

# Brokenness in Jackson rising to the top



Hinds County Emergency Management Operations staff checking water levels in Northeast Jackson, Monday, Aug. 29. AP PHOTO BY ROGELIO V. SOLIS

By Christopher Young  
Contributing Writer



Aging, inadequate, and now – crippled; Jackson’s water and sewage systems are on their very last legs. Critical infrastructure, having been ignored by state and local leaders for decades, is barely capable of being Band-Aided at this point. Hopefully the citizens of Jackson, and the scores of people across Central Mississippi and beyond who benefit from the economics inherent in Jackson, take notice of the recent sequence of events. To his credit, Mayor Lumumba, has never sugar-coated

## COMMENTARY

the problems here. It’s rare to hear him speak without mention that Jackson is in crisis, with a capital C. Eliciting desperately needed partners to apply solutions has been elusive for him. Today we see elected officials at the state level all lining up to opine on Jackson’s “failed” water system. Where were they two weeks ago, two months ago, two years ago and two decades ago? Missing in action sums it up, and why these leaders have been impotent defies good sense. Have you ever wondered if we would be facing this struggle for a necessity of life – clean and

ample drinking water, if our city was still majority white? Do you think they have this problem in Tupelo? Jackson does not have the funding to adequately address this, and other infrastructure needs by itself. White flight and its accompanying loss of business tax revenue, a copious number of state entities not contributing to the tax base itself as well as hordes of state employees that pay their taxes elsewhere, and the futility of forming a true partnership with this Capital city, all contribute to our lack of funding. State Senator Hillman Frazier informs me that we can’t

overlook that historically many legislators in powerful positions were from rural areas, and that funding flowed that way. He also indicated that most of our federal legislators directed more funds to rural areas and to military bases. And lastly that so many entities receive tax-exempt status, including most churches, which is a drain on Jackson’s tax base, also. It’s tiring to say it over and over, but there is no embrace of Jackson. In the last few days our highest elected officials have had press conferences or announcements about Jackson, yet

*Brokenness  
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# State Auditor White’s office is full of activity

By Christopher Young  
Contributing Writer

You’ve got to hand it to our state auditor, Shadrack “Shad” White, because he is a report generating machine. If my use of the “reports” tab on the Mississippi State Auditors webpage is accurate, he’s published just shy of 180 reports in the four years he has been in office; appointed by Former Governor Dewey “Phil” Bryant. Nothing seems off-limits to White. He covers everything under the sun, and some things in the shade, as well. The TANF scandal that he announced in February 2020 continues to grow in width and height – appearing to have its origins in the former governor’s office. He has discovered a lot of other embezzlers in the Hospitality State too, and has found success in clawing back millions of dollars that were stolen. Last week he issued a report

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entitled, Dads Matter: The Taxpayer Cost of Fatherlessness. The report is six pages in length, and shares plenty of things we already know: incarceration rates, teen pregnancies, and lower educational attainment are all higher when fatherlessness is present. In a more moderate state this information would be used to apply policies and funding to addressing the issue and the root causes. But here, in a conservative state, the data in the report will probably end up giving more traction to the negative stereotypes that we suffer with. After all, Mississippi is the state where the Governor cancels a 100% federally funded emergency rental assistance program, while he lives rent free in a mansion – courtesy of taxpayers. This report, unlike a majority of taxpayer funded reports that address social issues, included no next-steps, no solu-

tions. So what is this report truly about – what is its purpose? The Mississippi Legislature, headed up by Lt. Governor Delbert Hoseman and Representative Philip Gunn, refuse to expand Medicaid, refuse to extend postpartum healthcare for poor mothers, refuse to deliver solutions to the gross healthcare disparities in the Delta, and refuse to be genuine problem-solvers for the neglected infrastructure problems in our Capital city – what on earth could lead us to believe that our conservative republican dominated legislature will pick up the ball and run with it on addressing the root causes of fatherlessness? Yes they are Christians, and yes, they are predominantly white, and yes they talk a good game – but our conditions on the ground, and especially for the least of our brethren, do not improve. Being an optimist, which in Mississippi can seem more like

being a bona fide dreamer, I’m hopeful that White’s report on fatherlessness ends up getting the attention of state legislatures from the fiscal perspective. Annually conceding hundreds of millions of dollars unnecessarily, while willfully avoiding addressing the root causes, is like watching the leaky faucet just keep on leaking year after year, rather than confronting the cause. That thinking doesn’t really align with conservative values. On the other hand, ignoring real life issues plays a major role in Mississippi being where it is today. Resistance to change has its costs. Resistance to embracing diversity has its costs. Resistance to inclusion has its costs. It’s hard to grow while looking backwards. How many conservatives in positions of influence in this state do you hear shouting from the roof-tops that we need

*White  
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## At the fork of the stream



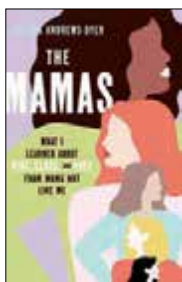
At 85, Robert Smith is still working four days a week at his clinic in Mississippi. PHOTO: JOHNATHON KELSO

By Jack Brook  
Brown Alumni Magazine

In 1985, Emma Simmons ’91 MD, ’06 MPH, then a 16-year-old high school junior, needed a physical examination to participate in a summer program at Tougaloo College. Simmons had never liked seeing doctors, who had always treated her with a clinical reserve, aloof in white robes, making her feel “like a pariah” when they touched her. But in the clinic she met Dr. Robert Smith, who since 1963 has headed the Mississippi Family Health Center (now known as Central Mississippi Health Services), the state’s first multispecialty clinic providing care regardless of a patient’s ability to pay, transforming access to medical care for communities of color in Mississippi. “He talked to me, he asked me questions about my life,” Simmons says. “That was powerful. He was my model of what it means to be a doctor.” Simmons entered Tougaloo, a historically Black college in Jackson, Mississippi, on the pre-med track, then was selected to study medicine as a graduate student through the Brown-Tougaloo partnership, before also going into community health. Today, she serves as a senior associate dean of student affairs at the University of California Riverside School of Medicine. “I am a doctor today because of Dr. Bob,” she says. “The biggest lesson that I learned from him is that you can be yourself and be part of a community. And be a good doctor.” Simmons is one of thousands of patients whose life was influenced by Smith, who spent decades on the frontlines as an activist in the civil rights movement. “Dr. Bob” provided medical services to Dr. Martin Luther King Jr.’s Selma to Montgomery march and became a civil rights leader within the Southern medical establishment, combating

racial inequity in healthcare. Smith also mentored decades of future Brown and Tougaloo physicians, providing firsthand exposure to conditions on the ground in Mississippi. “He genuinely respected each patient. To see that model when you’re a young physician in training is really important.” Physician David Egilman ’74, ’78 MD, who is white, recalls that to work in Smith’s clinic in 1978, he needed to apply for a Mississippi medical license and interview with officials from the state board. When they found out Egilman planned to work with Smith, they were shocked. “It was the first integrated private practice in Mississippi,” Egilman says the board told him. He remembers the de facto segregation still in practice around the state. “I don’t think there was a sign but everybody knew that the back door was for African Americans and the front door was for whites,” Egilman says. Simmons’s husband, Scott Allen ’91 MD – who is white, grew up in Connecticut, and “knew nothing of Mississippi” by his own admission – spent several weeks following Smith on his rotation in Jackson. Smith did whirlwind visits to three hospitals twice a day. To help Allen keep up, Smith rented him a car for the month and connected him with a local family to stay with. At Smith’s clinic, there were no appointments. Patients were assigned and seen based on the order they walked in. While there were other excellent doctors in the clinic, Allen recalls some patients were willing to wait all day to meet with Smith. “He genuinely cared for each patient,” Allen says. “He genuinely respected each patient. To see that model when you’re a young physician in training is really important.”

*Smith  
Continued on page 3*





# A Celebration of Women at Greater Mt. Calvary

PHOTO BY JAY JOHNSON

A Celebration of Women was held at Greater Mt. Calvary Baptist Church Sunday, August 21, at the 11 a.m. worship service. The theme for the celebration was “Even in the Midst of These Perilous Time, Use Me Lord!” The theme scripture was 2 Kings 22:14-20.

The keynote speaker for the occasion was Maggie Wade Dixon, news co-anchor for WLBT-TV in Jackson. “She was simply phenomenal, and

delivered an awesome and encouraging message,” stated Jan Taylor Ellis, coordinator of Women’s Month. “Those in attendance were tremendously blessed. The choir rendered great music for this service.”

Reverend Dr. John E. Cameron is senior pastor of Mt. Calvary, located at 1400 Robinson Street, Jackson MS.

Dowell T. Taylor serves as minister of music.



## White

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to change our ways? And so, whether White’s report on fatherlessness can be a catalyst for change remains to be seen. Until we see change linked to this report, it might end up just being another pot-shot at poor people.

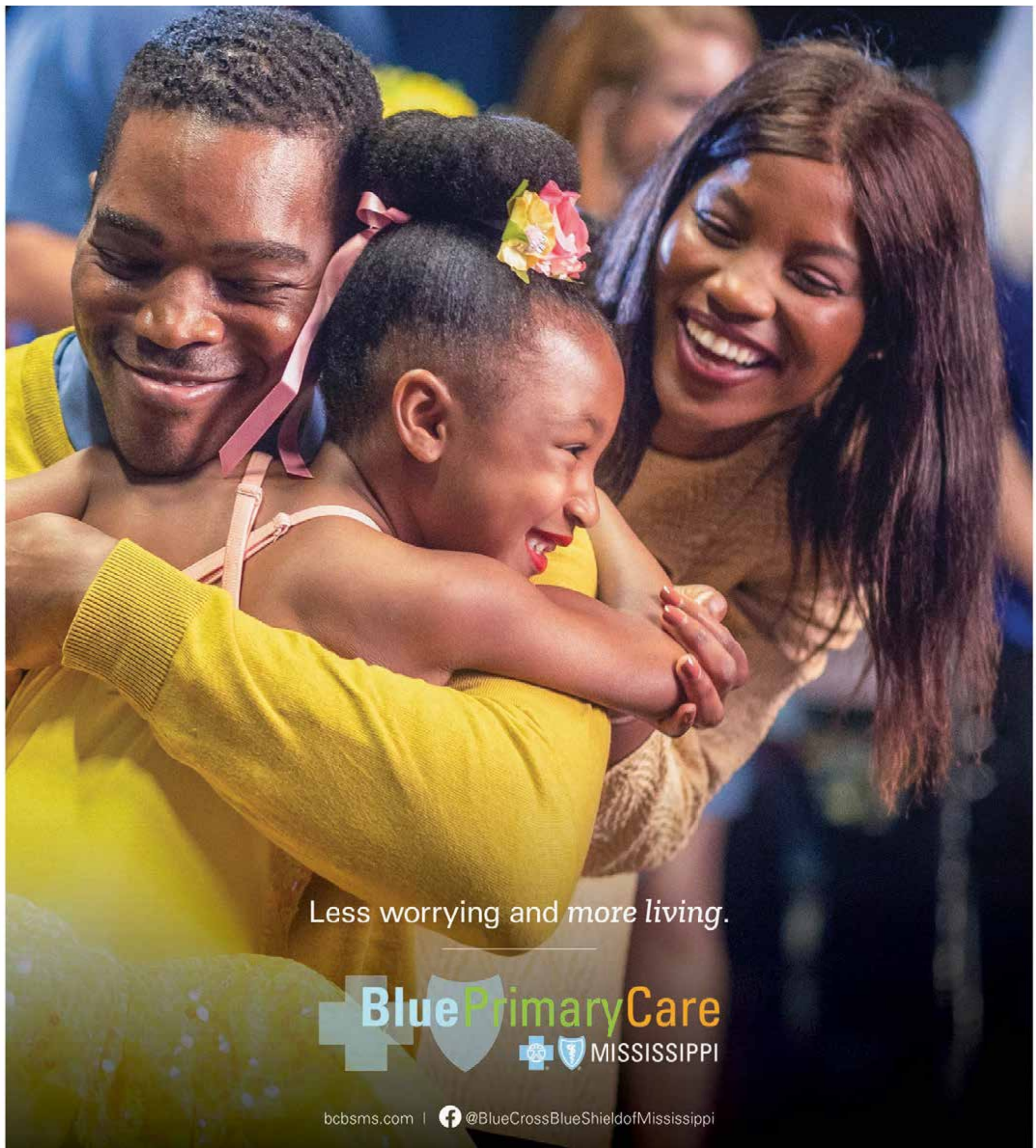
Amid his flurry of activity, White could serve

this state by focusing his next report on the multi-faceted costs that Mississippians pay for our mindset; the mindset that is the root cause of being ranked at the bottom, year in and year out; the mindset that allows oppression of poor people; the mindset that kept African Americans


under the stars and bars for over one hundred and twenty five years; the mindset that continues to honor confederate Memorial Day, while refusing to acknowledge Black History Month; the mindset that claims to love Mississippi, yet clings to unloving attitudes toward all Mississip-


pians, and even as huge swaths of the state continue to decline.

Let’s hope that White will use our tax dollars to give the state a roadmap leading from the cellar to the promised land of equality for all.



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## Smith

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### Oppression and inspiration

Smith’s grandfather, born in slavery, had to flee his home in Charleston, Mississippi, after getting into a fight with his white boss. In the family lore, his grandfather tried to hitchhike the Illinois Central Railroad track running north but accidentally got on a southern bound train. He ended up deeper in Mississippi, in a small town called Terry.

