

Kamala Harris seeking democratic nomination for president



Harris

By Frederick H. Lowe
TriceEdneyWire.com

U.S. Senator Kamala D. Harris announced Jan. 21 on “Good Morning America” she is seeking the 2020 Democratic nomination for president, adding to the growing list of women who want to call the White House home.

“I’m running for president of the United States, and I’m very

excited about it,” said Harris, who is 54. Harris, who is a graduate of Howard University and Hastings School of Law, was elected to the U.S. Senate from California in 2016. She is a Democrat.

Before moving to Washington, she was elected California attorney general and had previ-

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MVSU alumna Katie Hall behind MLK Day

The Mississippi Link Newswire

On Jan. 21, millions of Americans and citizens in more than 100 countries around the world observed the Dr. Martin Luther King, Jr. national holiday.

But did you know that an alumna of Mississippi Valley State University was behind the bill that would create MLK Day, the first national holiday in honor of an African American?

As a freshmen federal legislator, U.S. Rep. Katie Green Hall, a 1960 graduate of MVSU, authored and introduced House of Representatives Bill. H.R. 3706, commonly known as the Dr. Martin Luther King, Jr. National Holiday Law Bill.

After hotly contested debates in both the United States House of Representatives and the United States Senate, Ronald Reagan, 40th president of the United States of America, signed into law Nov. 2, 1983, Hall’s version of “The King Bill.”

The nation would thenceforth in Jan. 1986 observe the first national holiday in honor of Dr. Martin Luther King Jr’s birthday on the third Monday in January, as stated in U.S. Representative Hall’s legislation. As a result,



Hall

Dr. Martin Luther King, Jr. became the only African American in the history of the United States Congress to be honored with a national holiday.

A native of Mound Bayou, Miss., Hall graduated from Mississippi Vocational College (now MVSU), with a degree in political science. The ambitious Hall had a desire to one day serve in the United States House of Representatives. This dream would become a reality when she was appointed to fulfill the unexpired term of the late U.S. Representative Adam Benjamin Jr. (D-TN) in Sept. of 1982.

Hall
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Jackson Hinds Library System hosts MLK Essay Contest



Fatimah Wansley 1st place with judges



Kelvin Walton - 2nd place

PHOTOS BY JAMES HAMPTON III

The Mississippi Link Newswire

“Living Dr. King’s Dream: Stay Strong!” was the theme for the Dr. Martin Luther King Jr. essay contest hosted by the Jackson Hinds Library System. It was held at the Medgar Evers Library, 4215 Medgar Evers Blvd., January 18 at 9 a.m. The purpose was to raise, enhance and broaden the awareness and knowledge levels of students about the life of Dr. King and about the significance and application of the major tenets of non-violence on which he framed his work.

Ethel Mangum, administra-

MLK Essay
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Kids with posters

PHOTO OF THE WEEK



Pastor Vincent Russell (c) of Greater Fairview Baptist Church in Jackson, Monday, January 21, 2019, delivered an opening prayer to the State Senate at the invitation of Senator Hillman T. Frazier (r) who led the Pledge of Allegiance before Lt. Governor Tate Reeves (l) led lawmakers into the day’s business.

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Rural school district rolls out bold aggressive teacher recruitment campaign

Holmes County Consolidated competes for best educators in SY2019-2020

The Mississippi Link Newswire

There are 2000 teacher vacancies in Mississippi, and the Holmes County Consolidated School District is aggressively campaigning to fill nearly 100 of them.

“We are not just looking for warm bodies; we are seeking highly qualified and certified teachers for our children of Holmes County,” said James L. Henderson, Ed.D., superintendent of schools, during a press conference, Jan. 18. “We are seeking the best, brightest and most collaborative teachers.”

Flanked by students of his Superintendent’s Roundtable Advisors (SRAs), parents, executive team, members of the Board of Education, county officials and other stakeholders, Henderson delivered a brief slide presentation delineating the logistics of the major, board-approved Will You Be My Teacher? campaign.

The campaign consists of, but is not limited to, a billboard campaign covering various areas of the state, radio public service announcements, posts on major social media platforms, a recruitment video and newspaper ads.

“And, of course, as always, word of mouth,” said Henderson. “We need everyone to help us get the word out. Someone may have a highly, qualified educator in their family who might want to return home to make a positive difference in our children’s lives. We want that educator.”

One of the major and most critical rating components the Mississippi Department of Education uses to assess school districts is the number of certified teachers that they have.

Currently, HCCSD has 58 of its vacancies filled with non-certified teachers, and it has 30 teachers with one-year non-renewable licenses. This is nearly half of the district’s 202 teachers. Anticipated retirements and resignations will add to the number of openings for August 2019.

According to recent MDE data, only 515 education majors are projected to graduate from all Mississippi teacher preparation programs in May 2019. The teacher shortage and pool of available teachers are critically unbalanced.

The campaign also includes a slate of college/university teacher career fairs throughout the spring. Henderson intends to visit those fairs, along with members of his staff, to speak to teacher candidates personally. They will highlight some of the reasons for teachers to come to Holmes County, including housing assistance, competitive salaries, comprehensive benefits and certification preparation.

Henderson revealed that he is seeking approval from the Board of Education to reimburse the cost of successful Praxis exams – a license requirement – to teachers who agree to a three-year contract with Holmes County Consolidated School District.



Henderson at January 18 press conference.

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Habitat MS Capital Area - MLK Day

Mississippi Link Newswire

In celebration of Dr. Martin Luther King Jr.'s birthday, Habitat for Humanity Mississippi Capital Area (HFHMCA) and community volunteers from Atmos Energy, Mississippi College School of Law, Butler Snow Law Firm, and more partnered in the beginning stages of two extensive home rehab projects in the North Jackson neighborhood of Broadmoor, January 21.

"The time is always right to do what is right." – Dr. Martin Luther King Jr.

To honor Dr. King's dream, HFHMCA worked alongside community volunteers to rehab two homes

in the Broadmoor area in North Jackson located at 757 Avalon Road and 758 Avalon Road.

Habitat for Humanity Mississippi Capital Area is a faith-based organization founded in 1986. We have built or renovated simple and sustainable homes for 638 families in Hinds, Madison and Rankin counties.

Habitat homes are sold at no profit with an interest-free mortgage to families who cannot qualify for traditional bank loans. Homeownership combined with Habitat's required financial education allows these families to invest in our community and their future simultaneously.



A young Black boy with short hair and glasses is looking upwards and to the right, with his hand on his chin in a thinking pose. He is holding a yellow pencil in his other hand. He is wearing a light blue polo shirt. The background is a blurred classroom setting with a computer monitor visible.

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JAMES L. HENDERSON, ED. D - SUPERINTENDENT OF SCHOOLS

MLK Awards Banquet

Jackson State University Student Center • Jan. 17, 2019 • Jackson, MS

PHOTOS BY KEVIN BRADLEY

By Jackie Hampton
Publisher

“Living Dr. King’s Dream: Stay Strong” was the theme for the 27th Annual Rev. Dr. Martin Luther King Jr. Awards Banquet, hosted by Councilman Kenneth Stokes held January 17 at the Jackson State University’s Student Center. The Master of Ceremony was Stan “The Man” Branson of WKXI Radio. The Student Center ballrooms A & B were filled to capacity.

In JSU President William Bynum Jr.’s greetings, he shared his story of being raised in the projects in Rocky Mount, N.C. by a single mother who reared eight children. Bynum highlighted the many attributes which JSU has to offer students and the community but his strongest sentiment was that people need to look back and thank God for his many blessings. Hinds County D.A. Robert Shuler Smith thanked everyone for their prayers and support with a reminder that the awards banquet serves as a reminder to always stand against injustice.

Damian Muriel of Jackson Memorial Funeral Home was guest speaker. He said at the age of 16 he had a dream of owning a funeral home but though others laughed at that dream he continued to pursue it and was successful. Today, Muriel’s dream is for the City of Jackson to again be an oasis with nice sidewalks and lights where children can safely ride their bikes and play outside. He said it can be done one street at a time, one community at a time.

There were approximately 40 individuals receiving awards. Some of which included ‘Man of the Year’ recipient Alfred Rankins Jr., commissioner of Higher Education and ‘Woman of the Year’ recipient Clara T. Reed, RN, Mid Delta Home Health, CEO.

The local news media was well represented. WJTV News journalist Byron Brown received the Rev. Dr. Martin Luther King Jr. Award of Merit. WAPT News journalist Ross Adams received the Vernon Dahmer Trustworthy Leadership Award and Rosalyn Anderson was awarded the Fannie Lou Hamer Steadfast Award.

The Barack Obama Award, 21st Century ICON was given to Charles McClelland – SWAC commissioner. McClelland said

he was very happy to receive the award which he dedicated to his father who taught him so much. He referred to his father as his “Super Hero.”

The Michelle Obama Award for Loyal and Dedicated Service was given to Ethel Riggsby, Alpha Kappa Alpha Sorority, Inc., Twenty First Century Icon. The Nelson Mandela Award for Extraordinary Valor was given to James D. Smith, business leader.

Wanda Branson, granddaughter of civil rights activist, Rev. R.L.T. Smith received the Lifetime Achievement Award and Ora Reed, well known vocalist received the Alice Tisdale Public Service Award.

Most of the individuals that received awards were Mississippi residents. However, Dr. Jarret Patton of Reading, Pennsylvania received the Physician of the Year Award.

Patton said, “Even though I have never lived in Mississippi my family ties are here.” His parents Roy and Paulette Patton were born and educated in Mississippi. His paternal grandfather, Willie Roy Patton, was a retired JSU professor. His maternal grandparents Emmitt and Odis Hayes were retired educators.

When Dr. Larry Cooper, who introduced Patton, was asked why Patton, an out-of-state pediatrician, received this award he said, “Jarret has helped tens of thousands of people but bad people tried to tarnish his name.” He said, “Like Dr. King, Jarret has helped tens of thousands of people but was knocked down as people also tried to tarnish his name in a scam that could have totally destroyed many others. But through faith, he was able to lift himself up and follow a new plan directed by God.”

A few other reasons he was chosen to receive this prestigious award include his popular podcast on sharing parenting secrets, his former work as a physician in Mississippi and his bestseller, “Licensed to Live,” a book about the Fall and Rise of Jarret Patton.

Stokes thanked everyone and said he was very pleased with the success of the banquet. The closing song was “We Shall Overcome.”

Rev. P.J. Williams, pastor of Cornerstone Baptist Church, gave the benediction.



Teacher of the Year announced at Forest Hill High School

Mississippi Link Newswire

JPS Superintendent Errick L. Greene led a contingent of well-wishers to Forest Hill High School where English teacher Adrienne McDowell learned that she was selected the 2018–2019 JPS Teacher of the Year. Participating in the surprise announcement January 18 were her principal Torrey Hampton, her colleagues, parents and supporters of the school and the local media. Even McDowell’s father and sister were there to celebrate her.

“We would not be the district we are today, and will not be in the future, if not for amazing teachers like you who do everything you possibly can to ensure that our young people are prepared for the world,” said Greene. “It gives me great honor to stand in the presence of and know people who do such wonderful work as you. In only your second year here at this school, you have already shown us what excellence looks like.”

McDowell, who holds a Master of Arts in teaching from Jackson State University, has been a teacher in JPS since 2008. Throughout her eleven-year teaching career, McDowell has worked to ensure that all the scholars she teaches receive a quality education that will benefit them not only in the classroom but also in whatever educational or professional path they will embark on in the future.

