

Doctor: Delta variant spreads ‘like a tsunami’ in Mississippi



Kimberly McQuarter, who has been vaccinated, left, says she wanted to protect the elders in her family by getting her daughter Kayleigh Smith, 13, center, vaccinated during the open COVID-19 vaccination site sponsored by the university and the medical center in the Rose E. McCoy Auditorium at Jackson State University in Jackson, Miss., Tuesday, Aug. 3, 2021. AP Photo/Rogelio V. Solis

By Leah Willingham
Associated Press/Report for America

Mississippi’s top health official said the delta coronavirus variant is “sweeping across Mississippi like a tsunami” as the state reported more than 3,000 new cases of the highly transmissible virus in a single day Thursday.

“If we look at our trajectory, we see that it’s continuing to increase without any real demonstration of leveling off or decreasing,” State Health Officer Dr. Thomas Dobbs said during a virtual briefing with news media.

The state reported 3,164 new cases of coronavirus Thursday, marking 356,055 since the start of the pandemic. More than 7,600 people have died of corona-

virus complications in the state of about 3 million.

Dobbs said 90% of new coronavirus cases in Mississippi are now the delta variant. The state’s major hospital systems are overwhelmed – 78 new patients were hospitalized in a single day Wednesday – with almost no ICU beds available for patients, he said.

Public institutions such as Jackson State University, the University of Mississippi, Mississippi State and the University of Southern Mississippi announced Wednesday and Thursday that they will require students and staff to wear masks indoors, citing the surge in delta variant cases. The institu-

Delta
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The third trial of Joshua Archie

By James Hampton III
Contributing Writer

The third trial of Joshua Archie (now age 30) for the alleged murder of Robert Adams (killed at age 68 in 2012) was set to begin on Monday, August 9, 2021. On Saturday, August 7, the accused and his family held a press conference led by David L. Archie in which the Hinds County District 2 supervisor spoke on his nephew’s behalf.

“We are here as a family asking that the [Mississippi] Supreme Court step in and bring this trial to a halt,” David Archie declared, the pressing issue being the court’s denial of a continuance requested by Joshua’s attorney, Tom Fortner, whose age and health conditions make trying a case during the current COVID-19 flare-up a dangerous and taxing proposition for the 68-year-old attorney.

Upon denial of the motion for continuance, Fortner had also filed a motion to recuse himself as Joshua’s attorney, a motion which was also denied by the Madison County Circuit Court presided over by Judge Steve Ratcliff.

Joshua’s mother Cherry Price also weighed in. “What is the issue of delaying this trial a few months? We don’t have a problem going to trial, we have a problem with COVID-19,” she said with controlled emotions, citing members of her own family that have caught COVID-19 while serving on jury duty in other local trials.

David Archie implored the Mississippi Supreme Court to step-in to interrupt the Madison County Circuit Court trial refer-

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Joshua Archie (2nd row left) with family and friends at press conference held on Beasley Road in Jackson, across the street from Stronger Hope Church where Archie turned himself in to JPD in 2012, after receiving word Ridgeland police planned to arrest him. PHOTOS BY JACKIE HAMPTON



David Archie wants to honor his brother’s dying wish, “Bring my son home.”

Medical experts call for COVID-19 vaccinations in African American communities

By Janice K. Neal-Vincent, Ph.D.
Contributing Writer

“Instrumental heroes and sheroes,” claimed Darryl Sellers, director of Public Relations for Creative Marketing Resources, have been around from the start to educate our communities about the importance of taking vaccines.” Sellers brought before the nation a panel of experts to increase public confidence in protecting and saving black lives with trusted messages in an 11 a.m. Webinar Wednesday, August 11.

Georgeta Dragoiu, White House Presidential Innovation Fellow and COVID-19 Public Education Campaign, HHS, denoted that panelists were dedicated to answer every question from black/African



Darryl Sellers brought together a panel of experts.

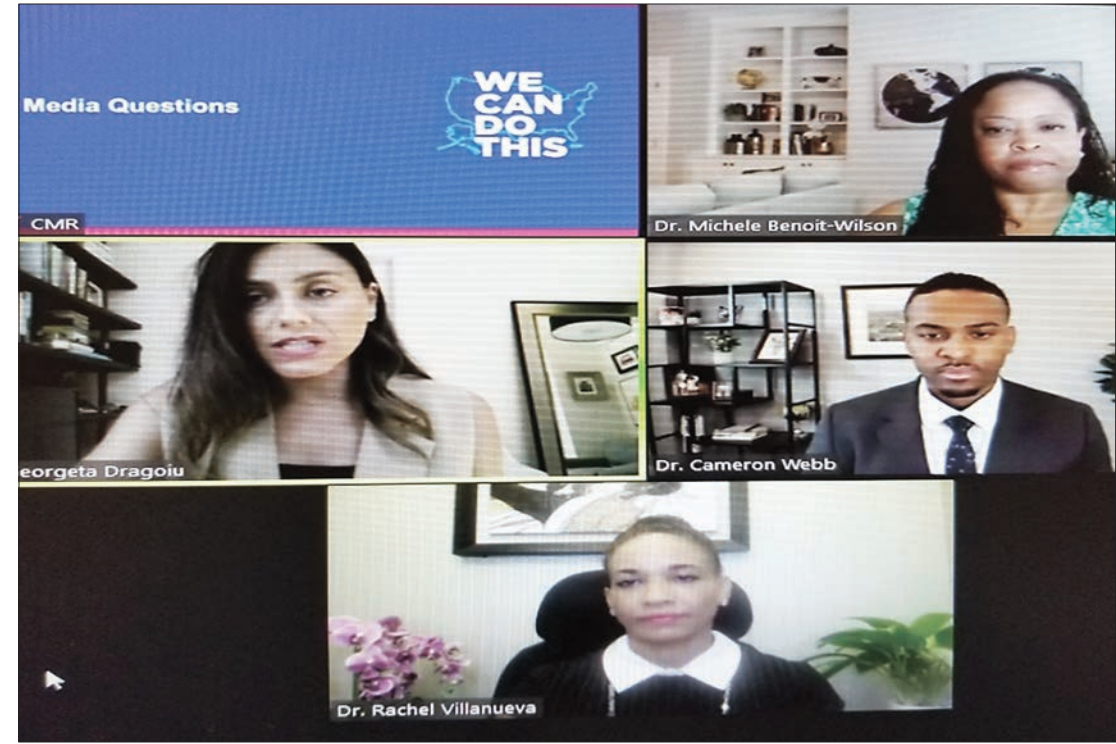
American communities. Increasing the number of medical doctors and vaccinating more of the targeted populace would lower the number of persons who have contracted the disease.

“There have been inequities.

We’ve seen [early on] in this pandemic that blacks contract COVID-19 three times higher. It’s important to have the equitable opportunity conversation to prevent health disparities and to benefit society as a whole. We’ve seen hospitalization climbing, particularly for the unvaccinated, and we’re seeing more young people impacted by this virus,” elaborated Cameron Webb, M.D.

According to Webb, there is much work to do, but many persons are not confident in the safety of vaccinations. Since the pandemic, blacks have greater accessibility to getting vaccinated. They can even get vaccinated in pharmacies, beauty shops and

COVID
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COVID-19 expert panelists on Webinar.

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Special Tribute for Sheriff Lee Vance

Lee Dan Vance Jr. was born June 08, 1958. He was the second child of four children born to Lee Dan Vance Sr. and Josephine Hayden Vance in Jackson, Mississippi. He was preceded in death by his father, Lee Vance Sr., his mother, Josephine Vance Boyd, his half-sister Dorothy Marie Vance and his step-father, Willie D. Boyd.

Growing up, Lee was a caregiver to his late grandfather, the Rev. J. D. Hayden. He would spend nights with him and was his personal driver making sure all of his needs were met. This was the beginning of his service to others.

A great man of faith and integrity, Lee accepted Christ at an early age and attended True Vine Baptist Church. He later moved his membership to Anderson United Methodist Church, where he also served as an usher.

Lee attended Mary C. Jones and Galloway Elementary, Bailey and Rowan Jr. High and was a 1976 graduate of Lanier High School. During his time at Lanier, Lee was a member of the football team, class president and Most Handsome. He would go on to matriculate at THEE Jackson State University, where he graduated with a Bachelor of Science Degree in mass communications.

Lee was honored by Lanier as the Alumnus of the Year 1995-1996. He was proudly 833 for Life.

Lee met the love of his life,

Tonia Hulitt, while they were students at Jackson State University. They joined in holy matrimony June 27, 1981. They are the proud parents to five children Delorise, LaToya, Bertrina, Jamila and Lee III.

Lee began work at United Parcel Service (UPS) in 1978 loading parcel on the dock. He would enter the management program as a supervisor in the early 80s at the suggestion and encouragement of his then boss, David Abney. Lee left UPS in 1986 and had a brief career in car sales. At the suggestion of a friend, he applied to enter the police academy.

In 1987, he graduated from the Jackson Police Department training academy, which he said was the "toughest training" he had ever been through. Lee started his 30-year career in law enforcement as a patrol officer.

Throughout the years he worked in planning and research, served as the public information officer and was promoted to sergeant, lieutenant, commander, acting deputy chief and assistant chief.

In July of 2014, then Mayor Tony Yarber named him acting police chief. Later that year in October, Mayor Yarber named him chief of the Jackson Police Department. Chief Vance served in this position until his retirement in December of 2017.

During his tenure, Chief Vance received numerous awards and recognitions. In

each year of his tenure, the city saw significant crime reductions. For the first time in history, the Jackson Police Department became accredited under his leadership. During his time at the JPD, Lee also worked part-time at Dillard's Department Store and through his company, Vance Enterprises, he worked as an expert witness and with the McDonald's Corporation.

Being a faithful servant of the community, Lee decided in 2019 to run for the position of Hinds County Sheriff. He was elected November 2019 and served until his death August 3, 2021.

Lee leaves to cherish his memory, the love of his life Tonia Vance of Jackson, MS; four daughters, Delorise Love (Rodney) of Jackson, MS, LaToya Hulitt of Denver, CO, Bertrina Henry of Jackson, MS and Jamila Green (Alliott) of Kenner, LA; one son, Lee Vance III of Jackson, MS; seven grandkids, Alicia Love, Erica Henry, Joshua Love, Makayla Henry, Tristan Vance, Ariel Vance and Jayde Green; two sisters, Jo Ann Vance and Lisa Jean Vance of Jackson, MS; one brother, Bennie Ray Vance of Lambert, MS; three nieces, Chauniqua Moore (Terun) of Jackson, MS, Stacey Vance of Jackson, MS, Shirley Vance of Jackson, MS; two nephews, Marvin Vance (Renee) of Jackson, MS and Bennie Griffin of Lambert, MS; as well as a host of cousins, family and friends.

