to knowingly do damage to your community? I'm speaking of companies knowingly using their advertising dollars to make it possible for hateful rhetoric that encourages violence, kidnapping, gang rape and random shootings in our community. Much of this hateful language is especially against black women, and it denigrates our entire community. This must stop. We need your help to stop it.

I think any sensible and caring person would say, "I won't allow my dollars to destroy my community." I trust that that's where most of us are. The National Congress of Black Women, under the leadership of my predecessor, C. Delores Tucker, has been working to rid our community of this filth called gangsta rap for many years. We've continued to make the lives of our young people better.

Recently, we've been blessed to be joined by Bob Law – chairman, National Black Leadership Alliance, Kwabena Rasuli and Bernard Creamer of Clear the Airwaves. Some will tell you these

performers are just talking about their reality. To that I say, "Your breath smells bad when you wake up, but you brush your teeth to change that reality. Those who want to change/better their reality don't do gangsta rap."

In our continuing effort to put an end to the filth and the damage it creates, we recently invited some of the biggest offenders to meet with us in New York so that we could help them understand what the ads they pay for are doing to destroy our community. While we had representatives from many groups attend, not one of the biggest offending advertisers invited (McDonalds, Subway Restaurants, JCPenney, Kohl's or Adidas) attended. After at least 5 contacts with each company, not one had enough respect for the black community to send a representative, forcing us to take action.

Our call to action is against "hateful rhetoric that encourages violence against black women." Our movement is called "Respect Us" and to be clear, this is not about free speech; it's about get-

ting rid of hostile environments. All of us appreciate righteous, conscious music, and we would urge offenders to spend their advertising dollars to promote that kind of music.

Since the named corporations have chosen to disregard our willingness to hold a reasonable discussion about the matter at hand, we have been forced to ask every conscious member of our community to refrain from spending your dollars at the offending companies named in this article until they respect our community enough to withdraw their advertising dollars making the offensive gangsta rap possible. Our starting targeted areas are New York, Chicago and Washington, D.C. Others may be added as necessary.

For more information or to express your support for Respect Us, call 202 678-6788 or 347/675-0710. You may also find more information at www.respectus.store.

E. Faye Williams is president of the National Congress of Black Women and host of "Wake Up and Stay Woke" on WPFW-FM 89.3.

Black Public Media selects fellows for its third 360 Incubator+

Largest-ever class of funding initiative for broadcast and web programs or series, as well as VR projects, to begin work in January



M. Asli Dukan, executive producer of Invisible Universe pitches her project in the second pitchBLACK.

Black Public Media, the nation’s only nonprofit dedicated solely to funding and developing media content about the black experience, has selected 10 producing teams for its third 360 Incubator+. The selected teams will vie for up to \$150,000 in funding. The talent development program is designed to get black content into the distribution pipeline.

This year, virtual reality (VR) projects will compete for the first time, signaling BPM’s mission to get more black storytellers using this and other emerging media.

Can you do a story or interview?

The Mississippi Link Newswire

Ten producing teams have been selected by Black Public Media (BPM) for its innovative 360 Incubator+, a program designed to identify and pipeline quality black content. The third round of the competition is its largest-ever class. Eight broadcast and web teams will vie for up to \$150,000 in funding to help produce the pilots or funding reels of their broadcast or digital projects; for the first time, two virtual reality teams will compete in the talent development program, reflecting BPM’s new mission to introduce black filmmakers and creatives to the storytelling potential of virtual reality and other emerging technologies. The winning 10 projects beat out 39 other storytellers who also answered the open call issued in July.

Black Public Media is the nation’s only nonprofit dedicated solely to funding and developing media content about the black experience.

The 360 Incubator+ offers a holistic, comprehensive approach to honing the skills of experienced producers and filmmakers – and their projects.

From January 11 through 13, participants, or Fellows, will attend a boot camp in the historic Hudson Valley, before heading to New York City for 11 days for the intensive Incubator Workshops.

From January 15 through 25, they will work full time, attending workshops on topics including grant-writing, budgeting, reel creating, licenses, community engagement, distribution and virtual reality.

Producers will then return to their home base to work on their proposals, sample reels and pitches under the guidance of their mentors in preparation for BPM’s pitchBLACK competition in New York City.

Incubator mentors include Kimson Albert, Joe Brewster, Rachel Falcon, Sonia Gonzalez-Martinez, Sabrina Schmidt Gordon, Chris Hastings, Byron Hurt, Michael Premo, Yoruba Richen and Michèle Stephenson.

On April 11, the dynamic pitch-BLACK forum will put Fellows center stage in front of a diverse audience of

funders, distributors and industry leaders. The Fellows will battle to nab top honors and be one of up to three projects to be awarded a licensing agreement, ranging from \$50,000 to \$150,000. The two virtual reality teams will compete to win funding for community engagement campaigns for their films. Winners will be announced at an awards ceremony April 12.

The seven projects chosen by a panel of industry experts include:

The 3,000 Project, a broadcast program by Keith McQuirter and LaNora Williams-Clark

In Wisconsin, one of the most incarcerated states in the nation, are 3,000 imprisoned men and women trapped in the judicial system between two changing parole laws, tripling their prison sentences. The changes create an inferno of activism and debate from the high offices of state government to the streets of Milwaukee, as the state grapples with solutions to curb its alarming rates of mass incarceration.

Changing State, a broadcast program by Leola Calzolari-Stewart and Kiley Kraskouskas

At the height of the Cold War and civil rights movement, the first African-American ambassadors walked a tightrope: promoting the democratic promise of America abroad while living as second-class citizens at home.

The Chicago Franchise, a broadcast series by Randall Dottin

After the city of Chicago tore down its high-rise public housing towers in 2011, the murder rate continued to climb. This was no accident. The Chicago Franchise explores the complicated relationship between gun violence, poverty and residential segregation.

Commuted, a broadcast program by Nailah Jefferson

Commuted tells the story of Danielle Metz – a 50-year-old African-American woman whose triple life sentence (in New Orleans’ biggest RICO drug case of the early ’90s) was commuted by President Obama in August 2016. Now back home in New Orleans after 23 years behind bars, Metz is trying to find

BPM

Continued on page 16

Government shutdown impacting well beyond federal employees

General public feeling the affects, many trying to help



Lavette Lightford and Lori Mac, members of the National Treasury Employees Union, join NTEU march against the government shutdown Jan. 10. Their sign hits home with growing sentiments as anger rises and incomes plummet around the nation. PHOTO: BARRINGTON SALMON/TRICEEDNEYWIRE.COM

By Barrington M. Salmon
TriceEdneyWire.com

John E. DeFreitas began driving a taxicab when he was in college 40 years ago. The self-described ‘transportation specialist’ said he has watched what is now the longest federal government shutdown in U. S. history unfold and swallow up the lives of significant numbers of people.

While the focus of the media has centered primarily on the 800,000 federal employees who are currently sidelined without their paychecks because of the squabble over a wall on the southern border, the residual effects are being felt among people far removed from the federal government.