Her focus on high expectations and quality teaching and learning led to notable improvements in the growth of her students who were previously performing in the bottom 25 percent. Those scholars moved from minimal to passing on 2017-2018 English state tests. This school year, her scholars are achieving at the highest performance levels on subject area tests.

Quality teaching and learning in her class means she monitors students’ understanding and adjusts her teaching methods. For instance, she turned a character study lesson into a mock trial. In their presentations, students had to become familiar enough with the text to effectively defend their positions in a mock proceeding.

Such practices are in keeping with her belief that “if scholars are not mastering a skill, it is our job as educators to come up with creative ways to help them better understand.”



Participating in the 2019 Parent of the Year Presentation are (from left) JPS Superintendent Dr. Errick L. Greene, Forest Hill Principal Torrey Hampton, Teacher of the Year honoree Adrienne McDowell, Assistant Superintendent Dr. Otha Belcher, and Forest Hill Assistant Principal Frank Terry.

As one could probably guess, her platform – should she advance to become the National Teacher of the Year – would be to promote college and career readiness training for students starting as early as middle school. Additionally, she would emphasize the need for all secondary teachers to receive the appropriate training that would allow them to provide the quality of instruction that the scholars need to be successful in college. Furthermore, she wants to explore offering career-based educational paths for students.

McDowell’s colleagues agreed that she is a leader with quiet strength who lets her results speak for her abilities. Her involvement with students in and out of the classroom demonstrates her commitment to their success.

“Though not very outspoken, Ms. McDowell’s body of work speaks volumes,” said Mekael Carpenter, literacy coach and English department chair. “She is a leader of our English II teacher cohort, in which she remains a consistent contributor to our school’s Accelerated Reader goals. She is a constant fixture in the extracurricular activities at Forest Hill, showing scholars and colleagues alike that her connection to her students’ overall success extends far beyond the classroom.”

“She exhibits the characteristics of an effective practitioner who works hard to improve her craft on a daily basis,” said Forest Hill Principal Torrey Hampton. “Her work ethic is beyond reproach.”

McDowell will be considered

with other outstanding teachers across the state for the Mississippi Teacher of the Year.

The Mississippi Teacher of the Year Program recognizes outstanding performance by the state’s public school teachers. Candidates for this honor must be certified and highly-qualified classroom educators. They must have a superior ability to inspire students, possess leadership capabilities and be an active member of the community.

McDowell was chosen from four Teacher of the Year finalists representing each of the district’s instructional areas.

Congratulations to the remaining three JPS Teacher of the Year area semifinalists:

Katrina Clerk of Lester Elementary (Area 2)

Cheryl Coleman of Bailey APAC (Area 3)

Beth West Roach of Barack Obama Magnet (Area 4)

Jackson Public Schools acknowledges and appreciates all those who donated to the gift package provided to the 2018-2019 Teacher of the Year. These donations include the following:

Classroom supplies from The RECH Foundation

Overnight stay at The Residence Inn at The District

Complimentary dinner at Cantina Laredo Restaurant

Gift cards for meals at Chick-Fil-A

Chair massage from Envy Salon and Spa

The Teacher of the Year plaque, sponsored by Trustmark Bank.

JPS welcomes new chief of staff and transition manager to its executive leadership

Mississippi Link Newswire

Michael Cormack Jr. has been named chief of staff and transition manager for Jackson Public Schools. His responsibilities will include assisting the superintendent in the daily operations of the district as well as the planning, implementation, direction and maintenance of district initiatives to ensure organizational effectiveness. He will ensure that the organization develops and remains focused on strategic priorities and that internal and external threats to organizational effectiveness are addressed.

Cormack is the former CEO of the Barksdale Reading Institute (BRI). In this role, he set the vision and direction for the institute and oversaw the Mississippi Building Blocks program. Before joining BRI, he served as the elementary principal at Quitman County Elementary School, a BRI partner school.

Cormack has also served as a teacher and a program director and manager for Teach For America.

He received his bachelor’s degree from Boston College, and holds a master’s degree in elementary education from Delta State University, a master’s degree in organizational leadership from Teachers College, Columbia Uni-



Cormack

versity and earned his doctor of education degree in education leadership and policy studies at Vanderbilt University.

“We are excited to have Dr. Cormack to join our leadership team,” said Superintendent Errick L. Greene. “This is an initial step in restructuring and streamlining our work in the district as we strive to transform the lives of our students through excellent education.”

Hardwood Hero of the Week for January 7

Mississippi Link Newswire

Daeshun Ruffin of Callaway High School is the Hardwood Hero of the Week for January 7. Ruffin is a 5-9 sophomore guard for the Callaway Chargers. He had 42 points, 5 rebounds, 3 assists and 3 steals in a 74-69 win over Trinity International.

This makes the second nomination this school year for the standout who has been named a Clarion Ledger Dandy Dozen and been recognized by the local sports media for his phenomenal abilities despite his shorter than average stature for basketball.

Circle B will donate \$120 in Ruffin’s name to the WJMI Circle B Brand Foods JPS High School Basketball Fund.

At the end of the season, one nominated player will be randomly selected to receive \$1,800 for their



Daeshun Ruffin
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Mississippi students selected for United States Senate Youth Program

The Mississippi Link Newswire

Ruben Banks of Jackson and Kennedy Guest of Brandon were selected from among the state’s top student leaders to be part of the 2019 United States Senate Youth Program (USSYP)

Banks, a Jim Hill High School senior and Guest, a Brandon High School senior, are part of a national delegation of 104 students who will each receive a \$10,000 college scholarship for undergraduate study.

The students will join Senator Roger Wicker and Senator Cindy Hyde-Smith in representing Mississippi in the nation’s capital during the 57th annual USSYP Washington Week, to be held March 2-9, 2019.

Banks serves as the Student Government Association president, and past governor of Magnolia State Mississippi Boys State 2018. He is the Jackson Public School’s Brigade Commander and has recently been awarded the Legion of Valor. He has also

served for the past four years as a member of the United States Air Force Auxiliary Civil Air Patrol and a member of FEMA’s Youth Preparedness Council. Banks is the president of the Jackson Alumni Chapter of Kappa Alpha Psi Inc., Kappa League, and has been selected as an amazing teen by the *Jackson Free Press* for Mississippi.

Guest serves as his school’s Student Body president. He is a member of the City of Brandon’s Mayor’s Youth Council, was one of Mississippi’s two delegates to the Hugh O’Brian World Leadership Congress and attended the Trent Lott Leadership Institute. Guest is a National Merit Scholar and has attended Boys State where he served as attorney general. After obtaining an engineering degree from Mississippi State University, Guest would like to attend law school and pursue a career in public service.

Chosen as alternates to the 2019 program were Evan Pike McCutchen, a resident of Pontotoc, who attends Pontotoc

High School and Grace Olivia Weatherly, a resident of Gulfport, who attends Gulfport High School.

The USSYP was created by Senate Resolution 324 in 1962 and has been sponsored by the Senate and fully funded by The Hearst Foundations since inception. The impetus for the program as stated in Senate testimony is “to increase young Americans’ understanding of the interrelationships of the three branches of government, learn the caliber and responsibilities of federally elected and appointed officials and emphasize the vital importance of democratic decision making not only for America but for people around the world.”

Each year this extremely competitive merit-based program brings the most outstanding high school students – two from each state, the District of Columbia and the Department of Defense Education Activity – to Washington, D.C. for an intensive week-long study of the federal government and

the people who lead it.

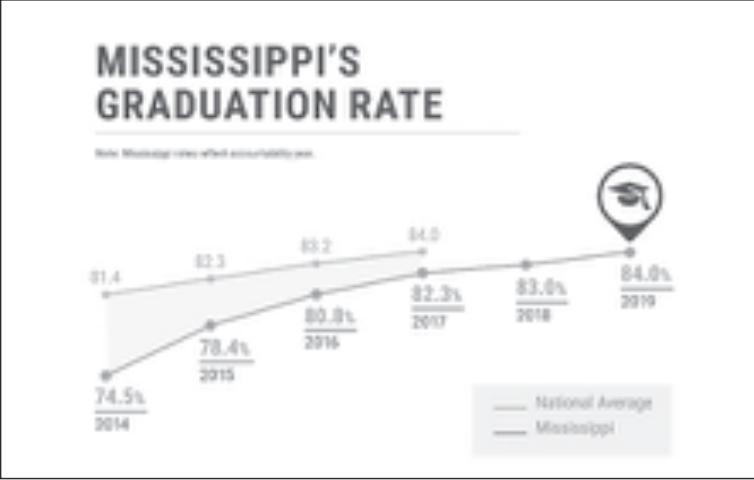
The overall mission of the program is to help instill within each class of USSYP student delegates more profound knowledge of the American political process and a lifelong commitment to public service.

Delegates and alternates are selected by the state departments of education nationwide and the District of Columbia and Department of Defense Education Activity, after nomination by teachers and principals. The chief state school officer for each jurisdiction confirms the final selection.

While in Washington, the student delegates attend meetings and briefings with senators, members of the House of Representatives, Congressional staff, the president, a justice of the Supreme Court, leaders of cabinet agencies, an ambassador to the United States and senior members of the national media.

The students will also tour many of the national monuments and several museums.

Mississippi’s graduation rate rises to national average



The Mississippi Link Newswire

The Mississippi Department of Education (MDE) released recently the high school graduation rates for the 2017-18 school year, which show the state’s graduation rate has hit an all-time high of 84 percent, reaching the most recent national graduation rate.

The graduation rate for students with disabilities increased for the fifth consecutive year to 38.4 percent, up from 23.2 percent in 2014.

The state’s drop-out rate fell to an historic low of 10.1 percent, a decrease from 13.9 percent in 2014.

“Students, parents, teachers and administrators should be proud of the class of 2018’s significant achievement,” said Carey Wright, state superintendent of education. “I congratulate our school districts for helping students complete high school prepared for college, post-secondary training, the military and the workforce.”

The Mississippi State Board of Education (SBE) approved new diploma options starting in the 2018-19 school year that give students the opportunity to earn an endorsement with their high school diploma and provide the

majority of students with disabilities an opportunity to earn a traditional diploma.

The new diploma options include a traditional diploma for all students and an alternate diploma option for students with significant cognitive disabilities. Starting in the 9th grade, students now choose whether they want to work toward a traditional diploma, or take additional classes to earn an academic, distinguished academic or career and technical education endorsement. Students can earn more than one endorsement.

Each diploma option will prepare students to be successful after graduation, whether that be in the workforce, a career and technical training program, the military or college.

Also, beginning with freshmen in 2018-19, students who earn an academic or distinguished academic diploma endorsement from a public high school will automatically qualify for admission into any of the state’s public universities.

Graduation rates for 2017-18 will be reflected in the accountability ratings for the 2018-19 school year.

Tammy Boyd, Esq., legislative author, Tougaloo College sesquicentennial lecturer

The Mississippi Link Newswire

As Tougaloo celebrates its year-long 150th Anniversary, the college welcomes attorney Tammy Boyd, lead author of legislation for the National Museum of African American History and Culture in Washington, D.C. to campus.

Boyd will speak at the first official sesquicentennial event of the year at Convocation hosted by the Office of Institutional Advancement January 22 in historic Woodworth Chapel.