June 8, 1958 – August 4, 2021

PHOTOS BY JAY JOHNSON



Eddie J. Fair
Hinds County Tax Collector

The City of Jackson collectively grieves the loss of Hinds County Sheriff Lee Vance and sends its prayers to his family. Sheriff Vance was a bright light in the City of Jackson demonstrating an unwavering commitment to its residents through his lifetime of work ensuring public safety. Sheriff Vance loved serving people, a love that was often shown through the warmth of his infectious smile. His lifetime of service spanned from serving as a JPD officer to later rising up the ranks to become JPD chief of police and finally serving as our beloved sheriff. Sheriff Vance was not only a friend to our city, but I considered him a personal friend of mine. He supported efforts toward the growth and development of Jackson and was a personal support to both me and my father. Our prayers are with his family and all of those who were touched by his life.

Mayor Chokwe Antar Lumumba

The Jackson Municipal Airport Authority (JMAA) extends its deepest condolences to the family and friends of Hinds County Sheriff Lee Vance who passed away August 4. "We greatly mourn the passing of an incredible public servant in Sheriff Vance," said Robert E. Martin, JMAA Board chairman. "The Jackson Municipal Airport Authority sends our deepest sympathy to his family and the wonderful professionals at the Hinds County Sheriff's office. Sheriff Vance was a role model to many during his 30 plus years serving the Jackson area." The JMAA has worked closely with the Sheriff during his many years in law enforcement and cherish the close, longtime, inter-jurisdictional relationship crafted over his many decades serving the Jackson community.

The Jackson Municipal Airport Authority



Archie

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Archie with his mother Cherry Price at press conference on Saturday.

ring to the Court’s Emergency Administrative Order issued just days before on Thursday, August 5.

Emergency Administrative Order-21, the latest in a series of emergency orders issued by the state Supreme Court related to the COVID-19 virus, seems to make adjustments to the previous emergency order issued in late May when the virus seemed to be abating, acknowledging specifically that “circumstances have precipitously deteriorated, especially with respect to the delta variant of COVID-19.”

One of the major concerns expressed by the Archie family is that the order gives the Circuit Court discretion to deny citizens access to the courtroom to attend the trial. Joshua’s family wants to be in the courtroom to show support for the young man who they maintain had nothing to do with the robbery and shooting death of Adams by a masked gunman at the Party City in Ridgeland nine years ago.

Also, the Archie family seems to be gravely concerned about potential unfairness in jury selection. At the press conference, David Archie informed the media that jury selection for the current trial had actually begun months ago but that the Madison County District Attorney prosecuting the case had a close friend to die and hence petitioned the court for a continuance in order to deal with that loss of life. That continuance was granted.

It therefore seems logical to the Archie family that their attorney’s (Fortner) own petition for a continuance should have been granted

given that his own life may be at stake entering the courtroom with severe underlying conditions that put him “at-risk” during the current COVID-19 surge.

Price added emphatically, “We have gone to trial twice, two hung juries,” and further, “We’re just asking for a delay for a few months until COVID-19 dies down.” It seems reasonable.

According to CDC data, Mississippi has ranked the third highest among states in the nation over the past two weeks in COVID-19 case rate per 100,000 people. Only Florida and Louisiana rank higher.

David Archie visibly controlling his own emotions said, “We do not want Madison County to use COVID-19 as an advantage to prosecute Joshua Archie.” He said, “We don’t want to have another Curtis Flowers trial here in the state of Mississippi,” referring to the six-trial, twenty-three year, race-based prosecution of the Winona man that finally, after national attention, ended in dropped charges and monetary compensation from the state of Mississippi for 23 years of wrongful imprisonment.

In an interview with *The Mississippi Link*, Price said her son’s father, James Tony Archie, who passed away in 2012, had a dying request of his brother David Archie. She stated the request was, “Please bring my son home.”

As of Monday, the Mississippi Supreme Court had not stepped in. The jury selection of six blacks and six whites had been seated. The third trial of Joshua Archie is underway.

COVID

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barber shops. On another note, “We are seeing among adolescents lower vaccinations within the black community because parents are hesitant.”

Dr. Rachel Villanueva, president of the National Medical Association and clinical assistant professor of Obstetrics/Gynecology, NYU Grossman School of Medicine, added, “Infections are prevalent among ages 12 to 17. We need our communities to trust us and to have conversations with us. Personally, it took me many months to convince my mother to get vaccinated. We are using fact and science to protect our communities, and we are urging all health workers and eligible black Americans to get vaccinated.”

Michele Benoit-Wilson, OB-GYN, WakeMed Health, Raleigh, North Carolina and a member of the Sister Circle, explained the difficulty involved in coaching and managing simultaneously. She and others reached out to black fraternities and sororities, churches, etc. and acquired more than 2,000 blacks and Latinos to be vaccinated. “But this delta variant has become a pandemic in the black community. If you are vaccinated, you can potentially spread the virus to the community,” she said.

Benoit-Wilson asserted that 20% of

people now hospitalized in North Carolina are children. Now that schools are open, children need to be protected. Mask wearing is essential.

“Pregnant women,” said Benoit-Wilson, “have immune systems that are compromised, and we’re seeing more pregnant people being hospitalized and spreading the delta variant. So we need to have an honest conversation with families who are hesitant to take the vaccine. We know that black and brown people are vulnerable, and it is vital to get the message out.”

Panelists revealed during the question/answer session that (1) there is a large body of misinformation about COVID-19, and people should seek truth; (2) the delta variant is the dominant variable, and it is making people sick; (3) the majority of vaccinated people are protected; (4) the COVID-19 vaccine has not affected fertility; and (5) people should get vaccinated, wear masks and avoid crowded spaces.

The session concluded with Sellers thanking panelists and appealing to listeners to reach out in the communities where they reside to make a difference. “Together,” he stated, “we can make a difference.”

Delta

Continued from page 1

tions said the decisions were made based on the Department of Health guidance.

Like the Centers for Disease Control and Prevention, the Mississippi Department of Health has advised that people learning and working in school settings wear masks to prevent the spread of the virus.

Many K-12 public school districts have opted to create their own policies requiring masks before the start of the year, but some have resisted.

Republican Gov. Tate Reeves has said he won’t put a blanket mask requirement

in place.

Dobbs said Thursday they aren’t seeing “a lot of motivation for statewide mandates right now,” but urged schools to think carefully about what is the safest policy for their communities.

“You can’t fill a classroom with non-immune kids without a mask on with the most contagious coronavirus we’ve ever seen circulating and expect for it not to spread – it’s just biology,” Dobbs said. “Our will and desire to abandon safety measures does not trump the reality of the biology of the delta virus.”

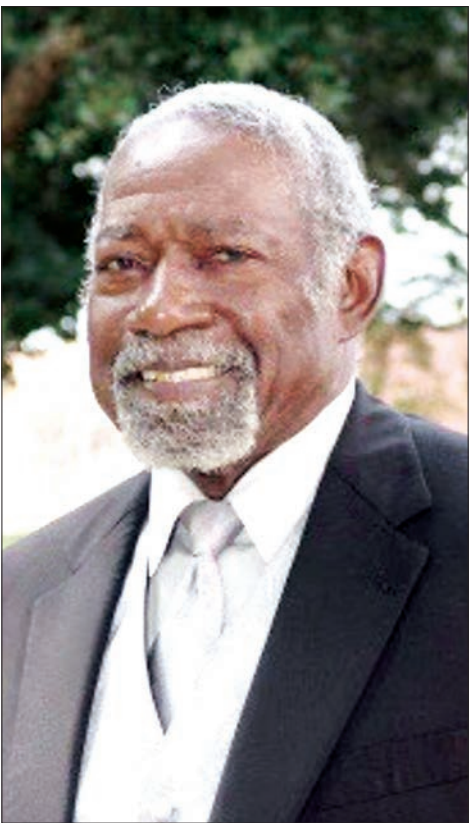
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In Memoriam

Wilfret Lewis Anderson Sr.

January 5, 1937-August 3, 2021



Anderson

Wilfret Lewis Anderson Sr. was born to the late Louise and Lewis Anderson Jr. January 5, 1937. He was called to his Heavenly Home August 3, 2021, with his family by his side. He accepted Christ as his Savior at an early age and was a faithful member of Pratt Memorial United Methodist Church in Jackson, Mississippi.

Anderson was a member of the Jim Hill High School choir, football team and track team. He graduated from Jim Hill in 1956. He received his B.S. degree in physical education in 1962 and M.S. degree in physical education in 1978 from Jackson State College. Throughout his childhood and college years, he excelled in sports, which served as a significant foundation for him as a successful coach for many years. While at Jim Hill, he was on the school's first football team.

Upon graduation from college, Anderson accepted a teaching position at Jim Hill High School, where

he was the first graduate to return for a teaching position. He spent over 25 years as a dedicated teacher, coach, mentor and father figure to many students while teaching and coaching at the old Jim Hill High School (Blackburn Jr. High School), Whitten Jr. High School, Jim Hill High School and Provine High School. Anderson used his platform as a teacher and coach to impact a very diverse group of students, especially during integration.

Anderson was better known as "Ole Man" and "Coach" by his students and by his college friends as "McArthur." He was also the only teacher and coach to carry a paddle in a holster at work.

Additionally, for many years, he could have easily been the face of his favorite chewing tobacco company, Red Man. He loved to get a chew.

During the summer months, Anderson invested a significant amount of time painting houses with his four boys as his painting crew.

Anderson was a man with many talents, and he wore many hats. Known as a reasonable disciplinarian, he always maintained a very uplifting, encouraging and humorous personality. He was by far an extended version of a people-person and always concerned about the well-being of his family, church members, co-workers and students. He will be missed by many but never forgotten.

Anderson leaves to cherish his memories: a devoted wife of 25 years, Geneva Hunt-Anderson; seven children, Cynthia (Travis Sr.) Ricks of Detroit, MI; Lynette Myles of Chicago, IL, and Derrick Martin of Burbank, CA. Four sons were born to the matrimony of Anderson and Shirley Anderson Spann: Wilfret (Cynthia) Anderson Jr. of Hollywood, FL; Marcus J. Anderson of Jackson, MS; Kenneth Anderson of Jackson MS; Dr. Brian Anderson of Jackson, MS; and grandchildren, Wilfret A. Anderson, NeAisha M. Anderson, Dr. Brandon M. Anderson, Alexxis

Anderson, Victoria Anderson, Cameron Smith Anderson, Jordan Josiah Anderson, Travis Ricks Jr., Terrence Ricks, Tera Ricks, Larry Bell, Stephanie Bell, Kristina Bell, Jay Jones Stingley, Jordan Martin, Michael Martin, Nicholas Martin and Patrick Martin; forever cherished as "Brother" by his sisters and brothers: Barbara Jean Anderson (preceded him in death), Beverly (Henry) Cotton of Jackson, MS; Marian Johnson of Memphis, TN; Shirley Triggs of Jackson, MS; Winston Anderson of Jackson, MS; Robert Anderson of Jackson, MS; Reverend Alvin D. Anderson, of Atlanta, GA; Jose' (Patricia) Anderson Jackson, MS; Dr. Albenny (Helen) Price of Atlanta, GA (nephew) reared as a son; a close family member Eddie "John Wayne" Dawson, best friend/brother-in-law coach Henry Cotton; great coaching friends, coach Leon Campbell and coach Stanley Blackmon; and a host of beloved great grandchildren, nieces, nephews, cousins and friends.

