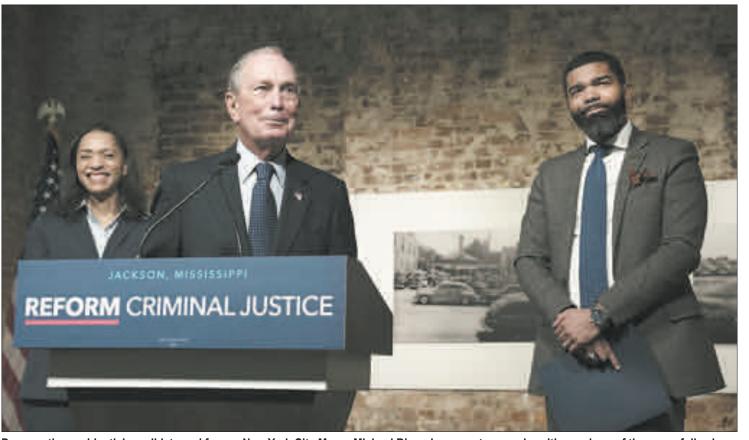
DECEMBER 5 - 11, 2019 Vol. 26, No. 7

Bloomberg: I 'regret' impact of police tactics on minorities



Democratic presidential candidate and former New York City Mayor Michael Bloomberg, center, speaks with members of the press following a roundtable on criminal justice reform led by Jackson, Mississippi Mayor Chokwe Antar Lumumba, far right, at the Smith Robertson Museum in downtown Jackson Tuesday, Dec. 3, 2019. SARAH WARNOCK/THE CLARION-LEDGER VIA AP

By Emily Wagster Pettus and Alexandra Jaffe Associated Press

Michael Bloomberg expressed regret Tuesday for the impact his hard-line policing tactics had on minorities during his time as New York City mayor and pledged during a meeting with advocates of reform to fo- ated individuals. cus on criminal justice if elected

"One of the things I look back and regret is that we were too

late in seeing the negative impact that our policies to save lives were having on day-to-day lives," Bloomberg said after meeting with a group of criminal justice reform advocates that included Jackson Mayor Chokwe Antar Lumumba and a number of previously incarcer-

launched his Democratic presidential campaign with an apology for his embrace of stop-andfrisk policing tactics, which give police wide latitude to detain individuals suspected of committing a crime and have been found to be used disproportion-

ately against minorities. Before the meeting, Lumumba, an African-American Demo-Bloomberg, who served as city, mentioned Bloomberg's early primary states and instead mayor from 2002 to 2013, apology and said he was "grateful (the mayor) acknowledged that wasn't the proper course of

Bloomberg's focus on criminal justice reform - and the Mississippi setting for the discussion - underscores the challenges confronting his unorthodox campaign for president. As a late entry into the race, the 77-year-old Bloomberg is escrat who leads a majority-black chewing the traditional focus on campaigning mostly across

> **Bloomberg** Continued on page 3

Gregory Adams joins Natchez business community as new owner of WMIS/ WTYJ radio stations



Gregory Adams (left) and Natchez Mayor Darryl Grennell

The Mississippi Link Newswire

Gregory Adams, a smart businessman with many years of managerial experience, has become the new owner of WMIS/WTYJ. Not only does he bring a host of knowledge, he is also a people-person, friendly and a good listener. He becomes the first black American radio broadcaster in the southwest Mississippi/ central Louisiana regions of each state, respectively.

Adams is a veteran. He completed basic training at Fort Jackson, S. C., and successfully graduated from Advance Individual Training (AIT) at Fort Gordon, GA and served as a combat telecommunications center operator airborne paratrooper. Eventually, he was assigned a permanent duty station at the mendation that the Wilk-426th Signal Battalion in Fort Bragg, N. C.

After his tour in the U. S. Army, Adams pursued degrees at Texas Southern University in electronics engineering tech B.S.; San Jacinto Community College in business administration A.A. and Alvin Community College,

general studies. Though born in Texas, Adams' mother is a native Mississippian. Adams said when a hurricane came through Houston, he came to Gloster, Mississippi, and has been there ever since.

In 2014 he acquired the Wilk-Amite Record newspaper. He has received several commendations; one from the United States Senate, State of Mississippi House Resolution No. 108, and the Amite County Board of Supervisors.

Former US Senator Thad Cochran noted in his com-Amite Record remains vital to preserving the history and

> Adams Continued on page 3

Slain civil rights leader Vernon Dahmer honored with statue

The Mississippi Link Newswire

A statue of slain civil rights leader Vernon Dahmer now sits outside the Forrest County Courthouse in Mississippi.

The Hattiesburg American reports the bronze sculpture, created by artists Vixon Sullivan and Ben Watts, was commissioned in 2018 by the Forrest County Board of Supervisors to honor Dahmer who was killed for trying to get black people registered to vote.

Dahmer was a farmer and NAACP leader who was killed when Ku Klux Klan members firebombed his home after klansmen learned residents could pay their poll taxes at the Dahmer family grocery store next to their home.

His widow, Ellie Dahmer, who was at the courthouse in Hattiesburg Tuesday surrounded by family, said she was impressed by the statue's likeness to her late husband and appreciated its placement at the courthouse.



this day, not in my lifetime," she

The sculpture now sits atop a wall that bears Vernon Dahmer's

"I never thought I would see motto: "If you don't vote, you don't count."

> "It's exciting to see it finally coming to fruition," Forrest County Board of Supervisors

President David Hogan said. "I think it's incumbent on us to preserve our history."

The sculpture tentatively will be dedicated Jan. 6 – just days

before the 54th anniversary of

Vernon Dahmer's death. It was Jan. 10, 1966, when the Dahmer home in the Kelly Settlement was firebombed by the

White Knights of the Ku Klux Klan. The family had received numerous death threats before that day and took turns sleeping in shifts so they could be on con-

Klansmen also fired gunshots into the home. Dahmer returned fire during the attack, trying to give his family enough time to

He suffered burns from the fire and died later that day at a local hospital.

"He made a big difference – as a Christian man who gave his life to help others," Ellie Dah-

"We had a pretty comfortable living," she said. "He wanted other people to be able to provide for their families. He could provide for his children, but there were other people in the community that couldn't provide for their children."

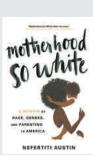
KKK Imperial Wizard Sam

Dahmer Continued on page 3

Holiday Under the Stars spreads joy to students, community, campus



Motherhood So White



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Page 17	NEFERTITI AUSTIN	

Hinds CC honors Foundation scholarship recipients

The Mississippi Link Newswire

The Hinds Community College Foundation recognized 2019-2020 scholarship recipients, donors and honorees at a reception Nov. 17 at the Utica Campus.

Among those recognized were Ladarrious Dotson of Crystal Springs, Kellye Trussell of Jackson, Mariah Wilson of Clinton, Agdreka Segrest of Port Gibson and Lederrick Bush of Greenville, who received the George and Doris Barnes Scholarship. With them was Dr. George Barnes of Jackson.

Among those recognized were Christian Washington of Jackson, who received the Robert and Ella Lorean Marshall Johnson Scholarship.

Among those recognized were Veronica Epps of Jackson, who received the McKinley and Amanda McPherson Memorial Scholarship

The Hinds Community College Foundation will award more than 600 scholarships during the 2019-2020 academic year.

The deadline to apply for a scholarship for fall 2020, academic year 2020-2021 is Feb. 15, 2020.

For more information, visit www.hindscc.edu.

As Mississippi's largest community college, Hinds Community



From left to right: Ladarrious Dotson, Kellye Trussell, Mariah Wilson, Dr. George Barnes, Agdreka Segrest and Lederrick Bush

College is a comprehensive institution offering quality, affordable educational opportunities with academic programs of study lead-

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ing to seamless university transfer and career and technical programs dents each fall semester.

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Christian Washington



From left to right: Miranda Edwards and Tatyana Hollingbir



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JSU students present documentary competition

By Jackie Hampton Publisher

Less than 24 hours after a group of JSU students presented a documentary screening competition, a film about the 1970 tragedy on the campus of JSU where a group of students were confronted by city and state police that resulted in police opening fire and killing two students and injuring twelve – there was an alert sent out locking down the university due to an active shooter near the campus.

The university issued an active shooter alert just before 11:30 a.m. Wednesday and lifted the school lock-down 15 min-

Jackson Police said a man was shot in the leg in a parking lot in the 1100 block of Lynch Street, which is located behind the campus.

The documentary regarding the 1970 tragedy was present-



Culture Vultures Documentary Team

ed by PH Balance Productions

1, directed by Cianna Reeves.

Reeves' team narrowly won the

competition against a documen-

tary entitled Culture Vultures,

presented by PH Balance 2 and

Barron's team emphasized

how other races of people have

adopted customs and styles of

Africans such as dance moves,

directed by Darrius Barron.

hair styles, etc.

Reeves' team wanted to honor the lives of Phillip Gibbs and Earl Green, the two that were killed in the tragedy and the triumph that came from it.

Amongst family and friends attending the completion was James "Lap" Baker, a participant in the PH Balance 1 Productions documentary. Baker, a JSU alum and witness of the 1970 tragedy said at one point he had to leave

the competition because he was overcome with emotion. He stated both documentaries were excellent and said he would not have wanted to be a judge.

Baker said to the students, "You are some of the most brilliant students I have encountered. I expect to see you in much higher places in the fu-

Bonnie L. Jackson stated she

was very proud of her broadcasting documentary students, several of which will be graduating soon.

Elayne Anthony, chairperson

of the Department of Journalism and Media Studies, gave remarks and complimented all the students and Jackson on a job

Students presenting PH Balance 1 included Devin Allen,

> culture of our national, state and local communi-

Adams also created E-

Con-Direct which serves as a wireless service pro-

vider (internet) based out of Gloster. "The internet

increased my interest in

radio," he said. "My first

contact with the radio busi-

ness was when WTYJ gos-

pel DJ Trina Webster inter-

viewed me. I also worked

with WMIS/WTYJ opera-

tions manager Calvin Butler during the recent tower

crisis which resulted in up-

grading the system. At the

Balentine Zahriah, SharCoria Harris, Dwayne Jenkins, Kelvin Jones, Remy Morrow and Cianna Reeves.

Students presenting PH 2 included Deja Davis, Mia Jones, Alexia Lee, Demetris Valentine, Kendrick Whitehead and Kalen Norman.

Judges Alexandria were Gaultney, Kentras Rush and William Owens.

Adams



DJ Buzz, Leon Hollins, Calvin Butler, Adams, Abby Moore, Natchez Mayor Darryl Grennell and George Lee



JSU 1970 Tragedy Documentary Team

Gregory Adams (left), new owner of WTYJ 97.7 FM / WMIS 1240 AM in Natchez, has taken the reins from Diana Nutter (right).



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WE POWER LIFE®

to reality of acquiring the radio stations."

Nutter, one of the present owners of WMIS/WTYJ, said she moved to Natchez at 2-1/2 years old, with her father, P.K. Ewing Jr. He (P.K. Ewing Jr.), along with his father, P.K. Ewing Sr., went on the air with WMIS 1240 AM May 12, 1941. The Ewings had stations in Gulfport, Vicksburg, Jackson and Greenwood. Later on, Diana and Jim Nutter bought WTYJ 97.7 when it was off the air. The station, under their control, went on the air in September 1986.

These stations have been very successful and have been a valuable asset to the greater Miss-Lou, and especially to the black community. It has been a source of much treasured information, and a valuable resource

for the entire community. Now Adams is buying assets of the corporation, 100%, pending approval of the Federal Communications Commission. The buyout includes both stations with Diana Ewing Nutter having the controlling interest and Robert Johnson and Phillip

West having the rest. Adams is requesting the continued support of the communitime, I had only known Di-ty. WMIS/WTYJ will continue ana Nutter for four months to carry on with its well qualiwhen she brought the idea fied staff.

Dahmer

Continued from page 1

Bowers, who ordered the killing, was convicted and sentenced to life in prison in 1998 – seven years after the family convinced local authorities to reopen the case. Bowers died in prison in 2006.