Boyd, who is now director of the nonprofit, Health Policy and Legislative Affairs for the Black Women’s Health Imperative (BWHI), was instrumental in developing and advocating for legislation that provided funding for the museum, which is the only one devoted solely to documenting

African-American history.

In 2000, while working as legislative director for civil rights activist Congressman John Lewis (D-GA), Boyd began working on a strategy to obtain bipartisan support for the museum, not realizing it would be so difficult, nor that advocates had fought for a museum that preserves African-American culture and history for many years prior to her assignment.

After former presidents George W. Bush and Barack Obama both signed bills authorizing federal funding, the National Museum of African American History and Culture was established by an Act of Congress in 2003 and opened in September 2016, following 16 years of petitioning for support and resources to make the museum a reality. The

museum contains more than 36,000 artifacts and is the 19th museum of the Smithsonian Institution.

“We are so pleased to welcome Tammy Boyd to speak at Tougaloo College because her work truly demonstrates the transformative power of education and she represents our core values of social responsibility, model citizenship and academic excellence,” said Vice President of Institutional Advancement Delores Bolden Stamps.

Boyd, a Jackson native, graduated from Clinton High and earned a biology degree from Tuskegee University, prior to obtaining a M.P.H. degree from Emory University School of Public Health and a Juris Doctorate degree from American University Washington College of Law. Her

experience as a former staffer for Tougaloo College alumnus and U.S. Congressman (D-MS) Bennie G. Thompson helped to prepare her for the challenge of getting the museum supported, funded and built. Her other professional experiences include managing partner for TKB Global Strategies, LLC/Watts Partners, as well as working with DaVita, Inc. and Johnson and Johnson.

As this year is a special one for Tougaloo College to reflect on its rich legacy of academic excellence and social justice, the public is invited to reflect on the overall relevance of African-American history within the nation, as trailblazer Boyd returns to Jackson with many accomplishments and strategies to share, regarding the spirit of transformation and perseverance.

Mississippi receives a C on Chance-for-Success Index, ranks 46th in nation

The Mississippi Link Newswire

The annual Education Week Quality Counts report gave Mississippi a C in the Chance-for-Success category and ranked the state 46th in the nation. The average state earned a C-plus.

The report, the first of three Quality Counts installments being rolled out in 2019, features the Education Week Research Center’s Chance-for-Success Index, first launched in 2007. In 2013, Mississippi received a D-plus in this category. In 2018, Mississippi received a C-minus, and this year a C.

The Quality Counts release stated that a long-term look shows that some states have boosted their opportunity scores over time, including Mississippi. The release highlighted Mississippi for its strong gains in parental education levels, 4th grade reading and 8th grade math.

“We are encouraged by the progress that Mississippi has seen over the last several years. We know that improved educational outcomes happen over time, and we believe that as we continue to focus on high expectations for children, we will see greater academic achievement, which ultimately leads to a better quality of life for the state,” said Carey Wright, state superintendent of education.

The index analyzes 13 indicators that trace the arc from early childhood to formal school and into the working world. Those indicators fall into three subsections: early foundations, school years and adult outcomes.

For early foundations, which ex-

amines factors that help children get off to a good start, Mississippi earns a C-plus and ranks 44th. This subcategory includes family income, parent education and parental employment. The average state posts a B.

Mississippi receives a C-minus for the school years, a subcategory focusing on metrics related to pre-k enrollment through postsecondary participation. The state is 43rd in the nation in this area. By comparison, the nation earns a C-plus. This subcategory includes preschool and kindergarten enrollment, 4th grade reading, 8th grade math, high school graduation and percent of young adults enrolled in postsecondary education or with a degree.

In adult outcomes, based on postsecondary educational attainment and workforce indicators, Mississippi’s grade is a C-minus. The national average is a C-plus. Among those indicators are adult education, income and steady employment levels.

In June, the second installment of Quality Counts will examine public school finance on a 50-state basis and the roles that K-12 funding and equity play in education quality. September’s Quality Counts will feature the K-12 Achievement Index, capturing the academic performance of the nation and the states through the lens of test scores, graduation rates, and the poverty gap, among other factors. And as a capstone, the September Quality Counts report will unveil Education Week’s highly anticipated summative grades and scores.



MVSU receives \$200K to conduct STEM research



The Mississippi Link Newswire

Two Mississippi Valley State University departments were recently awarded an additional \$200,000 from the United States Department of Education in an effort to help strengthen the institution’s research capacity.

MVSU’s Mathematics, Computer and Information Sciences (MCIS) and Natural Sciences and Environmental Health departments were awarded the funds as part of the Minority Science and Engineering Improvement Program (MSEIP) using Capacity Competitiveness Enhancement Model (CCEM).

According to MVSU MCIS

Department Chair Latonya Garner, the funding will assist professors in fortifying their research capabilities by visiting and partnering with some of the major research laboratories in the country.

Also, STEM student researchers will have an opportunity to work closely with the faculty researchers to incorporate their theoretical classroom knowledge into practical hands-on research experience.

“This is an excellent opportunity for our STEM faculty to increase the number of funded research proposals and scholarly publications. The additional funding will definitely make a positive impact on our

STEM students and Mississippi Valley State University,” said Garner.

This initiative was coordinated by Garner and Earlene Anderson, project director and director of academic support for STEM programs at MVSU.

“I would like to thank Dr. Anderson and the faculty researchers from the university who are eager to help our students and the institution when it comes to research capacity and competitiveness of STEM programs,” said Garner.

According to Anderson, receiving the award is a testament to the research capabilities of MVSU faculty members.

“The MSEIP research grant is a very competitive award and it is an outstanding accomplishment for our STEM faculty members,” she said. “This shows that we have faculty who are engaged in cutting edge research and partnering at some of the major research laboratories in the world such as the Brookhaven National Laboratory.”

MVSU faculty researchers who are supported by this project include Xiaojin Wu and Christopher Lanclos from the MCIS Department; and Matthewos Eshete and Hattie Spencer from the Department of Natural Sciences and Environmental Health.

Partnership efforts net energy savings for Mississippi public universities

The Mississippi Link Newswire

Mississippi Public Universities have made great strides in energy efficiency efforts over the past decade.

Many of the advancements made have been accelerated through partnerships with other universities, energy utilities and the cities where the campuses are located.

Mississippi State University has been actively involved with the IHL Energy Council and has networked with other universities in terms of information sharing.

Via quarterly meetings and conference calls with representatives from the other institutions across the system, MSU and the other seven public universities have discussed numerous strategies for saving energy and saving money.

In terms of community partners, MSU regularly partners with TVA and the City of Starkville (Starkville Utilities Department) to implement energy saving strategies. For example, MSU partnered with SUD/TVA during its lighting retrofit to perform pre/post audits that resulted in over \$500,000 in rebates. Additionally, MSU has partnered with SUD/TVA to implement heat pump hot water solutions at the MSU Perry Cafeteria.

MSU has received over \$500,000 in the past 5 years due to key partnerships with SUD/TVA. Currently, MSU is pursuing over \$100,000 in construction incentives from SUD/TVA for designing and building highly efficient buildings.

MSU has received several rebates from Atmos Gas due to the installation of high efficiency boiler and hot water technologies. In addition, MSU has partnered with Atmos to implement the use of low water faucet aerators across campus which has resulted in significant water savings. MSU has received tens of thousands of dollars in rebates and efficiency initiatives from Atmos Gas due to key partnerships.

Mississippi University for Women leveraged partnerships with TVA, Columbus Light and Water and architecture/engineering firm Pryor Morrow to repurpose an older vacant building to be modernized and more environmentally friendly.

Construction on Turner Hall, formerly known as the Demonstration School, started in January of 2018.

The \$8.2 million expansion and complete renovation will

provide room for growth of the Speech Language Pathology program, Speech and Hearing Clinic and a large tiered auditorium-style classroom for the College of Nursing and Health Sciences and other university programming.

Turner Hall will feature 100 percent LED lighting throughout the building, high-efficiency HVAC systems and a building automation system to monitor energy efficiency and control HVAC systems. The building also will have motion sensors for lighting as well as sensors to control power outlets when the building is unoccupied.

A technologically advanced window film will be applied to the original windowpanes that will allow each window to perform as modern-day insulated glass windows would while maintaining the historic aesthetics of the building.

TVA’s EnergyRight Solutions program encourages both homeowners and businesses to make smarter choices about energy use. As a result of the partnership with TVA, the W will receive \$46,569 in incentives for their wise energy choices.

PryorMorrow served as the architecture/engineering firm responsible for the design on Turner Hall while also acting as the liaison between the university and TVA to ensure all necessary documentation and calculations complied for the incentive process.

Construction of Turner Hall is expected to be complete in July 2019. This project is funded from state general obligation bonds.

In 2008, the University of Mississippi teamed with the City of Oxford to form Oxford University Transit (OUT), which now runs 12 different routes with two more to be added in 2019. Last year the service carried up to 7,000 people a day totaling 1,335,313 million riders.

The university and Oxford also partner on campus recycling. Recycling is processed through the City of Oxford’s Recycling Center, eliminating the need for the campus to have its own facility or trucks and employees.

The savings created through these partnerships prove, once again, that there is strength in numbers and much more can be accomplished by working together.

Russ named interim VP for athletic compliance and student athletic services

The Mississippi Link Newswire

Alcorn State University has selected one of its own to take over the reigns in Athletic Compliance and Student Athletic Services.

Cyrus Russ was selected as the interim vice president for Athletic Compliance and Student Athletic Services in the Office of Academic Enhancement and Compliance. Russ, the former assistant athletic director for Compliance and Student Athlete Services, is replacing Jason Cable, who was selected as senior associate commissioner for Administration with the Southwestern Athletic Conference (SWAC).

In the role, Russ is responsible for providing senior level administrative support to the Department of Athletics. He will serve as the university’s chief administrator for the state, SWAC and oversee NCAA Division I rules compliance for sports teams. He will also serve as an



Russ

educational resource to student athletes, coaches, athletics administration staff and

all other appropriate staff.

The challenge is one that Russ welcomes. He looks forward to tackling a bigger role at Alcorn.

“It’s always a good feeling to be granted an opportunity to serve and challenge myself in a position that requires increased responsibility,” said Russ. “I look forward to the challenge and serving the institution in an exemplary manner that will make Alcornites proud.”

Russ’ goal is to continue the success his office has achieved over the years with service and the provision of more resources.

“I look forward to serving our student-athletes, students and alumni. It serves as a bridge to continue the work that I’ve been a part of for almost two years. The team and I will continue to work to build collaborative relationships and partnerships that will lead to increased resources for our students and the university.”

ASU faculty members participate in enrichment conferences

The Mississippi Link Newswire

Two faculty members from Alcorn State University’s School of Education and Psychology recently represented their department at two educational conferences.

Lynn Etheridge attended the American Counseling Association’s annual conference in Atlanta, Georgia. The conference gave her the opportunity to network with other professional counselors from all over the country. She also used the opportunity to discuss the possibility of allowing Alcorn students to take the National Counselors Exam.

Etheridge was honored to be a voice for students who aspire to be counselors.

“I appreciate being allowed to invest in our students’ future through attending sessions that broadened my knowledge base and explore how other counseling pro-

grams educate future counselors,” said Etheridge.

Felicia McGowan attended the Barksdale Reading Institute at a conference held in Jackson, Mississippi. The training was titled, “Language Essentials for Teachers of Reading & Spelling (LETRS).”