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Institute for the Advancement of Minority Health increases access to COVID-19 vaccines

Mississippi Link Newswire

The Institute for the Advancement of Minority Health (IAMH) is diligent in its efforts to increase access to COVID-19 vaccines. For the past several months, IAMH staff has partnered with various agencies throughout the state to get local communities vaccinated.

Sandra Melvin, CEO said, "We have worked with other community-based organizations and healthcare facilities to improve access to the COVID-19 in some of the state's most underserved areas in the Mississippi Delta, the Mississippi Gulf coast and the Metro Jackson area. Because of the high rate of infection and death in minority communities, coupled with the low vaccination rates, it is critical that we give people access to the COVID-19 vaccine."

Presently, IAMH has hosted twelve clinics and vaccinated over 145 individuals. Vaccine clinics have been held at parks, health clinics and churches.

"We were very excited to partner with the IAMH for our Back-to-School Blast in July," said Bishop Jeffery A. Stallworth, pastor of Word and Worship Church, Jackson, MS. "Our church believes in meeting the needs of the community, and our community needs this vaccine," said Stallworth.

The vaccination clinics are sponsored by IAMH and made possible through a grant from CDC Foundation with support from Amerigroup Foundation.

In addition to the clinics, IAMH and MS NAACP Health hosted a COVID-19 informational session featuring Dr. Fred Kency, a community emergency medicine physician at Baptist Medical Center in Jackson.

"This session was designed to provide an update on COVID-19 numbers in Mississippi and to share the latest COVID-19 guid-



Dr. Fred Kency was featured at the informational session sponsored by IAMH.

ance," said Melvin. The mission of IAMH is to reduce health disparities among disadvantaged and underserved minorities in Mississippi. As we continue to

fight this virus, it is important that we provide the community with accurate information from healthcare leaders who are on the frontlines trying to save the lives of Mississippians."

The Institute for the Advancement of Minority Health was established in 2019 to reduce health disparities among disadvantaged and underserved minority populations in Mississippi through the development of collaborative partnerships with community stakeholders and the implementation of evidence-based public health interventions with a particular focus on health equity.

For more information regarding the vaccine clinics, contact Asia McCarty at the Institute for the Advancement of Minority Health, mccarty@iamh.org.



Client getting his shot in the vaccination clinic.

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Mississippi HBCU students selected for White House honor

The Associated Press


Several students with ties to Mississippi have been chosen to be part of the White House Initiative on Historically Black Colleges and Universities, which honors high-achieving scholars. The program recognizes 86 undergraduate, graduate and professional students for their accomplishments in academics, leadership and civic engagement.

Among those being honored are Mississippi residents who attend institutions in the state: Rust College student Genesa Williams of Columbus, Hinds Community College student



Genesa Williams

Sydney Burks of Jackson and Alcorn State University student Kalon Johnson of Pickens.



Iyunola Owoyemi

Jayla Berry of Inkster, Mississippi, attends Benedict College in Columbia, South Carolina.



Kalon Johnson

Alcorn State University student Iyunola Owoyemi of Nigeria; Jackson State Univer-

sity students Sydney Nelson of Snellville, Georgia, and Alexandria Williams of North Little Rock, Arkansas; and Mississippi Valley State University student Kristopher Bond of Harvey, Illinois, were also selected for the program.

Scholars represent 54 of the nation's historically Black colleges and universities. They were selected from more than 200 applicants.

"The students who hold this honor are committed to creating a more just and equitable society through their civic engagement," U.S. Secretary of Education Miguel Cardona said

in a news release. "They are leaders and change-makers in their communities, and I cannot wait to learn from them as they serve as ambassadors both for the White House Initiative and their institutions of higher education."

The students will participate in national and regional events and monthly classes to connect with nonprofit, business and federal leaders.

Some of the students will attend the 2021 HBCU Week national conference in September for sessions about entrepreneurship, innovation and personal and professional development.

Vaccinated, unvaccinated at JSU to wear masks indoors; classes will be in person

Jackson State University

Based on the most recent guidance from the Mississippi State Department of Health and the Centers for Disease Control and Prevention, JSU will require face masks/coverings in all public indoor campus spaces for vaccinated and unvaccinated individuals, regardless of academic or extracurricular activity.

Face masks are not required when outdoors. However, masks should be considered in crowded

outdoor settings or during activities of close prolonged contact with others.

Additionally, fall 2021 classes will be in person, with a possible limited number of virtual course options. All classrooms have

been modified to accommodate social distancing.

They are also continuing to strongly recommend faculty, staff and student vaccinations, which will be offered every Tuesday on the main campus

in collaboration with Jackson-Hinds Comprehensive Health Center.

The upcoming Fall Faculty and Staff seminar, scheduled for Aug. 11-12, will be held virtually. Welcome Week activities will

move forward, leaving consideration for modification as needed.

Due to the evolving COVID-19 pandemic, JSU will continue to monitor its impact on the city and state and reevaluate their policies as necessary.

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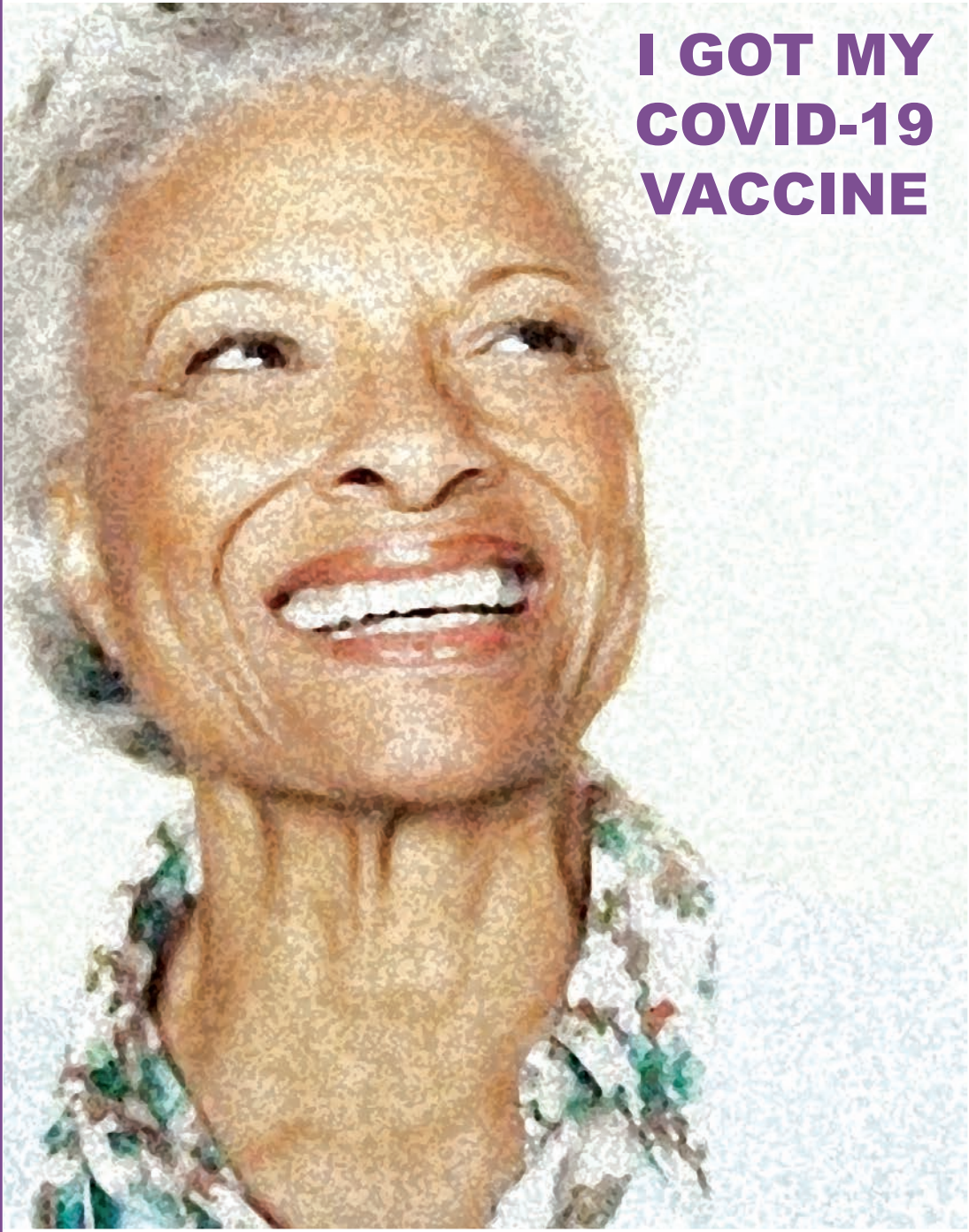
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This ad is a public service
of The Mississippi Link in
partnership with the Metro
Jackson Section of NCNW.

Fight Alzheimer's disease with a walk

By Vince Faust
Tips to Be Fit

There are millions of people in the United States living with Alzheimer's disease. Alzheimer's disease causes an irreversible decline in memory and reasoning. We still have a lot more to learn about this disease.

With new and more sophisticated brain scans and neurological tests, we are now able to identify signs of this disease in its early stages. Treatment has a much more positive outcome when the disease is discovered early. There's no cure for Alzheimer's, but there are treatment protocols that can help change the progression of the disease.

One of the new treatment protocols is walking. Dr Cyrus Raji, the lead researcher in a Alzheimer's study, stated they found that walking five miles per week protected the brain structure over 10 years in people with Alzheimer's disease in areas of the brain key memory and learning centers.

After they accounted for age, gender, body-fat composition and education, Dr Raji and his colleagues determined that the more a person exercised, the larger their brain volume. The greater your brain volume is a sign of a lower degree of brain



cell death as well as general brain health.

Walking is one of the best ways to get in some exercise. It's safe, healthy, fun, inexpensive, easy to start and a great form of exercise. Walking, like other exercises, should produce a training effect.

"Training effect" is the body's ability to recover from physical stress such as exercise or work.

Unlike many other aerobic exercises walking is relatively free from the many hazards of exercise. When you walk, the impact of each step is only 1-1/2 times your body weight.

There are a few safety features you want to take into consideration when walking outside. Walk with a friend. Avoid isolated and poorly lit areas. Always let someone know what

route you're taking and when you expect to return. Carry a cell phone and identification. Do not wear headphones they make you less aware of traffic sounds, dogs, approaching strangers and can cause problems with your equilibrium. If you can, use a route that others use when walking so you'll be less likely to be a victim of foul play.