“Things haven’t slowed down, they have died,” DeFreitas said referring to the pulse of the taxicab business on and well beyond Capitol Hill in the wake of the shutdown. “It is so bad. There are no people on the street. I usually go to the Watergate where business is brisk but now it’s at about 30 percent of capacity. I wait two or three hours before somebody comes out and the few people coming out use cheap transportation. Unless they’re doing business, they won’t take taxis.”

DeFreitas said doormen’s hours have been cut back, others have been sidelined temporarily until business picks back up, and the numbers of maids, servers and cooks in restaurants in the Washington metropolitan area is being reduced or increased depending on demand.

“All the others outside of the federal government who’re being affected have lost wages and may never recoup them,” he said. “Nobody is saying how it directly and indirectly affects other people.”

Fela Sekou Turner, a celebrity hairstylist in the District of Columbia, located in the heart of the nation’s capital, caters to clientele who work for federal and D.C. governments. He said the ripple effects are being felt and seen at his spot.

“More of what we’re seeing is the experiences people are going through,” said Turner, a 23-year veteran and owner of Hair by Fela. “For example, we’re wrapping up our last clients at 5 Friday when usually we’re not getting off ‘til 10 p.m. or 11. People know people, so we know what’s going on. People aren’t able to come because they’re nervous. Our salon, and those of our friends, have really been affected by this.”

By ‘this,’ Turner means a partial shutdown of 11 federal agencies initiated by President Donald Trump Dec 22. He made that move because he’s upset Congressional Democratic leaders have refused to agree to give him \$5.7 billion for a wall to be con-

structed on America’s southern border – the wall that he repeatedly, during his campaign, said that Mexico would pay for. For months, Trump has issued warnings about the influx of thousands of Central and Latin American migrants who he has wrongly branded murderers, drug dealers and terrorists.

The wall, he contends – despite evidence to the contrary – will keep tens of thousands of Central and Latin American migrants from entering the country. The president has threatened to declare a national security emergency though none exists. He is using hyperbole and misleading statements about the criminality of brown-skinned immigrants to bolster his case even though statistics show that immigrants commit less crimes than natural-born Americans.

Contrary to his characterizations, most of the migrants are fleeing their countries in protection of their own lives and the lives of their children and families. Many are running from gangs, violence and economic privations in their countries of origin.

Trump has stirred up fear among his base – majority White Americans. But House Speaker Nancy Pelosi (D-Calif.) and Senate Minority Leader Chuck Schumer (D-N.Y.) have refused to budge, accusing Trump of fearmongering and lying about the severity of the situation.

Trump is promising to keep the federal government closed until Democrats accede to his demands, for years if necessary.

As a consequence, the aforementioned 800,000 federal workers are sitting home. Approximately 420,000 people, deemed essential employees are working without pay and an additional 380,000 are on furlough forced to stay home without pay. Meanwhile, tens of thousands of federal government contractors – because they are subcontracted and are not full-time federal employees – are not being paid and may never receive back pay, according to the Associated Press and other reports.

Fear, uncertainty and frustration is simmering as people try to figure out how to pay rent, mortgages, school fees, tuition and childcare, make car payments, determine what to cut back on, surmise what to eliminate and still take care of utilities and other facets of modern life that demand their money.

“I didn’t anticipate that it would last this long because of the optics; I thought it would last a week,” said Nurel Storey, vice president of the National Treasury Employees Union, Chapter 22 and a 33-year employee of the Internal Revenue Service. “There is fear and anxiety. There are a lot of single mothers, households where

both parents work for the federal government, people with kids. They still have to eat, deal with bill collectors, take care of their homes.”

A recent Business Insider story points out that affected federal workers have more than \$400 million in mortgage and rent payments due this month which could cause turmoil in the U.S. housing market. Yet, there’s no resolution or end in sight for a shutdown that on Saturday, Jan. 12 became the longest federal shutdown in U.S. history. Economic experts say if it lasts two more weeks, the cost to the economy will exceed the price of the wall.

Diane Stevens, owner of the Cole Stevens Salon and Clayton Lawson, an area barber, said the apprehension is palpable.

Stevens’ company has 49 employees and two locations, one on Capitol Hill and the other in Greenbelt, Md. She said they are just beginning to feel the effects of the shutdown but she still expects a spike.

“The beginning of the year is the time to do a splash of highlights, get a new haircut or different style for workouts. (But) we’ve been looking at the numbers and we’ve seen a decrease, probably around 25 percent,” she said. “People are getting nervous, especially women who multitask and take care of the kids, buy food and take care of the household. Coming to the hair salon is a stress reliever for them.”

Meanwhile, restaurants and an assortment of eateries have been offering affected workers free coffee, pizzas, burgers and other meals, according to published reports. Churches in and around D.C. have appealed for contributions to their food banks to assist furloughed federal workers and others during the hard times.

For example, world-famous Chef José Andrés is offering federal government employees free sandwiches until they get paid again. Meanwhile, other establishments are offering entrance into activities at community and fitness centers and private museums.

Turner, a Pittsburgh native, says this outpouring of support he’s seeing from regular people is unprecedented.

“I’ve never seen people come together as much as they have. On Facebook, people are giving groceries and discounts on business services,” he said. “So many people are saying, ‘No, we won’t let this happen.’ Even though it’s a lot for one person to do, when people pull together, a great deal can be done. This will bring a certain unity we haven’t had before. I think people will learn to take care of each other.”

LEGAL

Advertisement for Electronic Bidding

Re-Bid 3086 Roof Replacement at
Obama Magnet Elementary

Sealed, written formal bid proposals for the above bid will be received by the Board of Trustees of the Jackson Public School District, in the Business Office, 662 South President Street, Jackson, Mississippi, until 10:00 A.M. (Local Prevailing Time) February 07, 2019, at which time and place they will be publicly opened and read aloud. A Pre-Bid Conference concerning the project for Obama Magnet Elementary School will be held at 750 North Congress Street, Jackson, MS 39202, on January 22, 2019 at 9:00 A.M. Attendance at the pre-bid conference is non-mandatory but strongly suggested. The Board of Trustees reserves the right to reject any and all bids, to waive informalities, and to withhold the acceptance of any bid if approved for forty-five calendar days from the date bids are opened.

Plan holders are required to register and order bid documents at www.durrelldesigngroupplans.com. A \$100.00 nonrefundable deposit shall be required on each set of bid documents and must be purchased through the website. All plan holders are required to have a valid email address for registration. Questions regarding website registration and online orders please contact Plan House Printing, 607 W. Main Street, Tupelo, MS 38804, (662) 407-0193. Questions regarding bid documents please contact Durrell Design Group, PLLC, 500-G East Woodrow Wilson Ave., Jackson, MS 39216, Phone: 601-708-4788, Fax: 601-488-4717, Email: contact@durrelldesigngroup.com

1/10/2019 , 1/17/2019

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PUBLIC NOTICE

The City of Jackson is preparing to submit properties for demolition to the Mississippi Home Corporation for its Blight Elimination Program. The goal of the Blight Elimination Program is to reduce the number of blighted and abandoned homes in our communities and neighborhoods. Working in conjunction with its blight partners, the City is committed to eliminating blight in Jackson, MS and to that end, plans to demolish properties with funding received. The City is required to give public notice listing properties anticipated for demolition as a part of this program. The proposed properties to be addressed are listed below:

Parcel	Address
408-834	2101 Ridgeway
95-17	1314 Bailey Ave
101-103	3003 Smith Robertson
96-31	409 Huron Street

For additional information, contact the City of Jackson's Office of Housing and Community Development at (601) 960-2155.