Ellie Dahmer said even though many young people will never experience what others did during the civil rights era, she hopes they will get to know and appreciate the struggles of generations past.

"I hope they will learn (about Vernon Dahmer and civil rights)," she said. "I think they will, once they start reading (about it). A lot of it's online now."

Information from: The Hattiesburg American, http://www. hattiesburgamerican.com

Bloomberg

Continued from page 1

states that hold their primaries in March, in hopes of making a play for a rash of delegates. He's also emphasized his change of heart on stop and frisk since the very start of his campaign, an implicit acknowledgement that he might face challenges in winning over black voters and progressives because of some of his more controversial policies as mayor.

Bloomberg noted that New York's crime and homicide rate decreased during his tenure, but he acknowledged the unintended consequences his policies had on the city's minority population.

"I do want people to know what's in my heart. I've thought long and hard about this. No one should ever feel targeted or judged by the color of their skin, especially by police," he said.

Some activists are skeptical of Bloomberg's apology, noting that it comes as he's seeking the Democratic presidential nomination. Many people of color found the tactic of stop and frisk humiliating and degrading, and statistics showed that mi-

norities were far more likely to be subjected to such a search. On Tuesday, the white billionaire criticized a criminal justice system "tilted against African-American and Latino communities" as "disgraceful" and promised that if he's elected president, "that will be one of my key things to work on."

Make A Christmas Carol a part of your holiday tradition

Mississippi Link Newswire

holiday tradition.

New Stage Theatre's traditional holiday gift to the community – A Christmas Carol, A Ghost Story of Christmas – opens Thursday, December 5 and runs through Sunday, December 22. Curtain times for public performances are 7:30 p.m. and 2:00 p.m. on Sundays. Tickets can be purchased at the box office, located inside the Jane Reid Petty Theatre Center, charged by phone by calling the theatre at 601 948-3533 or ordered online at www.newstagetheatre.com. The production is sponsored by First Commercial Bank and St. Dominic's. New Stage Theatre returns with a

Ebenezer Scrooge is a wealthy man, rich in money and poor in spirit. He's locked his solitary heart into a cashbox and forgotten where he's put the key. Haunted by specters and visited by spirits of his past, present and future, he journeys from the painful losses of his youth to the human kindness and deep joy of a glorious Christmas morning. Dicken's classic tale reawakens the true spirit of Christmas in a heart-stirring carol of

profound beauty and redemption.
"We are excited to produce the

traditional holiday favorite A Christmas Carol for our 54th season," said Artistic Director Francine Thomas Reynolds. "Since New Stage first staged an adaptation of the Dickens' novella, in 1984, no play has been as consistently produced at the theatre as A Christmas Carol. Five actors have played the role of Scrooge and 13 directors have helmed the production throughout the years. The theatre has delighted Mississippi audiences with four adaptations of the timeless Charles Dickens classic."

"New Stage Theatre has produced A Christmas Carol twenty-four times," continues Reynolds. "From life-size puppets to flying ghosts, some traditions have changed over the years but the powerful story of redemption in A Christmas Carol remains the same and will enchant audiences with its message of selfless giving. A Christmas Carol has everything: great story telling, singing, dancing, special effects and heart. I am looking forward to our audiences experiencing this production being performed by a cast of 18 adults and 14 youth actors."

This year's cast features familiar faces and new talent. Cast members include Turner Crumbley (New Or-

leans) as Scrooge, Christopher Sferra (Jackson) as Bob Cratchit, Sam Lovorn (Clinton) as Fred, Mandy Kate Myers (Pearl) as Christmas Past, Joseph Frost (Jackson) as Christmas Present, Christan McLaurin (Nashville, TN) as Mr. Fezziwig, De-De Odom (Hattiesburg) as Mrs. Fezziwig, Malaika Quarterman (Jackson) as Mrs. Cratchit, Ethan Hartfield (Brandon) as Tiny Tim, and Chris Roebuck (Ridgeland) as Marley. Crumbley appears through the courtesy of Actors' Equity Association.

Other cast members include Drew Stark (Jackson), Cameron Pitre (Jackson), Andrew Fehrenbacher (Clinton), Jasmine Rivera (Jackson), Jeffrey Cornelius (Jackson), Willis Thigpen (Jackson), Jameson Williams (Brandon), Darby Frost (Jackson), Marshall Robertson (Newton), Nehemiah Thompson (Jackson), Rivka Quarterman (Jackson), Kendra Quarterman (Jackson), Lucy Jones (Madison), Olivia Mathews (Brandon), Chloe Vizier (Jackson), Treasure White (Jackson), Avery Stallings (Jackson), Jenn Harris (Brandon), Jaymi Horn (Jackson), Kyle Devin Hunter (Jackson), Zion Wood (Jackson), and Ellie Boisseau (Jackson).



Special Holiday Events at New Stage Theatre During A Christmas Carol, A Ghost Story of Christmas

Toys for Tots: December 5 - December 7

We will offer \$25 tickets to those who bring a new unwrapped toy to the performances December 5-7. Customers must bring the item to the window and purchase tickets at that time. One toy per ticket. Tickets are subject to availability. Tickets can be purchased in advance during box office hours.

New Stage will continue to collect toys through December 12

Give the Gift of Theatre this Holiday Season!

Gift certificates, Mini-Flex Passes, Education Classes, and Summer Camps make the perfect holiday gifts. Contact the box office for details.

Assisted Listening Devices: Available at every performance. Please call the box office to reserve a device.

Actor Chat: Wednesday, December 11 and Wednesday, December 18 Stay after the show and ask questions of the cast and crew

A Christmas Carol Performances: December 5-7, 11-14 & 17-21 at 7:30 p.m.

December 8, 15, & 22 at 2 p.m.
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Finer Women: Zeta Phi Beta Sorority, Incorporated, the birth of Alpha Delta Zeta Chapter, celebrating 81 years of service

The Mississippi Link Newswire

Zeta Phi Beta Sorority, Incorporated was founded on the campus of Howard University in Washington D.C. January 16, 1920. Zeta Phi Beta Sorority's purpose is to promote the cause of education by encouraging the highest standards of scholarship through scientific, literary, cultural and educational programs; promoting charitable projects on college campuses and within the community; fostering the spirit of sisterly love and promoting the ideals of finer womanhood. These ideals are reflected in the sorority's national programs to fund scholarships, support charities and promote legislation for social and civic change. Among its many programs, ZHOPE (Zetas Helping Others to Excel) is the umbrella that gives focus to the service activities of the organization.

October 14, 1938, 723 Rose Street, Jackson, MS, a graduate chapter of Zeta Phi Beta Sorority, Incorporated was chartered in the state of Mississippi. Alpha Delta Zeta was born. It was the first Zeta graduate chapter in the state. That was 81 years ago. The Mississippi State director along with many well-wishers of Zeta Phi Beta Sorority joined the celebration. It was truly a royal blue and white occasion.

Members and guests were guided through an entertaining program by Larenda Franklin along with special musical salutes by the Alpha Delta Zeta choir with Stephanie Green on the organ. The program included a historical perspective of the chapter, with reflections of Alpha Delta Zeta's past, present and future.

With over 140 members, Alpha Delta Zeta Chapter is the largest graduate chapter in the State of Mississippi. It is located at 4410 Hanging Moss Road, Jackson Mississippi. The chapter owns a tutorial complex, operates a Stork's Nest in the Jackson Medical Mall, sponsors four auxiliary groups (Amicae, Archonettes, Amicettes and Pearlettes) and oversees two undergraduate chapters (Lambda Beta Chapter at Jackson State University and Nu Beta Chapter at Tougaloo College).

For more information, visit www.adz-1938.org or like us on Facebook.







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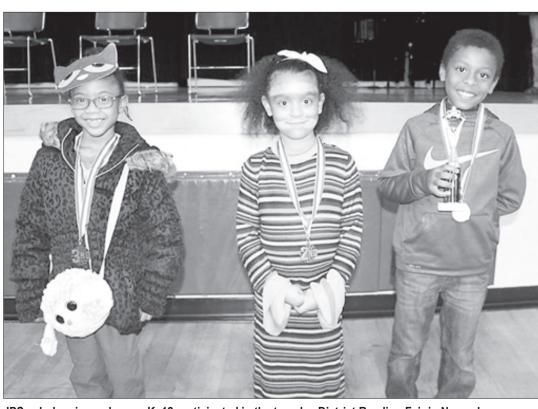


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DECEMBER 5 - 11, 2019

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Winners of the 2019 JPS reading fair announced



JPS scholars in grades pre-K-12 participated in the two-day District Reading Fair in November.

Mississippi Link Newswire

Jackson Public Schools held Districtwide Reading Fairs November 14 and 15 at Cardozo Middle School. The Elementary Reading Fair was held on

day one for students in grades pre-K-5, and the Secondary Fair was held on day two for book through a storyboard or grades 6–12.

The purpose of the district's

scholars in grades K-12 the opportunity to share their favorite multimedia display.

The goal of the Reading Fair reading fairs is to provide is to enhance and encourage

2019 JPS Reading Fair Winners by Division

A-Family Fiction (Grades Pre-K-K)

ice	Student	School
	Damien Pitchamootoo	McWillie Elementary
1	Joshua Virgil	McLeod Elementary
П	Aiden Burns	Barack Obama Elementary

Place	Student	School
1st	Edward Brown	Green Elementary
2nd	Zaleeta Beamon	Casey Elementary
3rd	Mariyah Bolton	John Hopkins Elementary

2nd Joshua Page Pecan Park Elementary

3rd	Jayden Fisher	Spann Elementary
)—In	dividual Fiction (Grad	es 4-5)
Place	Student	School
1st	MaHalia Calvert	North Jackson Elementary

			_
1st	Aria Jones	New Hope Christian School	Н
2nd	Dontavious Haymer	Peeples Middle	
3rd	Braien Parker	Northwest Jackson IB Middle	7 7

reading at all grade levels and

to allow students to collaborate

with their peers. As students

develop their reading fair proj-

ects, they connect to the Mis-

E-Individual Fiction - Digital Media (Grades 6-8)

Place	Student	School
lst	JohnAnna Esters	Cardozo Middle
2nd	Gabriel Westmoreland	Hardy Middle

Readiness Standards for each

There are two levels of Read-

ing Fair competition in JPS:

Level 1 - School and Level 2 -

grade level.

Place	Student	School
lst	Jayden Woullard	Murrah High
2nd	Princess Greer	Provine High
3rd	Kenkalius Moorehead	Capital City Alternative School

Group Fiction – Storyboard (Grades 6-8)			
ice	Student	School	
	Christopher Castillo, Kendarious Shaw & Cameron Townsend	Hardy Middle	
	Aranna & Ariele Brumfield	Bailey APAC Middle	

L-Group Fiction - Storyboard (Grades 9-12)

from each category at the school

level is invited to participate in

medals and other recognition

Winners received trophies,

the district level competition.

JPS bands earn top ratings at fall competitions



Leading their bands to high ratings at fall competitions are drum majors (from left) Jordan Brister of Callaway, Edrick Franklin of Jim Hill, Stacy Weathersby of Murrah, and Jaylun Henderson of Forest Hill. Not pictured are Jaylin Thornton and Devin Ard of Jim Hill and Akira Scott of Forst Hill.

Mississippi Link Newswire

Four JPS marching bands excelled in competitive events this fall. The bands earned high marks for their performances at the 42nd Annual Copiah Marching Festival and the MHSAA State Marching Evaluations.

Jim Hill High School stood out at the Copiah Invitational, earning the Overall Best Hill, Jim Hill and Callaway Band award along with first place in Large Class. At the same event, Forest Hill received first place in Small Class. All three participating bands from JPS - Forest Hill, Jim Hill and Murrah – earned

Superior ratings. At the MHSAA State Marching Evaluations, Forest earned Superior ratings and Murrah earned an Excellent rating. The event was held at Pearl High School October

"All of our bands and band directors have done a great job this year," said Christopher Little, Jim Hill High School Marching Band director.