Smith’s grandfather later managed to buy land in Terry, building a farm producing grits and molasses that has now been in the family for five generations. Smith grew up there, the third youngest of 12.

Inspired by a book of famous Black Americans he received, Smith’s first passion was the piano, but he says he lacked talent. Yet he found himself captivated by another figure in the book, Charles Drew, who discovered how to preserve and store blood plasma.

A white Jewish physician who hunted around the area learned of Smith’s interest and gave him some old medical textbooks when Smith was still a teenager. Smith says he read them all, skipping grades and propelling himself through school.

In the early 1950s, there were very few high-quality liberal arts colleges available for black students, but Tougaloo was one of them, offering a healthcare track. The college also offered space for students like Smith to discuss politics, social issues and activism. He remembers going, as a student, to view the body of Emmett Till, the 14-year-old who was kidnapped, tortured and lynched for allegedly flirting with a white woman. He also participated in an unofficial “inter-collegiate council” offering discussions between Tougaloo students and Millsaps, a white liberal arts college.

“When it became public, after my time, the group had to dissolve,” Smith recalled in an oral history for the Civil Rights Movement archive. “As Mississippi found out about anything that suggested openness or diversity or integration, then it had to go. [...] It earned its reputation for being the most oppressive state in the Union.”

To take the MCAT to get into medical school, Smith had to be escorted to the exam room at Millsaps. Almost all black physicians studied at either Howard or Meharry, historically black medical schools, and Smith chose Howard.

He became an ob-gyn resident in the Cook County Hospital serving Chicago, an important step in his career. But in 1961, soon after he began his residency, Smith was called back to Mississippi by the state government, which needed to provide 12 physicians to the U.S. Army during a period of national conscription in the midst of the Berlin Crisis standoff. Mississippi was not accepting black physicians in residencies within the state, but they found and located Smith to use for their quota.

“I felt angry and upset, being the first black to have achieved this residency, then segregation and discrimination brought me back to Mississippi,” Smith says. He had planned never to return.

Forced to wait around in Mississippi for six months, where activists were trying to integrate downtown Jackson, Smith became exposed to the rhetoric and fire of early civil rights organizers like his friend Medgar Evers, the NAACP’s first field officer in the state, who would later be assassinated by a white supremacist. Smith attended Evers’s weekly meetings.

“It was an awakening,” Smith says. “I saw it as an opportunity for medical, social and economic change. Things were so damn bad, I felt it was a privilege to put my career on hold and become a foot soldier, realizing I was no different from anyone else. And that some of the changes I was working for would be enhanced by my becoming a foot soldier. And I couldn’t have been more right about that.”

Smith became one of a handful of black physicians who returned to his home state to practice medicine, working within a segregated hospital system that prevented him from having the same access to facilities as his white colleagues. He saw thousands of Mississippians, mostly poor black families, going without medical care and forced to deal with ailments such as worms and anemia on their own. Blacks were turned away at some hospitals or shunted into unclean wards.

Smith formed the Southern branch of the Medical Committee for Civil Rights (MCCR) in 1963 to protest the American Medical Association (AMA), which allowed southern medical societies to remain segregated and often kept black physicians from being employed at hospitals. (In 2017, the AMA awarded Smith the Medal of Valor for his work.)

The following year, Smith became the Mississippi organizer behind the Medical Committee on Human Rights, providing medical services to civil rights activists throughout Freedom Summer, including Dr. Martin Luther King Jr.’s march from Selma to Montgomery.

Smith said he was lucky to never experience direct physical violence himself: “One thing I am just ‘Don’t hit me.’ My daddy always told me to look a man in the face and tell him ‘Don’t hit me.’”

### Brown-Tougaloo’s mixed beginnings

In the early 1960s, just as Smith was becoming involved in the civil rights movement, his alma mater, Tougaloo – a Native American word roughly translated as “at the fork of the stream” – was running into opposition from Mississippi’s political establishment.

“Things were so damn bad, I felt it was a privilege to put my career on hold and become a foot soldier [for civil rights].”

Tougaloo’s president, A. Daniel Beittel, had

drawn the wrath of Mississippi white supremacists for supporting his students’ engagement in the civil rights movement, even attending sit-ins to ensure their safety. The college was struggling to survive as the state attempted to revoke its charter.

It was at this “inauspicious moment,” according to a speech delivered for the 40th anniversary of the partnership by Brown alum and Tougaloo trustee Peter Bernstein ’73, that Brown entered into a formal partnership to help Tougaloo in 1964. There were several people on Tougaloo’s board in the early ’60s who had links to Brown and Providence. One was Irving Fain, a wealthy, philanthropic Providence businessman whose wife had grown up in Mississippi. Another was the Rev. Larry Durgin, minister of Providence’s Central Congregational Church – where Brown President Barnaby Keeney happened to be a parishioner. Durgin had become a member of the Tougaloo Board through his work with the American Missionary Association, which, after the Civil War, established more than 500 schools in the South, one of them Tougaloo.

Fain, Durgin and Durgin’s former assistant minister Charlie Baldwin – who’d just been appointed Brown’s chaplain – formed the Rhode Island Friends of Tougaloo to raise money for the struggling college, Bernstein said, and asked Keeney for help. Keeney, in turn, had just attended a conference where President John F. Kennedy had urged leading educators to increase their efforts to expand educational opportunities for black Americans. So Keeney, Bernstein said, saw Tougaloo as a way for Brown to “play a useful role in black higher education.”

The role smacked of paternalism from the start, according to former Brown history professor Jim Campbell, in his introduction to Brown’s online archive of the Brown-Tougaloo partnership. First, Brown’s support coincided with Beittel’s resignation, allegedly through the machinations of Keeney, who was worried that a social-activist president would cause unnecessary distractions.

Then the partnership’s first project was to “teach Tougaloo students to speak ‘standard’ English,” versus “nonstandard dialect,” a program that ran from 1965 through 1969. A number of Tougaloo students questioned the value of mainstreaming and integration, the program’s goals. And by 1967, writes Campbell, “Black Power leader Stokely Carmichael memorably denounced the cooperative project in a speech at Woodward Chapel, claiming that Tougaloo had been reduced from a Black college to a ‘Brown baby.’”

Despite the rough start, there were genuinely transformative elements of the partnership for both Brown and Tougaloo students, especially for medical students. Thanks to a program started by founding Warren Alpert Medical School dean Stanley Aronson, top Tougaloo pre-med students could receive full scholarships to study at Brown’s medical school, while Brown medical students received the opportunity to volunteer at Smith’s clinic.

“They would live among patients of ours at the clinic to get a real taste of what poverty was like,” Smith says. “They had the opportunity to be exposed to different cultures and also at the same time to realize how very similar we are.”

To highlight the influence of such experiences, Smith points to Seth Berkley ’78 ’81 MD, a Brown-Tougaloo alumnus who went on to found the International AIDS Vaccine Initiative and who remains at the forefront of funding and distributing affordable vaccines. Many others went on to careers focused on community-centered public health, some returning to Mississippi to address the physician shortage.

“The uniqueness of this program was the fact that many people got a chance to see, experience and get closer to some of the root causes of poverty and poor health and work to create avenues for solutions,” Smith says.

### Transforming healthcare in Mississippi

In 1965, Smith and fellow activists secured funding from the Office of Equal Opportunity to launch a pilot community healthcare clinic in Mound Bayou, Mississippi. To get the funds, they had to sneak a proposal past James Eastland, “the godfather of Mississippi politics,” who used his leverage on the U.S. Senate judiciary committee and his congressional clout to stymie civil rights legislation.

The coalition behind the proposal for community health center pilot funding, which included the activist physicians Jack Geiger and Count Gibson, noted there would be two sites for the centers, one in the north and one in the south.

“Anything that was designed to help Mississippi was blocked,” Smith says. “In that initial proposal, we said ‘a southern site’ – we didn’t say Mississippi, even though we knew that [it would be there] from the very beginning.”

The pilot program in the South launched what is now known as the Delta Health Center in Mound Bayou, a small town on the Mississippi delta founded by former slaves, receiving federal funding to serve neighboring counties with high poverty rates. Along with providing health care regardless of patients’ ability to pay, the center offered environmental, social and legal services. “It continued...despite opposition and every imaginable attempt to destroy it,” Smith said in an oral history. “There were threats of violence and the whole nine yards.”

## Brokenness

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it’s not important to them to be standing alongside the mayor of Jackson, in unity. They speak to Jackson, not with Jackson. Is it willful lack of regard or does it not even cross their minds?

Governor Reeves has issued a State of Emergency “due to failures at the O.B. Curtis Water Treatment Plant.” WLBT staff reports that Health Department officials have indicated Monday that 150,000 people are impacted by the cuts in service. On Tuesday morning the MSDH issued a declaration of public drinking water supply emergency in the city of Jackson. The Order, “pursuant to Mississippi Safe Drinking Water Act of 1997 and on the Declaration, the State Health Officer hereby orders the City of Jackson including but not limited to, employees of the Public Works Department and Emergency Management immediately cooperate with state response teams and contractors deployed to augment current staffing and to take remediation actions deemed necessary by the State Incident Commander.” The Order shall remain in full force and effect for not more than one hundred twenty days.

There are two silver linings. The National Weather Service says that when the Pearl River hits 28 feet on the gauges at Jackson, that it’s considered flood stage. Moderate flood stage is 33 feet, and major flood stage is 36 feet. Initial predictions were that the river would crest at Jackson at 36 feet, but it stopped at 35.4 feet; seems inconsequential, but it’s not. By press time of this paper Wednesday evening, it is projected to be at 28.4 feet – a seven-foot drop in two and a half days.

On Tuesday afternoon, Mayor Lumumba provided an update indicating that he welcomes the assistance from the state with open arms, that he is “looking forward to the state’s assistance and the myriad improvements that are sure to come.” He reported that he has had productive discussions with the Department of Health and Mississippi Emergency Management Agency.

The mayor clarified comments made by state officials Tuesday, indicating that “to my knowledge no untreated water has made it to customers.”

Riding South Jackson streets Tuesday, I encountered several people reporting low water pressure.

A tanker truck was at Forest Hills High School, provided by Socrates Garrett Enterprises, dispensing potable water to a slow stream of customers. My stop at New Horizon Church on Ellis Avenue revealed that two churches and a bank have already donated to them, and an 18-wheeler was due soon to drop off eighteen pallets of bottled water, according to Bill Washington, point-person for Bishop Crudup’s water distribution effort, and in conjunction with the active engagement of



Julienne Street, South of Downtown Jackson on Sunday. PHOTO BY: VICKIE D. KING/MISSISSIPPI TODAY

Working Together Jackson.

On Wednesday morning a tanker truck was spotted on West Street adjacent to the Governor’s Mansion. Many people near Robinson Road & Rose Street and Monument & Capital Street, areas mostly forgotten, reported no water at all. A maintenance staff worker at Jackson State reported that the water is still running, but you can’t drink it. “It is what it is here,” he summarized.

Tuesday it remained to be seen if the State of Mississippi and the Federal Government will commit to replacing the old system, at a projected cost of 1.2 billion dollars.

Mayor Lumumba was clear, “I firmly believe the residents of Jackson are worthy of this support... and worthy of a sustainable, equitable system.”

The second silver lining is that late Tuesday the Governor announced on Twitter that his federal disaster declaration for Jackson water had been approved.

We thank President Biden for the approval, which by many accounts, will provide for a minimum of 75% of the bill.

Mayor Lumumba announced in a press conference held on the steps of city hall Wednesday afternoon that he received an extensive lengthy phone call from President Joe Biden and a separate call from Vice President Kamala Harris. He said, “Both assured me that the eyes of Washington are watching the City of Jackson and they wanted us to know we should expect the full arm of support from the federal government in every way that they possibly can.”

The mayor said he was told that the assistance would be implemented in immediate measures through “FEMA supporting the measures of MEMA and this support would be implemented through long-term measures of EPA. The mayor said he was delighted to receive the calls in support of the residences of Jackson.

*See full text of Governor Reeves’ request letter to President Biden on page 5.*

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felon

offender

inmate

convict

Mass incarceration continues to impact our brothers, sisters, mothers, sons and daughters, neighbors and friends. Research has shown that labels like criminal, felon, inmate, offender, and convict bias the public against people who have been incarcerated and make it harder to enact policies that will make our country more just and safe for everyone.

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# ZETA PHI BETA SORORITY, INCORPORATED – ALPHA DELTA ZETA CHAPTER “Poised to Lead the Capital City”



Chapter Member Cynthia Bell and Incoming President Judge Eleanor Faye Peterson



Ladies of Zeta Phi Beta Sorority, Incorporated, Alpha Delta Zeta Chapter, at the 2022-2023 Annual Retreat at the Pearl River Resort in Philadelphia, MS PHOTOS BY ANITA YOUNG

## Mississippi Link Newswire

The Ladies of Zeta Phi Beta Sorority, Incorporated, Alpha Delta Zeta Chapter, held the 2022-2023 Annual Retreat August 19-21, 2022 at the Pearl River Resort in Philadelphia,

Mississippi. Royal Blue and White attire was highly visible all over the conference area.

Incoming President Judge Eleanor Faye Peterson greeted members eager to fellowship, conduct Zeta business

and share sisterly love. Re-elected International Secretary La'Kitha B. Hughes shared words of encouragement.

Members of the executive board were introduced opening night during a tasty banquet.