1/17/2019

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DEPARTMENT OF FINANCE AND ADMINISTRATION
BUREAU OF BUILDING, GROUNDS AND
REAL PROPERTY MANAGEMENT
JACKSON, MISSISSIPPI

ADVERTISEMENT FOR BIDS

Sealed and electronic bids will be received at the Bureau of Building, Grounds and Real Property Management, 501 North West Street, Suite 1401 B, Jackson, Mississippi, 39201, until 2:00:00 p.m. on Tuesday, 02/12/2019, for:

RE: GS# 321-259 Water & Wastewater Improvements Mississippi State Penitentiary RFx number: 3160002690

at which time they will be publicly opened and read. Contract documents may be obtained from:

Professional: Pickering Firm, Inc. (Memphis, Tennessee, through the Office listed herein)
Address: 2001 Airport Road North, Suite 201 Flowood, Mississippi 39232-8846
Phone: 601-956-3663
Email: bryant@pickeringinc.com

A deposit of \$100.00 is required. Bid preparation will be in accordance with Instructions to Bidders bound in the project manual. The Bureau of Building, Grounds and Real Property Management reserves the right to waive irregularities and to reject any or all bids. NOTE: Telephones and desks will not be available for bidders use at the bid site.

Calvin R. Sibley, Bureau Director
Bureau of Building, Grounds and Real Property Management

1/10/2019, 1/17/2019

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Invitations for Bid (IFB)#2019-01
Bus Stop Improvement Program

The City of Jackson is seeking sealed bids from qualified firms for the Bus Stop Improvement Program: Site Design, Engineering and Project Management Services for Bus Shelters, Benches, Bust Stop Signs and Associated Improvements on a Multi-Year Contract.

Interested firms may obtain a copy of a detailed Request for Proposals, and any proposal addenda by emailing mguice@jacksonms.gov. Official proposal documents can be downloaded from Central Bidding at www.centralbidding.com. Please reference IFB#2019-01.

Six copies of the offeror's Proposal together with a PDF file of the Proposal on a flash drive shall be deposited with the City of Jackson, Office of City Clerk at 219 South President Street, Jackson, MS 39205 until Tuesday, February 26, 2019 by 3:30 pm, Central Standard Time (CST). Electronic bids and/or reverse auction bids can be submitted at www.centralbidding.com. For any questions relating to the electronic bidding process, please call Central Bidding at 225-810-4814. Submittals received after the specied date and time shall not be accepted.

The City of Jackson is committed to the principle of non-discrimination in public contracting. It is the policy of the City of Jackson to promote full and equal business opportunity for all persons doing business with the City as a pre-

1/17/2019 1/31/2019 2/14/2019

LEGAL

Request for Proposal (RFP) #2019-01
Mobile Surveillance Camera System

The City of Jackson is soliciting Request for Proposals (RFPs) based on a firm fixed price basis to purchase, install, train, and maintain a new surveillance camera system for its fixed route and paratransit fleet.

Interested firms may obtain a copy of a detailed Request for Proposals, and any proposal addenda by emailing mguice@jacksonms.gov. Official proposal documents can be downloaded from Central Bidding at www.centralbidding.com. Please reference RFP#2019-01.

Six copies of the Proposal together with a PDF file of the Proposal on a flash drive shall be deposited with the City of Jackson, Office of City Clerk at 219 South President Street, Jackson, MS 39205 until February 26, 2019 by 3:30 pm Central Standard Time (CST). Electronic bids and/or reverse auction bids can be submitted at www.centralbidding.com. For any questions relating to the electronic bidding process, please call Central Bidding at 225-810-4814. Submittals received after the specied date and time shall not be accepted.

The City of Jackson is committed to the principle of non-discrimination in public contracting. It is the policy of the City of Jackson to promote full and equal business opportunity for all persons doing business with the City as a pre- condition to selection, each proposer shall submit a completed

condition to selection, each proposer shall submit a completed and signed Equal Business Opportunity (EBO) Plan with the proposal submission, in accordance with the provisions of the City of Jackson's Equal Business Opportunity (EBO) Executive Order. Failure to comply with the City's Executive Order shall disqualify a proposer from being awarded an eligible contract. For more information on the City of Jackson's Equal Business Opportunity Program, please contact the Division of Equal Business Opportunity at 601-960-1856. Copies of the City of Jackson's Executive Order, EBO Plan Applications, and a copy of the program are available at the following location: 200 South President Street, Room 223, Jackson, Mississippi.

The City of Jackson, Mississippi is committed to cultivating and ensuring the quality of life of its citizens, through various programs, employment, initiatives, and assistance. The City of Jackson encourages all persons, corporations, and/ or entities doing business within the City of Jackson, as well as those who seek to contract with the City of Jackson on various projects and/or conduct business in Jackson to assist the City of Jackson in achieving its goal by strongly considering City of Jackson residents for employment opportunities. The City of Jackson reserves the right to reject any and all proposals and to waive any informalities or irregularities therein.

1/17/2019 1/31/2019 2/14/2019

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1/17/2019, 1/31/2019, 2/14/2019

LEGAL

REQUEST FOR PROPOSAL FOR
ON AIRPORT HOTEL DEVELOPMENT
BY THE JACKSON MUNICIPAL AIRPORT AUTHORITY
PROJECT NO. 7000-005-19
January 9, 2019

The Jackson Municipal Airport Authority ("JMAA") requests Proposals ("Proposal") from experienced firms for the design, construction and operation of an on-airport hotel at the Jackson Medgar-Wiley Evers International Airport ("JAN").

JMAA will receive Proposals at the offices of JMAA, Suite 300, Main Terminal Building, Jackson-Medgar Wiley Evers International Airport, 100 International Drive, Jackson, Mississippi 39208, until 3:00 p.m. Central Standard Time on March 14, 2019 (the "Deadline").

JMAA will not consider any Proposals received after the Deadline for any reason whatsoever. Information for Respondents relating to this Request for Proposals ("RFP") is on file and open for public inspection at the offices of JMAA. The Information for Respondents contains a copy of the RFP, General Information for Respondents, Information Required from Respondents and Criteria for Selection. Interested persons may obtain a copy of the Information for Respondents from JMAA by contacting Ms. Robin Byrd, JMAA's Procurement Manager, as follows:

Jackson Municipal Airport Authority
100 International Drive, Suite 300 (39208)
Post Office Box 98109
Jackson, Mississippi 39298-8109
Attention: Robin Byrd, Procurement Manager
Telephone No.: (601) 360-8616
Facsimile No.: (601) 939-3713
E-Mail: rbyrd@jmaa.com

or from JMAA's website at <https://jmaa.com/corporate/partner-with-us/procurement/>

Based on the Proposals received, JMAA will select a maximum of three (3) Respondents with whom to enter into negotiations to provide the Services. JMAA will initiate negotiations with the Respondent ranked first on the list. If such negotiations fail to produce an agreement in form and content, satisfactory to JMAA, within a reasonable period of time, then JMAA may reject the first-ranked Respondent and follow the same process with the other Respondents, in the order of their ranking, until a Respondent agrees to and enters into an agreement satisfactory to JMAA.