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Alcorn MSFAC hosts Year One Wrap-Up session for Farm Management **Educational Program**

By Renita Lacy Alcorn State University

On Wednesday, Nov. 20, the Alcorn State University Mississippi Small Farm and Agribusiness Center (MSFAC) hosted its Year One Wrap-Up Session in the Gold Room of the Dr. Clinton Bristow Jr. Dining Facility. The event highlighted progress made in achieving the objectives of the Farm Management Educational Program (FMEP) for New, Beginning Farmers and Ranchers in Mississippi. Jerrie Jackson, 4H youth educator, Alcorn State University Extension Program, served as the program's facilitator. Edmund Buckner, dean and di-

rector of Land-Grant Programs, Alcorn State University School of Agriculture and Applied Sciences, welcomed the opportunity to greet attendees as well as the array of FMEP partners and beginning farmers. As he thanked everyone for their presence and support, he encouraged them to continue to work together to help push one another and the university forward.

After sequential greetings from various dignitaries, Charlotte Dailey, FMEP project assistant and Velma Oliver, FMEP co-project director, provided eventgoers with an overview of the FMEP's

According to Dailey, the overall goal of the FMEP is to recruit, train and equip at least 300 new, beginning farmers, ranchers and veterans with the necessary resources to create a practical farm plan and become sustainable in vegetable and meat goat produc-

Partnering with five non-governmental organizations (NGOs), the FMEP was able to achieve



these objectives by providing educational trainings and handson demonstrations in basic crop and livestock production; financial management; risk mitigation; market diversification; food safety and biosecurity; and programs and services of the current USDA

Farmers and representatives from the partnering organizations were in attendance to shed light on their involvement with the program during its first year. This included comments from Keith Benson, Alliance of Sustainable Farms; Constance Gipson, Mid-South Progressive Agricultural Group, Inc.; Calvin Head, Mileston Cooperative Association; Belinda Usher, Mississippi Meat Goat Producers Cooperative; Rockiell Woods, National Center for Appropriate Technology and Freddie Davis III, River City Land Services.

primary partners and we couldn't

have done any of this without them," said Benson. "We hope to continue working together to promote sustainable practices for small farmers."

Andrea Hale-Arnold, a farmer from Osyka, MS, shared how it was initially intimidating when she and her husband first became interested in agriculture.

"When we first got involved, we went in with no expectations," she said. "This program helps you find other resources, navigate the red tape and stay on task. We are so very grateful for the mentors and information that we have received

As the program continued, Michael Trusclair, USDA 1890 Program Liaison, introduced the keynote speaker Dawn Mellion-Patin. vice chancellor for Extension and Outreach. Southern University Agricultural Research and Extension Center. During her address, "Alcorn has been one of our she encouraged attendees to be intentional with their business and

never miss an opportunity to learn.

"Always express your gratitude for everything that you have, even on the cloudiest of days," said Mellion-Patin. "Be thankful for what is, for what could be and reflect on yesterday to figure out what you can do differently to accomplish more and achieve the goals that you've set."

After lunch, FMEP team members provided program partners and participants with certificates of partnership and appreciation during the event's awards and recognition ceremony.

Elizabeth Myles, FMEP project director and MSFAC associate director, provided closing remarks.

"This year has been a great year for Alcorn State University," she said. "Our farmers are very important to us. We had a successful first year and we appreciate your unwavering support."

For more information, contact Myles at 601 877.3947 or emyles@alcorn.edu.

MSU to build innovative **\$3 million Northern Gulf Aquatic Food Research Center** on Mississippi Coast



Appetizer-sized soft-shell blue crab production is an emerging industry in the Gulf Coast. Mississippi State scientists are working in conjunction with the University of Southern Mississippi's Thad Cochran Marine Aquaculture Center Gulf Coast Research Laboratory to develop the industry in the Gulf Coast and inland. PHOTO BY DAVID

The Mississippi Link Newswire

Mississippi State is announcing plans to build the Northern Gulf Aquatic Food Research Center – a \$3 million facility funded through the state's RESTORE Act and the first of its kind on the coast providing seafood industry safety testing and quality assurance.

The university is receiving the funding as one of 15 restoration projects recently announced by Gov. Phil Bryant at the annual Mississippi Restoration Summit hosted by the Mississippi Department of Environmental Quality. Once implemented, the projects add more than \$53 million to the current tally of \$560 million already being spent on recovery projects following the 2010 Deepwater Horizon oil spill.

Wes Burger, associate director of the university's Mississippi Agricultural and Forestry Experiment Station, said the new analytical laboratory on MAFES property in Pascagoula is part of a three-phase MSU project to help rebuild and strengthen the Northern Gulf region's seafood industry and economy.

"The Northern Gulf Aquatic Food Research Center is an opportunity for MSU and the Mississippi Agricultural and Forestry Experiment Station to play a key role in this revitalization, not just in Mississippi, but for the entire Northern Gulf region when it comes to aquatic food safety, processing and product development. We seek to support the industry, see the natural resource restored and bring consumers back to the table," Burger said.

He said that a number of natural and manmade catastrophic events in the Northern Gulf region over the last decade and a half, including Hurricane Katrina, the Deepwater Horizon oil spill and, most recently, the Bonnet Carré spillway diversion, have contributed to declines in the seafood industry and have had dramatic impacts on the coastal economy.

"Additionally, these events affect consumer perceptions about safety and quality of seafood coming out of the Northern Gulf. It's critically important that we have in place the resources and facilities to conduct real-time quality assurance for Gulf Coast seafood products so that consumers are confident in the food they are purchasing," Burger said.

A MAFES research unit, the new center will build effective teams of scientists from among the MSU system and other Northern Gulf region universities; federal entities including the Food and Drug Administration, National Oceanic and Atmospheric Administration and Agricultural Research Service of the Department of Agriculture; state departments of Marine Resources and Health; and the private sector.

Intended to become a national and international center for the utilization of Northern Gulf seafoods, it also will help the state's catfish producers, who manage 36,100 freshwater pond acres, with a total production value of \$164 million in

Current funding will provide for phase one, which includes construction of the facility that comprises a biosafety laboratory for pathogen and toxin testing and an analytical chemistry laboratory for measuring chemical residues in water and aquatic food products. Phase two will consist of a commercially-equipped pilot plant for processing and shelf life research and product development. Phase three includes incubator space to work in partnership with the industry to transfer technology, developed in the safety and pilot plants, to small businesses on the Gulf Coast.

"This center will give us the ability to provide rapid testing to ensure both seafood and water quality, giving assurance to consumers," said James Henderson, professor and head of the university's Coastal Research and Extension Center located in Biloxi. "Previously, this type of testing has been exported outside of the state."

Henderson, who is overseeing the project, also noted that phase two will increase value-added processing capabilities for the state's fisheries.

"The center will help test and develop new value-added seafood products consumers desire - both in the U.S. or abroad – and create economic opportunity for both our existing fisheries and potential new industry," Henderson said. "As seafood processers look to expand or create new investments, Mississippi State will further help attract these enterprises by being here to assist them in quality assurance, testing and development of new products."

For more information about the Mississippi Agricultural and Forestry Experiment Station, visit www.mafes.msstate.

MSU is Mississippi's leading university, available online at www.msstate.edu.

Alcorn veterinarian travels abroad to teach in Ecuador

By Renita Lacy

Alcorn State University

Dr. Cassandra Tillman Vaughn, university veterinarian, recently traveled to Otavalo, Ecuador to inform and instruct veterinary students from the University of Tennessee, Kentucky State University, Western University, Oregon State University, Washington State University and Ross University on how to perform successful animal surgeries.

The excursion was hosted by World Vets, an international veterinary aid organization whose mission is to improve the health and well-being of animals by providing veterinary aid and training in developing countries and disaster relief worldwide.

According to Vaughn, her experience was the "trip of a lifetime." She reveled in the opportunity to volunteer with such an esteemed organization and transfer the knowledge that she's gained over the years to future generations of veterinarians.

"I remember being where they were," said Vaughn. "I just hope that I was able to help them improve their surgical skill set and

At Alcorn, Vaughn's specialty has been working with animals of a larger stature, such as cows, horses, pigs and goats. Upon her



Vaughn

arrival to Ecuador, she admitted versity has, so dogs and cats that she was a little thrown off guard when neither the students nor attending veterinarians had had much experience working with these types of animals or any large animals for that matter.

"That's mostly what the uni-

aren't something that I usually work with on a daily basis," she During a community outreach

day, her skills were put to the test as nearly 100 large animals came in for physicals and she was

the only experienced instructor. Luckily, she and a local veterinarian joined forces to get the job

"I did the pigs and he did the cows," she said. "It was really funny how that all worked out. I guess this was a trip that I was destined to be on."

During her tenure, Vaughn marveled at the allure of the scenery in Otavalo. She became intrigued by not only the terrain, but also the people and wildlife.

"The city of Otavalo is beautiful," she said. "I had an opportunity to hike the Andes Mountains, see a condor in all of its splendor, and visit the Equator," she recalled.

In the future Vaughn looks forward to continuing to travel the world and share her knowledge. She encourages others to visit new places while pursuing their

"In all, Otavalo is a wonderful, safe place to visit," she said. "I look forward to visiting Peru next year with World Vets and I'm excited about the upcoming school year."

For more information, contact Vaughn at 601 877-6541 or cfvaughn@alcorn.edu.

To learn more about volunteer opportunities, visit www.world-

Holiday Under the Stars spreads joy to students, community, campus

By L.A. Warren jsumsnews.com

Community choirs and campus performers belted out inspirational songs and music during the annual Holiday Under the Stars last week.

Those taking center stage included the JSU Mass Choir; MADDRAMA Performance Troupe; Anderson United Methodist Church Praise Team; New Horizon International Church Children's Choir and Black's Chapel M.B. Church Mass Choir

As has become tradition, the Sonic Boom of the South and Mr. and Mrs. Claus made spirited entrances on the Gibbs-Green Memorial Plaza. The Boom dazzled the crowd with heart-thumping performances that warmed the hearts of fans from the campus community and the metropolitan area.

Long trip from North Pole

Mr. and Mrs. Claus (JSU President William B. Bynum Jr. and first lady Deborah E. Bynum) greeted the crowd. The evening's hosts were Spencer L. McClenty and David Howard, both from Institutional Advancement.

Welcoming the hundreds who gathered, Bynum, as Santa, said, "Even though it's been a long trip from the North Pole, I'm so enjoying myself." He urged all those in attendance – whether naughty or nice – to enjoy the annual celebration which has become a popular tradition that helps kick off the holiday season

"Thank you for coming out to join us for Jackson State University's Holiday Under the Stars. I love y'all," Santa said.

Deborah Bynum said her wish for the community is "peace, love and happiness." Also, her desire is that "everyone will come together and celebrate the true meaning of the season – the birth of Jesus Christ."

Her plan, like for every Christmas celebration, is to prepare the Bynums' annual brunch with the family Dec. 25 in Atlanta.

"During this season, it's such a wonderful time to bring people together. For us, we get to reflect and give thanks. We have so much to be thankful for. I love this season. I'm especially overjoyed that we've been embraced by the community and students. This is a job my husband and I don't take lightly, and each and every day we give thanks to God for being here at Jackson State University," she said.

As in previous years, JSU presented Angel Tree gifts to a number of students who attend Jackson Public Schools' Blackburn Laboratory Middle School. Gifts were distributed in the Student Center.

Many departments and other areas on campus participated by donating gifts that ranged from clothing, book bags, gift cards and a number of other presents wrapped in shiny boxes and holiday bags.

Renee Catchings, a major annual giving specialist, led the effort for the Division of Institutional Advancement. She thanked the team for its participation. "Once again, Holiday Under the Stars was a success. We have put a smile on the face and joy in the heart of our 2019 Angel Tree recipient."

Holiday reflections

Meanwhile, others, too, reflected on what the holiday means to them:

Miss JSU Naysa Lynch is from St. Thomas, Virgin Islands. She's a senior business marketing major. "For me, Holiday Under the Stars means observ-



Mr. and Mrs. Claus (JSU President William B. Bynum Jr. and first lady Deborah E. Bynum) bring holiday cheer to the campus community and area residents attending the annual Holiday Under the Stars. PHOTO BY ARON SMITH/JSU



The Children's Choir of New Horizon International Church shares words of praise.