It's hot, so drink water. Drinking water during your workout helps to increase your blood volume, which will increase cardiac output. Cardiac output is the amount of blood being pumped during each heartbeat. The more blood your heart pumps with each heartbeat the more nutrients are transported throughout the body. These nutrients provide energy for work.

Many people run out of steam during an exercise session because they don't replace water lost through exercise. Studies show that drinking water before, during and after a workout increases energy production. This is true during hot and cold weather. Don't wait until you become thirsty, by then it's too late and your body will start to fatigue.

As the weather gets hotter adjust your workout even if you're in good shape. If you're overweight, slow down your

workout pace. Your extra body fat and the heat will make your bodywork overtime.

There will be some days when the weather will be too hot to walk. Use your better judgment and forego your outdoor walk for an indoor track. Indoor tracks are good but they can cause problems with your ankle and knee joint.

When you walk or run on an indoor track, your ankles have to adapt to the change in the surface and the sharp curves. This can put a strain on your joints and muscle in your legs. When choosing an indoor track, chose one that has a wooden base. It should also have banked turns. You should make wide turns and reverse your walking direction every 10 minutes. These tips will help take the strain off your ankle and knee joint.

Remember, walking is relatively free from injuries but you can still overdo it. If you begin to feel pain, stop walking for a couple of days, then slowly work your way back into your program. Start walking at your own level, even if it's only for a few minutes. Then gradually build on the time, pace and distance.

A Quick Walking Program

1st Week
Walk 20 min. (10 mins out

and 10 mins back)

Record the distance.

Walk the same distance and time three times during the week.

2nd Week

Walk for 25 minutes. (13 mins out and 12 mins back)

Keep a record of the distance.

Walk the same distance and time three times during the week.

3rd Week

Walk for 30 minutes. (15 mins out and 15 mins back)

Keep a record of the distance and time.

Walk the same distance and time three times during the week

Increase the time by 5 minutes each week. Keep a record of both the time and the distance.

Try to have at least one day of rest between your walking workouts for the first two months if you've never been involved in exercise. After reaching 45 mins, try to increase the distance you cover in 45mins.

Remember, walking is one of the best ways to get in exercise. It's safe, healthy, fun, inexpensive, easy to start and a great form of exercise to slow the progression and help prevent Alzheimer's disease.

So start that walking program today.

How to protect your skin from skin cancer often detected among black men and women

By Merdies Hayes
Our Weekly News

With summer here, many people can hardly wait to spend more time outdoors walking, biking, hiking, camping and swimming after more than a year mainly indoors due to the COVID-19 pandemic.

Although that is welcome news for families and outdoor enthusiasts, we cannot forget an important fact: spending too much time in the sun and its harmful ultraviolet (UV) rays is hazardous to your health as it can cause skin cancer, a potentially deadly disease.

This is true for all ethnic groups, including the black community. According to a 2016 study in the Journal of the American Academy of Dermatology (AAD), melanoma, a form of skin cancer that affects all ethnic groups, is more frequently detected in later stages in black men and women than in any other ethnic group. This can lead to a worse prognosis and higher mortality rates.

The AAD has reported that people with darker skin tones do not receive a diagnosis until the cancer is in its later stages. This tends to be because the symptoms are harder to recognize. Reportedly, the five-year melanoma survival rate for African Americans is 65 percent, compared with 91 percent for white persons.

"There's a misconception that people with black or brown skin can tolerate the sun more than other people of different racial backgrounds," said Dr. Joy M. Twersky, a dermatologist with Kaiser Permanente Southern California. "That's false. Anyone can get skin cancer, and it's smart for all of us to protect our skin from UV radiation to lessen our risk.

"It's important to use sunscreen with a sun protection factor (SPF) of 30 or higher to better protect our skin, and it should be reapplied as needed, including every 1-2 hours when in the water or when perspiring. It's important to know that using sunscreen alone isn't always



Black persons should also look for a sore that will not heal (or heals and then reappears). Look for a dark spot, growth or darker area of the skin that is bleeding, growing, or changing in size or shape. Also, look for a dark line around or underneath a fingernail or toenail. PHOTO: ISTOCKPHOTO / NNPA

enough, however. We should also consider taking other steps to protect ourselves."

The AAD further reports that doctors diagnose around 24 percent of melanoma cases in the regional stage, meaning that cancer has spread to nearby lymph nodes. As well, physicians tend to diagnose roughly 16 percent of melanoma cases when they are in the "distant-stage" (cancer has spread to distant parts of the body).

Protecting your skin

Twersky offered the following tips to lessen your chance of getting skin cancer:

- Avoid the sun during its peak hours from 10 a.m. to 4 p.m.
 - Understand that sand, water and snow can reflect 85 percent of the sun's rays.
 - To protect your eyes, wear sunglasses capable of blocking 99 percent of UVA and UVB radiation.
 - When possible, wear loose-fitting, long-sleeved clothing to cover much of your skin.
 - Wear clothing with the UPF label that helps protect against UV radiation.
 - Because their skin is more sensitive, completely shield the skin of babies younger than 6 months from the sun.
- "Taking these precautions will

help you a great deal in preventing skin cancer," Twersky said. "Additionally, following these simple tips will also help keep your skin looking healthier.

Checking your skin

It is important to keep an eye out for new spots or growths on your skin that are changing, such as growing, itching or bleeding, as these could be early signs of skin cancer, and they can occur even in sun-protected places, like the soles of our feet. Use a mirror to examine difficult-to-see areas, especially on the bottoms of feet and between the toes.

Examine areas most likely to develop skin cancer, such as soles of the feet, inside the mouth, the anogenital region, the palms of the hands and other areas where skin's pigment is not as dark.

Black persons should also look for a sore that will not heal (or heals and then reappears). Look for a dark spot, growth or darker area of the skin that is bleeding, growing, or changing in size or shape. Also, look for a dark line around or underneath a fingernail or toenail.

With early detection, skin cancer can be treated more easily. That's why it's important to regularly check our own skin. If you find something of concern, have your skin checked by a doctor.

Alarming CDC memo reveals vaccinated individuals spread delta variant as much as the unvaccinated

By Stacy M. Brown
NNPA Newswire Contributor

Anyone who wants to lessen their chances of contracting the coronavirus, and anyone wishing to avoid potentially spreading the new delta variant, should wear a mask and get vaccinated ... at the least.

In an alarming reveal by the Centers for Disease Control and Prevention, the agency "acknowledged the war has changed" in the fight to end the pandemic.

The now widely reported CDC internal memo states that fully vaccinated individuals can spread the deadly delta variant at the same rate as unvaccinated people.

"I think people need to understand that we are not crying wolf," CDC Director Dr. Rochelle Walensky said in a televised interview. "It is one of the most transmissible viruses we know about. Measles, chickenpox – they are all up there," Dr. Walensky asserted.

CDC officials revealed that the delta variant "is about as transmissible as chickenpox, with each infected person, on average, infecting eight or nine others."

The original lineage was about as transmissible as the common cold, with each infected person passing the virus to about two other people on average, the CDC concluded. That infectivity is known as R0.

"When you think about diseases that have an R0 of eight or nine – there aren't that many," Walensky told CNN. And if vaccinated people get infected anyway, they have as much virus in their bodies as unvaccinated people, the network noted. That means they're as likely to infect someone else as unvaccinated people who get infected.

The news is bleak for people of color already disproportionately affected by the pandemic.

According to a study performed by the Associated Press, African Americans, Latinos, and Native Americans are two to three times more likely than white people to die of COVID-19.

The report's authors expressed perplexity because they said because blacks and Hispanics are younger on average than whites,



Walensky

it would stand to reason that they would be less likely to die from a disease that has been brutal to the elderly. But that's not what is happening, the AP researchers determined.

The analysis found that Latinos are dying at much younger ages than other groups. Thirty-seven percent of Hispanic deaths were under 65, versus 12 percent for white Americans and 30 percent for African Americans. Hispanic people between 30 and 39 have died five times the rate of white people in the same age group.

Still, the CDC found that those vaccinated remain safer. "Vaccines prevent more than 90 percent of severe disease but may be less effective at preventing infection or transmission," the CDC memo read. "Therefore, more breakthrough and more community spread despite vaccination."

According to the memo, vaccines reduce the risk of severe disease or death 10-fold and minimize the risk of infection three-fold. The presentation also noted that the Delta variant likely causes more severe disease.

The memo recommends vaccine mandates and universal mask requirements. The CDC concluded that the latest virus surge has centered in locations with the least amount of vaccinations. The virus is once against surging across the US – especially in areas where fewer people are vaccinated.

"The number of cases we have now is higher than any number we had on any given day last summer," Walensky told CNN.

P R E S E R V E D

Controlled by fear or faith: 2 sides of the same coin

By Shewanda Riley
Columnist



“Don’t ask for nothing ‘cause you ain’t getting’ nothing!” The passion and force behind the voice that delivered these words startled me as I rushed to get in my car. Once I was settled in my car, I glanced over at the slightly overweight middle-aged woman struggling to get out of her late model Chevrolet Malibu. At first, I thought she was physically handicapped because of the disabled vet license plate. However, once I watched her follow the two elementary aged children into the store, I saw something else.

I watched her make her way into the store and listened to her repeat her earlier warning. Both kids looked up at her as if they’d heard her bark these words many times before.

They didn’t even flinch the 2nd time but made their way into the store’s toy section.

I originally wrote these words several years ago in a column about fear and control. The grandmother used the fear of a spanking (or worse) to control the behavior of her grandchildren while they were in the store.

I thought about her words recently because so many people are controlled by fear about the COVID-19 vaccine. There is so much misinformation that has made millions fearful about taking a vaccine that has so far shown it can protect against some of the worst effects of the deadly respiratory virus. When asked why the hesitation, folks that I have talked to have stated most often that they are faithfully trusting God or waiting to see what the effects will be.

On the surface, those appear somewhat reasonable

(we are taught as Christians to trust God, right?). However, a closer look might reveal that some who are hesitant to get the vaccine are controlled by fear and not faith.

Misinformation on social media and hysteria surrounding non-proven side effects of the vaccine like infertility, rewired DNA and embedded microchips are just a few examples of this. In addition, violent responses to wearing masks, state laws and various governors’ mandates preventing mask/vaccine mandates show how fear has allowed politics to influence decisions that should be left to public health and medical professionals.

The Amplified Version of 2 Timothy 1:7 explains God’s approach to fear: “For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that re-

sult in a calm, well-balanced mind and self-control].” One thing the ongoing fights over the Covid vaccine has exposed is that despite what we’d like to believe, sadly we live in a self-centered and entitled world. Yet, there is a solution.

This scripture reminds us that God gives those who are willing to receive it power, love and a sound mind. It takes a lot of faith, love and self-control to consider the well-being of our neighbors/friends/family/coworkers along with our needs. Getting the COVID-19 vaccine is a personal decision but like most personal decisions, it doesn’t just affect you.

Shewanda Riley is the 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 preservedby-purpose@gmail.com or Twitter [@shewanda](https://twitter.com/shewanda).