The purpose of the training session was to review the information needed to strengthen early literacy programs. Participants also collaborated and shared instructional strategies with other groups from Mississippi.

McGowan feels the training provided her with more tools to better equip students.

“The training further enhanced my ability to prepare candidates within the School of Education and Psychology,” said McGowan.



Etheridge



McGowan

Mississippi Senate honored India's Consul General Dr. Swati Vijay Kulkarni

The Mississippi Link Newswire

Mississippi Senate President Pro Tempore Gray Tollison and the Mississippi Senate January 15 honored India's Consul General Dr. Swati Vijay Kulkarni of Atlanta with the presentation of Senate Resolution 3, commending the success of their trade relations between Mississippi and India.

Mississippi leads the United States in exporting tanning and dye extracts to India, is the 8th largest exporter of mineral fuels to India, largely due to petroleum coke exports, and is the 10th largest exporter of medical instruments to India, with the majority of exports being diagnostic and surgical devices as well as artificial joints and parts. In 2018, Mississippi shipped India poultry.



Dr. Swati Vijay Kulkarni



Standing left to right are: Milton J. Chambliss, executive director of the Claiborne County Economic Development District, Senator Albert Butler, Prasad Vanpal, commercial officer, Consulate General of India, Gabriel Prado, protocol officer, Mississippi Development Authority (MDA), Ginger Williamson, Mississippi Department of Agriculture and Commerce (MDAC) Timber Commerce liaison, Senator John Horhn, Dr. Swati V. Kulkarni, Consul General of India to the Southeast United States of America, Senator Gray Tollison, K.V. Kumar, National Chairman & CEO of National Indian American Chamber of Commerce, Andy Gipson, Mississippi Commissioner of Agriculture and Commerce, Fred Reeves, Mayor of Port Gipson, Arron Williams, Mississippi Department of Agriculture and Commerce, Senator Hillman Frazier, Larry Harvey, Congressional liaison, National Indian American Chamber of Commerce, Garic Barrosse, Asia/Pacific Trade Manager, Mississippi Development Authority and Clarence Scutter, Alderman in Port Gipson.

MDWFP's 2019 North Mississippi Fish Hatchery Youth Art Contest open for submissions

The Mississippi Link Newswire

Students across Mississippi are invited to get outdoors and participate in the 2019 North Mississippi Fish Hatchery Youth Art Contest. Each student must submit a portfolio including entry form and artwork to the Visitor Education Center (VEC) by May 10, 2019.

The contest is sponsored by the Foundation for Mississippi Wildlife, Fisheries, and Parks. Winners in four age categories will have their

work published in the *Mississippi Outdoors* magazine and will receive a complimentary copy of the magazine displaying their work.

Winners will also receive gift cards and have their work posted on the Mississippi Department of Wildlife, Fisheries, and Parks' website.

For more information regarding entry forms and rules please visit <https://www.mdwfp.com/nmfh/educational-opportunities/> or call the

VEC at 662 563-8068.

The VEC is part of the Department of Wildlife, Fisheries, and Parks' North Mississippi Fish Hatchery and is located at Exit 233 east off I-55.

For more information regarding fishing in Mississippi, visit our website at www.mdwfp.com or call us at 601 432-2212. Follow us on Facebook at www.facebook.com/mdwfp or on Twitter at www.twitter.com/MDWFPonline.

Sen. David Blount – 2019 Legislative Session underway

Mississippi Link Newswire

I will be hosting a legislative forum with Sen. Derrick Simmons (D – Greenville) Tuesday, February 26 from 6 to 7 p.m. at Byram Middle School. This event is free and open to the public.

Simmons serves as chairman of the Senate Democratic Caucus and I serve as vice chairman. We will discuss key issues facing the Legislature this year. We welcome your participation and questions. Hope to see you there.

The legislative session is underway. Here are some of the issues I will be working on this year:

- **Making it easier to register and vote.** I will again be pushing legislation to allow early voting and online voter registration. These proposals, which I have introduced before, will make our elections more open and efficient and are already in place in most states. Early voting in the courthouse will shorten lines, increase voter participation and protect the security of the process. Online voter registration saves counties money and makes voting more accessible. In both cases, current state law requires a voter to show ID before casting a ballot. We also need to make it easier for students away at college to vote by absentee ballot. The more people vote, the better our government will be.

- **A raise for teachers, state employees and funding for the Public Employees Retirement System (PERS).** State employees have not had a raise in more than ten years. It's time to have an across the board pay



Blount

raise (which benefits lower paid workers the most) for state employees and teachers. In addition, the PERS board is requiring \$75 million to maintain the strength of the retirement system that covers all state, county, city and school/college employees. The budget put forward by Republican legislative leaders does NOT fund this amount, which means workers could face a pay cut. We need to fund and protect PERS, including cost of living increases.

- **Helping our cities clean up blighted property.** I will be sponsoring legislation to help cities create land banks to get blighted property back on the tax rolls and cleaned up. I also will be sponsoring legislation to help Jackson State University clean up property on the south side of campus and helping local people who live in the community take charge of their neighborhood.

In addition to these bills, Legislative Democrats have agreed the following items will com-

plete our policy goals for 2019:

- **Education** – We will continue to push full funding for public education. We want public tax dollars going to public schools.

- **Healthcare** – Rural hospitals are closing and vital services are being discontinued because Medicaid expansion was rejected in our state. Legislative Democrats will continue to support Medicaid expansion to provide health insurance to the working poor.

- **Infrastructure** – Last year's special session provided long overdue help to cities and counties and passed with bipartisan support. State highways, however, have not been adequately addressed. Legislative Democrats will push for comprehensive funding for state roads and bridges.

- **Economic Justice** – We support equal pay for equal work.

The special election to replace former Representative (now Judge) Adrienne Wooten is set for March 12. If you live in House District 71 (parts of South Jackson and Byram) and need help before this position is filled, please let me know.

I am running for re-election to the State Senate this year and would be grateful for your support. Thank you for the opportunity to work for Hinds County in the State Senate. If I can help you or anyone in your family, please let me know.

You can contact me by email (dblount@senate.ms.gov) or by calling my office at the Capitol (601-359-3232). I am also on Facebook and Twitter (@sendavidblount).

Dive into an underwater adventure at the science museum

Mississippi Link Newswire

Visitors will get the opportunity to “dive” into an underwater adventure in Ocean Bound!, a national traveling exhibit at MDWFP's Mississippi Museum of Natural Science, from January 26, 2019 – May 12, 2019. “We’re hosting this exhibit so our visitors can see how everyone’s actions on land affect our ocean,” says Charles Knight, Museum Director. Touring the exhibit is included with museum admission.

Make it rain in a large 3-D watershed model! Pilot a full-size two-station “submersible” from

mountain stream to the ocean. Be a biologist. Guide “water” safely through a hazardous maze. Flip paddles and divert “pollutants” as they travel through storm water drains. Discover how river otters made a comeback. Spot the polluters and be a Watershed Warrior! What can YOU do in your watershed to protect our ocean? Find out in Ocean Bound!

Ocean Bound!, was developed by the Sciencecenter and funded by the National Oceanic and Atmospheric Association (NOAA). The exhibit is sponsored locally by the Mississippi Depart-

ment of Wildlife, Fisheries, and Parks, the Mississippi Museum of Natural Science Foundation, Feild Co-operative Association, Inc., Sanderson Farms, Inc., The Walker Foundation, Ergon, and Trustmark.

Visit us at <http://www.mdwfp.com/museum> or call 601-576-6000 for details. The museum is located at 2148 Riverside Drive in Jackson, Mississippi. Follow us: www.facebook.com/msnatural-science and www.instagram.com/MSScienceMuseum and www.twitter.com/MSScienceMuseum.

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Kamala Harris is right choice to ‘save our country’

By Stacy M. Brown
NNPA Newswire Correspondent

That Democratic California Sen. Kamala Harris announced her candidate for president on Dr. Martin Luther King Jr. Day is no coincidence.

For her supporters and those who know her well, Harris has long been a fighter for freedom, justice and equality and she’s often invoked the spirit of Dr. King in talking about the America’s needs today.

“I think we all know when Dr. Martin Luther King Jr. talked about the dream, it wasn’t about being asleep,” Harris said during the recent Congressional Black Caucus Foundation Annual Legislative Conference. “It was about being awake.”

On a day to honor King, and in a brief video from her campaign that was released on social media Monday morning at the same time that she appeared on ABC’s “Good Morning America,” Harris called on her supporters to join with her to “claim our future.”

“Justice. Decency. Equality. Freedom. Democracy. These aren’t just words. They’re the values we as Americans cherish. And they’re all on the line now,” Harris said in the video, teasing her official kickoff in her birthplace of Oakland next Sunday.

“The future of our country depends on you and millions of others lifting our voices to fight for our American values,”



“The future of our country depends on you and millions of others lifting our voices to fight for our American values,” said Harris, the first African-American woman, and the third woman overall, to announce her candidacy for the 2020 election.

COMMENTARY

said Harris, the first African-American woman, and the third woman overall, to announce her candidacy for the 2020 election.

Sen. Elizabeth Warren (D-Mass.) and Sen. Kirsten Gillibrand (D-NY) have also announced that they will run.

Harris said she’s running to “lift those voices, to bring our voices together.”

“On Dr. Martin Luther King

Jr. Day, the National Newspaper Publishers Association (NNPA) salutes the outstanding courage and leadership of Sen. Kamala Harris as she upholds and embodies the spirit and courage of Rev. Dr. Martin Luther King Jr. by announcing

her candidacy for President of the United States,” said NNPA president and CEO Benjamin F. Chavis Jr.

NNPA chair, and the editor and publisher of the *Cru-sader* newspapers in Chicago and Gary, Indiana, Dorothy R. Leavell, also applauded Harris’ announcement. “I am excited that Kamala Harris has entered the presidential race for 2020 and look forward to her mounting a vigorous campaign,” Leavell said.

“She is imminently qualified, having come through the ranks of politics in the Bay area and has served admirably in the United States Senate these last two years. Just last March (2018), under the leadership of Amelia Ward, who serves

as chairman of the National Newspaper Publishers Association Foundation and is the publisher of the San Francisco Sun Reporter, Harris was honored as our ‘Newsmaker of the Year,’” Leavell said.

She continued: “She has a close relationship with the Black Press and respects its commitment as an institution of the black community. She is energetic, smart and works hard to be prepared for the duties she undertakes. We are certain that she will be a formidable candidate and wish her the best in the campaign.”

“It is quite appropriate that on the day that the nation honors Dr. Martin Luther King Jr., a fresh and vibrant new face announces her run for the pres-

idency,” said Rosetta Miller Perry, publisher of the *Tennessee Tribune* newspaper.

“California Senator Kamala Harris is everything the current holder of the office isn’t,” Perry said. “She is honest, a champion of equality and opportunity, and someone who will stand up and fight against the forces of hatred and bigotry. Her candidacy is a breath of fresh air in an environment spoiled by the toxic and incompetent individual whose administration is running the country.”

According to CNN, Harris’ campaign will be headquartered in Baltimore, Maryland – giving aides an East Coast hub in a racially diverse city that has struggled with wide income disparities – and Oakland, where Harris was born to immigrant parents who came to the US to advance their academic careers.

Harris chose to announce on Monday to honor the legacies of two of her heroes.