Mrs. Claus, assisted by Miss JSU Naysa Lynch, entertain children with a Christmas story.



Miss JSU Naysa Lynch and Mister JSU Grant Broadway extend greetings to the festive audience.



Mr. and Mrs. Claus create special moments with families and their children.



Members of the Sonic Boom bring their incomparable brand of energy to the holiday.



Holiday Under the Stars brought together families and employees. PHOTO BY CHARLES A. SMITH/JSU



Music filled the air as various choirs took the stage on a night to usher in the holiday. PHOTO BY CHARLES A. SMITH/JSU



Sweet treats were aplenty for holiday revelers. PHOTO BY CHARLES A. SMITH/JSU

ing my favorite time of the year. It's like homecoming. It's like in an evening filled with togetherness, celebration, great music and holiday spirit."

Lynch said she wants everyone to be merry and unified. "I know the holiday season can really be somber for some people because a lot of people have lost loved ones during the holidays. Personally, I lost my brother around this time in 2011. So, for me, it's sad. But, it's also a very exciting time because it's also my birthday season. So, it's a bittersweet period for me."

She wants to inspire others through their pain, too. "For those who have lost someone special, I want to encourage everyone to look at the bright side and enjoy the moment you now have with the people you love right now."

Lynch said she and her brother shared the same birthday on Jan. 9, even though they were 10 years apart. She'll be 22, and he would have been 12. "So, this time of the year, there's a

lot of weight on my heart. Missing him crosses my mind every winter season. Every year I try to celebrate him – lighting a candle on a cupcake or sending up a balloon in his memory." She tells those still mourning that "I know it's tough, but you have so much life, so celebrate. Be merry. Be safe. God bless."

Ann Woodward said she's from the community and wanted to be here to support her church's children choir from New Horizon. "There's so much to be thankful for. I love Thanksgiving and Christmas – all good reasons for Jesus," she said. "My wish is for peace on earth."

Jaylen Taylor of Canton is

majoring in integrated marketing. He's a JSU cheerleader and involved in several other campus organizations.

"This is my first time attending Holiday Under the Stars. I'm mesmerized. Everyone's friendly; there's hot chocolate; you get to make your own ornaments, and we have our own Mr. and Mrs. Claus."

He said his holiday wish is to "get accepted into the Alvin Ailey American Dance Theater, but I really want to finish school first."

His holiday message to peers is to "remain positive and selfdetermined about life. Have fun and be great. Make sure you're happy."

Jaquan Walker of St. Louis, Missouri, is in his first year of his master's in social work. "This event is a great way to get the community to be a part of the holiday celebration." He said he desires to spend time with family, but if I can't go home, I will spend time with friends here and have a great time."

Umesh Remata, who works in JSU's IT department, said this event is a "wonderful family get-together. This is a great tradition for me to meet the family of all my colleagues. Also, I always enjoy the decorations, hot chocolate and cookies."

Brinda Harris is a JSU alum and originally from Holmes County. She's a longtime Jack-

son resident. "It's so beautiful out here. Last year this time I had heart surgery, but by the grace of the Lord I'm here to-

day."

Dwayne Jenkins, a senior from St. Louis, Missouri is a journalism and media studies major. He said Holiday Under the Stars kicks off the holiday season after a long semester. And, with classes coming to an end this semester, this is a good time to get ready to go into the break and experience the holidays

"With Holiday Under the Stars, it's kind of like you get to go to your family before your family. You get to experience the celebration with your Jackson State family. All your peers gather along with others throughout the city. You get to hear the good music and treats."

Furthermore, Jenkins said, "It gets your spirit in the right place leading into the holidays. My holiday wish is to have joy since I lost my grandmother this year and to be filled with love

because that's what she would have wanted."

His message to his peers and others is "appreciate and cherish the ones that you have because you never know how long you will have them. If you still have them this holiday season, this is also a time to tell them that you

love them."

Mister JSU Grant Broadway of Little Rock, Arkansas, is a senior studying biology. He describes Holiday Under the Stars as a time to display a giving spirit. "This is a great moment every year. We have a lot of vendors here. We buy a lot of gifts for children. It's a great time to mingle and be thankful for what you have, and to give."

Broadway plans to link up with family in Little Rock and visit Texas over the holidays. "I want to express my giving spirit outside of Jackson State and inspire other people to do the same. I also want to encourage people to reflect on and think of others because many people are not as fortunate as others.

DECEMBER 5 - 11, 2019

www.mississippilink.com

Mississippi Children's Museum opens the ultimate holiday exhibit **Journey to the North Pole**



Bridger sock skates on the new Reindeer Rink found at Journey to the North Pole. PHOTO COURTESY OF THE MISSISSIPPI CHILDREN'S MUSEUM

The Mississippi Link Newswire

Mississippi Children's Museum presents Journey to the North Pole, their ultimate holiday exhibit to kick off a whole season of family fun.

When: November 26, 2019 -January 5, 2020

Where: Mississippi Children's Museum 2145 Museum Blvd Jackson, MS 39202

What: Celebrating traditional holiday children's literature, Journey to the North

Pole is set to transform MCM into a magical winter village of twinkling lights, train cars, including a child-size post office and climb-on clock tower. Only a few feet from the entrance into the exhibit will also be a 45-foot slide down the center staircase of the museum, the Snowflake Slide and a Reindeer Rink for sock skat-

Visuals: Floor to ceiling curtains of twinkling lights,

with moveable gears, pho-Snowflake Slide, Reindeer Rink for sock skating and the most radiant sparkling tree in the Jackson metro area await guests at the Mississippi Children's Museum.

multiple hands-on train tables, Santa's Steam Engine. Train cars, child size post office and mail sorting station with conveyor belt, clock tower tos with Santa, children and adults racing down the 45-foot

State agencies partner to bring holiday film to three Mississippi communities

The Mississippi Link Newswire

The Mississippi Library Commission (MLC) and the Mississippi Film Office have partnered to offer a free screening of Christmas in Mississippi in three Mississippi communities. This feel-good Lifetime movie, produced by Daniel Lewis, stars Jana Kramer, Faith Ford and Barry Bostwick and provides holiday fun for the entire family.

The leaders of each agency were quick to share their thoughts about this important partnership that will bring families together during the holidays. Mississippi Library Commission Executive Director Hulen E. Bivins stated, "In the hustle and bustle of the holidays, many times what is lost is the human dimension of family, friendships and associations. The Mississippi Library Commission cherishes the opportunity to, in this cooperative venture, promote the preservation of the many joys of the holidays and the joys of being Mississip-

Nina Parikh, director of the Mississippi Film Office added, "What a gift to partner with our friends at the Mississippi Li-

brary Commission to celebrate the holidays in communities across the state, showcasing the locations in Gulfport used in the Lifetime television movie Christmas in Mississippi."

Three Mississippi library systems are serving as hosts for the screening along with their community partners.

The dates and locations are as follows:

December 7 at 6 p.m. - Canton's Historic Courthouse on the Square - hosted by the Madison County Library System and Canton Tourism

December 12 at 2 p.m. -Laurel-Jones County Library, 530 Commerce Street, Laurel, MS – hosted by the Laurel-Jones County Library System

December 12 at 6 p.m. – The Marion Theater, 604 Courthouse Square, Columbia, MS - hosted by South Mississippi Regional Library System, Columbia Main Street, Marion County Development Partnership and the Marion Theater

After the film screening, guests are invited to participate in some lively discussion about what makes their community special during the holidays.

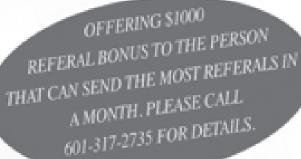
For more information about any of these events, contact Louisa Whitfield-Smith, Library Consultant with MLC at louisa@mlc.lib.ms.us.

The Mississippi Library Commission supports innovative programs and initiatives to strengthen and enhance library services for all Mississippians. The agency is funded by the Mississippi Legislature, with additional funding provided through the Institute of Museum and Library Services under provisions of the Library Services and Technology Act (LSTA), offering leadership in library services, advocacy and training for library professionals and paraprofessionals.

From initial contact to wrap, the Mississippi Film Office, a bureau within the Mississippi Development Authority, assists film and television productions with location scouting and research, offers pre-production help with casting, extras, crew and equipment as well as trouble-shooting during production and wrap.

For more information visit www.filmMississippi.org or call 601 359-3297.

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HOLIDAY of a Lifetime

The Mississippi Library Commission and the Mississippi Film Office are pleased to partner with three Mississippi library systems to showcase the holiday film Christmas in Mississippi. After the film, guests are invited to participate in some lively discussion about what makes these communities special during the holidays!

This feel-good Lifetime movie, produced by Daniel Lewis, stars Jana Kramer, Faith Ford, and Barry Bostwick and provides holiday fun for the entire family. The public is invited to join in on the holiday cheer FREE at one of these locations:

December 7 - 6pm - Canton's Historic Courthouse hosted by Madison County Library System:

December 12 - 2pm - Laurel-Jones County Library hosted by Laurel-Jones County Library System

December 12 - 6pm - Marion Theater in Columbia, MS hosted by the South MS Regional Library System

For more information contact Louisa Whitfield-Smith at louisa@mlc.lib.ms.us.



Don't let predatory lenders rob your holiday joy

By Charlene Crowell NNPA News Wire Columnist



After the nation gives thanks its blessings, annual of holiday joy begins with its

barrage of celebrations both secular and spiritual that mark the season. Colorful decorations and Christmas trees pop up at parades, concerts, parties and more as family and friends gather in good cheer.

For many businesses, the holidays are also the difference between ending the year in profits or in red ink. So there are also an abundance of advertisements, circulars and commercials beckoning each of us to offer loved ones a special token of the season. From Black Friday discounts, to Cyber Monday sales, to the perennial Christmas Eve bargain sales, merchants hope their cash registers will ring nonstop this season.

But the holiday season is also a time when predatory lenders offer enticements to put more debt than money into your pockets. For unsuspecting consumers, it's a temptation trapped in all kinds of packages that seem too good to pass by. In reality though, these deals are often a debt trap leading to a holiday financial hangover that can last well into the New Year.

If you believe pre-paid debit cards are insurance against financial rip-offs, think again.

Some prepaid cards may be a



helpful way to avoid overspending. But before paying cash for this convenient form of plastic, read all of the fine print that explains the terms and fees that come with its usage. Terms and options can and do vary significantly. Many include a range of fees from activation, to learning your current balances, reloading monies and in some cases fees for inactivity.

Some prepaid cards even use tricky tactics that allow consumers to inadvertently overspend the value on the card and incur an overdraft fee. By the time all applicable fees are assessed, the amount of money actually available on that prepaid card can shrink and shortchange how far it can help on purchases.

Another debt trap, overdraft fees, are marketed and sold as a 'customer convenience.' Yet in truth, these fees can run up holiday bills that many consumers will not know about until after New Year. Their trick is for the bank to extend credit when transactions exceed monies actually available in accounts - including debit card pointof-sale transactions, and ATM withdrawals which banks could easily decline at no charge when consumers lack sufficient funds. Instead, some banks often accept the transaction, putting the customer in the red and charging a steep \$35 per overdraft fee. Additionally, some banks alter the posting of transactions in an effort to maximize revenues. In

2017, customers of several large banks paid over \$11 billion in overdraft fees in just one year.

Consumers most vulnerable to these high-cost fees are those who have little or no cushion in their checking accounts. Consumers who may have accepted overdraft "coverage" still have a right to cancel the so-called costly service by directing their institutions to remove it.

"With abusive overdraft fees, financial institutions take advantage of customers fighting desperately to stay afloat," said Rebecca Borné, a senior policy counsel with the Center for Responsible Lending. "Ultimately, these fees drive many from the banking system altogether and make reentry very difficult."

Data from the Federal Deposit Insurance Corporation (FDIC), back up Borné's claim. Over half a million households who once had bank accounts became unbanked – primarily due to high or unpredictable fees like overdraft.

Other consumers, beckoned by the brightly-colored signs advertising "fast cash" or "bad credit? No problem," should just keep walking or driving past storefronts of payday and car-title loans. These predatory loans often lead to consumers paying more in interest and fees than for the money borrowed. They ultimately wind up costing consumers \$8 billion in fees in states where they are legal.