The members of the executive board who will utilize their passion for community service and love for Zeta in 2022-2024 are:

• President Judge E. Faye Peterson • First Vice President Keisha L. Milton • Second Vice President Dr. Rosella Houston • Third Vice President Dr. Mercidee Curry • Secretary Zoerean Neal • Assistant Secretary Kyla Kennedy • Corresponding Secretary Anita G. Young • Financial Secretary Rosalind Garner • Treasurer Kimberly Jefferson • Historian Gretchen L. McGruder • Parliamentarian Kathy Kendrick • Chaplain Gwendolyn Johnson • Trustees: Cora Grayer, Alma P. Miller and E. Charlene Stimley Priester, Esq.

Members of the chapter assembled early Saturday morning for a full breakfast dressed in Zeta retreat t-shirts. After breakfast, Peterson greeted members and shared her vision for the retreat. Chapter Member Dr. LaVerne Gentry served as the opening presenter using the theme “Huddle Time Sorors.”

The goal was to guide chapter members in reflecting, sharing and developing steps for a strategic plan with SMART

goals for the upcoming year.

This session was followed by Chapter Member Kimberly Jefferson's informative presentation on Finance 101 – Know Your Budget and guidelines for handling chapter funds. Chapter Member Cynthia Bell extended the charge to the members to “Reignite Your Zeta Torch” and demonstrate accountability in continuing to lead as the premiere chapter in the Capital City.

Dr. Rosella Houston kept presenters within the allotted time frame, provided energizing activities, stimulating music and door prizes between sessions.

Members pulled out planners and recorded the date for the 2023 chapter retreat. All ninety chapter members in attendance were focused and full of Zeta spirit and demonstrated active participation in all activities.

After a full morning of collaborative activities, retreat attendees were ready for lunch, photos sessions and an impromptu step show to work off some of the acquired calories.

Following lunch, committee chairs discussed goals and expectations for the upcoming year. Members were provided time to sign up to serve on

committees after the engaging messages from the chapter's committee chairs. Peterson served as the closing speaker and extended appreciation to chapter members for their attendance and participation in a rewarding and very productive retreat.

The retreat concluded with members sharing how they benefited from attending the two day in-person fellowship and all the sisterly love activities.

Get ready Capital City, Zeta Phi Beta Sorority, Incorporated, Alpha Delta Zeta Chapter, is poised to lead. The membership of Zeta Phi Beta Sorority, Incorporated includes 125,000+ college-educated, dynamic, community service driven, diverse and professional women.

The benefits of membership include opportunities for professional development, personal development and sisterhood. Members are active in their respective communities and hold dear the ideals of Service, Scholarship, Sisterhood and Finer Womanhood.

Zeta Phi Beta Sorority, Incorporated international president is Stacie N.C. Grant, Washington, D.C.

## Two Wings The Music of Black America in Migration Saturday, September 10 | 7 PM | \$25



Jason Moran and Alicia Hall Moran on stage. Photo by Fadi Kheir/Carnegie Hall.

Following sold out engagements at Carnegie Hall and The Kennedy Center, jazz pianist, composer, and artist Jason Moran and Mezzo-soprano and composer Alicia Hall Moran create a special rendition of their acclaimed *Two Wings* performance for the Mississippi Museum of Art. Drawing on their own family lore and stories of the Great Migration, they weave together music from rhythm and blues to gospel, classical to Broadway, work songs to rock, and more.

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The Honorable Joseph R. Biden Jr.  
President of the United States  
The White House  
1600 Pennsylvania Avenue NW  
Washington, DC 20500

Re: City of Jackson and Hinds County Water Crisis

Dear Mr. President:

Under the provisions of Section 501 of the Robert T. Stafford Disaster Relief and Emergency Assistance Act, 42 U.S.C. §§5121-5207 (the “Stafford Act”), as implemented by 44 C.F.R. §206.35, I request that you declare an emergency for the State of Mississippi due to the City of Jackson’s and Hinds County’s Water Crisis. This request is timely under 44 C.F.R. §206.35(a), and I submit this request to avoid devastating impacts on approximately 180,000 citizens in and around the Jackson Metro Area. Without water pressure, the fire-fighting capability of the City of Jackson and Hinds County will be severely diminished. The University of Mississippi Medical Center and Merit Health Central hospital are dependent on water for fire suppression and patient care. Additionally, citizens reliant on Jackson’s water system will be without accessible water to drink, bathe, cook, clean and flush. While the City of Jackson has had issues with its aged water system, the current situation is now critical and requires assistance from the federal government.

On March 27, 2020, the City of Jackson entered into a Safe Drinking Water Act (SDWA) Emergency Administrative Order (FAO) which required the City of Jackson to (1) develop and implement a plan to address all monitoring equipment and appurtenant treatment equipment repairs and/or replacements; (2) address the dosing processes for disinfection and pH control; (3) develop and implement a plan to provide alternative drinking water when triggers are met; and (4) take additional total coliform bacteria samples under prescribed conditions.

In February 2021, the City of Jackson experienced a system-wide failure due to extreme winter conditions that caused pipes to freeze and lose pressure leaving many areas without water for several weeks. On July 1, 2021, the City of Jackson entered into an SDWA Administrative Order on Consent (AOC) to address concerns identified by the Environmental Protection Agency (EPA). On July 29, 2022, the City of Jackson issued its most recent Boil Water Notice based on water samples that showed high turbidity levels. The City of Jackson has remained under this Boil Water Notice for more than thirty (30) days. Finally, beginning on August

25, 2022, and continuing, excessive rainfall and extreme flooding created a water system emergency in the Jackson Metro Area, including a temporary decrease in water production at the O.B. Curtis Water Plant.

The Mississippi Department of Health also declared a public drinking supply emergency based on the following: (1) Insufficient number of certified operators at the two water treatment plants; (2) Insufficient number of maintenance staff at the treatment plants to support the distribution system; (3) Failure of multiple raw water pumps at O.B. Curtis Water Treatment Plant; (4) Low levels of water in storage tank; (5) Low water pressure impacting proper sanitation and education opportunities; and (6) Disinfection levels not consistently optimal developing the potential to have the presence of enteric organisms, including but not limited to, E.coli, Cryptosporidium, or Giardia in the drinking water being served to customers.

The total or near total loss of water pressure throughout the City of Jackson and surrounding areas of Hinds County has created a condition of disaster and extreme peril to the safety of persons and property. This peril is of such magnitude that services, personnel, equipment, and facilities are above the capabilities of the City, County, and State. In response to the current situation, I have taken the appropriate action under state law by directing the execution of the State’s emergency management plan and declaring a state of emergency on August 30, 2022. Additionally, I have deployed state assets, including Area Coordinators, Disaster Reservists, and the Mississippi Department of Health, to the impacted area. I am preparing to mobilize the Department of Transportation, Public Utilities, the Mississippi National Guard, and Department of Public Safety to assist in life-safety efforts. I anticipate that emergency actions will be ongoing until the water pumps at the O.B. Curtis Water Treatment Plant are brought back into service and water pressure restored to the impacted residents. At that time, I intend to withdraw the agencies listed above and allow the City of Jackson to maintain its system.

DISASTER HISTORY Since 2020, eight (8) major disasters and four (4) emergency declaration events have afflicted Missis-

sippi. The following list summarizes those events:

FEMA 4478 — Severe Storms, Tornadoes, Straight-line Winds, and Flooding — Declared March 12, 2020. The following 13 counties were declared: Bolivar, Chickasaw, Choctaw, Clay, Desoto, Oktibbeha, Panola, Prentiss, Quitman, Sunflower, Tallahatchie, Tishomingo, and Washington. On January 10, 2020, this event brought severe storms, flooding, straight-line winds, and seventeen (17) confirmed tornadoes to the northern part of the State. Twenty-nine (29) counties reported damages, twenty (20) counties, and four (4) cities filed local proclamations of emergency. The storm caused twenty-one (21) injuries and one (1) death in the impacted area. Out of the initial twenty-nine (29) counties reporting damages, twenty-eight (28) applicants have submitted R.P.A.s, seventy-three (73) project worksheets are in various stages of development, and the Damage Assessment amount for this storm was approximately \$8 million. FEMA 4528 — COVID 19 — Declared April 5, 2020 — Statewide. On March 12, 2020, the SEOC moved to Level 1 status in response to COVID-19. Coupled with all previous events, this unprecedented event’s response and mitigation measures have exhausted the State’s workforce capability. Currently, the SEOC is at Level 2 for the continued response to this event, and over 433 entities have submitted R.P.A.s. Due to this event’s nature, the total amount of applications, project worksheets, and costs exceed the workforce capability to respond appropriately. As of August 30, 2022, over 905.00(/ Mississippians have been diagnosed with COVID-19, and 12,766 have died. During the COVID-19 Public Health Emergency, shelter operations required that Mississippi consider additional strategies to ensure that survivors are sheltered in a manner that does not increase the risk of exposure to or further transmission of COVID-19.

FEMA 4536 — Severe Storms, Tornadoes, Straight-line Winds, and Flooding — Declared April 16, 2020. The following 20 counties were declared: Bolivar, Calhoun, Carroll, Chickasaw, Choctaw, Clay, Coahoma, Covington, Grenada, Holmes, Jasper, Jefferson Davis, Jones, Lafayette, Lawrence, Leake, Montgomery, Nox-

ubee, Panola, and Quitman. On Easter Sunday, April 12, 2020, two (2) rounds of severe weather, including destructive tornadoes, hail, damaging winds, thunderstorms, and heavy rain, struck Mississippi, impacting one-third of the State. The National Weather Service in Jackson confirmed that multiple EF-5 tornadoes struck portions of Covington, Jefferson Davis, and Jones Counties on Easter Sunday, reaching an estimated wind speed above 200 miles per hour. These tornadoes tracked a half-mile wide and over 100 miles long through multiple counties. Twelve (12) Mississippians lost their lives in this storm. At present, there are 64 applicants, and project worksheets are under development. The Joint Preliminary Damage Assessments yielded approximately \$35 million in damages. FEMA 4538 — Severe Storms, Flooding, and Mudslides — Declared April 23, 2020. The following 15 counties were declared: Attala, Carroll, Claiborne, Clay, Copiah, Grenada, Hinds, Holmes, Issaquena, Leflore, Marion, Sharkey, Warren, Wilkinson, and Yazoo. When these storms entered Mississippi, they brought tremendous amounts of rain over four days, with up to 10” of rain coming down quickly in ten (10) counties. This deluge rapidly made its way in the Ross Barnett Reservoir next to the City of Jackson and resulted in a maximum outflow of the reservoir into the Pearl River. This massive release of water resulted in catastrophic flooding downstream. Twenty-seven (27) counties submitted initial damage reports from February 10 through February 18, 2020. Of the twenty-seven (27) counties reporting damages, twenty (20) counties and six (6) cities filed local proclamations of emergency. Local governments reported four (4) injuries in the impacted area, and the Small Business Administration (S.B.A.) granted a declaration for this event. At present, there are twenty-one (21) applicants, and the project worksheets are under development. The Joint Preliminary Damage Assessments yielded approximately \$10 million in damages. FEMA 4551 — Severe Storms, Straight-line Winds, Tornadoes, and Flooding. Submitted request for Major Federal Declaration on June 5, 2020. The following 11 counties were declared: Amite, Claiborne, Covington, George, Jefferson Da-

vis, Jones, Lawrence, Pike, Simpson, Smith, and Wayne. Severe storms and powerful tornadoes entered Mississippi on April 22 and caused enough significant destruction for twenty (20) counties to report damages. Eleven (11) counties and five (5) cities filed local proclamations, and three (3) people were injured. The Joint Preliminary Damage Assessments yielded approximately \$8 million in damages. FEMA 4576 — Hurricane Zeta. Major Disaster declared on December 31, 2020. The following counties were declared for Individual Assistance: George, Greene, Hancock, Harrison, Jackson, and Stone. Public Assistance was declared for George, Greene, Hancock, Harrison, Jackson, Perry, Stone, and Wayne. hurricane Zeta impacted the State on October 28-29, caused \$50M in debris and infrastructure damage, and damaged thousands of homes. FEMA 4598 — Severe Winter Storms. A Major Disaster was declared on May 4, 2021, for 31 counties and one Tribe: Adams, Attala, Choctaw, Claiborne, Copiah, Covington, Franklin, Grenada, Hinds, Jasper, Jefferson, Jefferson Davis, Kemper, Lafayette, Lauderdale, Lawrence, Leake, Lincoln, Neshoba, Newton, Noxubee, Pike, Rankin, Scott, Simpson, Smith, Tallahatchie, Walthall, Warren, Winston, Yazoo, and the Mississippi Band of Choctaw Indians. This winter storm caused approximately \$30M in debris and infrastructure damage. FEMA 4626 — Hurricane Ida. A Major Disaster was declared on October 22, 2021, for 19 counties: Amite, Claiborne, Copiah, Covington, Franklin, George, Greene, Hancock, Harrison, Jackson, Jefferson, Jefferson Davis, Lawrence, Lincoln, Pearl River, Pike, Simpson, Walthall, Wayne and Wilkinson. This storm caused approximately \$27M in debris and infrastructure damage. EM 3539 — Mississippi Hurricane Marco and Tropical Storm Laura. Submitted request for Pre-Landfall Declaration on August 28, 2020. The following 24 counties were declared: Adams, Amite, Covington, Forrest, Franklin, George, Greene, Hancock, Harrison, Jackson, Jefferson, Jones, Lamar, Lawrence, Lincoln, Marion, Pearl River, Perry, Pike, Stone, Walthall, Wayne, and Wilkinson. Hurricane Marco and Tropical Storm Laura did not directly impact Mississippi, and minimal

costs were incurred. EM 3544 — Hurricane Sally. Submitted request for Pre-Landfall Declaration on September 13, 2020. The following 24 counties were declared: Adams, Amite, Covington, Forrest, Franklin, George, Greene, Hancock, Harrison, Jackson, Jefferson, Jefferson Davis, Jones, Lamar, Lawrence, Lincoln, Marion, Pearl River, Perry, Pike, Stone, Walthall, Wayne, and Wilkinson. As a Category B declaration, the State recently conducted the Applicant Briefing and receiving Requests for Public Assistance.