Forty-seven years ago this week, Shirley Chisholm, the first black woman to ever run for president, launched her campaign. And Dr. King has been a role model for Harris throughout her life as a result of what she views as his “aspirational fight for progress.”

Harris chose yellow and red for her campaign logo in a nod to Chisholm’s bid for president with its red and yellow campaign buttons, CNN reported.

Her signs will carry her cam-

paign theme “Kamala Harris for the people,” the words that she spoke each time she rose in the courtroom as a prosecutor.

Meanwhile, Amelia Ward the NNPA Foundation chair, who also counts as a personal friend of Harris, said her fellow Bay Area resident is a great choice to put the country back on solid footing.

“Senator Kamala Harris has long been a champion for the people of the San Francisco Bay Area and the state of California. The *Sun-Reporter* has supported her since her successful run for San Francisco district attorney in 2003, and also her campaigns for California attorney general and U.S. senator,” Ward said.

“As a junior senator, Harris hit the ground running in Washington D.C. becoming an instant force and outspoken critic of President Trump and his regime. The NNPA – the Black Press of America – honored her last March when the organization’s foundation awarded her our prestigious Newsmaker of the Year award,” she said.

Ward continued:

“Now is the time for a national leader like Senator Harris to come forward to help save our country. I believe that now as a candidate for President of the United States, she has the opportunity to connect with Americans across this country and emerge as the people’s choice to put our country back on track.”

Elected enemies – the government shutdown that’s crippling America

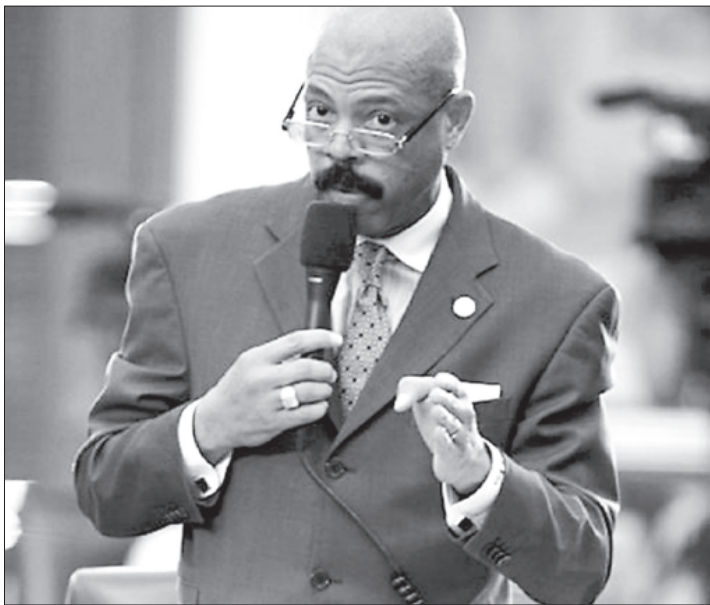
By Jeffrey L. Boney
NNPA Newswire Political Analyst

Imagine having to choose between paying your mortgage and picking up the much-needed prescription for your health crisis because the job you report to and the federal resources you have relied on to live day to day are no longer available because of things beyond your control.

Choices like those, and many others, are exactly what approximately 800,000 federal employees, roughly 4 million federal government contractors and countless low-income families – who rely on the federal government assistance – have had to deal with since the beginning of what has become the longest government shutdown in U.S. history.

This has been the third shutdown of the federal government since President Donald J. Trump took the oath of office. However, as a result of the current catastrophic and life-altering shutdown, millions of the people who rely on the government for their livelihood – directly and indirectly – have been severely impacted.

People have had their Medicare and Medicaid disrupted. The stock market has been volatile. Federal workers have gone without paychecks and are in danger of losing everything they have worked so hard for while attaining the American dream. Safety has also be-



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COMMENTARY

come an issue.

Our food supply is at risk.

As a result of the shutdown, the Food and Drug Administration (FDA) immediately announced that they had stopped most of their routine food safety inspections because the staff had been working without pay, including safety inspections on foods that have been imported from overseas, dangerous recalls, foodborne illness outbreaks and much more.

Our drugs supply is at risk.

The FDA has stated that, because of the shutdown, they no

longer have the ability to review new drugs that could be beneficial in helping people get better and/or address critical illnesses, until the government reopens.

Even our airports are at risk.

Just a few weeks ago, a passenger on Delta Air Lines, traveling from Atlanta’s Hartsfield-Jackson International Airport to Tokyo, Japan, informed authorities that he had inadvertently carried his loaded firearm through airport security and onto the plane. The Transportation Security Administration (TSA) confirmed this problematic incident took

place. There is increasing concern that unpaid TSA workers may not have the same level of focus and, perhaps even worse, many of them are not reporting to work.

Just this past week, the TSA checkpoint in Terminal B at Houston’s George Bush Intercontinental Airport was closed due to the number of TSA agents that called in sick, protesting the shutdown.

Things are getting more and more out of hand.

On top of the potential safety issues impacting Americans, the financial strain this shutdown is putting on the American people, especially in large states like Texas, is devastating.

This government shutdown will impact more than 3.5 million Texans who receive Supplemental Nutrition Assistance Program (SNAP) benefits come February 2019.

SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. According to the Texas Health and Human Services Commission, there were 3,580,375 people receiving SNAP benefits in Texas alone as of December 2018. Many African Americans and people of color are major beneficiaries of SNAP benefits in Texas.

Texas State Senator Borris L. Miles stated that while the shutdown is already hurting Texans all across the state, he believes it will hit the poorest Texans the hardest, because after February 2019, SNAP beneficiaries will no longer receive the necessary funds to purchase food.

“This is unacceptable,” said Miles. “I am calling on the Texas leadership to make emergency preparations to help Texans on food stamps and other programs impacted by the shutdown. I am prepared to roll up my sleeves and work with my colleagues to ensure we fund these programs adequately so that no Texan should go hungry.”

Miles also sent a joint letter to President Trump, House Speaker Nancy Pelosi and Senate Majority Leader Mitch McConnell to make it clear that Texas is prepared to help those impacted in our state and expects to be reimbursed when the federal government reopens.

“This is not a Democratic or Republican issue, or a rural, urban or suburban issue, it’s a poor people issue,” said Miles. “We need to do the right thing, help the poorest in our communities and minimize the impact of this shutdown.”

It is challenging to witness the very people who were elected to represent the American people, turn around and allow their personal politics and unconscionable political ideal-

ogies severely hurt the people they are supposed to serve – especially after being voted into office with the expectation of representing their constituents as advocates, not enemies.

The longer this government shutdown continues, the more the American people will suffer and the more America as a whole will be at risk.

The American people must demand more from the federal officials who were elected to represent them. Americans, regardless of socioeconomic status, must let their federal legislators and the current White House administration know that things have gone too far and must get back to normal for the sake of the stability of the nation.

To hold the country hostage because President Trump can’t get his beloved wall across the southern border, when he stated from the onset that he would make the country of Mexico pay for it, is unfair and disingenuous. Subsequently, any elected official who consigns this mode of thinking and action is equally as irresponsible.

It is time for all elected officials to stop playing chicken with the American people’s livelihoods and start doing what they were sent to Washington, D.C. to do: Act in the best interests of American citizens and stop playing the role of “Enemy of the People” that they were elected to serve.

Search me, O God

PART 2

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



We read in Psalm 139:1-7 these words: "O LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, And are acquainted with all my ways. For there is not a word on my tongue, But behold, O LORD, You know it altogether. You have hedged me behind and before, And laid Your hand upon me. Such knowledge is too wonderful for me; It is high, I cannot attain it. Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there. If I take the wings of the morning, And dwell in the uttermost parts of

the sea, even there Your hand shall lead me, And Your right hand shall hold me."

Sometimes we don't let people get to know us completely because we are afraid they will discover something about us that they won't like. But God already knows everything about us, even to the number of hairs on our heads (Matthew 10:30), and still He accepts and loves us. God is with us through every situation, in every trial – protecting, loving and guiding. He knows and loves us completely. He is present everywhere. God knows everything about us – our thoughts, fears and hopes – and yet He loves us in spite of them.

You may ask, "How can God do those things?" I don't know and the Psalmist says he doesn't know. "Such knowledge is too wonderful for me; it is high, I cannot attain unto it." He saved me and yet He knew me – that is the amazing

thing about it.

There are some people whom you accept and receive, and then in some way they disappoint you. You thought you knew them, but you really did not know them. God knows us and yet He will save us. God is wonderful. God knew David, and David let Him down. But God knew something about David's faith that we could not see. He could see David's heart and beneath the faith that failed was a faith that never failed. The Lord knew what Simon Peter was going to do. He even knew that Judas would betray Him.

No matter where you go, you cannot get away from God. You won't get away from God even if you go to the moon. To me it was thrilling to hear those first three astronauts who went around the moon read the first chapter of Genesis on Christmas Eve. You don't run away from God, my friend, even if you go to

the moon.

In the Gospel of Matthew 10:29-31 we read these words: "Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows." Jesus said that God is aware of everything that happens even to sparrows and you are far more valuable than they are to Him. You are so valuable that God sent His Only Son to die for you. "For God so loved the world that He gave His Only Begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16).

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.

P R E S E R V E D

King's dream revisited

By Shewanda Riley
Columnist



This past week we celebrated the 90th birthday of Rev. Dr. Martin Luther King Jr. In this week's column, I wanted to revisit his well-known speech from the historic March on Washington in 1963. Considering Dr. King's social justice work and the current political environment in the United States, perhaps re-reading his words will help us see their transformative truth. Below are selected quotes as well as related scriptures.

"But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check, a check that will give us upon demand the riches of freedom and security of justice."

Follow justice and justice alone, so that you may live and possess the land the Lord your God is giving you. - Deuteronomy 16:20

"We have also come to his hallowed spot to remind America of the fierce urgency of Now. This is not time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promise of democracy."

For I am ready to set things right, not in the distant future, but right now! I am ready to save Jerusalem and show my glory to Israel. - Isaiah 46:13

"Now it the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice."

"Now it the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood."

"Now is the time to make justice a reality to all of God's children."

I waited patiently for the LORD; And He inclined to me, And heard my cry. He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, And established my steps... Many will see it and fear, And will trust in the LORD. - Psalm 40:2

"Nineteen sixty-three is not an end but a beginning. Those who hope that the colored Americans needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual."

The LORD gives righteousness and justice to all who are treated unfairly. - Psalm 103:6

"You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive."

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. - James 1:2-4

"This is our hope. This is the faith that I will go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope."

Now faith is confidence in what we hope for and assurance about what we do not see. - Hebrew 11:1

For more information on Dr. King, please visit The King Center www.thekingcenter.org.

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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The government shutdown and the collateral damage

By Julianne Malveaux
NNPA News Wire Columnist



As I write this, our federal government has been shut down for 27 days. At first, it seemed like a gamesmanship joke, like who was going to blink first. House Speaker Nancy Pelosi and (CA) Senate Minority Leader Chuck Schumer (NY) didn't look like they were blinking when 45 said he would "own" the shutdown to get his wall. He's not owning it now – he didn't go to Mar-a-Largo to golf, and he indicated how acutely he felt the shutdown by serving Clemson football players cold fast food.

Furloughed federal workers will be paid, thanks to legislation 45 signed January 16. The fact that people will get paid when the shutdown is over (which 45 says may take "months" or "years") is reassuring, but it helps few with their day-to-day obligations.