Research by the Center for Responsible Lending (CRL) has found that predatory payday loans alone drain \$4.1 billion in fees from consumers annually borrowers who typically are unable to fully repay the original loan, usually due in two weeks' time. With average annual interest rates of 391%, three out of every four payday loans go to borrowers with more than 10 loans a year.

Although the typical payday loan averages \$357, a car title loan provides more cash, averaging about \$1,000 but must be secured with an owned car as collateral. Failure to make on-time payments often leads to the loss of the vehicle – even though the loan may only be a fraction of the vehicle's marketable value. While the lender holds on to a car title, the bor-

rower is faced with triple-digit interest and, one of every five cases - a whopping 20% percent - end up losing their personal transportation.

In recent years, activist ministers and clergy have emerged as some of the most vocal consumer advocates on payday and car-title loans.

"American consumers are now in the death grip of a government that is not only deaf to the cries of the poor for fundamental economic justice, but this government is also blind to their merciless exploitation by payday lending traffickers," said Rev. James T. Golden of

"Consumers don't need payday loans; they need financial stability," added Rev. Dallas Lenear, director of Project GREEN in Grand Rapids. "And, payday loans keep them unstable. Scripture says, 'Do not exploit the poor because they are poor...' (Prov. 22:22) But, that is precisely what payday loans do."

All forms of predatory lending bring the probability of robbing low-to-moderate income consumers of their holiday joy. This holiday season try adding a full measure of practical sense to help your dollars preserve the spirit and joy of the season - it only comes once a year.

Charlene Crowell is the communications deputy director with the Center for Responsible Lending. She can be reached at: Charlene.crowell@responsiblelending.org

Jesse Jackson calls Patrick, Bloomberg entries to Democratic race 'unfair'

'84 and '88 primary candidate has advised many in current race

By Hazel Trice Edney TriceEdneyWire.com

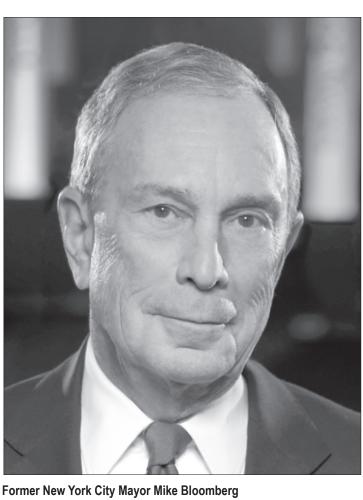
The Rev. Jesse L. Jackson Sr., who stunned America when he became the first viable black candidate for president in 1984 and 1988, says he has been 'highly impressed' with the initial Democratic field of candidates. But Jackson says he believes the last minute candidacies of former Massachusetts governor, Deval Patrick, and former New York city mayor, Mike Bloomberg, are unfair.

"I think [Patrick] and Bloomberg coming in at the halfway point, running for the finish line, seems to be unfair. I worked through the rains of the wintertime, through the spring, running to the end," he recalls.

Despite his disagreement with Patrick's entry, he said of the former governor, "He is very talented, very able, I like him very much; I respect him very much."

Patrick has said he had planned to enter the race from the beginning, but his wife was being treated for uterine cancer. Now that she is cancer free, he said he saw the opportunity to move ahead as planned to fill what he believes to be "voids" in the messages.

Bloomberg, a billionaire, who implies he is the one who can beat President Trump, has already bought at least \$37 million in television ads in an attempt to catch up.



Both Patrick and Bloomberg have entered the race with only three months before the first votes are casted in the Iowa caucuses Monday, Feb. 3.

In his own 1984 and 1988 presidential campaigns, Jackson won a combination of 16 state primaries and caucuses, including in the states of South Carolina,

Virginia, Louisiana, Georgia and Alabama.

The 3.2 million votes he won in '84 and the 6.9 million he received in '88, gave him the reputation as the first viable African-American candidate for president.

Jackson's national political successes have been credited for



Former Massachusettes Governor Deval Patrick

paving the way for other black candidates namely former Virginia Gov. L. Douglas Wilder, America's first elected black governor, and President Barack Obama, the nation's first black president.

Apparently because of his winning strategies, as of mid-November, Jackson had spoken to 10 of the 17 Democratic candidates still vying for the nomination. According to sources close to Jackson, he has advised the campaigns of former Vice President Biden; Sen. Kamala Harris; Sen. Elizabeth Warren; Sen. Bernie Sanders; Mayor Pete Buttigieg; Sen. Cory Booker; Sen. Amy Klobuchar; Sec. Julián Castro; Rep. Tulsi Gabbard and businessman Tom Steyer.

Jackson said he has not spoken to the Bloomberg nor Patrick campaigns.

Others still bidding for the Democratic nomination are former tech executive Andrew Yang; lecturer and author Marianne Williamson, former Maryland congressman, John Delaney; Colorado Sen. Michael Bennet; and Montana Gov. Steve Bullock.

The only announced Republican candidates against Trump are former Massachusetts governor and former federal prosecutor William F. Weld; and radio talk show host and former Illinois Congressman Joe Walsh.

Jackson says he has been focused more on voting rights "economic exploitation schemes," such as redlining, than on the campaigns.

However, he contemplated why the only two African-Americans in the race, Sens. Harris and Booker, are trailing behind white candidates such as Biden, Warren and Sanders.

"The novelty of the black or female that are running has worn off," he speculated. "When I ran in '84 and '88 it was an anomaly. When Barack ran in 2008 it was a novelty. Now it seems that some of that has worn off. But they should not give up," he said.

He concluded, "People want to defeat trump at all costs. I think that's what it is."

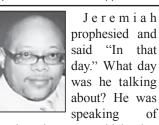
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DECEMBER 5 - 11, 2019

THE MISSISSIPPI LINK • 11

Walking in God's **Ways**

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



said "In that day." What day was he talking about? He was the last days. He said in that day He (God) would call pas-

tors after His own heart, they would feed His people with knowledge and understanding. How can we be taught God's way? We are taught God's

ways by God-called, God-sent men and women. How can a man or woman preach except he be called and sent by God? Preaching inspires faith. We need to hear from God's

man or woman. What did the

COLLEGE

Mount Zion? He said He would teach His ways, not men's or women's ideas and not what man or woman has come up with nor has written in a book. A true man or woman of

Lord promise in this last day in

God will teach us of His ways. If we are skipping church because we do not like the preaching, we might have a soul problem. We need to get into the church services. We should not just come in before the singing starts and leave when it is over. We need to stay for the message and the altar call. If we leave the services before the altar call, that is a clear indication that we need to stay because we are walking in the wrong direction.

It is the pastor's, preacher's

and evangelist's job to teach us God's ways. How can we know that someone is teaching us God's way? We need to follow him or her in the Book. Do we take our Bible to church with us? Many times we leave our Bibles at home. Also, we should write down the scriptures and study them.

The man or woman of God fulfills his or her responsibility when he or she teaches us of God's ways.

Next, our responsibility is to "walk in God's paths." Are we doing that now? The preacher did his or her job; now it is our turn. David said in Psalm 86:11, "Teach me thy way, O Lord; I will walk in thy truth: unite my heart to fear thy Name."

David made a vow or a promise to the Lord. In essence, he said, "Lord, if You will teach me Your way, I will walk in Your truth." Is that the kind of confidence that God can have in us? Our resolve should be, "God, teach me Your way, and I will walk in Your truth."

I appreciate the Truth of God's Word that I have heard preached all my life. God has victory for us. We do not have to be whipped by the devil, God will give us victory.

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.



SUNDAY Worship Services 10:00 a.m. Sunday School 8:45 a.m. *MONDAY*

Intercessory Prayer 9:00 a.m. WEDNESDAY

Prayer Service 6:30 p.m. Classes: Children • Youth • Adult - 7:00p.m.



Michael T. Williams Pastor





Reach beyond the break

By Shewanda Riley Columnist



This past week pastor and gospel music legend Rev. Clay Evans died at the age of 94. In honor of his life, I'd like to share (again) one of my

recent columns about one of his most powerful songs.

"I need to play a long song." I remember thinking these words one day in the early 1990's when I was working as a gospel radio announcer at KCHL Radio in San Antonio. It was time for me to take a break during my 6 hour shift. Since there was no one else in the station at the time, I was looking for songs longer than 5 minutes so I could take a break. I thumbed through the albums (yes, we still played albums) and saw "Reach Beyond the Break parts 1 and 2" by Rev. Clay Evans. Combined songs were a total of 10 minutes.

"Perfect!" I thought. Even though I hadn't heard the songs before, I was more concerned about them being long enough for me to take a break. I cued up the record and listened for about 10 seconds, just long enough to make sure the record wasn't scratched and to hear Rev. Evans start his signature "talk" before the singing started. Then I left to get my snacks and something from my car. When I came back into the studio, there was at least 1 minute left on the song. At this point, the choir was singing the refrain, "Hope is your rope."

Once, I did eventually stay in the studio long enough to hear the good message. In it, Rev. Evans da.

told the story of a young man who was drowning and was calling to his father for help. His father couldn't swim but threw him a rope. The young man did his best to hold onto the rope as his father began to pull him to safety. Then, the young man yelled that the rope was breaking. The father told his son to reach beyond the break and hold on.

Years later, I finally got the heart of the song: use faith to go beyond the "breaks" in our lives and hold onto God's promises. A series of disappointments made me question so many things about my faith and God. I still believed in God's transforming power but I had somehow stopped believing that His power could transform my life.

One day I was dwelling on those many "breaks" and God brought the words of this song to my mind. This was before the days of YouTube and I didn't have a copy of the song. All I could remember was the chorus "Reach beyond the break and hold on."

Hebrews 10:22-22 encourages us to draw close to God. Verse 23 says, "Let us hold unswervingly to the hope we profess, for he who promised is faithful." Rather than wait for God to supernaturally move in my life, I had to learn how to take the first steps of faith and reach beyond my breaks... then have enough faith to hold on.

Shewanda Riley is a Fort Worth, Texas based author of "Love Hangover: Moving from Pain to Purpose After a Relationship Ends" and "Writing to the Beat of God's Heart: A Book of Prayers for Writers." Email preservedbypurpose@gmail.com or the songs and thought they had a follow her on Twitter @shewan-

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DECEMBER 5 - 11, 2019

Rosies

All of my life I had seen a white

woman, fist up, a red bandana around

her head, determination on her face and

words above her saying "We Can Do

It!" I never thought much about it until

I attended a program this past summer

where there were no black women or

any women other than white women celebrating the

Rosies. As National President of the National Con-

gress of Black Women, I responded to the invitation

to attend the observance on the U.S. Capitol Grounds

where we were asked to "Ring A Bell for Rosies. Tell

America, 'Wake Up! Listen to Rosies. 'Pull together,

When I saw no black women being honored, it

dawned on me that there must be some black women

Rosies who worked during the war, so I raised the

question. A wonderful 99-year old white women told

me indeed there were black women Rosie the Rivet-

ers. She sent me a lot of confirmation of what she said

– and the contact with her introduced me to the son of

a Rosie the Riveter. His name is Gregory S. Cooke – a

career educator and historian. He is an award-winning

A call from Gregory S. Cooke followed. I learned

that he had spent three decades fighting to illuminate African-American agency in the most consequential event in human history. In his organization, he stated that his mission is to move our legacies from the mar-

gins to the main pages of American and global history. I learned from him that his research took him to Bastogne, Belgium and on to Great Britain where he discovered 137,000 African-American men and wom-

en waiting for D-Day – June 6, 1944. I learned from him that African-American men and women risked their lives for Franklin Roosevelt's "Four Freedoms," but he also knew that most of them could not vote when they returned home; for them, only the "back of the bus" was waiting. But most significantly for him,

he began collecting oral histories of African-American

He found compelling stories about friendship, love,

"brown babies," and racial violence among Americans

- byproducts of fraternization between "Choc'late

soldiers" and white Brits. These stories, especially

the ones about interracial dating, were quashed during

the war because they were problematic for the Ameri-

can racial narrative. In Great Britain he encountered

African-American women in World War II – the 6888

Postal Battalion – 850 WAC'S who sorted mail for 4

He dug deeper and stumble upon 600,000 African-

American "Rosie the Riveters in the U.S. who helped

build the "arsenal of democracy." These women had

courageously and defiantly fled economically and cul-

turally stifling lives as domestics and sharecroppers to

work, for the first time, in factories and in government

and corporate offices. They also battled racism and

sexism. One Rosie, he said, "It took Adolph Hitler to

This information gave Cooke a better understanding

of his mother's stories she had repeated to him during

his childhood. He then understood his mother's cour-

age as a pioneer and being a history maker. How many

more stories are there about the important work black

As a result of what he learned in his research, he cre-

ated Invisible Warriors: African-American Women in

World War II. Our historic stories are so often left out

of history. It is incumbent upon all of us to research

and find other stories of our foremothers who've done

Dr. E. Faye Williams is national president of the Na-

tional Congress of Black Women, Inc. (nationalcon-

gressbw.org). She is also host of "Wake Up and Stay

get colored women out of white women's kitchens."

million G.I.'s in Europe.

women have done?

great work that benefits us all.