EM 3548 — I hurricane Delta. Submitted request for Pre-Landfall Declaration on October 7, 2020. The following three counties were declared for Category B emergency protective measures, including Direct Federal Assistance: Hancock, Harrison, and Wilkinson. The following counties were authorized Category B emergency protective measures, limited to Direct Federal Assistance: Adams, Amite, Claiborne, Copiah, Forrest, Franklin, George, Hinds, Humphreys, Issaquena, Jackson, Jefferson, Jefferson Davis, Lawrence, Lincoln, Madison, Marion, Pearl River, Pike, Rankin, Stone, Walthall, Warren, and Yazoo. As a Category B declaration, the State recently conducted the Applicant Briefing and receiving Requests for Public Assistance.

EM 3569 — Hurricane Ida. Pre-Landfall Declaration was approved on August 28, 2021. As a Category B declaration, all 82 counties were declared. The total or near total loss of water pressure throughout the City of Jackson and surrounding areas can result in substantial injury or harm to the population and significant damage to or loss of property. I specifically request an emergency declaration for Public Assistance — Category B, including Direct Federal Assistance. The State of Mississippi is determined to recover from this water crisis. Mississippi is prepared to expend funds in response to this disaster; however, federal assistance is necessary due to the severity and magnitude of the disaster. Coupled with ongoing recovery efforts related to the above-referenced disasters of 2020-2022, as well as COVID-19, Mississippi will not be able to recover without the aid of the federal government.

Sincerely,  
Tate Reeves Governor



State of Mississippi  
TATE REEVES  
Governor

August 30, 2022

## Smith

Continued from page 3

“One thing I would tell the police when they would harass me is just ‘don’t hit me.’ My daddy always told me to look a man in the face and tell him ‘don’t hit me.’”

There are now 21 community health centers in Mississippi alone, reaching around 300,000 people, and approximately 1,400 similar health centers across the nation, according to Smith.

Smith says he remains moved by the appreciation of his patients for the care they receive. Many who cannot afford the cost of healthcare still try to bring Smith sacks of potatoes, bowls of fruit, or coupons for meat. They invite him to weddings, funerals, and all kinds of social events and ceremonies as ways to show their appreciation and thank him. He says he’s had to start finding ways to politely refuse, in order to still have time for his own family.

“Contrary to what people believe, poor black people are just like poor people everywhere,” Smith says. “What they just want is respect and good care. They want to pay, but many times they just didn’t have any money to pay.”

While proud of the health infrastructure he helped establish in Mississippi, Smith remains ambivalent about Mississippi’s healthcare sys-

tem, noting that more than a third of the state’s population still qualifies for the subsidized Mississippi Health Center where he works. Mississippi is one of 12 states that has not passed Medicaid under Obama’s Affordable Care Act. More than 30,000 state residents are estimated to have no access to health insurance or subsidized health coverage.

“I still live in a place where we compete for 47th, 48th, 49th for being the most obese state, for having the highest infant mortality rate,” Smith says. “I just have to take some of those things off my mind to be able to go to sleep at night.”

At 85, Smith still comes into the office at Central Mississippi Health Services most days, intent as ever on improving access to affordable healthcare in his community.

“We’re still a long way from home,” Smith says. “But we have made some tremendous strides in my lifetime.”

*Jack Brook ’9 is a reporter at the Southeast Asia Globe in Phnom Penh. His writing has been published in the Christian Science Monitor, Jerusalem Post, Miami Herald, Marshall Project and other outlets.*

## The Mississippi Link™

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Copy Editor.....Minnie Garrett  
Graphics.....Marcus Johnson  
Photographers.....Kevin Bradley & Jay Johnson  
Tim Ward .....Sports Editor

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# Biden slowly winning LBJ- and FDR-like praise as legislative victories mount

By Stacy M. Brown  
NNPA Newswire Correspondent

As Donald Trump told New York prosecutors that he'd invoke his Fifth Amendment rights against self-incrimination, President Joe Biden sat behind a desk at the White House, where he signed into law the PACT Act, legislation that expands health-care benefits for veterans who developed illnesses because of exposure to toxic substances at U.S. military bases.

"The PACT Act is the least we can do for the countless men and women, many of whom may be in this room, who suffered toxic exposure while serving their country," Biden stated.

Facing unrelenting criticism because of high gas prices, inflation and his low-approval rating, Biden has built a track record that has gone almost overlooked. If he continues the string of success he has enjoyed in getting his mandate through Congress, historians might revisit Biden's presidency as one of the most consequential in American history.

Despite Republican leadership vowing to do all they can to stunt Biden's agenda, the president has pushed through game-changing legislation like the PACT Act, the Bipartisan Infrastructure Bill, the American Rescue Plan and the CHIPS and Science Act.

He's displayed a steady hand in returning affordability to gas prices, succeeded in expanding NATO, and monthly jobs reports continue to



Politico noted that "Biden has never had a more productive stretch of his presidency," with wins stacking atop wins at a most opportune time.

show increases.

"You can say what you will, that Biden is too old, he's not a deal maker, he's sleepy Joe, or whatever, but he's getting things done even though he's not getting the credit he deserves," Stacey Rouse, a D.C.-based utility worker opined.

"It's funny. When the other guy [Trump] was in office, you heard so much talk and bragging about what he's doing, and the media blanketed him with coverage," Rouse asserted. "Now, you got the F.B.I. raiding Trump. He's pleading the Fifth at depositions, and Biden is conducting

business the way you would want your president to conduct himself. I think he's accomplished so much, but we don't hear about it. I think ten years or so from now, people will look back and realize what a good president this man was."

Rouse's colleague, Scott Anthony, agreed.

"I was a skeptic because that thing about sleepy Joe seemed true," Anthony said. "But, it seems other people are doing the sleeping because Biden is getting things done and he's just not getting the credit."

Upon signing the CHIPS and Sci-

ence Act, August 10, Biden also peeked into the future and prognosticated what historians and others might determine.

"I honest to God believe that 50, 75, 100 years from now, people who will look back on this week, will know that we met this moment," Biden declared.

An acronym for Creating Helpful Incentives to Produce Semiconductors, the CHIPS Act, provides \$10 billion to invest in regional technology hubs across the country and a 25% investment tax credit for expenses for manufacturing of semiconductors

and other equipment.

The bill earmarks about \$100 billion in spending over five years on scientific research and \$80 billion for the National Science Foundation.

"Those early aspirations to being another Franklin D. Roosevelt and Lyndon B. Johnson, the ones that felt like so much hubris in the past few months, are being heard again in the halls of the West Wing and the Capitol," Peter Baker wrote about Biden for the *New York Times*.

"House aides argue that the string of congressional victories – capped by the package of climate, health and tax provisions that finally cleared the Senate – compares favorably to the two-year legislative record of most any other modern president, even perhaps F.D.R. and L.B.J.," Baker penned.

Politico noted that "Biden has never had a more productive stretch of his presidency," with wins stacking atop wins at a most opportune time.

"Already the victories have enlivened beleaguered supporters and injected new optimism across the West Wing," Politico reported.

"Aides describe a burst of energy in the executive mansion ... Biden and his staff suddenly find themselves with a host of successes to talk about, from the reconciliation bill to the China competitiveness bill, from legislation to give health benefits to veterans harmed by toxic burn pits to a robust jobs market."

## 13 states set to tax student loan forgiveness



When announcing plans to forgive as much as \$20,000 in student loans, Biden said provisions in the American Rescue Plan would render the forgiven debt non-taxable. However, the law doesn't exempt loan forgiveness at the state level.

By Stacy M. Brown  
NNPA Newswire Correspondent

According to an analyst by the Tax Foundation, as many as 13 states will consider President Joe Biden's student loan forgiveness a taxable event, levying as much as \$1,100 in taxes to some borrowers who receive a \$10,000 break.

When announcing plans to forgive as much as \$20,000 in student loans, Biden said provisions in the American Rescue Plan would render the forgiven debt non-taxable. However, the law doesn't exempt loan forgiveness at the state level. "As a general rule, a discharge of indebtedness counts as income and is taxable," Jared Walczak wrote for the Tax Foundation.

"Under the American Rescue Plan Act (ARPA), however, the forgiveness of student loan debt between 2021 and 2025 does not count toward federal taxable income. States which follow the federal treatment here will likewise exclude debt forgiveness from their own state income tax bases. "But, for a variety of rea-

sons, not every state does that. There are at least six relevant interactions with the Internal Revenue Code (IRC) for purposes of the treatment of student loan debt cancellation."

Those receiving \$10,000 in loan forgiveness are now facing the following tax penalties in the following states:

- Arkansas: \$550
- Hawaii: \$1,100
- Idaho: \$600
- Kentucky: \$500
- Massachusetts: \$500
- Minnesota: \$985
- Mississippi: \$500
- New York: \$685
- Pennsylvania: \$307
- South Carolina: \$700
- Virginia: \$575
- West Virginia: \$650
- Wisconsin: \$530

Walczak said those amounts double for individuals receiving \$20,000 in debt relief.

He noted that in several other states, tax officials have indicated that there will be no tax on student loan debt discharge despite ambiguity in state law.

"California, for instance,

does not conform to a post-ARPA version of the IRC but has a provision in existing law exempting student loans canceled according to income-based repayment programs," Walczak wrote.

"Legislation expressly conforming to the new federal law failed, but state revenue officials seem to be taking the position that the forgiveness announced by the Biden administration will be covered by the existing law."

Similarly, Walczak noted that officials in Pennsylvania have announced that the Biden administration's cancellation of student loan debt is not taxable.

In the coming weeks and months, Walczak added that it's likely that additional states would issue guidance on the treatment of discharged student loan debt and perhaps even adopt legislative fixes, causing this list to dwindle. While the debt – if retained – would have been paid over a period of years, the debt cancellation is included in income in the year it is taxed.

## President Joe Biden honors Dr. Benjamin F. Chavis Jr. and others with Lifetime Achievement Award

By Stacy M. Brown  
NNPA Newswire Correspondent

"On behalf of the NNPA and the Thurgood Marshall Center Trust, as well as on behalf of all my fellow Civil Rights Movement comrades who were present at the President Joe Biden 2022 Lifetime Achievement Awards on the campus of the historic Morehouse College in Atlanta, I express my profound gratitude to President Biden and Vice President Harris," Dr. Chavis remarked.

"At a time when our nation is facing renewed challenges to our democracy, it was very timely to reassert the importance of the right to vote, the Black Press of America, and the need to continue the fight for freedom, justice, equality and equity," Dr. Chavis continued. "We are committed to achieving #10MillionMoreBlackVoters."

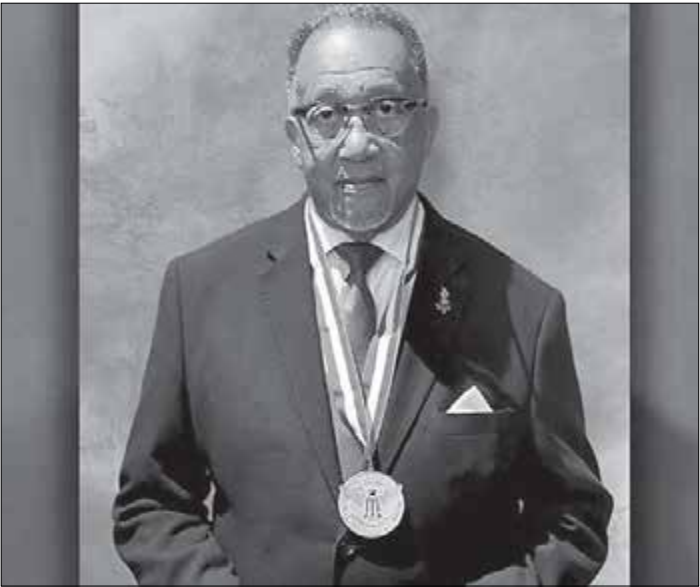
In addition to honoring the work of Dr. Chavis, the awards recognized the Atlanta Student Movement, civil rights leaders, and others who have shaped American history.

Over 80 individuals are receiving awards from President Biden this year at ceremonies held at North Carolina Central University in Durham, the Elks Lodge in Delray Beach, Fla. and Morehouse College.

Among the many notable recipients were Dr. Otis Moss Jr., Rev. Dr. Lawrence E. Carter Sr., Dr. Anne Winbush Watts, Dr. Clarissa Myrick-Harris and Thurgood Marshall Center Trust Inc. President Thomasina W. Yearwood.

A final ceremony is scheduled for September 10 at the Thurgood Marshall Center Trust in Washington, D.C.

"We are eternally grateful to all venues for hosting the awards program this year," said Dr. Beverly Kee, executive director of Premiere Coalition Partners Association, LLC., a



National Newspaper Publishers Association (NNPA) President and CEO Dr. Benjamin F. Chavis Jr. has received the President Joseph R. Biden Jr. Lifetime Achievement Award for Community Service and Civil Rights during a ceremony at Morehouse College in Atlanta.



Benjamin F. Chavis Jr. with Thurgood Marshall Center Trust, Inc. President Thomasina W. Yearwood

Maryland-based certifying organization for the Presidential Volunteer Service Award Program.