A 2018 study from the Federal Reserve Bank says that 40 percent of all Americans can't absorb a \$400 emergency without going into (further) debt, borrowing or selling something to meet a minor expense like a faulty car engine, a busted heating system, an emergency room copay or some other ordinary challenge. So for many, delaying even one paycheck is likely to cause a seismic shock in family finances.

Many will piece it together, but they may miss credit card, mortgage, rent or other payments. In a month or so they'll be caught up, but what about their credit rating? Catching up may mean getting current on bills, but it does not mean overcoming the ding that will inevitably appear on one's credit score. It may take months, even years, for some to transcend that, especially if their credit was shaky to begin with.

Our nation runs on debt, our economic growth is dependent on folks going into debt, but economic growth is also dependent on people being able to pay their debt. People who live paycheck to paycheck won't pay debt back until they get paid. And hundreds of thousands aren't being paid because a deranged adult is having a tantrum about a wall.

Four in five Americans live in debt, mostly because of mortgages and student loans (\$1.5 trillion total) that strangle people's ability to live in financial freedom. While mortgage and student loan debts are the most significant contributions to our nation's debt crisis, medical debt is the most frequently cited cause for personal bankruptcy in our country. The fact that so many have medical debt reflects the crisis in our national health care system.

Bottom line – the shutdown not only affects people's ability to manage their day to day finances but will also affect their long-term credit score and have consequences for those at the margins. From the data on emergencies, nearly half of all Americans are living at the margins. These are the folks who Trump and his minions say should "make arrangements" during the shutdown. They should, some say, have contingency plans. What is your contingency when you live paycheck to paycheck?

Furloughed workers will get back pay and, though impaired, will manage. What about those who work for government contractors. Nobody has their back. Many are high-rolling, highly-paid contractors who will take a hit but won't be knocked out. Then, there are the women of color (mostly) who clean federal office buildings at night. They won't get back pay. They won't be compensated for their services. They will take it in the shins, and taking it means managing to live without pay for weeks. Even those who are sensitive to the economic impact of this shutdown have not spoken up for the contract workers who have been disadvantaged.

A government shutdown also means a benefit shutdown for people who receive government benefits – food or housing assistance or more. While many are optimistic that things will be adjusted, the fact is that people's expectations are not being met and people are scrambling. The scrambling is not restricted to any race, to any party.

The man who calls himself President seems to be under the mistaken impression that most government workers are Democrats. The fact, according to the Government Business Council, is that there is a pretty even split, with 44 percent of government workers being identified as Democrats or Democratic-leaning, 40 percent identified as Republican or Republican-leaning, and the remainder undecided, with a significant number of these identifying themselves as "conservative." All of these government workers are collateral damage, thanks to 45.

Our entire social and economic fabric is frayed thanks to this petulant government shutdown. Democrats, Republicans and everyone else will pay for this thoughtless absurd public tantrum. This shutdown is nothing more than a disturbing public outburst. Where do we go from here?

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.juliannealveaux.com

Poverty isn't a privilege: The white man is your brother too

By Keith Magee
TriceEdneyWire.com



Writing to fellow clergy from a Birmingham Jail (The Negro Is Your Brother), Reverend Dr. Martin Luther King Jr., gravely concerned about all who were poor and experiencing inequality, said, "Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

The world, especially, America, paused this weekend to honour Dr. King's 90th birthday and his life as a global humanitarian. The greatest birthday gift would be to truly identify the other as our brother, sister and family. How does one really love and heal a world if they don't see their neighbour as themselves?

Let us explore the world's events in this regard. The global crisis of the poor has affected the consciousness of both the UK and America. The UK has wrestled to the ground Brexit with no deal.

Meanwhile, America is in waiting to determine whether the one who was deemed the "White hope," will be exposed as a traitor. And he remains in a temper tantrum as the government remains shut down.

This mutiny is because, from former U. S. President Barack Obama to former UK Prime Minister David Cameron, few seem to adequately identify the group that is rapidly becoming visible among the least of these. The poverty data of the U.S. Census Bureau reported, September 12, 2018, that roughly 12.8 million America children lived in poverty in 2017, with 4,026,000 being white. Likewise, the Joseph Rowntree Foundation report of December 4, 2018, indicates there are 4.1 million children living in poverty in the United Kingdom with



Dr. Martin Luther King Jr. is surrounded by black and white people during the Poor People's Movement.

1,271,000 of them being white.

In the book, "Black Reconstruction in America," W.E.B. Du Bois introduced the concept of the psychological wage. Du Bois noted that while white labourers received a low wage, "they were compensated in part by a sort of public and psychological wage." They were given, "public deference and titles of courtesy because they were white." I'm not so sure that, in today's reality of white, having the access to public parks, pools and water fountains matters so much; when they, along with other non-white groups, are equally striving to feed, clothe and house their children.

The March on Washington was actually the awakening of the 'Poor People's Campaign.' Reverend Dr. Martin Luther King Jr and his allies were going to the nation's capital to ask America to be true to the huge promissory note that was signed years ago.

King said that, "we are coming to engage in dramatic non-violent action, to call attention to the gulf between promise and fulfilment; to make the invisible visible." In the UK, as in America, those who have

become invisible are forcing open the eyes of those who have forgotten them.

This year, 2019, marks 400 years since the first African immigrants – freedmen and indentured servants – arrived in Jamestown. The British had landed, three years earlier, having departed England as King Henry VIII had declared himself head of the new Church of England. These individuals desired a return to a simpler faith and wanted to purify the Church. However, these Puritans would use, in part, their religious system to oppress the Africans, forcing them into slavery. And, yet, these slaves would look for a saving grace from an individual depicted in the like image of their oppressor. That grace would have in it the power to forgive and mount up for civility for themselves and all of humanity.

Unlike America, the UK has no separation of church and state. In fact, 26 Bishops are in the House of Lords which includes the Archbishop of Canterbury Justin Welby. Recently he said that, "The burden of proof is on those that are arguing for no deal, to show that it will not

harm the poorest and most vulnerable ... How we care about them and how our politics affects them is a deeply moral issue."

In the cause of bringing freedom to those invisible ones who suffer, the church has at times been oppressor and in its better moments, a harbinger of liberation.

For the Puritans, the desire to establish a true Christian faith while maintaining an allegiance to the corruptive power of white supremacy, rendered their faith in fact anti-Christian. In the case of King, his commitment to Christ, the liberator and the kingdom he proclaimed, motivated his refusal to accept the unjust status quo which weighed heavily on the poor and to act for the sake of justice.

The UK looks to the legacy of William Wilberforce, the abolitionist, or the current impact of churches who care for the needy through foodbanks and debt counselling or organized homes for refugee families. Selina Stone, lecturer in political theology at St Mellitus College, asks the pertinent question: "How will churches respond in the UK and in America, to those with their backs against the wall?"

Again, I ask, how does one really love and heal a world if they don't see their neighbor as themselves? Or in the words of Dr. King, "Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

Keith Magee is a public intellectual with a focus on social justice and theology. He is currently senior fellow in culture and justice at University College London and is in pastoral leadership at The Berachah Church, Dorchester Centre, MA.

For more information visit www.4justicesake.org or follow him on social media @keithlmagee.

Trump's flailing will get more desperate – and more dangerous

By Rev. Jesse Jackson, Sr.
Founder and President of Rainbow PUSH Coalition



Since the striking victories of Democrats up and down the ballot in 2018, President Donald Trump has been flailing more and

more wildly.

He's setting new records for the length of the government shutdown, watched his defense secretary resign after suddenly announcing the withdrawal of troops from Syria, forced his attorney general to resign, found it difficult to find a permanent replacement for his departing chief of staff, and tweeted that he is "all alone in the White House."

Quietly, the unrelenting investigation of Robert Mueller becomes ever more ominous. Now the new Democratic majority in the U.S. House of Representatives will probe the corruption of this most corrupt administration, from Trump's business dealings to the corporate lobbyists who are running entire departments in the interests of their once and future employers.

While Trump issues insult after insult against opponents – Sen. Elizabeth Warren, former Vice President Joe Biden, House

Speaker Nancy Pelosi, Senate Minority Leader Chuck Schumer – he reveals just how desperate he is.

Essentially, Trump now has three choices. He can stay in office and be impeached. The evidence of high crimes and misdemeanors is building each day, from trampling election laws by payoffs to keep his mistresses quiet to blatant self-enrichment that surely offends the Constitution's ban on emoluments, to open and secret efforts to obstruct justice.

Democrats will no doubt wait for special prosecutor Mueller to issue his report. They will wait to see if Republicans, alarmed by their sinking poll numbers, begin to separate themselves from Trump. Sen. Mitt Romney's blast at Trump may be an early warning of what's likely to come.

Hearings on the impeachment of the president are inevitable. Impeachment in the House is likely. Whether the Republican-led Senate will protect the president remains to be seen.

If not impeached, Trump could stay in office and be disgraced. Disgrace appears unavoidable. He lost the popular vote to Hillary Clinton by 3 million votes at a time many Americans were desperate to change things.

Republicans lost several key congressional races last fall.

That's when the economy was at its best, and Trump's foreign policy chaos hadn't yet been felt. Two years from now, if he chooses to run for re-election, Trump will try to pull the Electoral College equivalent of an inside straight again, but he is most likely to be routed, bringing down with him many of the Republican senators who have lacked the backbone to stand up to him.

At the same time, the investigations of his various business dealings, his tax returns, his conflicts of interests will end in myriad lawsuits, if not criminal charges. Once he is defeated, Trump will face not only unending lawsuits for damages, but the real possibility of jail time for himself or his family or both.

Alternatively, Trump – the deal maker – could cut a deal to define his fate. After the Mueller report is issued, as the congressional investigations accelerate, as various criminal investigations begin, he could seek to negotiate his way out; cut a deal that would give him and his family immunity from criminal liability and possibly civil liability in exchange for his resignation, sparing the nation the agony of what will inevitably be an ugly, divisive fight over impeachment and over criminal indictment after he is defeated.

Americans tend to forgive and forget, once an offender resigns. President Gerald Ford took a hit for pardoning President Richard Nixon, but Nixon survived and regained some of his stature with books on foreign policy. Pelosi and Schumer might take a hit for cutting a deal with Trump, but Trump could retain his freedom and his celebrity, with a base surely willing to support him in the wilderness.

It has come to this: impeachment, disgrace or resignation. Trump, no doubt, will rail against his fate. He'll claim he could be vindicated in court or in Congress or in the elections. His twittering will grow more frantic and more venomous.

His impulsive and destructive behavior – pulling troops out of Syria suddenly and then reversing position and reversing again, shutting down the government over a wall that won't be built, using the bully pulpit to try to intimidate his former associates who are testifying against him – will get ever more dangerous.

His flailing only deepens the hole that he is already in. Trump never expected to win the presidency. He clearly might find it sensible to save his fortune and freedom by resigning from a position he never expected to hold.

Leakesville woman blames tanning bed use for skin cancer

The Mississippi Link Newswire

More than 100 high school students, cancer patients, survivors and caregivers from across Mississippi gathered at the State Capitol in Jackson recently to hear Katie Shepherd of Leakesville, a wife and stay-at-home mother of three, tell her personal story about using tanning beds and later being diagnosed and treated for melanoma.