Woke" on WPFW-FM 89.3

By E. Faye Williams

Trice Edney Newswire

not apart." Great advice.

documentary filmmaker.

At Thanksgiving and World Christmas, reflect upon the War II

By Marc H. Morial

Trice Edney Newswire



"I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who

are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens ... and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquility and Union." - President Abraham Lincoln, 1863

The origin of Thanksgiving as a national holiday is rooted in the need to heal the nation following the Civil War. In recent years, it seems as though our nation has needed healing more than any other time since then.

Everywhere we look, we see

advice for negotiating political differences over the Thanksgiving table. How will we get through the day being nice to people who disagree with us?

redemptive power of love

As a civil rights organization dedicated to righting historical wrongs, we have felt this nation's divisions all too keenly. As we struggle as a nation to find a way to come together on this holiday that Abraham Lincoln dedicated to unity, I recall a sermon of Martin Luther King Jr. on "loving your enemies," in which he invoked Lincoln's own approach to loving his enemies.

Lincoln famously appointed Edwin Stanton, a bitter rival, as his Secretary of War. And after Lincoln's assassination, Stanton offered up what King called "a beautiful statement concerning the character and the stature of this man," the often-quoted, "Now he belongs to the ages."

King saw in the story of Lincoln and Stanton a powerful message about the redemptive power of love

"If Abraham Lincoln had hated

Stanton, if Abraham Lincoln had answered everything Stanton said, Abraham Lincoln would have not transformed and redeemed Stanton. Stanton would have gone to his grave hating Lincoln, and Lincoln would have gone to his grave hating Stanton. But through the power of love Abraham Lincoln was able to redeem Stanton."

King always counseled against answering hate with hate. In that same sermon, he told a story of driving at night with his brother. His brother was agitated by passing drivers who failed to dim their lights, and threatened to respond in kind to the next discourteous driver. But as King reminded him, that would simply make the highway more dangerous for every-

"Somebody got to have some sense on this highway," King said.

The same principles of love are taught by the true meaning of Christmas and can be transferred into the current toxic political atmosphere. We have to have some sense on this highway we are negotiating right now. We have got

to resist the temptation to answer hatred with blinding hatred.

If you dread breaking bread with someone who disagrees with you politically, remember that King forgave a woman who stabbed him, nearly killing him.

Loving our enemies doesn't mean accepting oppression. Loving our enemies is the way we transform them from oppressor. To paraphrase King, there are three ways to respond to oppression: with violence and hatred, with acquiescence and resignation, or non-violent resistance based on love.

We often see King's messages of peace invoked as a caution against the ambitious pursuit of justice, and his radicalism downplayed. To imagine exactly what Dr. King would have said or done in response to the events of recent history is a game played by those who would use his legacy to justify their own responses. But what we can know is that he would never give up hope, and he would never stop believing in the redemptive power of love.

Bloomberg's apology - Sorry doesn't always make it right

By Julianne Malveaux NNPA News Wire Columnist



Billionaire Mike Bloomberg entered the alreadycrowded Democratic presidential primary with a splash. His ad buy

of about \$35 million represents more than half of what the other dozen or so candidates have spent on the campaign so far. His \$54.6 billion net worth (according to Forbes) means he has deep pockets and virtually unlimited funds to spend on a campaign. Some think that he can beat Trump in an election since Bloomberg is far wealthier than him. In addition to his wealth, he's white and male. Facetiously speaking, what's not to like?

Except. In his 12-year tenure as Mayor of New York City, Bloomberg was an ardent proponent of "stop and frisk," the policing policy that allows officers to stop virtually anyone without a warrant if they seemed "suspicious." At its peak, more than 650,000 were detained in a single year. Nearly six million New Yorkers were "stopped and frisked" between 2003 and 2015. The overwhelming majority of those who were stopped – 90 percent – were

African American or Latino. In about 85 percent of the cases, there were no fines or convic-

Civil rights organizations and many others vehemently opposed "stop and frisk." Hundreds thronged to Bloomberg's Upper East Side home to protest the policy. But the then-mayor was adamant that "stop and frisk" was justified, and explained that more black and brown people were being stopped because more of them were committing crimes. But the era of "stop and frisk" was an era where any black or brown person, regardless of their appearance or status, could be stopped.

A few of those who should not have been stopped sued. Many protested. Some considered 'stop and frisk' the byproduct of racism and racial profiling and chose not to take the legal route. The era of stop and frisk exacerbated tensions between "law enforcement" officers and the black community. And until recently, Bloomberg stood by his stop and frisk policy.

Then a week before his entry into the contest for president, Bloomberg "apologized" for the stop and frisk policy, speaking at an African-American megachurch in Brooklyn, New York.

His very cynical use of the black church, along with the timing of the so-called apology, is highly suspect. And the decade-too late apology, offered with no remedy, is meaningless.

The very wealthy Bloomberg could accompany his apology with a sizeable donation to criminal justice reform. He could break off a few million and donate it to the NAACP Legal Defense and Education Fund, the LatinoJustice PRLDEF, the American Civil Liberty Union, or any of the other organizations fighting for criminal justice reform. An apology, without an offer to redress the wrong, is meaningless. A simple apology, especially after all the harm that was done, is as sorry as the words "I'm sorry." Sorry doesn't always make it right.

The apology seems to have been made to aid the Bloomberg presidential campaign, but most people won't be fooled. Despite his money, Bloomberg is a late entry into the race. His wealth is the only thing that makes him stand out, but not by much, since there is another wealthy white man – Tom Steyer – in the race. Some say it takes a big person to acknowledge their wrong, but Bloomberg left office in 2013. He's had at least six years to apologize.

In the years since Bloomberg left office, tensions between black and brown citizens and police officers have risen. Trigger-happy cops have killed too many black and brown folks. Do the names Tamir Rice, Philando Castille or Michael Brown mean anything?

If Bloomberg were sorry, he could talk about the flaws in our criminal justice system. Instead, he has offered a half-baked apology without acknowledging or attempting to remedy the impact his unjust policies had on black and brown lives.

The current president is proof positive that money, integrity and sagacity are not positively correlated. Bloomberg's tepid apology may be further evidence that the wealthy don't think the rules apply them.

Bloomberg clearly has money to burn, but it would be great if he burned it for criminal justice reform than for an ill-fated, vane, presidential campaign.

Julianne Malveaux is an economist, author, media contributor and educator. Her latest project MALVEAUX! On UDCTV is available on youtube.com. For booking, wholesale inquiries or for more info visit www.juliannemalveaux.com

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Stepping up

Dr. Jennifer Villacorta named medical director at Methodist Rehabilitation Center

By Susan Christensen

Health and Research News Service

Dr. Jennifer Villacorta can't say she ever saw herself as a medical director.

"They are usually older, and I'm still wearing headbands," she joked.

But when she was offered the position at Methodist Rehabilitation Center, the spinal cord injury specialist decided to "step

"After being on the front lines as a physician, I realize there is so much you can do for patients and the medical team when you have a voice. And that's what I'm excited about."

Villacorta joined MRC's staff in 2016, and she immediately became a significant contributor to its mission, said MRC President and CEO Mark Adams.

"It was not a hard decision to give her the additional responsibility of medical director," Adams said. "She has become a very important part of our leadership team in this new role."

Villacorta says it's not the first time she has benefitted from a serendipitous career move. "I seem to always land where I never would have imagined I would be most utilized and grow as a person and as a professional," she said.

Growing up in the Philippines, she knew her parents expected her to become either a doctor, lawyer or engineer. Being a physician seemed to be the best fit.

As a stepping stone to medical school, Villacorta chose to study physical therapy. She found herself endeared to the profession and particularly drawn to the very unique experience of treating spinal injury patients. "It was challenging in a ful-

filling way," she said. "And I actually started entertaining the idea of not continuing on to med

But when she was accepted to the University of the Philippines College of Medicine in Manila on her first try, she figured her fate had been decided and she proceeded to earn her M.D.

Still undecided about a specialty, Villacorta sought the guidance of a mentor who happened to be a physiatrist and suggested a career in physical medicine and rehabilitation.

While her background as a



residency a logical choice, Villacorta was hesitant at first. "PM&R was not as developed in the Philippines back then, and I was afraid it might not be as challenging or interesting." It was then that she was told, "Go to the states (USA), and find

Villacorta then pursued and completed her PM&R residency at the University of Arkansas for Medical Sciences in Little Rock, Ark. Next came a fellowship in spinal cord injury medicine at the University of Texas Health Science Center and the Baylor College of Medicine in Houston, Texas. After a brief stint as the medical director for Outpa-

physical therapist made a PM&R tient SCI Services at the Rehabilitation Institute of Michigan (RIM), Detroit Medical Center, she became an admitting physician for MRC's SCI program in

> Board certified in physical medicine and rehabilitation and SCI medicine, Villacorta is also assistant professor of neurosurgery and a member of the Neuroscience Institute at the University of Mississippi Medical

Her wide range of responsibilities makes for some demanding days. But it also gives Villacorta a big-picture view of how MRC can best contribute to the success of rehabilitation medicine in Mississippi.

"The resources are all here, it's just a matter of utilizing and building on them," she said. "You've got to make sure everyone is on the same page and moving in the right direction.

"Leadership doesn't mean you just get to be 'the boss.' I find being a leader means you have the opportunity and the privilege of representing the people you work with, too."

To that end, Villacorta enjoys a collaborative relationship with her fellow physicians at UMMC and MRC, as well as the researchers at MRC's Center for Neuroscience and Neurological Recovery (CNNR).

"Dr. Villacorta has really taken charge of the medical directorship and has already implemented several process improvement changes to allow for better patient flow and patient care, while also helping to improve the quality of life for all providers," said Dr. Hyung Kim, division chief of PMR at UMMC. "She has so far done an excellent job in her new leadership role. She remains a pleasure to work with."

"I love the passion she has for the patients and programs," added Dr. Keith Tansey, a CNNR senior scientist who also is a professor of rehabilitation medicine in the UMMC Department of Neurosurgery and a physician for the Spinal Cord Injury Clinic at the Jackson VA Medical Center. "She knows what the highest standard is and wants to have it

Villacorta said she likes to focus on identifying and breaking the barriers that prevent rehabilitation goals from being achieved.

"That's what we're here for. To push the limits and hope to continue making improvements where we think we have 'settled.' Sometimes this is where the art of medicine comes in,"

And when it comes to patient care, her vision is to create and maintain a continuity between the acute care offered at UMMC and the rehab services available through MRC.

"If we can have the opportunity to get involved in the patient's care as early as even before surgery, we can accomplish a care that is comprehensive and optimal for our patients."

Vaping illness update: One new Mississippi case

MSDH News

Today the Mississippi State Department of Health (MSDH) reports one additional identified case of a vaping-related lung illness in Mississippi, bringing the state total to 11 with one death. Most of the identified cases have been in individuals between 18 and 34 years of age, with two being in adults 35 years of age or older.

Nationwide, as of November 20, there have been 2,990 cases of lung illness reported from 49 states, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands). Forty-seven deaths have been reported from 25 states and the District of Columbia.