The blood of Jesus Christ can cure sin

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



I want you to understand that the Gospel was not intended to be trampled underfoot. It was not intended to be rejected and abused by feeble man. It was given to be obeyed. John said in Revelation 2:21-22, “And I gave her space to repent of her fornication; and she repented not. Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation except they repent of their deeds.”

This is part of a message that God gave John for one of the seven churches on record in the Book of Revelation, and it reaches down to us today.

People need to start dealing with this thing called sin. It has become a little more subtle today than it was in the past, yet wickedness is increasing at an alarming rate.

In many places people are turning their churches into theaters. They would rather show movies than preach the Gospel. Now, that may afford much diversion and much enjoyment, but it is not the cure that is needed for sin. Only one thing can cure sin: the blood of Je-

sus Christ.

I thank God today that we have the opportunity of having that blood applied to our souls. Thank God, through obedience to the Gospel, many can yet experience the transforming power of the grace of God.

Are you using the time to find more enjoyment for the flesh or for rebelling against God? Well, Christ said, “Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation except they repent of their deeds.”

Friend, God wants repentance; I mean heartfelt repentance. It is good to go to an altar to have the ministry pray for you, but what God actually wants are repentance and obedience to His Word. Proverbs 29:1 reads, “He, that being often reproved hardeneth his neck, shall suddenly be destroyed, and that without remedy.”

God is saying, “Do not continue to harden your heart against Me.” You were born to serve the Lord. You were made to be God’s child and to spend your life to the glory of God.

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

New Bethel Missionary Baptist Church

Pastor, Dr. F. R. Lenoir



Sunday School - 9:15 a.m.
Sunday Morning Worship - 10:30 a.m.
Live Radio Broadcast
WOAD AM 1300 - 11:00 a.m. - 12:00 p.m.




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Sunday Morning Fellowships: 9:30 a.m. Sunday Sch: 10 a.m.	Sunday Worship Service: 11:15 a.m. (Fellowship following worship service 1st Sundays)	Wednesday Prayer/Bible Study: 7 p.m.
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Rev. Mark Jackson, Pastor
231-A John Day Road • Off Hwy 16 East • Canton, MS 39046
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Sunday School 8:45 a.m.

MONDAY
Intercessory Prayer 9:00 a.m.

WEDNESDAY
Prayer Service 6:30 p.m.
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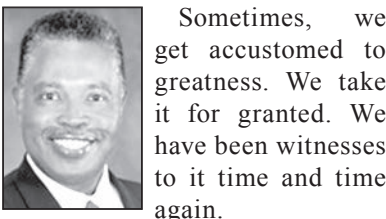
WEDNESDAY
7:00 p.m. - Bible Class

TV BROADCAST
8:00 a.m. - Channel 14 (Comcast)

Prayer Everyday: 6 a.m. and 6 p.m.

The greatness of Simone Biles lives on

By James B. Ewers Jr.
*President Emeritus
Teen Mentoring Committee of Ohio*



Sometimes, we get accustomed to greatness. We take it for granted. We have been witnesses to it time and time again.

Such is the case with Simone Biles. Her greatness has been on display for years now so we in the public square just expect it.

For us, our appetites never get enough. We always want more greatness. We want more excellence. Just give us more.

Biles has given the world excellence and she has achieved greatness. The barometer that you use does not matter. She has risen to rarified air, and she has remained there alone.

I believe Biles has been a powerful figure for young girls. Her performances in gymnastics have been breathtaking and gravity-defying.

What she has shown is that if

you stick to it and never give up, you may make it to the Olympics. Dreams plus hard work will always pay off, whatever field you pursue.

Biles has represented the United States of America with dignity, class and grace. She has been nothing short of superb.

Biles has been on top and will forever remain on top. The gymnastics mountaintop has only one occupant and that is Simone Biles.

There have been others to achieve great acclaim like Shannon Miller, Gabby Douglas and Kerri Strug. However, none have achieved the status and stature that Biles has.

Some in the critic’s corner will point to this year’s Olympics. Biles decided to forego the competition except for the balance beam. She won the bronze medal in that event. The reasoning behind it, according to Biles, was to focus on her mental health.

I believe we think that people who achieve greatness are sometimes robotic and without feel-

ings. They just turn on a switch or press a button and presto, here comes the honor or the award. It does not work like that.

Biles said, “It just sucks when you are fighting with your head.” She added, I was like, I’m not in the right headspace, I’m not going to lose a medal for this country and for these girls’ because they worked way too hard for me to go out there and have them lose a medal.

These comments came after the vault in her opening rotation. She knew when to stop. This self-awareness is a part of what makes Biles a champion.

Her teammates and those who mattered supported her decision to withdraw from the competition.

Biles and tennis star Naomi Osaka have been at the forefront to talk about the importance of mental health. Osaka, a multiple Grand Slam winner said, “It’s o.k. to not be o.k., and it’s o.k. to talk about it.”

Mental health struggles affect

us in all types of jobs. In a survey done last year, 80% of workers said they would consider another job that had better support for mental well-being.

Michael A. Lindsey, a mental health researcher said, “There’s this overall sort of ethic in our society around grinning and bearing it, taking it on the chin.”

This notion is finally coming to an end as more people are speaking up and talking about this important topic.

Biles is a decorated champion with 4 Olympic gold medals and 19 world championship titles. She also has 4 elements in the Women’s Artistic Gymnastics Code of Points named in her honor.

When asked recently about the next Olympics, she has left the door open.

We’ll just have to wait and see what happens. Whether she competes again will obviously be entirely up to her.

Let’s just be happy, be elated that we had the chance to watch her perform.



Biles

The attack on the Capitol and the shameful right-wing Republican response

By Ben Jealous
People For the American Way



The Jan. 6 attack on Congress and the U.S. Capitol was an assault on our democracy. So is the effort by congressional Republicans and their right-wing media allies to keep Americans from learning the truth about the insurrection. They are desperate to protect the people responsible for that deadly attack. We can’t let them.

The U.S. House Select Committee to Investigate the January 6 Attack on the United States Capitol held its first hearing July 27. It was hard to watch, but important for Americans to witness.

Four officers testified, two from the Capitol Police and two from the Washington, D.C. police department. They described the physical attacks they endured and the moments in which they feared for their lives.

Capitol Police officer Harry Dunn described being surrounded by an angry mob taunting him with the n-word, something he said he had never been called while protecting the Capitol.

The power of the first hearing, and the impact of the officers’ stories, testified to the importance of the select committee created by Speaker of the House Nancy Pelosi after Republican congressional leaders refused to join in creating a bipartisan commission to investigate the insurrection. The leader of the House Republicans, Minority Leader Kevin McCarthy, even tried to tank the select committee by appointing people who were intent on disrupting its work.

Thank goodness Pelosi wasn’t going to let that happen. When she refused to play McCarthy’s game, he tried to stop any Republicans from joining the panel.

To their credit, two conservative Republicans, Reps. Lynn Cheney of Wisconsin and Adam Kinzinger of Illinois, decided to put country over party. They have refused to be bullied by former President Donald Trump into promoting his lies about the election. They have refused to be intimidated by threats from McCarthy and other Republicans who are downplaying the fact that a violent mob incited by Trump tried to prevent the peaceful transfer of power to President Joe Biden.

I was disgusted to see right-wing activists and media figures like Charlie Kirk and Laura Ingraham mocking and belittling the police officers who were traumatized by the attack. And I am even more disgusted by the members of Congress who have betrayed and abandoned the officers who put their lives on the line to protect them. Some Republican members of Congress dismissed the mob that hung a noose and hunted members of Congress.” Some Republican members of Congress are calling insurrectionists “political prisoners.”

Capitol Police Sgt. Aquilino Gonnell testified that such distortions are deeply demoralizing. I believe it is possible that kind of betrayal may have contributed to the suicides of four officers who were defending the Capitol that day.

All the lies that Trump and his team can spew could not stand up to the actual experience of those officers. And that was just the beginning. There are a lot of dark corners that need some light thrown on them.

We need to learn more about what Trump was doing on Jan. 6. We need to know which members of Congress he talked to and what he said. We need to know which members of Congress or congressional staff might have helped insurrectionists plan and carry out the attack.

We need a fuller understanding of how all the different groups promoting Trump’s stolen election lies fueled the rage of his supporters and built the momentum behind the violent mob that swarmed the Capitol.

We also need to get a better handle on some bigger picture questions, like problems of racism and authoritarianism in law enforcement. At least 17 law enforcement officers that we know about took part in the attack on the Capitol. The military needs to get a handle on the existence of white supremacy and other extremist ideologies in the ranks.

We cannot forget just how deadly and dangerous the insurrection was – and is.

Former President Trump continues to rile his supporters with the big lie that he won the election and had it stolen from him. Right-wing politicians, media personalities and pastors spread those lies. Some still say Biden will be removed and Trump returned to power. Some talk openly of civil war.

This is all discouraging. But remember this. As loud, and mean, and violent as Trump’s supporters can be, they are still a minority. They may have the power to intimidate cowardly Republican officials, but they cannot prevent us from learning the truth about Jan. 6.

Ben Jealous serves as president of People For the American Way. Jealous has decades of experience as a leader, coalition builder, campaigner for social justice and seasoned nonprofit executive. In 2008, he was chosen as the youngest-ever president and CEO of the NAACP. He is a graduate of Columbia University and Oxford, where he was a Rhodes Scholar, and he has taught at Princeton and the University of Pennsylvania.

“My Truth” Am I jaded?

By Cheryl Smith
*Publisher of I Messenger Media
Texas Metro News*



News of yet another shooting made me take a deep breath recently. Well, actually every day I take a deep breath about abuses or murders by a “few bad apples.” There are so many law enforcement officers that I have much admiration, respect and love for and there are those who I would love to have forced into early retirement, or even imprisonment.

That’s just not the way it should be. Law enforcement is expected to protect and serve; however, there are some people who just don’t deserve to wear a badge or carry a gun. And that’s the real deal.

There’s a young man I began following lately, Money Mitch 223. I tuned in for personal reasons and then too, I saw something in him and his music.

I felt that with guidance and mentorship he had a bright future, so I was anxious to see his growth and development. Imagine my surprise when I received word that Money Mitch 223 was yet another casualty. Early reports said he was in a shoot out with local sheriff deputies and ended up dying from self-inflicted wounds.

Even though Money Mitch 223 was a product of his environment and violence was rampant in the southern Florida area where he had spent his entire life, the suicide theory didn’t ring true at all.

Talking to the media, Deputy Chief Frank DeMario of the Palm Beach Sheriff’s Office said, “Our tactical unit was surveilling a suspect for murder. They also have probable cause on him for drugs.”

It has been further reported that Money Mitch jumped out of an Uber and started shooting at two police deputies. They pursued him and “We followed him up to a building and on the second



floor, we noticed some blood droppings on the first floor. We thought he was wounded.”

Fast forward and the story changes. The deputies did “not” see any blood. The deputies happened upon Money Mitch 223 and he was deceased. Forgive my cynicism. Let’s see bodycams. Were there any surveillance videos?