The large group of Mississippians from across the state also met with their legislators to ask them to protect anyone under the age of 18 from the cancer-causing effects of indoor tanning devices and delivered more than 1,000 petitions from people across the state who support the bill. The activities were part of the annual American Cancer Society Cancer Action Network (ACS CAN) Capitol Day.

Melanoma, the most deadly form of skin cancer, is on the rise. This year in Mississippi, an estimated 690 people will be diagnosed with the disease. For those who use an indoor tanning device before the age of 35, their risk of getting melanoma increases by 59 percent.

“I strongly believe that if I had not used tanning beds, I would not have melanoma skin cancer,” says Shepherd. “Products and devices proven to be harmful are often regulated to protect consumers. We don’t allow our kids to drink or smoke when they’re young. Tanning should be no different.”

Like tobacco and asbestos, the World Health Organization has listed indoor tanning devices as carcinogenic to humans. Tanning rates are the highest among young, non-Hispanic, white women. One third of those aged 16-25 reported tanning in the past year, and many say they go frequently.

“The dangers of indoor tanning are so real that the FDA has put a black box warning on these devices – the highest level of warning possible. But, unfortunately, the black box warning is just that ... a warning,” said Jeff Fehlis, executive vice president of the American Cancer Society, South Region. “There is currently nothing in place to prevent someone younger than 18 from tanning in the state of Mississippi.”

Studies have shown that exposure to ultraviolet (UV) radiation during indoor tanning damages the DNA in the skin cells. Excessive tanning can also lead to premature skin aging, immune suppression and eye damage, including cataracts and melanoma of the eye.

“Skin cancer is something that can be prevented but most teenagers are simply too young to fully comprehend the dangers of indoor tanning,” said Kimberly Hughes, government relations director for the American Cancer Society Cancer Action Network. “Today, we urge our legislators to join states like Louisiana, Texas, Oklahoma and North Carolina in prohibiting use of indoor tanning devices for people under the age of 18 to protect them from a known carcinogen.”

The earlier a person starts tanning, the greater the risk of getting melanoma and other skin cancers later in life because UV radiation can damage DNA in skin cells and is cumulative over time. Skin cancer is the most common cancer in the United States, and on average, one person dies from melanoma every hour.

“When I first heard those dreaded words, ‘You have cancer,’ I had three very small children and my mind went to the worse possible scenario. I wasn’t ready to leave my babies,” says Shepherd. “Now, five years later, I don’t want my kids or anyone to have to go through what I experienced, so I hope this legislation will pass in Mississippi. I wish I had never used a tanning bed. Being tan isn’t worth your life.”


About ACS CAN

ACS CAN, the nonprofit, nonpartisan advocacy affiliate of the American Cancer Society, supports evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem. ACS CAN work to encourage elected officials and candidates to make cancer a top national priority. ACS CAN give ordinary people extraordinary power to fight cancer with the training and tools they need to make their voices heard.

For more information, visit acsscan.org.

The connection between stress and strokes

By Glenn Ellis
TriceEdneyWire.com



The idea of a stroke can be frightening because it comes without warning and can change your life forever. Unfortunately, nearly 800,000 people will experience a new or recurrent stroke every year, and stroke is a leading cause of disability in the United States.

In any given year, 100,000 African Americans will have a stroke, and stroke is the third leading cause of death in the African-American community. Overall, African Americans suffer more strokes than any other group of people.

Studies show that if you are black and of African or Caribbean origin you are twice as likely to have a stroke, and at a younger age, than white people. The reasons for this are complex and not completely understood.

While stroke is a leading cause of disability, it is also the leading cause of preventable disability. In fact, research shows that up to 80 percent of strokes could have been prevented.

There are two main types of stroke, those that block arteries and those that cause arteries to bleed.

Hemorrhagic Stroke. These strokes are caused by bleeding in the brain. They happen due to a weak spot in the wall of the vessel, which can cause an aneurysm (bulging of the vessel wall). The vessels can also be weakened by chronic, very high blood pressure and break from force. When the vessel breaks, the blood leaks into surrounding tissue, and the brain doesn’t get the oxygen and nutrients it needs.

Ischemic Stroke. These strokes result from blocked arteries, which often occur from cholesterol buildup, called plaque.

The risk of ischemic stroke – the most prevalent type of stroke, which is caused by a blood clot that blocks an artery – is three times higher in African Americans than in whites. Interestingly, nearly half of all stroke patients suffered from transient ischemic attacks.

You can think of plaques like scabs on the inside of the vessel. As an example, if you have ever lifted up a scab on your arm, if you lift too far, you can cause it to bleed again because it’s not done healing underneath. Then, you’ve created a new injury. In the case of your arm, a new scab forms by forming a clot, which is great for helping the skin heal. Similarly, plaques on the inside of the vessel can be fragile when blood flows past, causing the plaque to lift. But in your blood vessel, when a plaque lifts up and the body tries to heal it like it would a scab on your arm, it makes a clot where that plaque lifted up which blocks blood flow and can lead to an ischemic stroke.

We all know too much stress in our daily lives is unhealthy. It can cause headaches, upset stomach, anxiety, difficulty sleeping and a whole lot more. But, does stress cause stroke?

Chronic stress has been

thought to be a risk factor for stroke. In studies, acute stress has been found to be a trigger for stroke, that is to say that strokes occur immediately after a stressful event more often than would be expected.

What’s the connection between stress and stroke risk?

According to the American Medical Association, roughly 80 percent of doctor visits are stress-related, but what about major, deadly conditions like stroke?

A University of Michigan study found that men who were more physiologically reactive to stress (as measured by high blood pressure) were 72 percent more likely to suffer a stroke.

However, while stress is linked, but not firmly established as an independent risk factor for stroke, it’s important to note that stress is linked with several firmly established risk factors for stroke, such as high blood pressure, smoking and obesity.

It’s important to be able to recognize the symptoms of a stroke as soon as possible. The quicker you can spot them, the sooner you’ll receive medical attention and the better your chances of recovery are.

The symptoms are generally the same regardless of the type of stroke. The F.A.S.T. guide is an easy way to remember the signs of a stroke and check on a possible stroke victim.

Face drooping. Typically, one side of the face will droop or become numb. Ask the person to smile. If it’s uneven, that’s a sign.

Arm weakness or numbness. A stroke will leave one arm weak

or numb, making it difficult for a person to hold both arms up at the same level. See if one arm stays lower than another.

Speech difficulty or slurred speech. A stroke causes confusion and makes it hard to understand speech. Check on whether the victim can repeat a simple sentence clearly.

Time to call 9-1-1. As soon as you recognize these symptoms, call 9-1-1. Even if these symptoms are only temporary, get the sufferer proper treatment. Keep in mind the exact time the symptoms started so you can reference it later.

By understanding the root causes of a stroke, you can minimize your risk of having one. 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. Visit: www.glennellis.com

4 ways your smile improves your life – and the lives around you

The Mississippi Link Newswire

Many people go to the dentist not just because they want good oral health, but also because having a great smile is a good confidence booster and makes them more likely to smile more often. But it also impacts those who see that dazzling smile.

“Every day we see people who tell us about how their friends, family and business colleagues are also affected by their new smiles,” says Dr. Ana Castilla, an orthodontist and author of the book *The Smile of Your Life: Everything You Need to Know for Your Orthodontic Journey* (www.castillaortho.com).

“They are just more willing to smile, and they didn’t anticipate how much that would impact others in their life.”

Studies have shown that people believe smilers are reliable, relaxed and sincere. A study published in the journal *Journal of Neuropsychology* reported that seeing an attractive, smiling face activates the orbitofrontal cortex, the region in the brain that processes sensory rewards. This suggests that when someone sees a person smiling, they feel rewarded.

As a result, Castilla says some of the things a smile can do for you include:

Make you more attractive. “Your smile is your best accessory,” Castilla says. “Studies have shown that people who smile are automatically viewed as more attractive, reliable, relaxed and sincere. Seeing an attractive face can be considered a rewarding stimulus, and when a person sees a smiling face, the region of their brain that processes sensory rewards is activated significantly more than when viewing a non-smiling face.”

Relieve stress and boost your

mood. Science has shown that smiling increases your health and happiness, not just at the moment, but even in the long run, Castilla says. “The more you smile, the healthier and happier you will be,” she says. How so? When you smile, your brain releases signaling molecules called neuropeptides to the rest of your body, she says. These neuropeptides influence your brain, body and behavior in many ways, including reducing stress, aiding sleep and elevating your mood.

Lower your blood pressure. When you smile your brain also releases feel-good neurotransmitters, such as dopamine, endorphins and serotonin. These chemicals calm your nervous system by lowering your heart rate and blood pressure. “It’s great to know that even when you skip out on going to the gym, you can still work on your health by smiling away,”

Castilla says. “Although I don’t recommend skipping the gym.”

Help you make others happy. Smiling not only has the power to elevate your mood, but it can also change the moods of others. “If you’re grumpy or rude, then you’re likely to put others in a bad mood or even put them off,” Castilla says. “The same thing happens with laughter and smiling. What happens when you smile at someone? They smile back, of course. Even babies know what to do. Smile at a baby and they will smile right back at you.”

“A beautiful smile is so much more than just straight teeth,” Castilla says. “It is health, confidence and joy. It is what you display during the happiest moments of your life, such as when you graduate from school, get married or your child is born. It is a reflection of your spirit, and make no mistake, it can change your life.”

Forrest General Hospital to offer seminars to educate the public on high quality, affordable healthcare options

The Mississippi Link Newswire

Forrest General Hospital is hosting a free educational session to answer questions and provide information about Medicare.

Information will be shared about Medicare, Medicare Supplemental Plans, Medicare Advantage Plans, Medicare Prescription Drug Plans, and how to enroll in the plan of your choice.

“We encourage people in the community to attend one of our educational sessions. We welcome the opportunity to share information and explain the different plans that are available. This also allows us to answer questions to help participants understand how Medicare and other plans work together to pay medical claims and prescription drug purchases,” said Pat Riley, director of insurance operations at Forrest General.

The next meetings will be:

Tuesday, February 5, located at Marion General Hospital (1560 Sumrall Road, Columbia) at 10 a.m.

Tuesday, February 19, located at 106 Madison Plaza, Suite A in Hattiesburg at 10 a.m.

For more information or to reserve a place at the event, call 601-288-4445 or visit forrestgeneral.com/medicare.