"We have a very impressive list of honorees who are making a meaningful difference in their communities, and this venue is so fitting for such a prestigious event," Kee stated.

Ahead of the 2022 midterms, Dr. Chavis said it's important to register new voters. The NNPA

and the Transformative Justice Coalition are in the middle of a campaign to register 10 million more Black voters.

"We've got work to do," Dr. Chavis declared.

"I thank President Biden for the Lifetime Achievement Award for Community Service and Civil Rights. Equality, equity, and justice are on the ballot."



# A few more fitness myths

By Vince Faust  
*Tips to Be Fit*

**Fitness Myth #1:** Getting older means that you will become weak and suffer from age related changes.

**The truth:** Getting older does not mean that you have to become weak and suffer from age related changes that affect older people who are sedentary. Several studies show that resistance-training exercises help maintain and increase muscle strength and size as we age. When muscle biopsies of men over 50 who lifted weights were compared with those of 20-year-old men the biopsies looked the same. When biopsies of men over 50 who did not exercise were compared with those of the same 20-year-old men their biopsies showed typical age related changes.

To stimulate muscle fibers to grow and increase in strength a demand must be placed on the muscle. Resistance training does this. Calisthenics is a form of resistance training but lifting weights or using workout machines does a more effective job. I recommend using a combination of free weights (dumbbells and barbells) and machines. Using free weights during some exercises will give you more control over your range of motion. Because machines can't possibly fit every body shape they don't provide a full range of motion with every exercise. People who don't have access to resistance training equipment can improvise with sandbags, plastic bottles filled with water or even canned goods.

A complete workout should include exercises for each body part. This will include the chest, shoulders, triceps, back, biceps, forearm, thighs, calves and your abdominals (midsection). Start with 1 or 2 different exercises for each body part. Gradually work up to 8-12 repetitions for each exercise. Do each exercise 1-3 times to start. If you can do more than 12 repetitions for a set the weight is too light. If you can't do at least 8 repetitions for a set the weight is too heavy.

**Fitness Myth #2:** If you lift weights you don't need an aerobic workout.

**The truth:** The Centers for Disease Control and American College of Sports Medicine recommend aerobic exercise for 30 minutes or more ev-



eryday. They also recommend adding resistance training.

Aerobic training works the heart, lungs, circulatory system and helps burn bodyfat. Resistance training strengthens muscles, tendons, ligaments and bone tissue. Both forms of exercise are important if you want to have a totally fit healthy body.

The word aerobic means with oxygen. Oxygen is used to produce energy during aerobic activities. To do this the body has to be in continuous motion for more than 20 minutes. Only aerobic exercise will help increase cardiovascular endurance by working the heart, lungs and circulatory system. Some examples of aerobic workouts include 20 minutes or more of brisk walking, jogging, bicycling, skating, swimming, walking in a pool, dancing, racquetball and jumping rope. Workouts, which include a lot of, stop and go movements will burn calories but are not considered aerobic. These include karate, volleyball, weight training, sprinting, tennis, ballet and gymnastics.

**Fitness Myth #3:** My body weight according to the charts considers me over weight.

**The truth:** Body weight charts weren't designed to give you an ideal weight and they never seem to help. The most scientific way to determine your ideal weight is to

determine your body's composition of fat to lean muscle ratio. The percentages vary with sex and age. Here are some basic guidelines. Women age 16 to 29 should have 14 to 24 percent body fat. For men 16 to 29, it should be around 9 to 15 percent. To get a rough idea of your body fat percentage, pinch the loose skin on the back of your upper arm or the side of your waist between two fingers. If you pinch more than an inch you probably need to reduce your bodyfat.

**Fitness Myth #4:** A good cross training shoe is all you need for your workout.

**The truth:** While cross training shoes have improved over the years, I would not do heavy lifting in the same shoes I'd use for running or walking. If you do heavy lifting in your running or walking shoes you will destroy the cushioning in the shoe that absorbs the force you put on your feet as you walk or run. According to Tom Brunick of *Walking Magazine*, you should buy a run / walk shoe that has polyurethane midsole that will give you added support and more durability.

For lifting weights, choose a shoe designed for weight lifting. These shoes have a stiffer upper than a regular running or walking shoe. The weight lifting shoe also has a stable heel, which will help if you

have weak ankles.

Keep in mind an expensive shoe doesn't mean your getting good quality. Make sure you try the shoe on with the type of sock you'll be wearing during your exercise. Remember shoes are just as important as the exercise.

**Fitness Myth #5:** If I exercise I can smoke.

**The truth:** Exercise can motivate you to stop smoking but it will not off set the ill effects of smoking. The carbon monoxide from cigarette smoke combines with the hemoglobin in the blood much faster than oxygen; which decreases the capacity for oxygen transport in the blood. Smoking will also make the respiratory muscles work harder to ventilate air. Smoking releases nicotine and 1200 other toxic compounds into the bloodstream. Once these substances damage the lining of the arterial walls, cholesterol and triglycerides can easily build up slowing blood flow. Smoking also contributes to the formation of blood clots and reduces the HDLs or good cholesterol and increases blood pressure and heart rate. Exercise will not offset these effects if you continue to smoke. The only thing that will offset these effects is to quit smoking.

Before starting your fitness program, consult your physician.

# Experiencing these symptoms? It's time to think migraine



*StatePoint*

"I'm fine," is a phrase Kelsey Voskamp, Colorado resident, used many times in her life while pushing through what she thought were just headaches. Like many others who are misdiagnosed or undertreated, Voskamp didn't realize she experienced a neurological disease called migraine and didn't know how to explain to her family, and even her doctor, how debilitating her migraine attacks were.

Migraine can have a large impact on a person's life. But putting on a brave face to push through the symptoms isn't a solution.

Why do so many people hesitate to seek care for their migraine symptoms?

There are a variety of reasons why people with migraine are underdiagnosed and undertreated. Often times, people experiencing symptoms such as light and sound sensitivity, and nausea with a significant disabling headache don't recognize it as migraine. The recent OVERCOME study, presented at the Annual Scientific Meeting of the American Headache Society revealed that among those who experienced these migraine symptoms, approximately half hesitated to seek care, and even fewer received a diagnosis and received the treatment they needed.

"I didn't realize there was a name for what I was experiencing until I spoke with my doctor," said Voskamp, "Having the right diagnosis can make all the difference." Think Talk Treat Migraine Eli Lilly and Company launched Think Talk Treat Migraine to empower people with migraine and their doctors to have better conversations that can lead to proper diagnosis and care. The next time you have a headache, remember to think, talk and treat migraine, a simple algorithm to help guide conversations about the impact of migraine with your doctor:

**1. Think Migraine** Migraine is more than a bad headache. According to the National Institute of Neurological Disorders and Stroke, it's a complex neurological disease, typically characterized by severe throbbing, recurring pain that frequently occurs on one side of the head, and other extremely debilitating symptoms that can impact one's ability to complete daily activities or are accompanied by sensitivity to light, and/or nausea.

If these are symptoms you experience, think migraine.

Ask your doctor about migraine if your headaches have limited your ability to complete activities, if you've experienced nausea with a headache and/or are sensitive to light.

If you experience at least two of these symptoms with your headaches, there is a greater chance you might have migraine.

## 2. Talk Migraine

Due to migraine, Voskamp sometimes has to miss work and shares with her doctor that she feels like she is not fully functioning because of symptoms that impact her day. A short discussion with your doctor can determine if you need medication(s) to help relieve headache attacks or reduce their frequency.

Talk with your doctor about how headaches have impacted your life. Be sure to point out key symptoms that are bothering you:

- Headaches limit your normal daily activities – especially if it has happened any day in the last three months
- You push through headache on a regular basis
- You are nauseated when you have a headache
- Light bothers you when you have a headache

Understanding the frequency and impact of migraine on daily activities can help inform the treatment decision that is right for you.

## 3. Treat Migraine

Working with your doctor to treat migraine based on your individual symptoms can make all the difference. The level of migraine treatment that your doctor recommends depends on impact to daily activities:

- If you have headache accompanied by impact on your daily activities, sensitivity to light, and/or nausea one or more days per month: acute treatment could be recommended.
- If you have headache accompanied by impact on your daily activities, sensitivity to light, and/or nausea four or more days per month: acute and preventive treatment could be recommended.

Following diagnosis of migraine, it's important to treat early and effectively for best results, according to the American Headache Society.

For more information on the Think, Talk, Treat Algorithm and other tools and resources on migraine, visit ThinkMigraine.com.

Think Talk Treat Migraine™ is a trademark owned or licensed by Eli Lilly and Company, its subsidiaries, or affiliates.

# Tea drinkers enjoy possible health benefits, study suggests

By Carla K. Johnson  
*AP Medical Writer*

A cup of tea just got a bit more relaxing. Tea can be part of a healthy diet and people who drink tea may even be a little more likely to live longer than those who don't, according to a large study.

Tea contains helpful substances known to reduce inflammation. Past studies in China and Japan, where green tea is popular, suggested health benefits. The new study extends the good news to the U.K.'s favorite drink: black tea.

Scientists from the U.S. National Cancer Institute used a large database project that asked about the tea habits of nearly a half million adults in the United Kingdom, then followed them for up to 14 years. They adjusted for risk factors such as health, socioeconomic, smoking, alcohol intake, diet, age, race and gender.

Higher tea intake – two or more cups daily – was linked to a modest benefit: a 9% to 13% lower risk of death from any cause vs. non-tea drinkers. Tea temperature, or adding

milk or sugar, didn't change the results.

The study, published Monday in *Annals of Internal Medicine*, found the association held up for heart disease deaths, but there was no clear trend for cancer deaths. Researchers weren't sure why, but it's possible there weren't enough cancer deaths for any effect to show up, said Maki Inoue-Choi, who led the study.

A study like this, based on observing people's habits and health, can't prove cause and effect.

"Observational studies like this always raise the question: Is there something else about tea drinkers that makes them healthier?" said Marion Nestle, a professor of food studies at New York University. "I like tea. It's great to drink. But a cautious interpretation seems like a good idea."

There's not enough evidence to advise changing tea habits, said Inoue-Choi.

"If you drink one cup a day already, I think that is good," she said. "And please enjoy your cup of tea."



# Mt. Helm, oldest black church in Jackson



Rhodes



The Mississippi Link Newswire

Founded in 1835, Mt Helm is the oldest black church in Jackson, MS. It is located at 300 E. Church Street. It began with several enslaved blacks worshipping in the basement of First Baptist Church-Jackson and became a separate body in 1867 (the year the 13th Amendment was ratified). Mt Helm is a history making church. The Baptist State Convention, the Church of Christ Holiness (USA), and the Church of God in Christ

can all trace part of their denominational histories back to this church. A number of prominent Baptist churches were generated from the Mt Helm congregation as well. Also Jackson State University (formally Jackson College) was for a time housed at Mt Helm. Located in the heart of Downtown Jackson and the historic Farish Street District, Mt Helm has a rich tradition of worship, witness and service to God and humanity. This historic church

has persevered for nearly two hundred years by the grace of God and will continue to be a leading congregation in our city, our state and our world. In 2010 Rev. C.J. Rhodes became the youngest pastor of Mt Helm Baptist Church, Jackson's oldest historically African-American congregation. Under his transformative leadership, Mt Helm regained its local and statewide status as a flagship church, became more engaged in evangelism and advocacy, and modeled adaptive para-

digms that made the nearly two century old church more relevant and visible for 21st century ministry. Below are institutions that have historic connections to Mt. Helm church: First Baptist Church – Jackson General Missionary Baptist State Convention of Mississippi Church of Christ Holiness (USA) Church of God in Christ Jackson State University.

## P R E S E R V E D The voice of the flesh

By Shewanda Riley Columnist



If we are honest with ourselves, all of us struggle with wanting to do things that seem satisfying at the time, but often leave a bittersweet aftertaste. I think about the warnings I got from my parents as a child not to overeat. Of course, thinking as an 8-year-old I knew what was best for me, I ignored them. The foods that tasted so good as when I was a child have haunted me for years in the form of a frustrating weight problem. I don't recall hearing a voice telling me to "Eat another bowl of Captain Crunch cereal." However, I do remember feeling so impulsively drawn to do those things that it was impossible to resist. Even as an adult, I find myself wavering between wanting something knowing that is not good for me and wanting to have self-control and resist. Unfortunately, many times, I yield to the temptation. It's not always obvious but there are always consequences for surrendering to those desires. I've seen it my own life as well as the lives of loved ones, family, and friends. I'm not passing judgment, but my heart was truly broken because I saw years ago where some of their decisions could possibly lead...and I wished I could do something to help them. Now in looking at where their choices had left them disappointed and dealing with negative consequences, I was reminded of my own weaknesses in listening to the voice of the flesh. I could identify with the fact that despite my best efforts, like them, I was unable to resist the yearnings of

my flesh. No matter how high I turn up the praise and worship music, I still find myself turning my ear and listening with cautious interest to the seductive voice of temptation. This voice of temptation may not come in that of the hissing serpent like in the Garden of Eden. However, it may come in the form of a simple question: "Would it really be that bad if you...?" Fill in the blank with the temptation of your choosing. Like many of you, I can easily rationalize enjoying the temptation. The voice of the flesh is that impatient and uncontrollable side that speaks to our need to have immediate satisfaction. Whether it is male or female, high-pitched or low doesn't matter because the voice of the flesh always says the same thing: "I want it." Only you know what the "IT" is. However, the voice of the flesh doesn't just stop there. It continues with "I want it now." The voice of the flesh then concludes with "I want it now...no matter what the consequences." Romans 8:5 says, "Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires." God's response to the voice of the flesh is always the same: "Wait." The question is which voice do you choose to listen to

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



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Rev. Mark Jackson, Pastor  
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Church: 601-859-2858

New Bethel Missionary Baptist Church

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# Millennial Money: How to prepare your finances for a breakup

By Laura McMullen  
*NerdWallet*



Breaking up sucks – even if it’s necessary and you’re better off without them. Emotions loom large and life changes. Your to-do list fills up with loaded logistics, like figuring out who gets the cat or how the heck you’ll afford to live alone.