Which brings me to my truth.

For decades there have been cries about the need to have better oversight. Were it not for the steady hand of Darnella Frazier, holding the cell phone as George Floyd took his last breath, or the surveillance camera that caught several officers beating and kicking a handcuffed unresisting man, a “few bad apples” would not be held accountable.

I’m watching closely to see what comes of the murder of Money Mitch 223.

Why did the sheriff change his story? Was it murder or suicide? What are the autopsy results?

Sure there’s more to the story of Money Mitch 223, as is the case with everyone. Still, everyone also deserves justice.

LEGAL

IN THE CHANCERY COURT OF HINDS COUNTY MISSISSIPPI
FIRST JUDICIAL DISTRICT

CITY OF JACKSON MISSISSIPPI

VERSUS

JACKSON STATE UNIVERSITY
AND ANY AND ALL UNKNOWN PERSONS AND
ENTITIES AND PARTIES HAVING AN
INTEREST IN PARCEL # 145-27 LOCATED
IN THE CITY OF JACKSON MISSISSIPPI
AND COMMONLY REFERRED TO AS
MOUNT OLIVE CEMETER

SUMMONS BY PUBLICATION

THE STATE OF MISSISSIPPI

To: ALL UNKNOWN PERSONS AND ENTITIES HAVING AN INTEREST IN PARCEL
145-27, ALL UNKNOWN HEIRS OF PERSONS BURIED IN MOUNT OLIVE CEMETERY

You have been made Defendants in the suit filed in this Court by The City of Jackson
Mississippi to acquire title to Parcel # 145-27 located in Subdivision 640 which is com-
monly referred to as Mount Olive Cemetery and is more adequately described in an

PLAINTIFF

G2021-00985 G/2

instrument recorded in Deed Book 18 at Page 581. The Jackson Cemetery Association
was administratively dissolved in May 1989. The officers of the entity prior to administra-
tive dissolution are not known. Persons other than you who are Defendants in this cause
are Jackson State University.

You are required to mail a written response to the Complaint to Carrie Johnson, attorney
for the Plaintiff(s) at Post Office Box 2779, Jackson, Mississippi 39207-2779. Alterna-
tively, the response may be hand delivered to the Plaintiff's attorney at 455 East Capitol
Street, Jackson, Mississippi.

Your response must be mailed or delivered not later than thirty (30) days after the date
of first publication of this summons. If your response is not so mailed or delivered, a
judgment by default will be entered against you for the money or relief demanded in the
complaint.

You must also file the original of your response with the clerk of this Court within a rea-
sonable time afterward.

Issued under my hand and the seal of said Court, this the 9th day of July 2021.

Eddie Jean Carr, Chancery Clerk
Seal

By: S Rankin, Deputy Clerk

8/5/2021, 8/12/2021, 8/19/2021

LEGAL

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT A PUBLIC HEARING SET FOR TUESDAY, AU-
GUST 31, 2021 AT 10:00 A.M. IN THE COUNCIL CHAMBERS OF CITY HALL, 219 S.
PRESIDENT STREET, A CKSON, MISSISSIPPI 39201. IT IS HEREBY SCHEDULED
TO DISCUSS RENAMING OF ORA BELL (MA BELL) WRIGHT DRIVE FROM MARTIN
LUTHER KING JR. DRIVE TO FLORA STREET TO BARBARA RAMSEY DRIVE. IN
CONSIDERATION OF THE FOLLOWING:

ORDINANCE OF THE CITY COUNCIL OF A CKSON, MISSISSIPPI ESTABLISHING
THE HONORARY RENAMING OF ORA BELL (MA BELL) WRIGHT DRIVE FROM MAR-
TIN LUTHER KING JR. DRIVE TO FLORA STREET TO BARBARA RAMSEY DRIVE.

8/5/2021, 8/12/2021

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TO HOLMES AVENUE TO REVEREND FRANK WILBERT A MES DRIVE. IN CONSID-
ERATION OF THE FOLLOWING:

ORDINANCE OF THE CITY COUNCIL OF A CKSON, MISSISSIPPI ESTABLISHING
THE HONORARY RENAMING OF CARNATION STREET FROM POCOHONTAS AV-
ENUE TO HOLMES AVENUE TO REVEREND FRANK WILBERT A MES DRIVE.

8/5/2021, 8/12/2021

Crossword Puzzle

1		2		3		4				5		6		7		8
9						10				11						
12										13						
14						15		16				17				
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22						23						24		25		26
27						28				29		30				
31										32						
33												34				

ACROSS

1. Mormon State
5. Jewish calendar month
9. Arab chief
11. Restaurant
12. Italian physicist
13. Leave now!
14. MGM's Lion
15. Terabyte
17. Snacked
18. Painter Georgia ____
20. Forward
22. Hotel
23. Teacher's assistant, for short
24. Kitten's cry
27. Net strung across a stream
29. Not here
31. Hee-haw
32. Spooky
33. Walk through water
34. What a tie hangs on

DOWN

1. Defunct football league
2. Formal "you"
3. Air (prefix)
4. That man
5. Spots
6. Coffee shop order
7. Having wings
8. Religious ceremony
10. Brand of crunchy stick candy
16. Revile
18. Ouch!
19. Education (abbr.)
20. Musical production
21. Mythological nymph
22. Compass point
24. Meager
25. Little Mermaid's love
26. Seven days
28. Seed bread
30. Egg layer

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LEGAL

ADVERTISEMENT FOR BIDS AND NOTICE TO CONTRACTORS

Sealed bids will be received by the City Clerk of Jackson, MS, at 219 South President Street, Jackson, MS 39201
or at Post Office Box 17, Jackson, MS 39205 until 3:30 P.M. local time, Tuesday, September 21, 2021 at which
time bids will be publicly opened and read aloud for:

Alta Woods Playground Renovation – Will O Wisp Way, Jackson, MS 39204
Virden Addition Playground Renovation, 3169 Edwards Ave, Jackson, MS 39213

Proposals shall be submitted on forms furnished and sealed and deposited with City Clerk prior to the hour and
date above designated. A copy of the construction documents (plans and/or specifications) for the construction
being sought has been filed with the City Clerk of Jackson, MS. Official bid Documents can be downloaded from
Central Bidding at www.centralbidding.com. Electronic bids and/or reverse 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. Questions regarding plan clarifications or requests for information should be directed to the
landscape architect as follows:

WAS Design, Inc.
1510 North State Street, #300
Jackson, MS 39202
P: 601-790-0781

A copy of the Bid Documents (including plans and specifications for the Work) are being made available via digital
and original paper copy. Plan holders are required to register and order bid documents from the Jackson Blueprint
Online Plan Room website <http://planroom.jaxblue.com>. There is no charge for registration or to view the bid
documents online. Bid 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 approximately \$41.25 plus shipping
and applicable sales tax and an electronic downloadable set is \$20.00 plus applicable sales tax. For questions
regarding website registration and online orders please contact Jackson Blueprint & Supply at (601)363-5803.

The City of Jackson hereby notifies all bidders that in compliance with Title VI of the Civil Rights Act of 1964, as
amended, 42 U.S.C. 2000d to 2000d-4 that all bidders will be afforded full opportunity to submit bids in response to
this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in
consideration for an award.

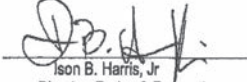
The City of Jackson is committed to the principle of non-discrimination in public contracting. It is the policy of the
City of Jackson to promote full and equal business opportunity for all persons doing business with the City. As a
pre-condition to selection, each contractor, bidder or offeror shall submit a completed and signed Equal Business
Opportunity (EBO) Plan Application, with the bid submission, in accordance with the provisions of the City of
Jackson's Equal Business Opportunity (EBO) Executive Order. Failure to comply with the City's Executive Order
shall disqualify a contractor, bidder or offeror from being awarded an eligible contract. For more information on the
City of Jackson's Equal Business Opportunity Program, please contact the Division of Equal Business
Opportunity at 601-980-1656. Copies of the Executive Order, EBO Plan Applications and a copy of the Program,
as attached, are available at 200 South President Street, Second Floor, Jackson, Mississippi.

The City of Jackson, Mississippi ("City of Jackson") is committed to maintaining and ensuring the quality of life of its
citizens, through various programs, employment, initiatives, and assistance. The City encourages all persons,
corporations, and/or entities doing business within the City, as well as those who seek to contract with the City on
various projects and or conduct business in the City, to assist the City in achieving its goal by strongly considering
City residents for employment opportunities.


Bid preparation will be in accordance with the Instructions to Bidders bound in the project manual. The City of
Jackson reserves the right to reject any and all bids and to waive any and all irregularities in respect to any bid
submitted or to accept any proposal which is deemed most favorable to the City of Jackson.

A PRE-BID CONFERENCE WILL BE HELD

The Pre-Bid Conference will be at 3:00 pm., Wednesday, September 8, 2021, Department of Parks & Recreation,
1000 Metrocenter Drive, Suite 104, Jackson, MS 39209. All Contractors who intend to submit "BIDS" are
encouraged to attend.



Isen B. Harris, Jr.
Director, Parks & Recreation



Valerie Tucker
Interim Deputy Director
Housing & Community Development

8/12/2021, 8/19/2021

LEGAL

ADVERTISEMENT FOR PROPOSAL FOR
CERTIFIED PUBLIC ACCOUNTING FIRM
BY THE
JACKSON MUNICIPAL AIRPORT AUTHORITY
PROJECT NO. 008-21

The Jackson Municipal Airport Authority ("JMAA") is seeking electronic proposals ("Pro-
posal") for a Certified Public Accounting Firm to conduct audits of the JMAA financial
statements

Sealed Proposals to perform the services will be accepted at 4:00 p.m. Central Standard
Time (CST) on Thursday, September 2, 2021 (the "Proposal Deadline"). Proposal shall
be accepted by email, mail, or hand delivery as follows:

Email: bids@jmaa.com
By mail or hand delivery: JMAA's Administrative Office, Suite 300
Main Terminal Building
Jackson-Medgar Wiley Evers International Airport
100 International Drive, Jackson, Mississippi 39208

The following identification information must be provided with the submission: (i) Atten-
tion: Dr. Nycole Campbell-Lewis, Chief Administrative Officer; (ii) the wording: "Certified
Public Accounting Firm, Project No. 008-21." If the submission is submitted via email,
the identification information must be provided in the email subject line. If the submission
is submitted by hand delivery or mail, the identification information must be marked on
the outside or exterior of the bid envelope or container.