Symptoms of severe vapingrelated lung illness include cough, shortness of breath, chest pain, nausea or vomiting, diarrhea, fever and fatigue. Symptoms develop anywhere from over a few days of use to weeks of using e-cigarettes.

The Centers for Disease Control and Prevention (CDC) has identified vitamin E acetate as a chemical of concern among those who have reported lung illness from vaping. This chemical can be used as an additive in vaping or e-cigarette products that contain tetrahydrocannabinol (THC). However, other substances and product sources

are also still under investigation as there may be more than one cause of this outbreak.

The latest national and state findings suggest that products containing THC that were obtained from informal sources (friends, family, online dealer, etc.) are linked to most of the lung illness cases and play a major role in the outbreak.

Until an exact cause of this illness has been determined, however, the CDC recommends the following actions:

- Refrain from using e-cigarettes or vaping products from informal sources, particularly those containing THC.
- If you have recently used an

e-cigarette or vaping product and you have symptoms like those reported above, see your healthcare provider.

- Do not modify or add any substances to e-cigarette products that are not intended by the manufacturer, including those purchased through retail establishments
- If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes.

For more information on the dangers of e-cigarettes and vaping, visit the MSDH website at HealthyMS.com/lungillness.

The unwelcomed **guest: Holiday** heart syndrome

By Glenn Ellis TriceEdneyWire.com



From Thanksgiving through New Year's Day, emergency room visits and hospital admissions for acute illnesses tend to spike. While the holidays are a joyous time when friends and family gather to celebrate the season, there can be significant health dangers

No one has plans for the holiday of being in the hospital recovering from a near-fatal heart attack or grieving the sudden death of a loved one from a heart attack. However, according to statistics, this time of year is the time when it is most likely The evidence to support this phenomenon is so strong that

the medical community has termed it, "holiday heart syndrome (HHS).' Yes, the holidays are the time of year that we look forward

to for the joy and happiness associated with family gatherings, celebrations, alcohol, food, parties and the like. Holidays are also filled with stress, anxiety and overindulging.

The overindulging, particularly of alcohol, along with other factors, are what is thought to be responsible for holiday heart

The actual term holiday heart syndrome actually was coined back in the 1990's, when it was found that there was a clear association between excessive alcohol drinking and rapid or irregular beating of the heart (cardiac arrhythmias). A rapid abnormal heart rhythm in the upper heart chambers is associated with the symptoms of HHS: palpitations, shortness of breath, chest pain, lightheadedness, stroke and heart failure.

Interestingly, there are no exact reasons for this to happen in binge drinkers. Some experts think it can be due to the fact that alcohol is a toxin. Others speculate that heavy alcohol consumption will raise the levels of fatty acids, causing surges in the electrical currents in the heart, and creating a big increase in how sodium moves through the heart. We all know how too much sodium is a no-no when it comes to heart health and high blood pressure.

Even though it is usually seen in healthy non-drinkers who binge, it is especially noted in alcoholics after binge drinking. But I'd like to point out that there are quite a few things that many of us fall prey to during the holiday season that could make us as vulnerable to HHS as the "binge drinker."

Along with drinking, the drastic changes in our diets and eating patterns is another concern. With the deluge of heavy, rich, fat-laden foods that are everywhere we go, we find ourselves eating way too much (mostly of the wrong things). The spike in sodium, sugar and fats can be a key reason for the increase in heart attacks during the season.

Often, many people are at even greater risk for a heart attack, because they will think they only have heartburn from overeating, and delay or forgo, a trip to the emergency room. This decision could prove fatal. No one wants to ruin the holiday gathering with a trip to the hospital, and by the time they realize that it is an emergency, far too much damage to the heart tissue and muscle could have already taken place. Again, this is of special interest for those who are dealing with previously diagnosed heart failure of heart disease.

Many studies have shown that winter is really death season. This was discovered after an examination of deaths throughout the year, and winter had an exceptionally high number of deaths. Cold weather can promote blood clotting, leading to increases in heart attacks. Winter also has shorter days and longer nights. The reduction of daylight affects the levels of hormones in the body and thereby affect the heart.

Then, there are some additional reasons to be concerned about heart attacks and the holiday season.

Your levels of both total and bad (HDL) cholesterol peak in the summer (around July), and the risk factors from this that cause the blood to thicken rise in the winter. The rest you can

As we all know, colds and flu tend to happen more often and poses an extra threat to people who already have some form of heart disease or heart failure.

And did I mention stress? Stress is typically higher in all of us during the holiday season for a variety of reasons. As stress levels rise, continuously, during the holidays, it can trigger chest pain and heart attacks. Speaking of stress, the hustle and bustle of the holidays causes many people to forget to take their prescription medication. One of two missed days may not a big deal, but to totally neglect your medications throughout the holidays will certainly not be in your best interest. At those festive dinners with family and friends, after saying grace, ask if everyone has taken their medication.

Finally, don't forget exercise. Keep up your normal regiment. It can be fun if you can use it as another way to connect with family and friends. Invite them to walk, jog, do yoga, or whatever it is that you do. And don't forget to make time to just relax between activities and events. Try to set aside 10 minutes of quiet time each day – simple meditation and breathing exercises can help lower blood pressure, heart rate and decrease the day's stress.

Enjoy your holidays. Eat, drink and be merry, but you don't have to invite the unwelcomed guest: heart attack.

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.

Glenn Ellis, is Research Bioethics Fellow at Harvard Medical School and author of Which Doctor?, and Information is the Best Medicine. Ellis is an active media contributor on Health Equity and Medical Ethics. For more good health information visit: www.glennellis.com

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ADVERTISEMENT FOR BIDS BY THE JACKSON MUNICIPAL AIRPORT AUTHORITY FOR **CONSTRUCTION AND RELATED SERVICES**

IN CONNECTION WITH INTERNATIONAL DRIVE REHABILITATION AT THE

JACKSON-MEDGAR WILEY EVERS INTERNATIONAL AIRPORT (JMAA PROJECT NO. 004-18C)

The Jackson Municipal Airport Authority ("JMAA") will receive sealed bids at the Jackson- Medgar Wiley Evers International Airport ("JAN"), Main Terminal Building, Suite 300, in the City of Jackson, Rankin County, Mississippi, until 3:00 p.m. central time on January 14, 2020 (the "Bid Deadline"), for construction and renovations in connection with the International Drive Rehabilitation at the Jackson-Medgar Wiley Evers International Airport (the

JMAA will also accept electronic sealed bids as specified in the bid documents. Bids will be accepted until 3:00 p.m. central time on January 14, 2020, Electronic bids can be submitted at www.centralbidding.com. For any questions relating to the electronic bidding process, please call Central Bidding at 225-810-4814.

Once registered, Suppliers can download bid specifications and upload bid

JMAA will publicly open and read aloud all bids at 3:15 p.m. central time on January 14, 2020 (the "Bid Opening"), in the Staff Conference Room, Third Floor of the Main Terminal Building at JAN.

The outside or exterior of each bid envelope or container of the bid must be marked with the Bidder's company name and Mississippi Certificate of Responsibility Number and with the wording: "International Drive Rehabilitation at JAN, JMAA Project No. 004-18C." Bid proposals, amendments to bids, or requests for withdrawal of bids received by JMAA after the Bid Deadline will not be considered for any cause whatsoever. JMAA invites Bidders and their authorized representatives to be present at the Bid Opening.

JMAA will award the Work to the Lowest and most responsive and responsible Bidder as determined by JMAA in accordance with the criteria set forth in the Information for Bidders. The Information for Bidders contains, among other things, a copy of this Advertisement for Bids, Instructions to Bidders and an Agreement to be executed by JMAA and the lowest and most responsive and responsible Bidder. Any Addendums issued clarifying and/or changing plans and specifications; clarifying and/or changing instructions in the Instruction to Bidders; and/or answering questions in relation to the Instructions to Bidders, including plans and specifications, shall become part of the Information for Bidders. Plans and specifications related to the Work are considered part of the Agreement.

The Information for Bidders, including plans and specifications, is on file and open for public inspection at JAN at the following address:

Jackson-Medgar Wiley Evers International Airport Suite 300, Main Terminal Building

100 International Drive

Jackson, Mississippi 39208 Telephone: (601) 939-5631 ext. 616

Facsimile: (601) 939-3713

Attention: Robin Byrd, Manager, Procurement

A copy of the plans and specifications for the Work are being made available via digital and original paper copy. Plan holders may register and order plans and specifications from the Jackson Blueprint Online Plan Room website http://planroom.jaxblue.com. There is no charge for registration or to view the documents online. Documents are non-refundable and must be purchased through the website. All plan holders are required to have a valid email address for registration. A printed bid set is \$100.00 plus \$20.00 shipping and applicable sales tax and an electronic downloadable set is \$25.00 plus applicable sales tax. For questions regarding website registration and online orders please contact Jackson Blueprint & Supply at (601)353-5803.

Bid Documents may be picked up or shipped to the person making the request. Documents will not be distributed or mailed, however, until payment

JMAA will hold a Pre-Bid Conference at 10:00 a.m. central time on December 18, 2019 in the Community Room, Third Floor of the Main Terminal Building at JAN. Attendance at the Pre-Bid Conference is highly encouraged for all those interested in submitting bids as a Prime Contractor for the Work and persons seeking opportunities to provide work as a Sub-Contractor. The benefits of attendance include networking opportunities between Prime Contractors and Sub-Contractors, 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-Bid Conference; review of the plans and specifications; and a site visit of the area covered in the scope of work. No site visits will be scheduled other than the one provided during the Pre-Bid conference.

JMAA reserves the right to amend the plans and specifications for the Work by Addendum issued before the Bid Deadline; to reject all bids; and to hold and examine bids for up to ninety (90) days before awarding the Contract to

If it becomes necessary to revise any aspect of this Request for Bids or to provide additional information to Bidders, JMAA will issue one or more Addenda by posting on JMAA's websit). JMAA will also endeavor to deliver a copy of each Addendum, to all persons on record with JMAA as receiving a copy of the Information for Bidders, via email.

JMAA has established a DBE participation goal of 22% for the Work solicited

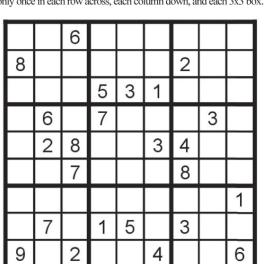
JACKSON MUNICIPAL AIRPORT AUTHORITY DATE: December 4, 2019

/s/ Darion Warren, CFM

12-5-2019, 12-12-2019

Sudoku

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



© Feature Exchange

LEGAL

Electronic Bidding Advertisement for Bids

Bid 3114 Jim Hill High School Restroom Renovations **Bid 3115 Lanier High School Restroom Renovations**

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 2:00 P.M. (Local Prevailing Time) January 14, 2020, at which time and place they will be publicly opened and read aloud. Pre-Bid Conferences concerning the projects for will be held at each school location library. Jim Hill High School, 2185 Fortune Street, Jackson, MS, 39204 on December 19, 2019 at 1:30 P.M. and Lanier High School, 833 West Maple Street, Jackson, MS 39203 on December 19, 2019 at 2:30 P.M. Attendance at the pre-bid conferences is non-mandatory but strongly suggested. The Board of Trustees reserves the right to reject any and all bids, to waive informalities, and to withhold the acceptance of any bid if approved for forty-five calendar days from the date

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

12-5-2019, 12-12-2019

LEGAL

LEGAL NOTICE REQUEST FOR PROPOSALS

CITY OF JACKSON

Notice is hereby given that Proposals will be received by the City Clerk of the City of Jackson, Mississippi until 3:30p.m., Tuesday, December 17, 2019. The City of Jackson, Mississippi requests proposals from art groups and other community development groups providing services to the citizens in the City of Jackson.

Financial assistance is available to support arts and community development activities designed to increase awareness, understanding and appreciation of the arts and improve the quality of life among the citizens of Jackson. This solicitation seeks proposals with an emphasis on community exposure, history and education.