We don’t know what to tell you about the cat, but we can speak to the financial aspect. After all, splitting can get sticky if you and your partner share money in some way or rely on each other financially.

If you’re married, learn how to prepare your money for divorce. If you’re not married, here’s guidance for detangling your finances.

## Acknowledge Emotions

Breakups are often emotional. Those feelings can influence behaviors and decisions, says Alex Melkumian, a licensed marriage and family therapist and founder of the Financial Psychology Center in Los Angeles.

For example, if you’re furious at your partner, you may do whatever it takes to quickly leave the relationship. That may mean conceding the cat and rent-controlled apartment. Or if you’re worried you’ll be financially insecure on your own, you may stay in an unhappy relationship.

A note about that kind of dynamic: When a partner uses money for power and control, they’re entering financial abuse territory. Forms of financial abuse, “include tactics to conceal information, limit the victim’s access to assets or reduce accessibility to the family finances,” according to the National Network to End Domestic Violence. Learn more on the NNEDV website.

## Manage Those Feelings

If you’re not experiencing financial abuse but feel that emotions are clouding your judgment, first acknowledge your inner critic. That voice “can be really discouraging, judgmental and shameful,” Melkumian says.

Perhaps your inner critic berates

you for choosing the wrong person or for buying a car with them, for example. Your inner critic also “over-exaggerates the importance of every small decision,” he adds. The voice may insist that if you don’t get something just right, your life will be ruined.

Melkumian has some of his clients speak these critiques aloud. Try it, and ideally you’ll hear how mean and unfair that voice is. Or, he suggests asking: “Would you let someone else talk to you or a friend like that?”

Also, beware of sacrificing too much in this breakup in an effort to “keep the peace,” says Kaylin Dillon, a Lawrence, Kansas-based certified financial planner focused on couples and families. “Your future self is counting on you to think about your best interest,” she says.

**Take Inventory Of Your Money**  
Getting organized can help you determine next steps Dillon says. So log into your financial accounts, and note the following:

- Recurring expenses. Distinguish those you share and those you or your partner pay solo, Dillon says.
- Assets. These are things you own that have monetary value, such as a house, car, stocks or bank accounts. Note which assets are in your name, which are in your partner’s name and which (if any) are shared, says Sally Boyle, a Hanover, New Hampshire-based CFP and certified divorce financial analyst.
- Net worth. This is your assets minus liabilities, or money you owe, such as debts and loan balances. Log this number, too, Boyle says.

If you and your partner feel you can tackle this exercise together, do so. Schedule time for it, so you can feel mentally and emotionally prepared.

“Your first mediation is at the dining room table,” says Boyle, who’s also the founder of The Better Half divorce planning service. If you’re up for it, address disparities in net worth, she says, and how to handle other tricky situations,

like shared assets.

## Consult Professionals

Perhaps this discussion will help you determine next steps. That likelihood depends on several factors, including how tangled your finances are and the circumstances of your breakup.

Shared subscriptions are simpler to split than real estate, for example. And it’s easier to collaborate with someone who calmly agrees to the breakup, rather than someone who clings to the relationship – or who you can’t bear to look at.

Professionals may help straighten out finances and emotions. They can also fill knowledge gaps, where one partner understands much more about money than the other. Dillon sees these gaps often and says whoever knows less is at a disadvantage.

So who can help? If that first step of assessing cash flow is overwhelming, Dillon says a financial planner or budget coach can help you understand your money.

If emotions slow you down, Boyle suggests a financial therapist. Mediators also help facilitate conversations in a neutral way, Boyle says, adding that her divorce clients often try mediation.

An attorney can be helpful if you two share major assets, like a house, Dillon says. They may also be worth contacting if there’s a significant disparity in your incomes and net worths, and if one partner financially relies on the other. (However, Boyle notes that attorneys can be pricey.)

Whether you determine next steps with a professional or not, aim for optimism.

“It’s a hard pill to swallow to say ‘OK,’ it didn’t work this time.” Melkumian says. “But there will be another time.”

This column was provided to The Associated Press by the personal finance website NerdWallet. The content is for educational and informational purposes and does not constitute investment advice.

*Laura McMullen is a writer at NerdWallet. Email: lmcullen(at)nerdwallet.com. Twitter: (at)lauraemcmullen.*

# Law enforcement officer is fired amid student and teacher lives being lost

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



Save The Children was a popular song by music legend Marvin Gaye. It was a big hit in the 1970’s. Now in a strange way, this song rings true today.

There is a responsibility that all of us must keep our children safe. Historically, schools, homes and places of worship have been safe places for them. You just don’t equate killings with these places.

Going to school was an enlightening experience. We saw our friends and our teachers provided us instruction. Our parents had no anxiety or fear about sending us there. Isn’t that the way it should be?

Kids and parents shouldn’t have to worry about mayhem and confusion. That sounds incomprehensible to think that a child could go to school and be harmed.

As we know that is what happened on May 24th in Uvalde, Texas. An armed gunman walked into Robb Elementary School and killed 19 students and 2 teachers. Could this tragedy have been avoided?

There are multiple answers to this question. School critics and pundits have their opinions.

It is the response to the shooting that has the Uvalde community up in arms. Upon learning that a shooter was at the school, the systems were activated. Law enforcement arrived and were ready to move in on the target. The moving in on the target portion is where the system was compromised.

This is my opinion and the opinion of others who have been keen observers of this event.

May 24, 2022 should have been just another school day for the district’s students and teachers. It wasn’t.

Last week Uvalde police chief, Pete Arredondo was fired. He oversaw the police response on that day. The Uvalde Consolidated Independent School District’s board of education voted to void

his contract immediately.

Reports say that there were 376 law enforcement officers at the school on that day. All supposedly with Arredondo in charge. The non-actions of law enforcement were squarely on the shoulders of the former police chief.

The firing of former chief Arredondo was contentious.

Brett Cross, the uncle and guardian of one of the slain children at a school board meeting in July said, “Stand with us or against us, because we ain’t going nowhere.”

Parents and supporters of the victims have been upset about how the process has played out. Some of the meetings involving Arrendondo’s termination were held in executive session or canceled. However, the former chief still maintains that he did nothing wrong or inappropriate.

His lawyer, George Hyde wrote in a statement, “Chief Arredondo is a leader and a courageous officer who with all of the other law enforcement officers who responded to the scene should be celebrated for the lives saved, instead of vilified for those they couldn’t reach in time.”

School systems are now more than ever on the alert for incidents of all kinds that will threaten the lives of students and teachers. Now because of what has been occurring, school districts have employed grief and family counselors to console grief-stricken family members. Police and security personnel are now more visible in and around schools. Increased and improved surveillance is now commonplace in today’s schools.

The same is true with colleges and universities across America. They, too, have stepped up their security forces for students both living on and off campus.

These are the times that we are living in during this period in our country. Will these times change and get better? That’s a good question with no good answer now.

I never thought I would live to see the day when police and schools would go together. Yet, here I am as schools and police do go together.

# Back to school, back to fighting far-right attacks on education

By Ben Jealous  
*People For the American Way*



Just when you thought far-right attacks on public education couldn’t get any more absurd, we hear about something new.

For the first time in almost 15 years, Sarasota schools this fall are turning down hundreds of free dictionaries from the local Rotary Club. Why? Because the district is afraid of violating a radical new law that’s part of Florida Gov. Ron DeSantis’s crackdown on inclusive curricula. The district can’t buy or accept any new books until it hires someone to make sure they comply with the state’s draconian censorship regulations. So, the dictionaries sit on the shelf.

The idea that dictionaries might be hazardous to kids would be laughable if it weren’t so dangerous.

This new school year is starting as more states are passing laws to make it easier to ban books. States are also passing laws to stop teachers from talking about topics like racism; according to Education Week, 42 states have now enacted limits on what teachers can say about racism or sexism in the classroom.

These same political forces want to make schools teach a whitewashed version of our history and our current reality in the name of “patriotic” education. They’re trying to take over school boards to impose their political ideology on teachers and students. That’s bad for our kids. And it’s bad for our coun-

try.

The freedom to learn is at risk.

This fall, it’s more important than ever to stand for the rights of teachers to teach, and students to learn, about the full spectrum of the American experience; that means lessons that include and celebrate diverse communities. It means history that doesn’t erase the experiences of black people, brown people, LGBTQ people, women, immigrants, people with disabilities, and other communities that have been historically marginalized.

The director of the nonprofit EveryLibrary warns that the current wave of book bans amounts to “the silencing of stories and the suppressing of information” that will make “the next generation less able to function in society.”

Children learn better when

they can see themselves in others and see their communities as part of the great American story. At the same time, science tells us that learning how to understand and empathize with people across differences is essential to children’s healthy development. Looking honestly at our past helps students develop critical thinking skills that are desperately needed when every smart phone is a gateway to disinformation.

Democracy, too, depends on informed citizens to function. It’s no coincidence that the crowd that stormed the Capitol in 2021, was acting on lies and misinformation.

Authoritarianism feasts on ignorance. Election deniers and censors of history are in the same camp, and should get nowhere near our schools.

We cannot begin to heal our divisions until we acknowledge and teach our whole history – good and bad. And we know that standing up for the freedom to learn will be a challenging task.

This school year follows one in which reports of book bans and censorship reached record levels according to the American Library Association. Far-right groups and politicians are offering rewards and setting up tip lines to “report” teachers who cover “divisive” topics. School board members are receiving death threats.

But we don’t shy away from these challenges when we act from a place of love. Loving our children means being advocates for them when political extremists want to limit what they can learn. It means showing up to school board meetings and orga-

nizing to make ourselves heard. It means running for the school board.

It means rejecting one of the censors’ most harmful assumptions: that students are too fragile to hear the history our people have lived.

Millions of families are getting ready to send their kids back to school. Let’s also get ready to defend the freedom to learn. Before the dictionary ends up on your district’s banned-books list.

*Ben Jealous serves as president of People For the American Way and Professor of the Practice at the University of Pennsylvania. A New York Times best-selling author, his next book “Never Forget Our People Were Always Free” will be published by Harper Collins in December 2022.*





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ADVERTISEMENT FOR PROPOSAL FOR  
HKS NEW AIRCRAFT HANGAR  
BY THE  
JACKSON MUNICIPAL AIRPORT AUTHORITY  
PROJECT NO. 006-22B

The Jackson Municipal Airport Authority ("JMAA") is seeking electronic proposals ("Proposal") for a New Aircraft Hangar at Hawkins (HKS) Field.

Sealed Proposals to perform the services will be accepted at 4:00 p.m. Central Standard Time (CST) on Monday, October 03, 2022(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) Attention: Marvin Buckhalter, Director of Procurement; (ii) the wording: "HKS New Aircraft Hangar, Project No. 006-22B." 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 whatsoever. Information for Respondents relating to this Request for Proposals ("RFP") is on file and open for public inspection at the offices of JMAA. The Information for Respondents contains a copy of the RFP, General Information for Respondents, Information Required from Respondents and Criteria for Selection. Interested persons may obtain a copy of the Information for Respondents from JMAA by contacting Marvin Buckhalter, as follows:  
Jackson Municipal Airport Authority  
100 International Drive, Suite 300  
Jackson, Mississippi 39298-8109  
Attention: Marvin Buckhalter  
Telephone: (601) 664-3516  
Facsimile: (601) 939-3713  
Email: mbuckhalter@jmaa.com  
or from JMAA's website at <https://j111aa.com/par111cr-with-us/procureme111/>. 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 hold a Pre-Bid Conference on Monday, September 12, 2022, at 10:00 a.m. (CST) using the following login information:

<https://jmaa.zoom.us/j/95968020095>  
Meeting ID: 959 6802 0095  
Passcode: 520966

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.

JACKSON MUNICIPAL AIRPORT AUTHORITY

Date: August 31, 2022

John Means, (Acting) Chief Executive Officer

9/1/2022 9/8/2022

LEGAL

CITY OF JACKSON  
REQUEST FOR PROPOSALS  
PROFESSIONAL SERVICES FOR VARIOUS AMERICAN RESCUE  
PLAN ACT (ARPA) WATER AND SEWER PROJECTS

The City of Jackson intends to employ consulting engineering firms to provide engineering services utilizing a Cost plus Fixed Fee, Labor Hour/Unit Price or Lump Sum/Firm Fixed Price contract for various water plant, sewer line, and sewer plant projects to be funded or partially funded by American Rescue Plan Act (ARPA). These services include design engineering, surveying, bidding services, and construction engineering, inspection, and testing services, and related work.

The proposed projects will include the following:  
1. OB Curtis Water Treatment Plant: Claritrack and Sedimentation Basin Improvements  
2. West Bank Interceptor Sewer Main Segment 6 Rehabilitation  
3. West Bank Interceptor Sewer Main Segment 7 Rehabilitation  
4. Savanna Street 100 mgd Pump Replacement  
5. Mill St Sewer Reconstruction and Relocation  
6. Sewer Line Repair and Rehabilitation Project A  
7. Sewer Line Repair and Rehabilitation Project B

Consulting engineering firms shall submit one proposal for each project that the firm wants to be considered. Do not combine multiple projects into one proposal.