JMAA will not consider any Proposals received after the Deadline for any reason whatso-
ever. Information for Respondents relating to this Request for Proposals ("RFP") is on file
and open for public inspection at the offices of JMAA. The Information for Respondents
contains a copy of the RFP, General Information for Respondents, Information Required
from Respondents and Criteria for Selection. Interested persons may obtain a copy of
the Information for Respondents from JMAA by contacting Dr. Nycole-Campbell-Lewis,
as follows:

Jackson Municipal Airport Authority
100 International Drive, Suite 300
Jackson, Mississippi 39298-8109
Attention: Dr. Nycole Campbell-Lewis
Telephone: (601) 360-8621
Facsimile: (601) 939-3713
Email: nlewis@jmaa.com

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

Based on the proposals received and the scoring of each proposal, JMAA will initiate
negotiations with the Respondent ranked first. If such negotiations fail to produce an
agreement in form and content, satisfactory to JMAA, within a reasonable period of time,
then JMAA may reject the first-ranked Respondent and follow the same process with the
other Respondents, in the order of their ranking, until a Respondent agrees to and enters
into an agreement satisfactory to JMAA.

JMAA will not hold a Pre-Submission Conference for this project.

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

JMAA has chosen to not establish a DBE participation goal for this RFP. However,
twenty (20) points are potentially available to Respondents submitting an acceptable
minority participation proposal for the Services.

A CKSON MUNICIPAL AIRPORT AUTHORITY

Date: 7/28/2021
Paul A. Brown, Chief Executive Officer

7/29/2021, 8/12/2021

Cryptogram

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

Hint: Quote by Richard Simmons

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

K Y Z X R F Y S F Y Q X B E S C X S C Z S E T Z F
S F M F R Q Y R V F H T H J X H

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Growing Mississippi’s economy—together.

We live and work in the communities we serve, and we’re invested in growing this place we all call home. So we’re always looking to partner with local suppliers and contractors to help us bring safer, more reliable energy to the people of Mississippi.

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If you’d like to learn more about our qualification and insurance requirements, bid and contracting processes and other details, reach out to us at Supplier@SpireEnergy.com, or visit us at SpireEnergy.com/Doing-Business-Spire.

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

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Cryptogram Solution

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

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KYZ XRF YSF YQ X BESC XSC ZSETZF
NEVER FORGET THAT
SFMFR QYRVFH HJXH

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HAMLIN FLORAL DESIGN

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507 Church Street - Canton, MS

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Hezekiah Walker looks to bring gospel music center to HBCU



By Jonathan Landrum Jr.
AP Entertainment Writer

Hezekiah Walker became a student at Virginia Union University two years ago, but the Grammy-winning gospel singer took his collegiate experience to the next level by opening a gospel music center on the campus.

He will lead the Hezekiah Walker Center of Gospel Music at Virginia Union University in Richmond, Virginia. It's being dubbed as the first academic center focused on gospel music at an historically black college or university where students can learn the cultural and business aspects of the genre and industry.

Walker said the center – which opens in Spring 2022 – would provide a tremendous outlet to “house our music.”

“I thought it was a great opportunity to invite people to come to Virginia Union for gospel music and they can learn about our heritage,” said Walker, a two-time Grammy winner. He wants to make Virginia Union a prime destination for gospel music in hopes of breathing enthusiasm into a younger generation about the genre's culture.

With help from the school's administration, Walker will curate the center's curriculum geared toward aspiring songwriters, instrumentalists, vocalists, producers, managers and publicists within the gospel realm. He said the school will teach students primarily about gospel music unlike any other college.

Courses will be available to all Virginia Union students. Certification courses related to work in the industry will also be available to the general public.

“When we send our kids to their schools, they kind of learn their music,” said the singer, who pastors a church in New York. “They learn their way of doing gospel. When those kids come back to our churches and come back to our culture, they go ‘We don't want that.’ We're losing our kids by the day.”

Two years ago, Walker decided to return to school. He spent some time researching universities who are known for their theological seminary schools and found that Virginia Union, a private black university, had one of the best in the country.

After registering, Walker was accepted into Virginia Union's Samuel Dewitt Proctor School of Theology, where he's currently a second-year student. But when the renowned gospel singer initially stepped on campus, he was mostly incognito sporting his hat backward with sunglasses.

But Walker's moment of obscurity lasted for a couple months until he met with Virginia Union

president Hakim J. Lucas. The gospel singer said Lucas was unaware he was a student until a faculty member informed him.

Initially, the conversation was about Walker performing in a concert. But the two came up with the grand idea to create a gospel music school and convert one of the buildings on campus into the center, which will don Walker's full name.

“Gospel is a part of the legacy and story of the journey of black spirituality, black social justice and black religion,” Lucas said. “If we're going to be serious as an institution, committing ourselves to the empowerment of black people, you have to create a way to study all of these institutions.”

Lucas said the university felt compelled to embrace gospel because “we understood the academic roots of the music.”

“You have other universities teaching people that gospel music is not Christian music and that it edifies something else,” Lucas said. “We're here to stand up and say ‘No, gospel music is not only a part of the black experience, it's critical for the black and African-American religious experience.’ But it's also a part of our continued struggle for social justice.”

Walker is known for gospel songs such as “Souled Out,” “Every Praise” and the Grammy-nominated “Better.”

He believes his center can help up-and-comers who are willing to take pride in uplifting the genre, which he thinks is disconnected from other areas of the music industry. He said exploring the history and milestones of the genre – like the first time a gospel artist won a Grammy or received a big royalty check – are important to help students appreciate those who paved the way for them.

“We need to teach our people so they can understand it,” he said. “Then they can appreciate where we are today and where we're going as we look back to where we come from.”

While Walker preps for the gospel center's opening and continues as a student, he's also working on a new album, which he expects to release in October. He worked with Teddy Riley to create a song with a New Jack Swing vibe meshed with inspirational messages.

“I'm ready to minister to another group of people,” he said. “I'm ready to sing to another group. I think the church has been saturated with all different kinds of artists, which I'm grateful. I'm a part of it but I'm ready to bring some inspiration to a new group of people.”

Senate passes \$1 trillion Infrastructure Bill; Dems poised to push through \$3.5 trillion budget

By Stacy M. Brown
NNPA Newswire Contributor

The Senate on Tuesday, August 10, passed one of President Joe Biden's most ambitious pieces of legislation, a \$1 trillion bipartisan infrastructure package. The bill, which now must pass the House, counts as the largest federal investment in America's public works system in more than 10 years.

According to the Brookings Institution, from 2007 to 2017, total public spending on infrastructure fell by \$9.9 billion in real terms.

“While federal, state and local governments have spent nominally more on infrastructure in recent years, the rising cost of materials has reduced their real spending power. As a result, real infrastructure spending nationally has fallen over the past decade, from \$450.4 billion in 2007 to \$440.5 billion in 2017,” Brookings researchers wrote in a report.

The Senate-passed infrastructure bill encompasses each part of the American economy and should strengthen the United States' global warming response. The bill increases funding to modernize America's power grid and it provides funds to better manage climate risks.

Aging public works projects around the nation would receive hundreds of billions of dollars for repairs and replacements.



“This infrastructure bill's major investments in transit will connect many more Americans to opportunities,” stated Transportation Secretary Pete Buttigieg.

To gain bipartisan support, lawmakers reduced the original amount and scope of President Biden's initial proposal for infrastructure.

The President initially sought more than \$2 trillion, but the White House said the paired down plan still addresses major problems including American roads and transit. Still, following a United Nation's panel of scientist issuing a “Code Red” alert on climate, Congresswoman Alexandria Ocasio-Cortez (D-N.Y.), reminded her social media followers that \$1 trillion isn't enough.

“This dire warning from the world's scientists comes as the Senate is preparing to vote on an infrastructure bill that utterly fails to meet the scale of

the climate crisis,” the always outspoken congresswoman argued. “Reconciliation is now our country's best chance to help stop the worst effects of climate change,” she concluded.

It's the reconciliation process that Democrats are eyeing to push through a \$3.5 trillion budget blueprint that includes more aid to protect the environment.

The budget plan also would expand Medicare coverage to dental, vision and hearing benefits.

It would lower Medicare's eligibility age below its current 65, and expand the child tax credit beyond 2022, meaning the \$300 monthly checks would continue.

The budget also includes tax breaks for low-wage earners and for childcare.

The package provides funding for health care, climate change, education, and it would increase taxes on cor-

porations and those considered wealthy.

It helps secure universal education for children three and four years old and makes community college free for two years.

If passed, the budget plan would increase the Pell Grant award, and invest in Historically Black Colleges and Universities, other minority-serving institutions, and tribal colleges and universities.

The bill also would accomplish a major goal of the Biden-Harris administration, installing the first federally paid family leave program.

Funds also are earmarked for home health care, housing, job training, child nutrition, and to reduce the cost of health insurance and medication.

Investments would go toward green and sustainable housing, production and housing affordability, and workforce development. Also, millions of immigrant workers and families would gain a path to citizenship and the government would make “the largest one-time investment in Native American infrastructure projects,” a White House official stated.

The Internal Revenue would see more money, enabling the agency added resources to collect unpaid taxes.

It's expected that Democrats will employ the reconciliation process, avoiding a GOP-led filibuster.

New York Gov. Andrew Cuomo resigns amid sex harassment scandal

By Stacy M. Brown
NNPA Newswire Correspondent

Amid an ugly sexual misconduct scandal, New York Governor Andrew Cuomo resigned Tuesday, August 10.

“I'm a New Yorker, born and bred. I'm a fighter, and my instinct is to fight through this controversy because I truly believe it is politically motivated. I believe it is unfair, and it is untruthful. I believe it demonizes behavior that is unsustainable for society,” a defiant Cuomo remarked.

“New York tough means New York loving, and I love New York, and I love you. So I would never want to be unhelpful in any way,” he asserted.

The now-former governor must deal with the fallout from accusations made by several women who said he behaved inappropriately.

After a state's attorney general office investigation found that Cuomo betrayed his po-

sition by forcibly kissing and touching women and making lewd propositions, New York lawmakers began looking at impeaching the governor. The attorney general's findings concluded that Cuomo “sexually harassed multiple women and violated state law.”

Cuomo continues to deny the allegations but said he had apologized to those he “truly offended” on Tuesday. “I take full responsibility for my actions. I've been too familiar with people,” Cuomo insisted.

He restated that he has hugged and kiss many people – both men and women – but only in a casual manner. “I have done it all my life. It's who I have been since I can remember,” Cuomo asserted.

“In my mind, I have never crossed the line with anyone, but I didn't realize the extent to which the line has been redrawn. There are generational and cultural shifts that I just didn't fully appreciate – and I should have. No excuses.”



“I'm a New Yorker, born and bred. I'm a fighter, and my instinct is to fight through this controversy because I truly believe it is politically motivated, I believe it is unfair, and it is untruthful. I believe it demonizes behavior that is unsustainable for society,” a defiant Cuomo remarked. OFFICIAL PHOTO

Pastoral Installation Service of Dr. Dennis D. Williams, 10th Pastor Elect of New Canary Creek Baptist Church and First Lady Irene J. Williams was held Sunday August 8, 2021, 815 McCluer Rd. Jackson, MS. The installation speaker was Dr. Jesse Horton Sr. of Emmanuel Baptist Church in Jackson.