JMAA will hold a Pre-Submission Conference at 10:00 a.m. Central Standard Time on February 13, 2019, in the Community Room, 3rd Floor Mezzanine Level, at the Main Terminal Building at the Jackson-Medgar Wiley Evers International Airport, 100 International Drive, Jackson, MS 39208. Attendance at the Pre-Bid Conference is highly encouraged for all those interested in submitting Proposals as a Prime Consultant for the Services and persons seeking opportunities to provide work as a Sub-Consultant. The benefits of attendance include networking opportunities between Prime Consultant and Sub-Consultants, as well as the opportunity to be on a list of contacts that will be published to interested parties as part of the minutes from the Pre-Submission Conference; and a detailed review of the scope of work. No additional conferences or meetings will be scheduled.

JMAA reserves the right to: (1) reject any and all Proposals, for any reason, any time before execution of a contract with a Respondent selected by JMAA to perform the Services.

JMAA has established a ACDBE participation goal of 15% for the Services solicited by this RFP.

JACKSON MUNICIPAL AIRPORT AUTHORITY

1/10/2019, 1/17/2019, 1/24/2019, 1/31/2019, 2/7/2019

U-RENTAL
Van Company

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Crossword Puzzle

1	2	3	4		5	6	7	8
9				10		11		
12						13		
14				15	16		17	
			18			19		
	20	21						
22				23			24	25
27			28		29	30		
31					32			
33						34		

ACROSS
1. Rope fiber
5. Off-Broadway award
9. Very fat
11. ___ Major (Big Dipper)
12. Pattern
13. Stir a salad
14. Vane direction
15. France (abbr.)
17. Pecan
18. A third
20. Locution
22. The other half of Jima
23. Length measurement
24. Doctor (slang)
27. Reserve Officers Training Corps.
29. Nail filing board
31. Small particle
32. Bylaws
33. Stuck up person
34. Haze

DOWN
1. House
2. Black
3. Allot (with “out”)
4. Pressure unit
5. Away
6. Rodeo animal
7. Make available
8. Compass point
10. Image
16. Subscriber
18. Toward
19. Radon (abbr.)
20. Faint
21. Gambling game
22. Colored part of eye
24. Restaurant
25. Mined metals
26. Saclike structures filled with fluid or diseased matter
28. Auto
30. Silent

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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

				1				
	3				9			
	2		6			5	1	
		8						
		9			2	8	3	
				4			5	
					3		7	
1			5		8			9
	7		4	6				

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Cryptogram Solution

ABCDEFGHIJKLMNOPQRSTUVWXYZ
UFDNHCWQOIZXKEBAGLYRVSJPT

NORMAL IS NOTHING MORE THAN
EBLKUX OY EBRQOEW KBLH RQUE
A CYCLE ON A WASHING MACHINE
U DPDXH BE U MUYQOEW KUDQOEH

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Crossword Solution

H	E	M	P		O	B	I	E
O	B	E	S	E		U	R	S
M	O	T	I	F		T	O	S
E	N	E		F	R		N	U
				T	I	E	R	C
	S	L	O	G	A	N		
I	W	O		Y	D		D	O
R	O	T	C		E	M	E	R
I	O	T	A		R	U	L	E
S	N	O	B				M	I

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Sudoku Solution

6	9	4	7	1	5	3	2	8
5	3	1	2	8	9	7	6	4
8	2	7	6	3	4	5	1	9
2	5	8	3	9	6	1	4	7
7	4	9	1	5	2	8	3	6
3	1	6	8	4	7	9	5	2
4	8	5	9	2	3	6	7	1
1	6	2	5	7	8	4	9	3
9	7	3	4	6	1	2	8	5

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Week of January 20, 2018

Poems

Continued from page 1



Scenes from the National Civil Rights Museum in Memphis.

power and meaning, stated so simply and carefully, make for large emotion. Two men of different races, living in different centuries, are shown to be akin, united in opposition to injustice. And the music of this poem has us feel both men are alive, warm, near.

Abraham Lincoln, as Dr. King himself recognized, wanted the murderous injustice of slavery to end. He considered the Emancipation Proclamation, written in his own handwriting, “the central act of my administration and the great event of the 19th century.”

King is loved for his bravery, sincerity, and enormous energy in fighting for the social and economic rights of people of all races. He spoke out early and steadily against America’s vicious, unjust war in Vietnam, saying:

“This business of burning human beings with napalm, of filling our nation’s homes with orphans and widows,...cannot be reconciled with wisdom, justice and love. A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death.”

He led the Poor People’s Campaign to end poverty, and was killed in Memphis while speaking in behalf of the livelihood and dignity of striking sanitation workers. In 1968, just hours after Martin Luther King’s assassination became known, Siegel, in an Aesthetic Realism class, read “Something Else Should Die.” I had the immense privilege of being in that class, and I will always remember Siegel’s emotion as he read it and spoke of King’s large meaning.

Siegel’s love for justice and his passion against injustice is the most beautiful thing I know in this world. He explained that contempt, “the addition to self through the lessening of something else” is the source of all injustice: from the brutality of slavery, based on using the lives of many people for the personal gain of a few – to the everyday forms of sarcasm, indifference to another’s pain, teasing and lying.

What would it mean for injustice to die? I think it would mean every person – world leaders and private citizens – honestly answering this question Siegel asked, “What does a person deserve by being a person?” Martin Luther King, Abraham Lincoln, and John Brown – who is in the next poem – answered it in a way history sees as true, beautiful, immortal.

John Brown felt slavery was inhuman and had to end; he was executed for forming an army to liberate every slave. Aesthetic Realism teaches that when we see the feelings of others as real as our own, we won’t want to be unjust to them; in fact, we’ll see justice to them as taking care of ourselves.

In the international periodical, The Right of Aesthetic Realism to Be Known, Ellen Reiss, the Aesthetic Realism Chairman of Education, explains what poetry, and every art, does:

“In all real poetry, justice to the outside world is the same as the writer’s being himself or herself – richly, freely, thoroughly. That is what humanity needs desperately to see, because people don’t feel they’ll be themselves, care for themselves, by being just to something else.”

Siegel had this justice in his life and in his poetry, which William Carlos Williams described as causing “great pleasure to the beholder, a deeper taking of the breath, a feeling of cleanliness which is the sign of the truly new” (Something to Say, New Directions).

2. They Look at Us
By Eli Siegel
Martin Luther King
Is with John Brown.



Look up: you’ll see them both
Looking down –
Deep and so wide
At us.

This is deep, musical justice to men whom American history should always cherish, because they felt others deserved fairness from the world and from them. I love the way heaven and earth, high and low, depth and width, then and now, near and far are lovingly, effortlessly made one in this poem.