To be considered, the "Expression of Interest" proposal must respond to all requirements of this Legal Advertisement. The recommended proposal length should not exceed twenty-five (25) pages, exclusive of appendices. The resumes (which should not exceed 2 pages per individual in length), SF-330 Part II, proof of State Licensure and certificates requirements, and other information not relevant to the requirements should be included in the appendices. The Consultant's cover letter, table of contents, summaries and introductions, team organizational chart, past performances, and any other responses to the evaluation criteria should be included in the 25 pages. Pages should be numbered, single-spaced, one-sided, 8.5" by 11" with margins of at least one inch on all four sides. No more than five pages may be 11" by 17", but they will count as two sheets each against the recommended 25 page maximum. Information within the recommended 25 page limit of the proposal should be complete and sufficient in scope for the selection committee to evaluate the Consultant. Also, all text information in the recommended 25 page limit should be shown in a readable font, size 12 points or larger. Headers, charts, and other graphics may be provided in a different font type and size providing they are legible. Section dividers, tabs, or similar means are recommended but are not counted as part of the recommended 25 page limit. These recommendations will be considered when evaluating the quality of proposal.

With the exception of the information to be supplied in the appendices, the "Expression of Interest" proposal should be divided into the following sections as listed below.

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ADVERTISEMENT FOR BIDS – NOTICE TO CONTRACTORS  
PROPOSED OB CURTIS WATER TREATMENT PLANT  
CONVENTIONAL FILTER REHABILITATION PROJECT – PHASE #1  
SRF LOAN# DWI-L250008-03  
JACKSON, MISSISSIPPI

Sealed bids will be received by the City of Jackson, Mississippi, until 3:30 P.M. CDT, September 27, 2022, at the Municipal Clerk's Office located at 219 S. President St., for supplying all labor, materials, and equipment as required under the plans and specifications for the construction of PROPOSED OB CURTIS WATER TREATMENT PLANT CONVENTIONAL FILTERS REHABILITATION PROJECT – PHASE #1, SRF LOAN NO. DWI-L250008-03. Please address the envelope to City of Jackson Municipal Clerk, P.O. Box 17, Jackson, MS 39205.

The entire project must be completed within five hundred ten (510) calendar days. The contract will be subject to liquidated damages in the amount of five hundred dollars (\$500.00) per calendar day for each consecutive calendar day in which the contract time is exceeded.

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 precondition to selection,

each contractor, bidder or offeror shall submit a completed and signed Equal Business Opportunity (EBO) plan. Failure to comply with the City's ordinance 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 Michael Davis with the office of Economic Development at (601) 960-1856. Copies of the ordinance, EBO Plan Applications, and a copy of the Program are available at 200 South President Street, Warren Hood Building, Second Floor, Jackson, Mississippi.

The City of Jackson, Mississippi ("City of Jackson") is committed to cultivating 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.

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, sex, or disability in consideration for an award.

Minority and women's business enterprises are solicited to bid on this contract as prime contractors and are encouraged to make inquiries regarding potential subcontracting opportunities and equipment, material, and/or supply needs.

This contract is funded in whole or in part by funds from the Consolidated Appropriations Act of 214 (H.R. 3547); therefore, this project must comply with the American Iron and Steel Requirements of the Act.

Any contract or contracts awarded under this invitation for bids are expected to be funded in whole or in part by anticipated funds from the Drinking Water Systems Improvements Revolving Loan Fund (DWSIRLF) loan program from the State of Mississippi. Neither the State of Mississippi, the Local Governments and Rural Water Systems Improvements Board, the MS Department of Health, the MS Commission on Environmental Quality, nor any of their employees, is or will be a party to this invitation for bids or

any resulting or related contracts. This procurement will be subject to all applicable sections of the Mississippi Code of 1972, Annotated, as they apply to local governments, in accordance with Appendix D of the DWSIRLF Program Regulations.

The PLANS, SPECIFICATIONS, AND CONTRACT DOCUMENTS may be examined at the following locations:

- Office of the Consulting Engineer: Cornerstone Engineering LLC, located at 600 Northside Drive, Suite A, Clinton, MS 39056, call Mauricka McKenzie, P.E., Project Engineer at 601-473-2403 office. One copy of the Plans, Specifications, and Contract Documents may be procured from the Consulting Engineer, upon payment of \$300, none of which is refundable.
- Official bid documents can be downloaded from Central Bidding at [www.centralbidding.com](http://www.centralbidding.com). Electronic bids can be submitted at [www.centralbidding.com](http://www.centralbidding.com). For any questions relating to the electronic bidding process, please call Central Bidding at 225-810-4814.
- Office of the MSDH/DWSIRLF Program: located at 570 East Woodrow Wilson, Suite U232, Jackson MS 39215, call Harry Gong, P.E., Project Manager at 601-576-7518.

The BID SCHEDULE may be examined at the following locations:

A. Mississippi Procurement Technical Assistance Program (MPTAP) Mississippi Development Authority, Minority & Small Business Development  
Woolfolk Building  
501 North West Street, Suite B-01  
Jackson, MS 39201  
Contact: LaTisha Landing 601-359-3448

The Standard Specifications adopted by the City Council may be procured from the Department of Public Works, if desired upon payment of 5.00 dollars for each specification.

A nonmandatory Pre-Bid Conference will be held on September 15, 2022, at 10:00 A.M. local time, onsite at the OB Curtis WTP facility. All potential contractors, subcontractors, and other interested parties are encouraged to attend.

Bidders must be qualified under Mississippi law and possess a certificate of responsibility issued by the Mississippi State Board of Contractors establishing its classification as to the value and type of construction on which it is authorized to bid. Each bidder must deposit with its proposal, a bid bond or certified check in an amount equal to five percent (5%) of the total bid for the work, payable to the City of Jackson, as the bid security.

The successful bidder shall furnish a Performance Bond and Payment Bond each in the amount of one hundred percent (100%) of the contract amount awarded. Attorneys-in-fact who sign Bid Bonds or Payment Bonds and Performance Bonds must file with each bond a certified and effective dated copy of their power of attorney.

Proposals shall be submitted in triplicate, sealed, and deposited with the City of Jackson's Municipal Clerk prior to the hour and date designated above. Each bidder shall write its certificate of responsibility number on the outside of the sealed envelope containing its proposal.

The City of Jackson reserves the right to reject any and all bids and to waive any and all informalities

Acting City Engineer

8/25/2022, 9/1/2022

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6. The CONSULTANT shall submit a City of Jackson Equal Business Opportunity (EBO) application any proposed EBO waivers. The EBO application form can be found on the CITY's website at <https://www.jacksonms.gov/business-development/>

The City will evaluate the Expressions of Interest based on the following factors listed in their relative order of importance:

- Experience of the Firm in performing specific services and experience on similar CITY projects
- Qualifications and experience of Staff to be assigned to the project based on requested scope of services
- Size of the firm's professional and technical staff with respect to the services needed
- Project Approach
- Local Presence of the Firm
- EBO Application

The CITY reserves the right for each project to select one (1) consultant or select a short list of consultants from whom more information will be required. The CITY reserves the right to reject any and all Proposals, discontinue Contract execution, and/or request additional information with any party at any time prior to final Contract execution.

The CITY's Equal Business Opportunity (EBO) program shall apply unless federal or state regulations supersede the City's EBO program. All proposals shall include a completed EBO application and any waiver requests. Information on the CITY's EBO program including the EBO application form can be found on the CITY's website at <https://www.jacksonms.gov/business-development/>

The CONSULTANT should mark any and all pages of the proposal considered to be proprietary information which may remain confidential in accordance with Mississippi Code Annotated 25-61-9 and 79-23-1 (1972, as amended). Each page of the proposal that the CONSULTANT considers trade secrets or confidential commercial or financial information should be on a different color paper than non-confidential pages and be marked in the upper right hand corner with the word "CONFIDENTIAL." Failure to clearly identify trade secrets or confidential commercial or financial information will result in that information being released subject to a public records request.


To be considered, all replies must be received by the Office of the Municipal Clerk, at Jackson City Hall, 219 South President Street, P.O. Box 17, Jackson, MS 39205, on or before 3:30 PM p.m. Tuesday, September 20, 2022. The Expressions of Interest should be submitted and marked on the outside as \_ (insert name of project)\_ Consultant Proposal.

Robert Lee, Acting City Engineer  
Department of Public Works




8/25/2022, 9/1/2022


<http://sp.gomdot.com/Consulting%20Services/Forms/Standard%20>





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 **BILL GORDON**  
ASSOCIATES

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## Sudoku Solution

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# Under the surface with a Jackson mother

By Chris Young  
Contributing Writer

For those who don't know her, you're missing out. Shantell Johnson, born and raised in Jackson, is small in stature, but a force of nature. She is fourth generation Jackson. Little escapes her knowledge. She knows what goes on under the surface in Jackson, and she will tell you all about it. We agreed to meet at the Waffle House on I-55 for a visit last Saturday morning.

After pushing the record button, Shantell told me a bit about herself. She says her code is simple and came to her from both her grannies: treat people the way you want to be treated, honor your neighbor and the Ten Commandments. Granny told me, "Shantell there's two things you need to know while you are on this earth and passing through here, that's the Bible and the law of the land."

Thankfully, the counsel of her grandmothers serves her well — especially on September 23 when her oldest son Christopher became homicide #109 in Jackson last year.

When asked if her code changed after her son's murder, she said no. "It only enhanced it. After fighting mental illness for twenty-five years, you know there is a lot of stigma, people don't want to talk about it, and after Christopher's murder I realized that I was stepping on a different side, a side of caring



Shantell Johnson PHOTO BY SHANTELL JOHNSON

when a life is involved, when a life is taken, when a generation is taken from you. Christopher didn't have any children, but that murder robbed me of a son, and my boys of a brother, and cousins, and my mom of a grandson. It robbed a generation."

Christopher was 28 when he was gunned down in Jackson. He had suffered with mental illness throughout his life and his mother indicates that he was preyed on by drug dealers and others due to having an IQ of 58

— equivalent to a seven-year-old, she reports.

"He just thought these people were his friends and he would do anything they asked to gain acceptance. His death certificate says cause of death was homicide/innocent bystander."

He had two younger brothers, Jarvis a Jackson Police officer with a goal to become an FBI agent, and Javon a U.S. Army reservist currently studying at Mississippi State with a goal of becoming a veterinarian one



Christopher Johnson, age 27. PHOTO BY SHANTELL JOHNSON

day.

Shantell said that at Javon's graduation from Basic Training at Fort Sill, she was approached by his drill instructors. They told her there was nothing they could throw at him that he couldn't handle like it was nothing. They finally asked him why that was, and he told them — "If your mother was Shantell Johnson you would understand."

Shantell reports that "one of Christopher's four shooters is in custody, but there is still work to

do. At that time JPD had two investigators, now I think it's only up to four. 156 homicides last year, not enough investigators." The JPD case number remains open and is a daily focus of her attention.

Five minutes of conversation doesn't go by without her sharing something her grannies taught her. This time it was "whether its heaven or hell, they only have solo reservations. Granny said they ain't got bunkbeds in either place." It's just like they are angels sitting on her shoulder, reminding her of what is right and what's not. If Granny said it — nothing else is needed for her. She has an ability to stay focused on the big picture and quickly separates her emotions, "they can slow you down, and I ain't got time."

She takes some heat from people who look like her because she has been cleaning houses for people who don't look like her for over thirty years. She also worked to hold people accountable if she found anyone using Christopher, and with some people in the neighborhood that was not popular. "My customers trust me. I go in on my own and I leave on my own. That tells you something. Christopher had to come with me for years. Everyone who knew him loved him, everyone was his friend."

Shantell is affiliated with Grant Me Justice (www.grantmejustice.org) founded by Fele-

cia Marshall. Grant Me Justice can be reached at 601 249-8694 or grantmejustice2@gmail.com.

Shantell reports that their numbers are small, but there is strength in their storytelling. Recently they attracted the attention of Soledad O'Brien, who brought a television crew from New York City. Our interview at the Waffle House is just one of many for Shantell. She is called on all to often by local TV broadcast stations, newspapers, and radio programs.

She hosts a weekly podcast on Wednesday nights at 8 p.m. on Webelievedigital.com. Her show is entitled The Hurt is the Same and has among the highest viewership on the entire platform.

Long before her sons murder, she has been an outspoken advocate for those with mental illness, and especially when it intersects with law enforcement.

In wrapping up, Shantell Johnson, sometimes known as Red, said that "I cared before, but once it came to my front door, I understood the assignment and I was up to the task. Due to my upbringing, I understand God's will — I never question it. But when it comes to society, I have one message for them — it's my day today, it might be yours tomorrow."

Shantell can be reached at 770-866-3683.

# On Football: Could Coach Prime jump from SWAC to big-time?

By Ralph D. Russo  
Associated Press

Sitting on a metal folding chair just beyond the end zone of Mississippi State's practice field, Deion Sanders is alone watching the Bulldogs scrimmage on a muggy spring day.

Coach Prime snagged his new offensive coordinator for Jackson State from Bulldogs coach Mike Leach's staff this offseason. On this day, Sanders had made the 90-minute drive to Starkville with a few other members of his staff to study how Mississippi State operates.

"I want to be great," Sanders said the next day, back on campus at JSU. "So when I go to places like I went yesterday, that's for me, too. That's just not for my coaches. I want to see how this is run. I want to see how can I improve practice. I want to see what can I do different or where am I falling short, and I challenged myself to go to another level."