Grant awards offered by the City of Jackson shall only represent supplemental funding in support of arts projects and community development based projects. To be eligible for funding, proposing organizations must have verifiable cash match contributions that equals to at least 50% of project cost. A workshop on the Request for Proposals packet is scheduled for MONDAY, DECEMBER 9, 2019 beginning promptly at 2:00 pm. It will be held at the Municipal Art Gallery located at 839 North State Street Jackson, MS 39202. Those interested in submitting proposals should attend this Workshop.

For the Request for Proposals packet, please contact Beverley Johnson-Durham at 601 960 0383. All proposal must be sealed and plainly marked on the outside of the envelope: Proposal for general funds Arts and Community Based Grants. Proposal packets must be received by the City Clerk's Office at City Hall, 219 South President Street by 3:30pm on December 17, 2019. The city reserves the right to reject any and all proposals.

Request for proposal documents can be downloaded from the City of Jackson website: www.jacksonms.gov and may be picked up at the City of Jackson Department of Human and Cultural Services located at 1000 Metrocenter Drive Suite 101, Jackson MS.

By: Adriane Dorsey-Kidd, Director Department of Human and Cultural Services

11-28-2019, 12-5-2019, 12-12-2019

LEGAL

IN THE CHANCERY COURT OF HINDS COUNTY, MISSISSIPPI FIRST JUDICIAL DISTRICT

IN THE MATTER OF THE ESTATE OF SHIRLEY TERRY WOODLEY, DECEASED

CAUSE NO. P2019-222 O/3

www.mississippilink.com

NOTICE TO UNKNOWN CREDITORS

Letters of Administration having been granted on June 4, 2019, by the Chancery Court of Hinds County, Mississippi to the undersigned Executrix upon the Estate of Shirley Terry Woodley, Deceased, notice is hereby given to all persons having claims against said estate to present the same to the Clerk of this Court for probation and registration according to the law, within ninety (90) days from the first publication of this notice, or they will be forever barred.

This the 25th day of November, 2019 Asyla Cynn Woodfey, Executrix

STATE OF MISSISSIPPI COUNTY OF HINDS

Damon Stevenson

Personally appeared before me, the undersigned authority in and for the jurisdiction aforesaid, the within named, Asyia Lynn Woodley, Executrix for the Estate of Shirley Terry Woodley, deceased, who having been by me first duly sworn, states that the above Notice to Creditors is true and correct as therein stated

Stevenson Legal Group, PLLC 1010 N. West Street Jackson, MS 39202 Telephone: (769) 251-0207, Facsimile: (601) 608-7872

12-5-2019, 12-12-2019, 12-19-2019

LEGAL

RULE 81 SUMMONS BY PUBLICATION

IN THE CHANCERY COURT OF RANKIN COUNTY, MISSISSIPPI

IN THE MATTER OF THE ESTATE OF EDDIE CHARLES NELSON, DECEASED

CAUSE #:19-1371-M

BY: Stepfanie Nelson

SUMMONS

THE STATE OF MISSISSIPPI

TO: THE UNKNOWN HEIRS OF EDDIE CHARLES NELSON, DECEASED

You have been made a Defendant in the suit filed in this Court by Stepfanie Nelson, Plaintiff, seeking the adjudication of heirs of the Eddie Charles Nelson

You are summoned to appear and defend against the complaint or petition filed against you in this action at 8:30 o'clock a.m., on the 14th day of January, 2020, in the Chancery Courtroom of Rankin County, Mississippi, before Honorable John C. McLaurin and in case of your failure to appear and defend a judgment will be entered against you for the money or other things demanded in the complaint or petition.

You are not required to file an answer or other pleading but you may do so if you desire. Issued under my hand and the seal of said Court, this the 221 day of November, 2019.

CHANCERY CLERK OF RANKIN COUNTY Mississippi LARRY SWALES

CHANCERY CLERK BY Ba Thoma D.C.



12-5-2019, 12-12-2019, 12-19-2019

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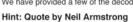




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Cryptogram

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





Cryptogram Solution

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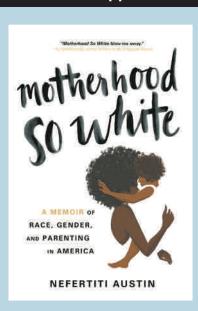
Week of November 24, 2019

DESIRE TO UNDERSTAND RHOBSAJPHO

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99 CANADA • 304 PAGES

By Terri Schlichenmeyer

You got the whole package. That's what happens when you choose a mate: you get another set of parents, new siblings, aunts and uncles and, of course, any children your beloved might have and any you might want in the future. That's the way we build families today, the details of which, says Nefertiti Austin in "Motherhood So White," depend on the color of your skin.

As a child, Nefertiti Austin basically had to raise herself: her parents had drugs, alcohol, deals to make and better things to do. It was common, therefore, for Austin and her brother to stay with their grandparents; after their father went to jail and their mother quietly left California, the stay became

Says Austin, raising a child you're somehow related to, or taking in a kid whose family you know is common in the black community. Adoption is not, which is why she had to deflect negative comments

to adopt a black baby.

The process took time: Austin attended classes to become a certified foster mother first, with the end goal of adoption. She'd decided on the gender of the child she wanted and was offered the chance to foster other boys; she declined, waiting for the right baby.

Her son, August, arrived in late summer, 2008.

Eager to be the best mother possible, Austin scoured the local library for books on mothering for black women, and found nothing. Everything seemed written by and for white women, who didn't have to tell their sons about DWB, who didn't have to tolerate strangers that assumed single motherhood and welfare went hand-in-hand, and who wouldn't have to explain racism to a preschooler. While "there is nothing more universal than a mother's love for her child," black mothers have different issues to deal

And so, this book came inpart from Austin's frustration.

The most curious thing, though, is that hers may be-

come a reader's frustration, too.

As a memoir, this book is very good: author Nefertiti Austin writes about how she overcame a life that nearly made her a statistic, with the help of two loving grandparents who raised her as if they were her birth parents. Austin goes on to tell why she cast aside cultural norms in order to forge the path she knew was best for her, and to become the mother she should have had herself.

Again, it's very good – but it's also of little help to a reader who is looking for solid ad-

vice on dealing with her own unique journey to motherhood as a woman of color. There's so much more that could have been in this book, but wasn't, and some of it might have helped educate those of whom Austin is critical.

Still, there's a certain undeniable comfort in her story, and that could be valuable to the right reader. For her only, add "Motherhood So White" to the scant list of parenting books for women of color, and memoir + advice could make a good







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18 • THE MISSISSIPPI LINK

DECEMBER 5 - 11, 2019

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Zeta Phi Beta Sorority, Incorporated, Alpha Delta **Zeta Chapter Debutantes Fashion & Talent Show**

Can Food/Hat/Gloves Drive at MS School of the Blind & Matt House





Can goods collected for the Mississippi School for the Blind's National Honor Society

Mississippi Link Newswire

The 2019 Zeta Phi Beta Sorority, Incorporated, Alpha Delta Zeta Chapter debutantes chose two community service projects. During their Talent and Fashion Show, November 10, at the Mississippi Schoåol for the Blind, the young ladies donated over three hundred can goods to the school's National Honor Society. Show panel judges were Reginald Thompson, Dr. Mary White and Eddie

They collected hats and gloves for their second project which they donated to Matt's House, Emergency Shelter for Women and Children. A total of one hundred and fifty hats and gloves were presented to the staff members Jackie Jones and Geneva Jones for their residents, November 25.

The Sorority is a community action orientated organization implementing projects that coincide with Z-HOPE, Zetas Helping Other People Excel, a national initiative of Zeta Phi Beta Sorority, In-



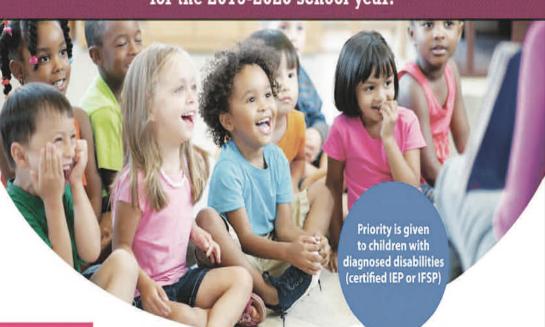
Debutante contestants organize items collected for giveaway to Matt's House



Kotonya Bartfield (Left) presents certificates to panel of judges Reginald Thompson, Dr. Mary White and Eddie Fair.



Hinds County Human Resource Agency Project Head Start is currently accepting applications for the 2019-2020 school year.



To Qualify:

- * Child must be 3 or 4 on or before September 1st
- * Family must reside in Hinds County * Must be a low-income family (based on the federal poverty level)
- "Families of children with disabilities are encouraged to apply regardless of income.

"Priority is given to children with diagnosed disabilities (certified IEP or IFSP)

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- 1) Proof of child's age birth certificate, hospital birth record, or passport
- 2) Proof of family's income tax return, W-2, pay stub, SSI, Social Security, child support, TANF, grants/scholarship, unemployment, and any other source of household
- 3) Proof of Hinds County residency lease, mortgage statement, current utility bill (light, water, gas or sewer), current phone or cable bill
- 4) Child's Social Security number
- 5) Medical insurance of child (if applicable)
- 6) IEP or IFSP (if applicable)
- 7) Legal guardianship (if applicable)
- 8) Documentation of foster care (if applicable)

For more information about Head Start, call (601) 923-3940. To apply, call HCHRA's 24-hour automated appointment line at (601) 962-5935.

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DECEMBER 5 - 11, 2019

THE MISSISSIPPI LINK • 19

Zeta Phi Beta Sorority, Incorporated, Alpha Delta Zeta Chapter, announces **60th Debutante Cotillion**



Keyaira Nicole Glasper



Jerica Victoria James



Jasmyne Mone



Dajah Anyiah Williams

The Mississippi Link Newswire

Zeta Phi Beta Sorority, Incorporated, Alpha Delta Zeta Chapter announces its 60th Debutante Cotillion, Saturday, December 7, 2019 at the New Horizon Event Center, 1770 Ellis Avenue Jackson, MS at 7 p.m.

This is a gala occasion that highlights the journey of young ladies who have been selected

by the sorority to cultivate and develop sound character, social principles and strong career aspirations. Chosen over three months ago from local high schools, these young ladies have experienced a number of activities which are distinct to being a "Zeta" debutante.

finer womanhood, scholarship

and community service, the 2019 debutantes have chosen for their theme: An Evening of Cultured Pearls and Elegance.

The 2019 Zeta debutantes have worked hard over the past 3 months in preparation for their introduction to society. Each of them started her journey by at-Building on the principles of tending the Debutante Tea, where they officially met other prospec-

tive debutantes, and the reigning Miss Zeta Debutante 2010, Tyeshia Kidd. This was also an opportunity to meet the ladies of Zeta Phi Beta Sorority, Incorpo-

Additionally, the debutantes have engaged with the community to provide for others through a canned food, cap and glove drive. In partnership with the Mississippi School for the Blind, the Beta Sorority, the 2019 debu-2019 debutantes co-sponsored a canned food drive to donate food to the Mississippi School for the Blind student body. The debutantes partnered with Matt's House Emergency Shelter for Women and Children to donate caps and gloves.

Along with the escorts, parents and the ladies of Zeta Phi Mercidee Curry at 601 259-0497.

tantes have worked relentlessly through charm clinics, common courtesies/communication etiquette, decision making training, human/sex trafficking, dining etiquette and career choice sessions, as well as cotillion rehearsals in preparation for their "debut."

For ticket information, call

Hinds County School District Weekly Update

ENGAGING-EMPOWERING-ENSURING-EXCELLENCE

District Reality Fair Highlights

The Reality Fair is a hands-on experience in which students, after identifying their career choice and starting salaries, are provided a budget sheet requiring them to live within their monthly salary while paying for basics such as housing, utilities, transportation, clothing and food. And some not-so-basics like entertainment and travel.

The Reality Fair is a unique opportunity for students to experience some of the financial challenges they will face when they start life on their own. Sponsors and volunteers for this annual event include: BankPlus; Community Bank; Merchant and Planners Bank; Mississippi State; Mutual Credit Union; Trustmark Bank; Regions Bank; Parents and Hope Credit Union.