On April 4, 2018, I spoke with many people visiting Memphis and the National Civil Rights Museum, who came to honor the history of men and women in the struggle for equality, and the legacy of Dr. King for people living today. I am grateful for the privilege of having interviewed unsung pioneers on video for “The Force of Ethics in Civil Rights” Oral History Project of the not-for-profit Alliance of Ethics & Art. They include people who marched with Dr. King during the 1968 Sanitation Workers Strike, some of whom witnessed his tragic death.

“Injustice will die,” Siegel wrote, “only when an individual no longer can feel that individuality is more served by injustice than by justice; by ugliness rather than non-ugliness.”

Siegel gave humanity the means of seeing justice as real in every aspect of life. It is urgent that people study Aesthetic Realism so that the justice that King, Lincoln, Brown and so many others died for is a reality at last.

The poems by Eli Siegel appear in his second volume of poetry, *Hail, American Development* (Definition Press). To learn more, visit www.AestheticRealism.org, and to learn about “The Force of Ethics in Civil Rights”—Oral History Project: www.Allianceofethicsandart.org, 212 691-2978.

BPM

Continued from page 13

her footing in the free world and reconcile her present with her past regrets.

A Good Man, a web short by Michael Fequiere

This film documents Michael’s search for the elusive father he never knew and his process of coming to terms with the truth of his origins. This quest ultimately has Michael interviewing his immediate family including his mother, who sacrificed everything so her children could have a future. This family portrait shows that even in a fatherless household, there can be strong family ties that support the younger generation.

Greenwood Avenue, a virtual reality project by Ayana Baraka Greenwood Avenue is a groundbreaking, emotional exploration into the lives of African-Americans living in Tulsa, Oklahoma, in 1921, during the era of Black Wall Street, the second rise of the KKK, and the Tulsa Race Riots of 1921, as told through the eyes of an elderly, black protagonist named Agnes Bess.

Heroes of Color, a web series by David Heredia

Heroes of Color celebrates the courage, perseverance and intellect of lesser-known people of color. The diverse group of heroes in the series includes black, Native American, Latino and Asian people. The objective of the series is to create a more inclusive curriculum in school grades K–12 and inspire pride in the nation’s youth.

Listen to My Heartbeat, a broadcast program by Nyjia July

Washington, D.C., is the political epicenter, but residents beyond Capitol Hill have long battled for a voice. As the city gentrifies, black residents are pushed out, along with their voice: Go-Go Music. Much like the black residents, Go-Go has been evicted. Listen to My Heartbeat examines the gentrification of Washington, D.C., through the lens of the city’s folkloric music. The film examines a changing city, the people displaced and the future of the music that gave them a voice.

A Love Supreme: Black, Queer and Christian in the South, a broadcast program by Katina Parker

A Love Supreme: Black, Queer and Christian in The South is a long-overdue heart-to-heart between black LGBTQ people, their families and the black church. The film follows eight families struggling to reconcile the religious bigotry they learned from the pulpit with the immense love they have for their lesbian, gay, bi, queer and trans loved ones. A Love Supreme will be accompanied by an impact campaign that networks resources, trainings and retreats for welcoming black churches.

POV, a virtual reality project by Alton Glass and Donovan DeBoer

The year is 2025. In response to rising levels of police brutality and mass incarceration, the

federal government tests the world’s first Drone Law Enforcement Program in Los Angeles. Armed with artificial intelligence and artillery, one police drone stalks the lead character, accessing his GPS locations and social media profiles. POV explores how the combination of AI, big data and algorithms can be deadly.

Past 360 Incubator+ winners include POPS by Garland McLaurin, which premiered on ITVS’ Indie Lens Storycast; My Africa Is by Nosarieme Garrick, which premiered on BPM’s signature public television series AfroPoP: The Ultimate Cultural Exchange in 2017; So Young So Pretty So White by Chanelle Aponte Pearson, which has received funding from ITVS; and Read Awakening by Dominique Taylor, which premiered in July as a PBS Digital Studio’s Facebook Watch digital miniseries.

Based in Harlem, BPM has been presenting diverse stories about black people on public television since 1979. With the growth of digital platforms, the organization has presented its own web series (Black Folk Don’t) and helped train filmmakers and producers on new and emerging media. The group also helps to fund films—including the Oscar-nominated I Am Not Your Negro, The Murder of Emmett Till and Daughters of the Dust. In April, the organization held its inaugural Black Media Story Summit, an effort to identify stories about the most pressing issues facing the black community and to work with seasoned creatives, funders, distributors and others to bring these stories to viewers.

The 360 Incubator+ is funded by the Corporation for Public Broadcasting, MacArthur Foundation, the NEA, the New York State Council on the Arts and New York City Department of Cultural Affairs.

About Black Public Media:

Black Public Media (BPM), formerly the National Black Programming Consortium (NBPC), is committed to enriching our democracy by educating, enlightening, empowering and engaging the American public. The nonprofit supports diverse voices by developing, producing and distributing innovative media about the black experience and by investing in visionary content makers. BPM provides quality content for public media outlets, including, among others, PBS and PBS.org and BlackPublicMedia.org, as well as other platforms, while training and mentoring the next generation of black filmmakers. Founded in 1979, BPM produces the AfroPoP: The Ultimate Cultural Exchange documentary series and manages 360 Incubator+, a funding and training initiative designed to accelerate the production of important black serial and interactive content.

For more information on BPM, visit www.blackpublicmedia.org or follow the organization on Twitter (@BLKPublicMedia), or on Facebook or Instagram (@blackpublicmedia).

State testing issue on front burner again

By Tom Miles
State Representative



Not only is the Legislature back in session, the issue of state testing is back as well. So far, there have been four bills filed in the House that will stop the state’s punitive system of keeping capable students from receiving their diplomas because of state tests. I am a sponsor of each one of them. And, in this time of fierce partisanship everywhere you turn, it’s great to report that both Democrats and Republicans have signed onto these measures right along beside me.

We are advocating, among other things, that students’ ACT test grades will be sufficient to show their college readiness and level of understanding of subject matter.

If a student has passed the required coursework, we say they should be allowed to graduate, and that a single test shouldn’t prevent it.

This issue is simply not going away, no matter how complicated some people want to make it. We’ve all heard everything from the outright story-telling that “no student is

COMMENTARY

kept from graduating because of failed tests,” to “the federal government makes us do it.”

In a recent radio appearance with me, the state superintendent even said that the ACT couldn’t provide the proper measurements of student achievement. That’s hardly what the other XX states who are using the ACT in lieu of state-mandated testing have to say.

Mississippi does not have to be last in repairing the damage that’s been done to our education system by this ill-considered system. The majority of states have already steered away from mandatory testing.

Our educators report horror tales of their class time being dominated by test preparation. Many school activities, rather than being knowledge expanding for students, are nothing but pep rallies for test scores. Students are under immense pressure to pass the state tests – from as early as first grade.

For some parents, it is already a difficult task to keep their youngsters enthusiastic about school. With the gloom of test-taking lurking over their heads, it’s even harder. It is heart-breaking to hear some

of the stories from parents and teachers about the emotional toll this system is taking on our young people.