PHOTOS BY JAY JOHNSON



HEAD START

Hinds County Human Resource Agency Project Head Start is currently accepting applications for the 2021-2022 school year.



School Starts Aug. 9th

To Qualify:

- Child must be 3 or 4 years old on or before September 1st
- Family must reside in Hinds County
- Must meet income guidelines

Families of children with disabilities are encouraged to apply regardless of income.

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

To Apply, You Must Present the Following:

- 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 income
- 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)**
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FOR MORE INFORMATION OR TO APPLY Call (601) 923-3950, Select Option 1 or 5

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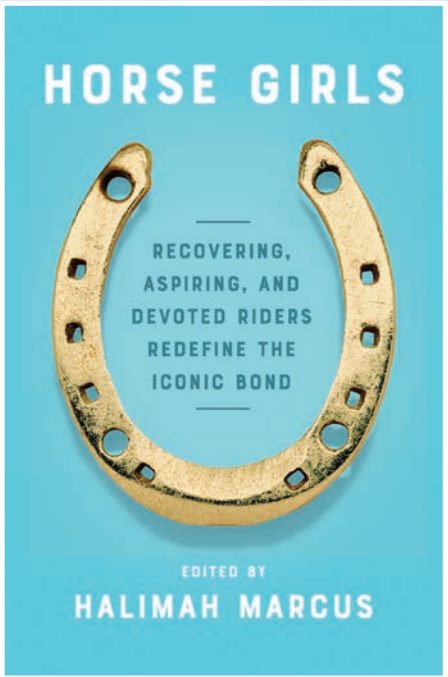
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BOOK REVIEW:

HORSE GIRLS

RECOVERING, ASPIRING, AND DEVOTED RIDERS REDEFINE THE ICONIC BOND

EDITED BY HALIMAH MARCUS

C.2021, HARPER PERENNIAL

\$17.00 / \$21.00 CANADA • 304 PAGES

Mississippi Link Newswire

You were determined not to get bit. But in a totally different meaning of the word, you were equally determined that your horse would accept one.

Without a bit in his mouth, he wouldn't turn, slow down, or stop when you wanted to ride – and of course, as in "Horse Girls," edited by Halimah Marcus, the ride's the thing.

Or is a sense of freedom the best part of owning a horse? Many girls think so, while others just want their very own Flicka or Ginger or Pie. Whatever it is,

Marcus says that there's a difference between "horse girls" and "a horsewoman." The latter, she writes, is "tough, no-nonsense... riding every day... unsentimental about horses but devoted to them for life" – unlike many of the women in this book who gave up riding as young women and re-established their love for it later in life.

But what makes a horse girl? Marginalization, in the stories here. These horse girls often felt shame for not fitting the norm, for being queer, black, "chubby" or poor – but they

still loved horses. Some of the writers are lesbians, but they didn't understand it until their girlhoods were over.

Alex Marzano-Lesnevich writes of cross-dressing cowboys in history; Sarah Enelow-Snyder writes about black cowboys and of "curly afros shoved into unaccommodating cowboy hats." C. Morgan Babst writes of cruelty and anorexia, a two-pronged part of her childhood.

Horse girls worry. A lot. They worry about where their horses went after they were sold or given away. On the day she got

it, Adrienne Celt worried about how she was going to bury her horse if it died. They worry about disappointing horse-loving parents, and they fret about the best way to introduce their daughters to riding.

They ride with joy. They met spouses through horses. They remember the smell of a box that once contained a plastic horse – because, says T Kira Madden, "the thing about a horse is, it's never about the horse."

Nope, it's also about stories. Fifteen of them, to be exact, all inside "Horse Girls," but

unless you're the horsey-type, you grew up in a saddle, or your shelves once held plastic 1:9-scale horses, you can just mosey along. In that case, you'll haaaaate this book and that's okay. It's not for you anyhow.


If you fit the former, though, pommel, stirrup, and all, then editor Halimah Marcus offers stories you'll devour; stories of loving horses, even when (especially when) doing so made you an anomaly. There's strength in that but loss also looms large here, particularly loss of child-

hood, innocence or imagination.

Fortunately for many of these storytellers and for the readers invited along on this ride, though, recollections are resolved, reasons for them are reconciled, and the endings are mostly satisfying.

If you ever trotted around the yard, pretending to be a horse, or if you actually spent your girlhood in a saddle, this book will bring back memories.

"Horse Girls" is a book you won't want to miss, not even a little bit.



ZACK WALLACE

Hinds County Circuit Clerk

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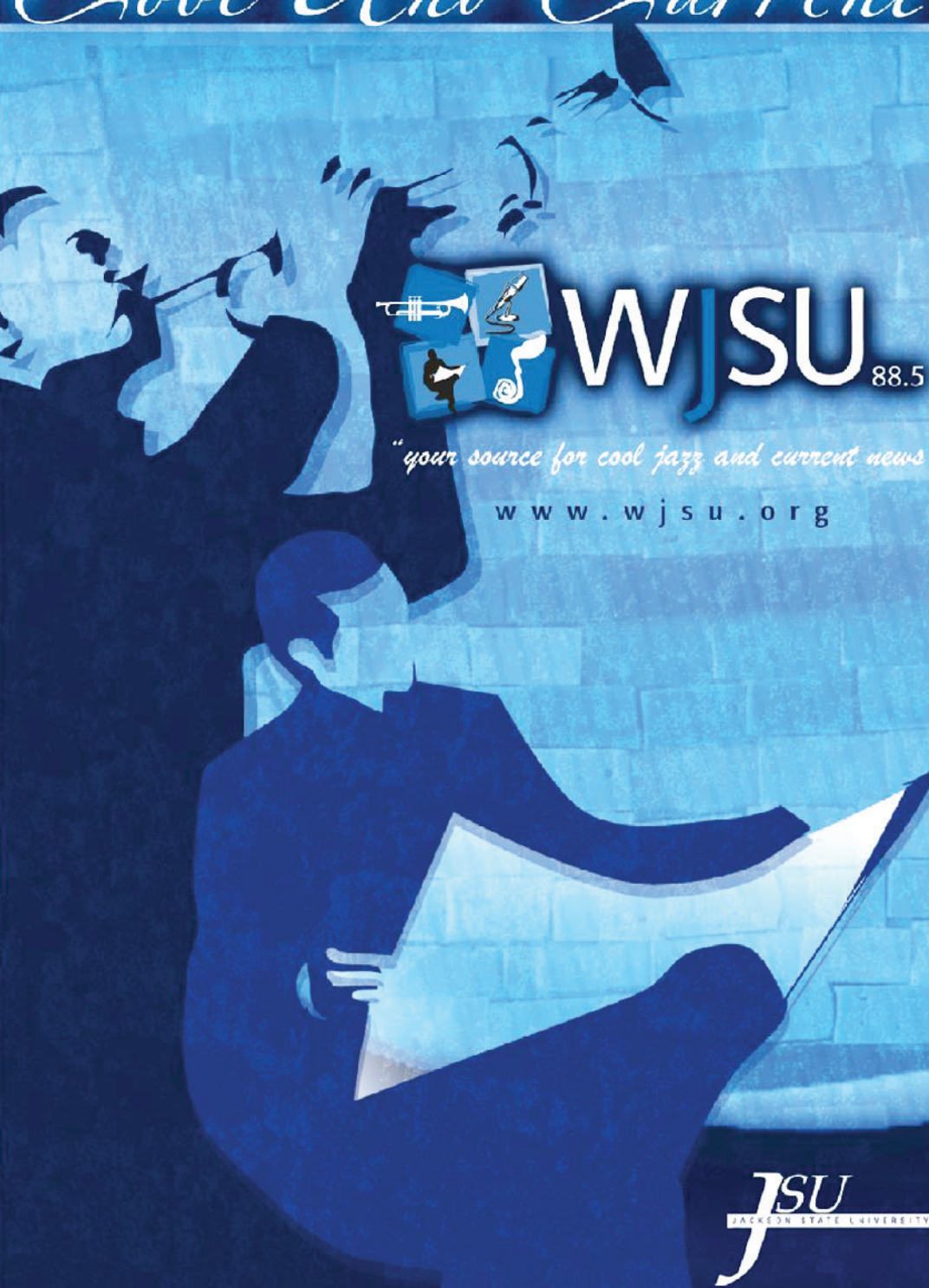
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The 100 Black Men of Jackson, Inc. sponsors free swimming lessons

By Jackie Hampton
Publisher

The 100 Black Men of Jackson, Inc. sponsored a free, one-week swimming program consisting of water safety lessons and swim lessons for children ages 3-18. The classes were held at the 100 Black Men of Jackson Village, located at 5360 Highland Drive in Jackson.

Barnett Taylor who serves as the summer aquatics program director reached out to members of the community, and organizations such as Girl Scouts and Boy Scouts offering the children an opportunity to participate.

Barnett stated that the program was very successful and is looking forward to continuing the program in the future.

Barnett said that all the instructors were from the Sunkist Swim Team in Flowood. The team and coaches subscribe to a philosophy of teaching and training that provides for maximum long-term performances for its swimmers.

On Friday's closing session, the swimmers had the opportunity to meet Mathew Mixon, head coach for Sunkist swim Team and Brandon High School swim team head coach. He was accompanied by Khameron Glass, swimming record holder from Brandon High School, now attending Drury University in Springfield, IL. Both men spent time in the pool with the swimmers who had done very well during the week of classes.

Mixon said, "I am super proud of the progress these kids have

made." He told *The Mississippi Link* that some of the kids had gained the knowledge and courage to swim in 6 ft. of water. "Some here today can advance to a base level and up to future championships," he stated.

The students were given certificates and cards showing their swimming level, which they were proud to show their parents.

John Hardy, executive director of 100 Black Men of Jackson, Inc., stated he was very pleased with the session. He said it was because of an anonymous donor that they were able to have the program this year.

Hardy was disappointed because recently they were denied a grant from MDHS, which they were really counting on to continue the great programs they were accustomed to having. He said they had passed four audits but were told they were under investigation.

He said he has no animosity toward MHHS and is hopeful they will reconsider and award them the grant because they have always done it the right way.

Hardy said he learned from former City of Jackson Mayor Harvey Johnson to always dot every I and cross every T and you'll be okay and this is what he has practiced over the years.

The Mississippi chapter of 100 Black Men was formed in 1990 and has made a substantial impact in the lives of youth in metro Jackson and throughout the state of Mississippi by educating, empowering and mentoring young men.



Hardy

PHOTOS BY JACKIE HAMPTON



Taylor



Guest swim instructors (L-R) Matthew Mixon and Khameron Glass.



Hinds County School District Weekly Update

ENGAGING-EMPOWERING-ENSURING-EXCELLENCE

Hinds County School District hosts new teacher orientation



Beverly Hay, coordinator



Dr. Delesicia Martin, HCSD superintendent



Dr. Linda Laws, board president / District 3



Carolyn Samuel, board vice-president / District 5



Dr. William Sellers, assistant superintendent



New employees

Highlights from training sessions and with vendors



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