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<p>Advertisement for Bid</p> <p>Bid 3087 Waste Dispos</p> <p>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 12, 2019, at which time and place they will be publicly opened and read aloud. 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. Proposal forms and detailed specifications may be obtained free of charge by emailing pagreen@jackson.k12.ms.us, calling (601) 960-8799, or documents may be picked up at the above address or downloaded from JPS website at www.jackson.k12.ms.us.</p> <p>1/24/2019 1/31/2019</p>	<p>Notice of Sale Abandoned Vehicle</p> <p>Notice of Sale is hereby given in accordance with the Mississippi Statutes governing the sale of abandoned motor vehicles that the following vehicle will be sold for repair and storage charges and for cost of this sale.</p> <p>Vehicle Type: 2007 Buick UXL – Vin #1G4HD5726U133095 Registered to Robinson Dominique and Funches Car Nation, LLC, Lien Holder Date of Sale: 2/11/19 Place of Sale: Archie Towing Services; 6700 Medgar Evers Blvd., Jackson, MS 39213 Sellers reserve the right to bid on the above property and to reject any and all bids. Time: 10:00 A.M.</p> <p>1/24/2019 1/31/2019 2/7/2019</p>	<p>Notice of Sale Abandoned Vehicle</p> <p>Notice of Sale is hereby given in accordance with the Mississippi Statutes governing the sale of abandoned motor vehicles that the following vehicle will be sold for repair and storage charges and for cost of this sale. Vehicle Type: 1998 Honda UEX - VIN #1HGCG1655WA064864 Registered to Aldairiah Adreanna TitleMax, Lien Holder Date of Sale: 2/11/19 Place of Sale: Archie Towing Services; 6700 Medgar Evers Blvd., Jackson, MS 39213 Sellers reserve the right to bid on the above property and to reject any and all bids.</p> <p>1/24/2019 1/31/2019 2/7/2019</p>
LEGAL		

<p>REQUEST FOR PROPOSAL FOR ON AIRPORT HOTEL DEVELOPMENT BY THE JACKSON MUNICIPAL AIRPORT AUTHORITY PROJECT NO. 7000-005-19 January 9, 2019</p> <p>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”).</p> <p>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”).</p> <p>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:</p>	<p>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</p> <p>or from JMAA's website at https://jmaa.com/corporate/partner-with-us/procurement/</p> <p>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.</p> <p>JMAA will hold a Pre-Submission Conference at 10:00 a.m. Central</p>	<p>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.</p> <p>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.</p> <p>JMAA has established a ACDBE participation goal of 15% for the Services solicited by this RFP.</p> <p>JACKSON MUNICIPAL AIRPORT AUTHORITY</p> <p>1/10/2019, 1/17/2019, 1/24/2019, 1/31/2019, 2/7/2019</p>
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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	26
27			28		29	30			
31					32				
33						34			

ACROSS
1. Working group
5. Copied
9. What broke the camel’s back
11. Laugh loudly
12. Senile
13. Wine bottle cap
14. Radiation dose
15. Freudian term
17. Compass point
18. Rights’ opposites
20. Topped
22. Faucet
23. Ontario (abbr.)
24. Foot extension
27. Wields
29. Type of cheese
31. Fork prong
32. Smoothes wood
33. U.S. Department of Agriculture
34. Try

DOWN
1. Tyrant
2. Gas burner
3. Desert condition
4. Bad (prefix)
5. Alphabet
6. Tine
7. Makes money
8. Dike
10. Strange person
16. Acts
18. Weight (abbr.)
19. Neodymium (abbr.)
20. Desert pond
21. Turn over
22. Ballet skirt
24. Theme
25. Chances of winning
26. Asia
28. Ocean
30. Cereal

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3957 Northview Dr (North Jackson)
DOLLAR GENERAL
2030 N Siwell Rd
DOLLAR GENERAL
4331 Highway 80W
DOLLAR GENERAL
5990 Medgar Evers Blvd
DOLLAR GENERAL
1214 Capitol St (Downtown Jackson)
DOLLAR GENERAL
304 Briarwood Dr
DOLLAR GENERAL
2855 McDowell Rd
DOLLAR GENERAL
104 Terry Rd
JJ MOBIL
Northside Drive and Flagg Chapel
LIBERTY BANK AND TRUST
2325 Livingston Rd.
MCDADÉ’S MARKET
Northside Drive
MCDADÉ’S MARKET #2
653 Duling Avenue
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Jackson Medical Mall
350 W Woodrow Wilson Avenue
SHELL FOOD MART
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SPORTS MEDICINE
Fortification and I-55
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B & B
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COMMUNITY MART
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HAMLIN FLORAL DESIGN
285 Peace Street - Canton, MS
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K & K ONE STOP
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257 Peace Street - Canton, MS
TRAILER PARK GROCERY
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DOLLAR GENERAL
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HAVIOR’S AUTO CARE
5495 I-55 South Frontage Road

VOWELL’S MARKET PLACE
5777 Terry Road
CITY HALL
Terry Road

CLINTON
DOLLAR GENERAL
807 Berkshire St - Clinton, MS

TERRY
SERVICE STATION
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CITY HALL
West Cunningham Avenue

RAYMOND
HINDS COMMUNITY COLLEGE
WELCOME CENTER
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LOVE FOOD MART
120 E. Main Street, Raymond, MS
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126 W. Court Street, Raymond, MS
RAYMOND CITY HALL
110 Courtyard Square, Raymond
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Week of January 20, 2018

Crossword Solution

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

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Sudoku Solution

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

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Tougaloo College Chapel • January 12, 2019 • Jackson, MS

PHOTOS BY JAY JOHNSON



Building Renaming Ceremony for Robert M. Walker Annex Building

January 21, 2019 • Vicksburg, MS

PHOTOS BY JAY JOHNSON



NATIONAL PAN-HELLENIC COUNCIL COAT DRIVE

Burlington Coat Factory • January 21, 2019 • Jackson, MS

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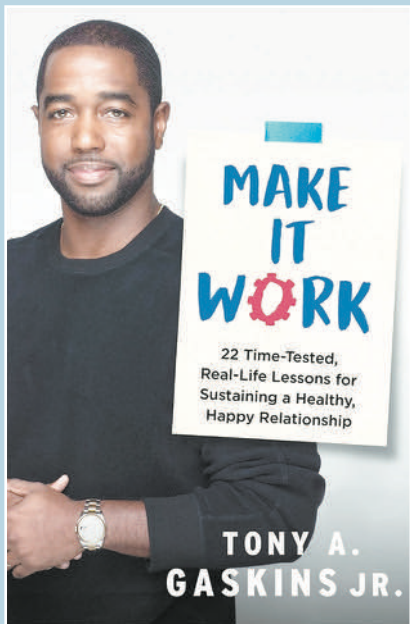


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BOOK REVIEW:

“MAKE IT WORK”

BY TONY A. GASKINS, JR.

C.2019, HOWARD BOOKS

\$26.00 / \$35.00 CANADA • 240 PAGES

By Terri Schlichenmeyer
Columnist

Marriage? Not interested. Nope, you’ve tried it and it’s not for you. Neither is love, apparently, as evidenced by the string of awful dates you’ve had lately. You know that having a bad relationship is easy. Having a good one takes effort and it might start with “Making It Work” by Tony A. Gaskins Jr. You just want to be loved. Doesn’t matter if you’re a man or a woman, that’s what everybody needs but not everyone has learned to do it right. Maybe

early role models argued loudly or behind closed doors, leaving you with no template for disagreement. Maybe one parent slept around, imprinting a sense of insecurity. Or perhaps your childhood was peppered with lessons that just don’t work anymore. Whatever you learned early in life, the first rule to keep now is to love yourself. You can’t know what you want in a partner unless you know what you want for you. Loving yourself is the basis of all good relationships. Treat your body like the pre-

cious thing God intended. Stop being promiscuous, and don’t let your partner talk you into anything that’s wrong for you and what you want from a relationship. “Keep your standards,” says Gaskins. Pay close attention to potential mates: they’ll show you who they are and it’s up to you to see it. If you’re still falling in love, ask yourself seriously if you can live with their actions and ideals for the next four or five decades. Don’t put up with liars, name-callers, Mama’s Babies,

profanity-users, or anyone who abuses substances. “Be selfless” in your relationship by putting your partner first – and that means no secret-spilling to friends. Remember that both of you will bear the blame for any rift in the partnership. Learn how to disagree. And finally, know what’s worth breaking up over; prayer and a little soul-searching might surprise you. “Make It Work” is absolutely not a book for everyone. Page after page after page of it is filled with so many over-

generalizations that it’s almost laughable: the warning tones in the abundance of women-do-this, men-do-that scenarios feel like a marriage manual from the 1950s. The “female” is painted as a wily being, painfully desperate for love, using her body to “chase” a man; men are portrayed as being unable to think of anything but the bedroom. Readers are cautioned against having opposite-sex friends, because, well, one of you might not be able to maintain control. Yes, Eisenhower-era readers, it’s that clichéd.

But then, just when you think your eyes have rolled plumb out of your head, author Tony A. Gaskins Jr. surprises readers with information that is so useful and real that you’ll gasp. It’s advice that makes incredible sense. And yes, it could help you do what the title promises. Finding that, though, may be like a treasure hunt that yields rhinestones. Gleaning lessons you can use may be a lesson in frustration. Yes, this book is right for the right person, but for many readers, “Make It Work,” won’t.

Hinds County School District Weekly Update

ENGAGING-EMPOWERING-ENSURING-EXCELLENCE

HCS D Host Annual District Reading Fair

The purpose of the District Reading Fair is to provide K-12 students with the opportunity to share a favorite book through a storyboard project that includes the ten elements of a story/text as identified in the Mississippi Language Arts Curriculum Framework. As a result of participating in this process, students will experience a deeper enjoyment from reading and develop a lifelong love of reading.

There are four levels of competition: school, district, regional, and state. Only first place winners will advance through each level of competition remaining (region & state). This is significant because these students represent the several hundred students who competed at both the school and district levels. The Regional fair will be at the Mississippi School for the Deaf (1252 Eastover Drive, Jackson, MS) in March. We hope to see one and all there.



Reading Fair judges and Planning Committee members



Debbie Newman, principal of CMS welcomed parents, community leaders and students to the reading fair.



Michelle Ray, Reading Fair coordinator, introduced the judges and district reading fair planning committee to parents in attendance.

First Place Winners



Dalis Allen / GRE/Division A
title and author of book- Coat of Many Colors



Payton Grayer/GRE / Division B:
title and author of book- I am Enough



Ja'Den Washington / UEMS / Division C:
title and author of book- Ozzie On His Own by Johanna Hurtwitz



McKinley Harris / RES / Division D: title and author of book- Harry Potter and The Sorcerer's Stone by J. K. Rowling



Makinnah Jones / UEMS Division E:
title and author of book- Hidden Figures by Margot Lee Shetterly



John Neal, associate superintendent gives word of encouragement and congratulations to reading fair participants.



Ka'Nyala Crump / RHS / Division F: title and author of book- Scarlet Letter



Trinity Spille / RES / Division G:
title and author of book- I am Malala: How One Girl Stood Up for Education and Changed the World by Malala Yousafzai and Patricia McCormick



Zachary McKinnis / BMS / Division H: title and author of book- What Were the Twin Towers? By Jim O'Connor



Terrell Clayton / Main Street Restart Center / Division I: title and author of book- The Slave Ship: A Human Story



Ian Louisville and Dylon Jackson / RES / Division J: title and author of book- Charlie and the Chocolate Factory by Roald Dahl



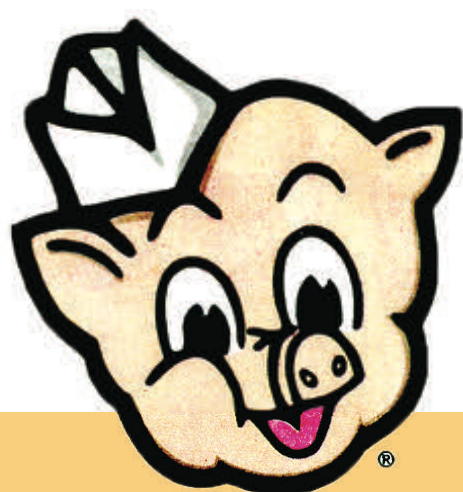
Courtney Gilmer & Nikameron Gilmer / UEMS / Division K: title and author of book- The Red Pony by John Steinback



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