It’s time to let the teachers teach. It’s time for our students to have a fully rounded education experience, free of imposed, artificial restrictions and needlessly stressful demands.

It’s also time to divert the millions of dollars being paid to a testing company back into the classrooms where it belongs. Some estimates have the amount as high as \$110 million for the testing program. How far would that go to help bring our teachers’ salaries up to decent levels? How many classrooms could be repaired? How many new buses would that buy?

Using the ACT rather than these expensive state-mandated tests is a sensible solution to the need for evaluating our students’ college readiness. The state is already paying for all juniors to take this test – without excess test training necessary. No college is going to ask what a student made on an “exit” exam. They are going to ask what that student made on the ACT. That’s because the test is recognized as a valid measurement of student college readiness.

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Colon cancer and blacks

By Glenn Ellis
TriceEdneyWire.com



Colorectal cancer (CRC) remains the third most common cause of malignancy-related death in men and women in the United States. Each year, about 140,000 Americans are diagnosed with colon cancer, and more than 50,000 die from it. That’s bad news, but for African Americans, it’s even worse.

African Americans are more likely to get colon cancer, they’re more likely to have an advanced stage of disease when they’re diagnosed with colon cancer, they’re more likely to die from colon cancer and they have shorter survival after diagnosis with colon cancer.

The colon travels up the right side of the body, across, and back down the left side, ending with the rectum. Sometimes small bumps form, called polyps. Not all of them become cancerous, but there are a number of ways to screen for polyps and remove them. Fecal tests can detect blood or cancerous DNA. There’s a colonoscopy, in which a long, thin tube is inserted in the rectum. A tiny camera examines the right and left side of the colon. It sounds painful, but if you get one, you are asleep and don’t feel a thing. There’s also something called a flexible sigmoidoscopy.

The problem with a flexible sigmoidoscopy test is that African Americans are more likely to develop polyps deeper in the colon, on the right side. According to the National Center for Health Statistics at the Centers for Disease Control and Prevention, 1 in 41 black males will die from

colorectal cancer, compared to 1 in 48 white males.

The risk is similar for women. One in 44 black females will die from colorectal cancer, compared to 1 in 53 white females. But African-American men are especially likely to refuse a colonoscopy.

So, diets that are very high in fat, particularly animal fat, and very low in fiber, are associated with later in life developing colon cancer.

Other lifestyle factors among African Americans – higher tobacco-related illness, more obesity, less physical activity, and lower intake of vitamins C and E – are also thought to be tied to colon cancer. Another factor, particularly for African Americans, has to do with the idea that if you’re going to die from cancer anyway, you’re better off not knowing about it. Even though the purpose of the screening is to find polyps before they become cancerous.

With proper screening and lifestyle adjustments, the incidence of colon cancer can be decreased significantly. The American Institute for Cancer Research recommends at least 30 minutes a day of moderate activity for cancer prevention.

Colorectal cancer in African-American men is often discovered in its later stages not only because the lack of health care keeps many of them from going to the doctor, but also because cultural taboos cause many who have medical coverage not to respond to the early warning signs.

Talking to family and friends about their risk and the need for screening as well as community outreach and education programs, along with regular scheduled physician checkups and colon cancer screening can go

a long way in preventing colon cancer. If found early enough, colon cancer can be treated effectively and cured.

The American Cancer Society (ACS) has released an updated guideline for colorectal cancer screening. Among the major guideline changes, the new recommendations say screening should begin at age 45 for people at average risk. Previously, the guideline recommended screening begin at age 50 for people at average risk. Recommendations for screening test options are also part of the guideline changes.

New screening age recommendations for those at average risk:

People at average risk of colorectal cancer should start regular screening at age 45.

People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75.

People ages 76 through 85 should make a decision with their medical provider about whether to be screened, based on their own personal preferences, life expectancy, overall health and prior screening history.

People over 85 should no longer get colorectal cancer screening.

Remember these important facts:

The rate of being diagnosed with colorectal cancer is higher among African Americans than among any other population group in the United States.

Death rates from colorectal cancer are higher among African Americans than any other population group in the United States.

Experts suggest that African Americans get screened beginning at age 45.

Diet, tobacco use and a lack

of access to equal medical treatment options may increase African Americans’ risk of developing colorectal cancer.

African-American patients experience a larger number of polyps on the right side of the colon, versus the left. A screening endoscopy must cover the entire colon, as is performed with a colonoscopy.

Talking to family and friends about their risk and the need for screening as well as community outreach and education programs, along with regular scheduled physician checkups and colon cancer screening can go a long way in preventing colon cancer.

If found early enough, colon cancer can be treated effectively and cured. Remember, I’m not a doctor. I just sound like one. Take good care of yourself and live the best life possible!

The information included in this column is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan.

Glenn Ellis, is a health advocacy communications specialist. He is the author of Which Doctor? and Information is the Best Medicine. He is a health columnist and radio commentator who lectures, nationally and internationally on health related topics. For more good health information listen to Glenn, on radio in Philadelphia; Boston; Shreveport; Los Angeles; and Birmingham., or visit: www.glennellis.com

UMMC and DMH partnership to bring telehealth consultation program to 24 counties



The Mississippi Link Newswire

A partnership between the University of Mississippi Medical Center (UMMC) and the Department of Mental Health (DMH) will result in a pilot project bringing a regional telehealth consultation service for children in some of the most under-served counties in Mississippi. The five-year, \$2.23 million project is funded by a federal cooperative agreement by the Health Resources and Services Administration (HRSA).

The program will establish a multidisciplinary team of mental health professionals to provide consultations for screening, medication management, diagnosis, treatment, care coordination and referral through a telehealth network operated by UMMC.

The Mississippi Child Access to Mental Health and Psychiatry (CHAMP) program will be implemented through the UMMC Department of Psychiatry and Human Behavior and will establish a teleconsulting network available for primary care providers in the Jackson Metro area and the Mississippi Delta region.

“We are excited about this opportunity to help make sure children and youth can access the behavioral health services and support they may need,” said Sandra Parks, director of the Division of Children and Youth in DMH and a principle investigator in the project. “We are thankful for the University of Mississippi Medical Center for their work in establishing this program, which will enable support for mental health issues with providers in some of the areas where it is needed most.”

A shortage of behavioral health professionals in the state, especially in regards to more rural areas like the Delta, affects the ability of Mississippians to access mental health services. The interdisciplinary team of child and adolescent psychiatrists, child and pediatric psychologists, nurse practitioners, a care coordinator and a family partner advocate (through additional partnership with Mississippi Families as Allies) will establish a teleconsultation network for primary care providers in those rural and under-served regions in the Delta and the Jackson Metro area.

“CHAMP will enable primary care providers to have rapid access to specialists in psychiatry, which will help bridge key geographic and access barriers experienced by physicians and families in our state. We believe the project will ultimately improve

the mental health and well-being of children and families, and we eventually hope to scale the program across the state” said Dr. Dustin Sarver, who, along with Dr. Philip Merideth, is a UMMC principle investigator.

The CHAMP program will include the Community Mental Health Center service areas of Region 1, Region 6, Region 15, Region 9, and Region 8, representing 24 counties in Mississippi. The team will be able to reach an estimated 250,000 children in those areas.

CHAMP received broad-based support during its development from a wide range of organizations including several top governmental officials, health insurers, the Mississippi Department of Health, the National Alliance on Mental Illness and the state professional organizations representing Mississippi psychiatrists, pediatricians and family physicians.

This project is supported by HRSA, part of the U.S. Department of Health and Human Services (HHS) under U4C-MC32314 and the Pediatric Mental Health Care Access Program for \$2,670,000 (16.6 percent financed with nongovernmental sources). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. government.

DMH is supporting a better tomorrow by making a difference in the lives of Mississippians with mental illness, substance use disorders and intellectual or developmental disabilities one person at a time.

A campus of the University of Mississippi, UMMC is the state’s only academic medical center. Located in Jackson, it encompasses seven health science schools, including medicine, nursing, health related professions, dentistry, pharmacy, graduate studies and population health.

The Medical Center’s health-care enterprise includes the state’s only Level I trauma center and its only children’s hospital.

UMMC’s education, research and health-care missions share the objectives of improving the health of the state’s population and eliminating health disparities.

For more information, visit <http://www.umc.edu> and <https://www.umc.edu/PublicAffairs/Office-of-Public-Affairs.html>

Not just more exercise but less sugar

By Glenn Ellis
TriceEdneyWire.com



Since the beginning of the New Year, many articles and media stories are pointing out that we’re fooling ourselves to think that consistent commitment to exercise should be our focus in losing weight and becoming healthier.

Most of these reports go on to explain how calories intake/burning is important for us to understand in the process.

I’d like to go a little deeper in exploring our approach to calories, and their role in our health and our weight.

We can exercise to the moon and back but still be at less than ideal weight because of all the sugar and carbs we consume. And perhaps even more disturbing is that we can be a normal weight and exercise, and still be unhealthy if we’re eating poorly. So, bottom line, we need a basic reboot of our understanding of health.

Let me clear that in no way is the intent of this column to discourage anyone from incorporating adequate levels of exercise or physical activity into their lifestyle. The point is to be clear that physical activity does not promote weight loss.

Case in point, in the last 30 years, exercise has stayed about the same, while overweight and obesity have skyrocketed. So, something else must be at play – like the type of food we’re eating. That part has gotten steadily worse over the years, as highly-

processed sugary foods and sodas have taken over as our go-to choices.

According to the medical journal, Lancet, poor diet now generates more disease than physical inactivity, alcohol and smoking combined. This is a disturbing statistic.

But, wait, it gets worse.

Even normal weight people who exercise will, if they eat poorly, have metabolic markers that put them at very high risk of chronic illness and early death. Put another way, as many as 40 percent of people with a normal body mass index will have the type of metabolic abnormalities typically associated with obesity, which include hypertension, cholesterol issues, non-alcoholic fatty liver disease and cardiovascular disease.

More and more, we’re finding out that the most important culprit in this dilemma is sugar. Sugar is everywhere, and it has become far too big a part of our regular food intake. Sugar is in up to 90 percent of foods found in our grocery stores, and there is a great deal of concern that people are consuming way more than what’s healthy.

Whenever you refer to sugar, the most basic forms that you will come across include glucose, sucrose, fructose, dextrose, maltose and lactose. These six sugars are naturally occurring in the environment but are often processed by humans and machines as a way to sweeten and enhance the flavor of foods. Foods that contain sugar are likely to contain one or several of these forms.

Table sugar can be dextrose or sucrose, fructose is the sugar generally found in fruits and vegetables, maltose can be found in some cereals and lactose is commonly referred to as the dairy sugar. If your food labels mention any of these six sugars, then they contain added sugar.

Sugar calories promote fat storage and hunger. Sugar is a major culprit in weight gain since it contains calories, but not much else in the way of vitamins, minerals or anything else that’s good for you.

For every 3500-calorie deficit, you lose roughly one pound of fat. So, if you do the math, recuing your current daily calorie intake by 500 calories would mean you cut back 3500 calories per week: translated into one pound of body fat per week.

Consider this: if you eat a standard 2,000 calorie diet (men or women) each day and you immediately cut all sources of sugar from your usual food and drink, you would reduce your caloric load by 330 calories each day, assuming you eat the average of 82 grams of sugar each day. Reducing your caloric load by 330 calories in sugar each day would translate to about 34 pounds of fat loss each year, or close to three pounds per month.

This is not an exact science, but it is a good way to estimate weight loss. In contrast, if you eat more than what your body needs, then you will gain weight.

Now that you have some information on how sugar impacts your weight management, some of the names that it goes by and the difference between natural

and added sugars, you will want to learn about some effective ways to cut sugar out for good.

Consider the following tips to aid in your journey to successfully avoid sugar in your daily eating habits: Limit fruit; avoid jams, jellies, honey or other preserves; eat plain Greek yogurt; get used to reading grocery labels; and know the difference between natural and added sugar.

The single most effective thing people can do for their weight, is to restrict calories – and even more, restrict carbohydrates, especially those from sugar.

Remember, I’m not a doctor. I just sound like one. Take good care of yourself and live the best life possible!

The information included in this column is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan.

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Celebrate BLACK HISTORY MONTH



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Bates Elementary School is named after Gladys Noel Bates, an African American Civil Rights educator who filed a lawsuit charging salary discriminations against African-American teachers and principals.

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FILM REVIEW: DESTROYER

NICOLE KIDMAN STARS AS OBSESSED DETECTIVE IN RIVETING REVENGE THRILLER

By **Kam Williams**
Columnist

Erin Bell (Nicole Kidman) is a veteran LAPD detective whose partner, Chris (Sebastian Stan), died when his cover was blown during an undercover operation gone bad. Courtesy of flashbacks, we learn that he was murdered by Silas (Toby Kebbell), the leader of the gang of bank robbers the two had infiltrated.

At the time, Erin and Chris were also lovers, and she was pregnant with his baby. Fast forward 16 years and we find the single-mom doing a miserable job of raising their rebellious daughter, Shelby (Jade Pettyjohn), who is presently under the spell of a surly slacker (Beau Knapp) already in his twenties.

The problem is that ghost-

like Erin ostensibly never recovered from the loss of Chris. Haggard, pale and rudderless, she’s ostensibly still haunted by the fact that Silas and his henchmen vanished with the millions stolen in the heist and were never apprehended.

A crack in the long-dormant case arrives when some incriminating evidence at a crime scene indicates that the gang has finally resurfaced. The clues revitalize traumatized Erin who goes rogue on an obsessed, one-woman quest to track down Silas.

Thus unfolds Destroyer, a riveting, relentless, revenge-fueled thriller directed by Karyn Kusama (Aeon Flux). Nicole Kidman deservedly landed a Golden Globe nomination for her unforgettable performance as the picture’s hard-boiled

heroine. She’s virtually rendered unrecognizable by a very demanding role as a self-abusing, shell of a human-turned-wanton vigilante.

Besides Kidman brilliantly playing against type, this nihilistic neo noir features a capable cast deftly executing a convoluted, cat-and-mouse screenplay in convincing fashion. A must-see tale of female empowerment representing the best work yet by director Kusama.

Excellent (4 stars)
Rated R for violence, sexuality, drug use and pervasive profanity
Running time: 123 minutes
Production Companies: 30 West / Automatik Entertainment
Studio: Annapurna Pictures

Cryptogram

A cryptogram is a puzzle where a sentence is encoded by substituting the actual letters of the sentence with different letters. The challenge of the puzzle is to 'decode' the sentence to reveal the original English sentence. We have provided a few of the decoded letters to help get you started.

Hint: Quote by Whoopi Goldberg

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
													E												

N E B L K U X O Y N E B R Q O E W K B L H R Q U E N
U D P D X H B E U M U Y Q O E W K U D Q O E H

(For puzzle answer keys, see page 15)

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The Jackson (MS) Alumnae Chapter (JMAC) of Delta Sigma Theta Sorority, Inc. Celebrates 106th Founders Day

Capitol City Alternative School • January 12, 2019 • Jackson, MS

COURTESY JACKSON (MS) ALUMNAE CHAPTER

By Alvanette Buchanan

DST

The Jackson (MS) Alumnae Chapter (JMAC) of Delta Sigma Theta Sorority, Inc. recently celebrated the 106th anniversary of the founding of the sorority. Delta Sigma Theta was established January 13, 1913 on the campus of Howard University by 22 visionary young women who were committed to starting a sorority with goals rooted in leadership, scholarship and service. Today, Delta Sigma Theta is an international sisterhood with over 900 chapters and more than 300,000 initiated collegiate and alumnae members.

JMAC's theme for this year's Founders Day celebration was "Reigniting the Delta F.I.R.E." (Focusing Intentionally on Reclamation Effectively). The celebration began with a rededication ceremony and ended with an inspiring and thoughtfully planned luncheon and program that illuminated the theme of reclaiming non-financial sorors and reigniting current chapter members to do more.

The keynote speaker was Patrice Jenkins, the current JMAC chaplain who also serves as the Mississippi State chaplain for Delta Sigma Theta.

Using the stated theme F.I.R.E., Jenkins encouraged the more than 350 Deltas in attendance to continue to focus on the work of the organization by living and walking in its com-

mitment to service and sisterhood.

Denise Griffin-Whittington, president of Jackson (MS) Alumnae, said, "Founders Day is a special time to pause and reflect on the vision and courage of the 22 founders and to remember them with love and respect." She encouraged those in attendance to examine their own personal commitments to the sisterhood and to rededicate themselves to the ideals of Delta.

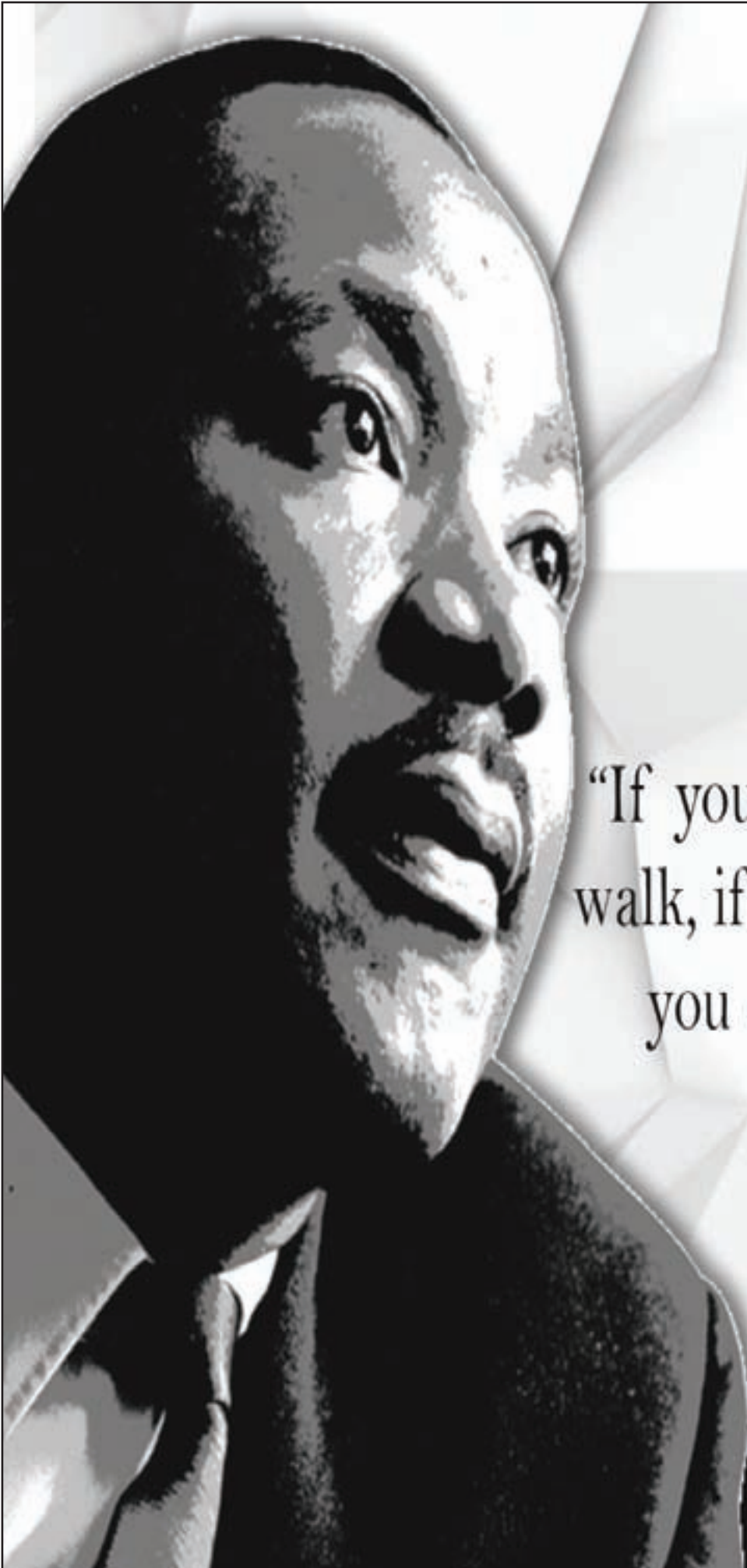
Other program highlights included original spoken word performances by Mary Joyce Sanders and Teneisha Smith, that called all Delta sisters to reassert their commitment to the sorority and its ideals.

Soul-stirring performances rendered by JMAC's own "Deltone" singers, under the direction of Orbra Porter and Marstonya Butler Henson, moved the audience to their feet as a renewed spirit of sisterhood and togetherness filled the room. The JMAC step team, under the guidance of Camille Mason, performed an expressive dance to Nina Simone's "Four Women" that celebrated womanhood and diversity.

Delta sisters left the celebration reinvigorated to continue the work started by its 22 illustrious founders.

This year's Founders Day celebration was led by JMAC Founders Day chair Joan Course-Lewis and co-chairs Mary Hill and Katie Course, along with the chapter's membership





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