Last season, Sanders' second as Jackson State head coach, the Tigers went 11-2 and won the Southwestern Athletic Conference. Then Sanders signed two Power Five-level recruits to the HBCU, an unprecedented recruiting feat.

Heading into the 2022 season, Sanders has emerged as maybe the most fascinating potential head-coaching candidate in college football.

Adding to the intrigue is the



Sanders

FILE PHOTO BY RALPH D. RUSSO

state of Sanders' old school. Once-mighty Florida State began Year 3 under coach Mike Norvell trying to snap a string of four straight losing seasons.

"I don't look down the street that far. I dominate the moment, man," Sanders told AP.

Recent hiring trends in major college football are working against Sanders jumping straight from Jackson State to a Power Five conference school.

Just going from the second-tier of Division I football, where Jackson State competes, to the Bowl Subdivision is an increasingly rare move. Making the jump from an HBCU to FBS is even rarer and going from the SWAC to a Power

Five school is unheard of.

Then again, Sanders, 55, has always been one-of-one.

Prime Time made cornerback a glamour position during his time at Florida State in the late 1980s. He played 10 years of Major League Baseball while simultaneously being one of the best players in the NFL throughout the 1990s.

"You don't get to become considered the best, running with the rest," Sanders said.

Sanders has discussed job openings with officials from at least three Power Five schools, including Florida State when it hired Norvell in 2019.

"Killed it. Nailed all the interviews," Sanders said.

He impressed at least one athletic director enough that a preliminary conversation, done as a favor to Sanders' then-agent, led to a second, more formal interview.

Arkansas AD Hunter Yurachek said he went into his initial meeting with Sanders back in 2019 with no expectations.

"I was blown away," Yurachek told AP. "He was very well prepared. He had done research on our program. He had done research on recruits. He could talk about the SEC."

At that time, Sanders was still coaching at a Dallas-area high school that he helped launch. His lack of experience was too much to overcome.

Still, Yurachek considered the potential impact Sanders could have on the recruiting trail in the SEC, trying to sway some of the most sought-after high school players in the country away from Alabama's Nick Saban and Georgia's Kirby Smart.

"Can the name Deion Sanders and his presence in the home of a young man be enticement enough for that young man to come here institution?" Yurachek asked himself.

Apparently so.

Last December, Jackson State was the story of signing day when five-star cornerback Travis Hunter backed off a longtime commitment to Florida State in favor of Sanders and the Tigers. Then in February, JSU signed four-star receiver Kevin Coleman.

Sanders swooping in to swipe Florida State's top recruit was yet another stinging loss for beleaguered Seminoles fans.

Sanders concedes he had a falling out with Florida State after the Bobby Bowden and his longtime defensive coordinator, Mickey Andrews, were nudged into retirement by the school in 2009.

That's all behind him now. The Hunter situation was nothing personal.

"I ain't got no quarrels with Florida State," Sanders said. "Everything is competition.

Travis didn't belong to them."

Could a return to Tallahassee be in Sanders' near future? It doesn't seem likely.

Norvell has strong support from athletic director Michael Alford, who extended the coach's contract after the 'Noles bounced back from an 0-4 start with a 5-3 finish in 2021.

Even a small step forward in 2022, should be enough for Florida State to stay the course. The Seminoles opened the season with an easy victory against Duquesne last week, but face a much stiffer test Sunday against LSU.

Florida State can't afford to be impatient with Norvell. The school is still paying off Willie Taggart's \$14 million buyout, and another eight-figure payout to a fired coach would be difficult to absorb — especially with Florida State focused on improving outdated facilities and infrastructure.

"We just had to modernize our operation and show investments in the program," Alford said.

Still, fans are more fickle than ever these days. There is a point — 4-8? 3-9? — where the question becomes: Will it cost more in fan and donor apathy to keep this coach than it does to fire him?

And does that calculation change if coach Prime is still killing it at JSU?





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# Department of Education seeking loan forgiveness applications by November 15

*Mississippi Link Newswire*

Following President Joe Biden’s announcement canceling student loan debt of up to \$20,000 for specific borrowers, the U.S. Department of Education said applications for relief under the plan should be submitted by Nov. 15.

Department officials said they’ve made the application process simple, and if borrowers fail to apply by Nov. 15, they’d still have until the end of 2023 to file for forgiveness. However, by waiting until after Nov. 15, borrowers risk having to resume payments after the federal pause in repayment ends on Dec. 31.

Biden said it’s vital for the more than 43 million eligible borrowers to take advantage of the loan forgiveness plan.

“All this means people can start to finally crawl out from under that mountain of debt to get on top of their rent and utilities, to finally think about buying a home or starting a family or starting a business,” Biden stated.

And while earlier reports revealed that about 13 states could still tax borrowers on the amount of debt forgiven, Mississippi and Vir-



Department officials said they’ve made the application process simple, and if borrowers fail to apply by Nov. 15, they’d still have until the end of 2023 to file for forgiveness.

ginia are the latest to come off that original list as officials said they would refrain from levying taxes on individuals who receive loan forgiveness.

How do you know if you’re eligible for debt cancellation? Here are the criteria set forth by the Department of Education:

- Your annual income must have

fallen below \$125,000 (for individuals) or \$250,000 (for married couples or heads of households)

- If you received a Pell Grant in college and meet the income threshold, you will be eligible for up to \$20,000 in debt cancellation.
- If you did not receive a Pell Grant in college and meet the income threshold, you would be eli-

gible for up to \$10,000 in debt cancellation.

What does the “up to” in “up to \$20,000” or “up to \$10,000” mean?

- Your relief is capped at the amount of your outstanding debt.
- For example: If you are eligible for \$20,000 in debt relief but have a balance of \$15,000 remaining, you will only receive \$15,000 in relief.

What do I need to do to receive loan forgiveness?

- Nearly 8 million borrowers may be eligible to receive relief automatically because relevant income data is already available to the U.S. Department of Education.
- If the U.S. Department of Education doesn’t have your income data, the administration will launch a simple application available by early October.
- Please sign up on the Department of Education subscription page if you want notification of when the application is open.

Once borrowers complete the application, they can expect relief within 4-6 weeks.

Everyone is encourage to apply, but there are 8 million individuals for

# Alcorn State honors Myrlie Evers-Williams

*Mississippi Link Newswire*

The Honors Curriculum Program at Alcorn State University is being renamed in honor of Myrlie Evers-Williams.

The program will be renamed the Myrlie Evers-Williams Honors Program in recognition of the civil rights leader, author and journalist who spent over three decades seeking justice for the 1963 murder of her former husband, Medgar Evers, the university said in a news release.

Evers-Williams attended Alcorn A & M College for a year, where she met and fell in love with Medgar Evers. The two later married in 1951.

Alcorn said the honors program attracts academically successful and socially conscious students and assists the university in cultivating global citizen scholars.

Evers-Williams expressed her appreciation to the school for recognizing her.

“This designation is a special recognition that I hold close to my heart, acknowledging my time on Alcorn’s campus, my life’s work, and my dedication to furthering the fight for equality and human rights,” she said.

Alcorn President Felecia M. Nave praised Evers-Williams’ achievements and said she was proud to recognize the civil rights leader on campus.

“She’s an ideal example of the strength, courage and character that Alcornites exude. We’re thrilled to recognize her for extraordinary contributions and ongoing activism,” Nave said.

# JSU offers online B.A. in history, adding to its robust programming

**By Anthony Howard**  
*Jackson State University*

JSU’s Department of History and Philosophy has launched its online Bachelor of Arts in history program for the fall, realizing the University’s strategic goal of having one of the most robust HBCU online degree program offerings for students.

“The expansion of online degree programs and courses is important to offer prospective students because of flexibility, accessibility, and self-paced learning,” explained Keith Riley, Ed.D., interim director of JSUOnline. “With the demand for online learning, the expansion of JSUOnline programs democratizes learning.”

JSU’s Department of History and Philosophy offers undergraduate degrees in a

Bachelor of Arts (B.A.) and a Bachelor of Science (B.S.) in history. However, the B.A. in history is the only online undergraduate degree currently offered.

“The new online offering is another option for those who wish to enroll in an innovative program at Jackson State but cannot attend in-person,” said Alisa Mosley, Ph.D., provost and senior vice president for Academic Affairs. “I commend the faculty who created this option that reflects our new learning environment.”

To obtain the online B.A. degree, the history and philosophy department requires students to complete at least 39 hours of history credits in addition to two three-hour courses, each in History of Civilization. Students also take 18

hours of elective courses.

A minimum of 120 hours is required for the Bachelor of Arts degree in history.

Students must also complete the general education requirements, including:

- Math
- Communication
- Humanities
- Social Science
- Natural Science

“We’re hoping this is going to help our department grow. We have an online master’s degree program, so we’re seeing this as a partner to that,” said Janice Brockley, Ph.D., associate professor of history.

“For us, the online master’s degree program has been highly successful, and this will give our undergraduate students exposure to a higher level of education.”

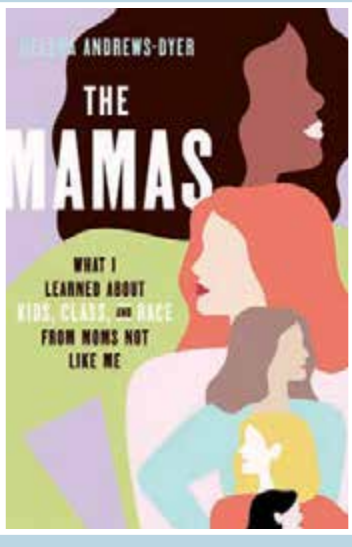
History majors have many professional career paths, including positions with government agencies and federal, state, and local departments. Teaching at the primary, secondary, or collegiate level is another option. Private sector jobs are also available at museums, archives, historical societies and research facilities.

“One thing that makes our department different is that we have professors that teach everything from the history of Africa; to the history of sexuality; to public history, which is our specialty,” said Brockley. “We prepare our students to do a wide variety of things. Students get a B.A. in history, and many go on to law school, some go into business, some go into teaching and other places as well.”



The new online offering is another option for those who wish to enroll in an innovative program at Jackson State. PHOTO BY WILLIAM KELLY





COURTESY OF PENGUIN RANDOM HOUSE

By Terri Schlichenmeyer  
*Columnist*

Sometimes, you just don’t feel like you belong.

Everybody knows more than you do, and your inexperience shows. Or you’re the wrong gender, the wrong age, the wrong political affiliation to fit in properly. And then there are the times when you wonder if the color of your skin keeps you from belonging. As in the new book “The Mamas” by Helena Andrews-Dyer, join the club.

Back a decade or so ago, Helena Andrews-Dyer and her hus-

band, Rob, were content with the status quo. They lived in a cute Washington D.C. condo. They were able to travel, dine out, stay up late, and do pretty much whatever they wished – until the deluge began.

Within seven months, seven of Andrews-Dyer’s friends had announced pregnancies and the year 2013 was going to be nothing but baby bumps and baby showers. And no, no, no, she wasn’t ready for that! Nope, she was “the loud and proud only child of a loud and proud lesbian single mother.” She didn’t

need a baby.

And when a baby arrived anyhow, she didn’t need a mother’s group to get by. At least that’s what she told herself.

But she did need the community, advice and the camaraderie they offered. At issue was that most of the women in her neighborhood – and in the mother’s group – were white. Would she – could she – fit in?

With her firstborn strapped to her chest, Andrews-Dyer went to her first meet-up and it was good. Eager to join everything, she immediately signed up for

multiple mom-and-baby classes when she noticed that the group was a lot like high school, complete with an activist, a hippie-mom, and a mean girl. But the question remained: did Andrews-Dyer, a black mother with a black daughter really, truly fit in with a mostly-white moms group?

A badly-timed vacation and a whole-family diagnosis of COVID-19 told the truth...

If ever there was a time for a book like “The Mamas,” now is it.

Issues of racism seem to be

on everyone’s mind today, and this whole book is one gigantic look at the subject on all its sides – but there’s also an equally-gigantic twist here. Author Helena Andrews-Dyer is “Black with a capital B,” she’s gonna tell you about it, and she’ll make you laugh. She’s also going to tell you when she might have been just a little wrong.

And (at the risk of spoiling), she was wrong about her first impressions.

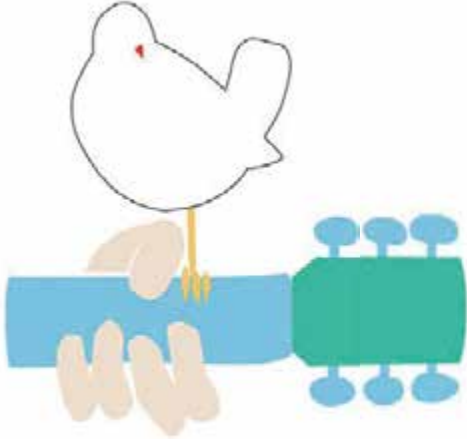
But mothers and mothering while black aren’t the only

things “The Mamas” tackles. Andrews-Dyer writes about “the talk” black boys get, and how heartbreaking it is to even think about having to have it.

She writes about how friendship can bowl you over when you least expect it, and she muses about the difficulty of parenting one’s parent.

There’s a lot of funny inside “The Mamas,” but a lot is left to think about here, too.

If you’re a mother (to be) or if you’ve been studying or living with racism, this book belongs on your shelf.



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Pet Parade 9:30 AM  
Live Music on 2 stages  
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Food Trucks  
Online Silent Auction  
Plant Sale  
Family Friendly Event  
9:30 AM — 4 PM

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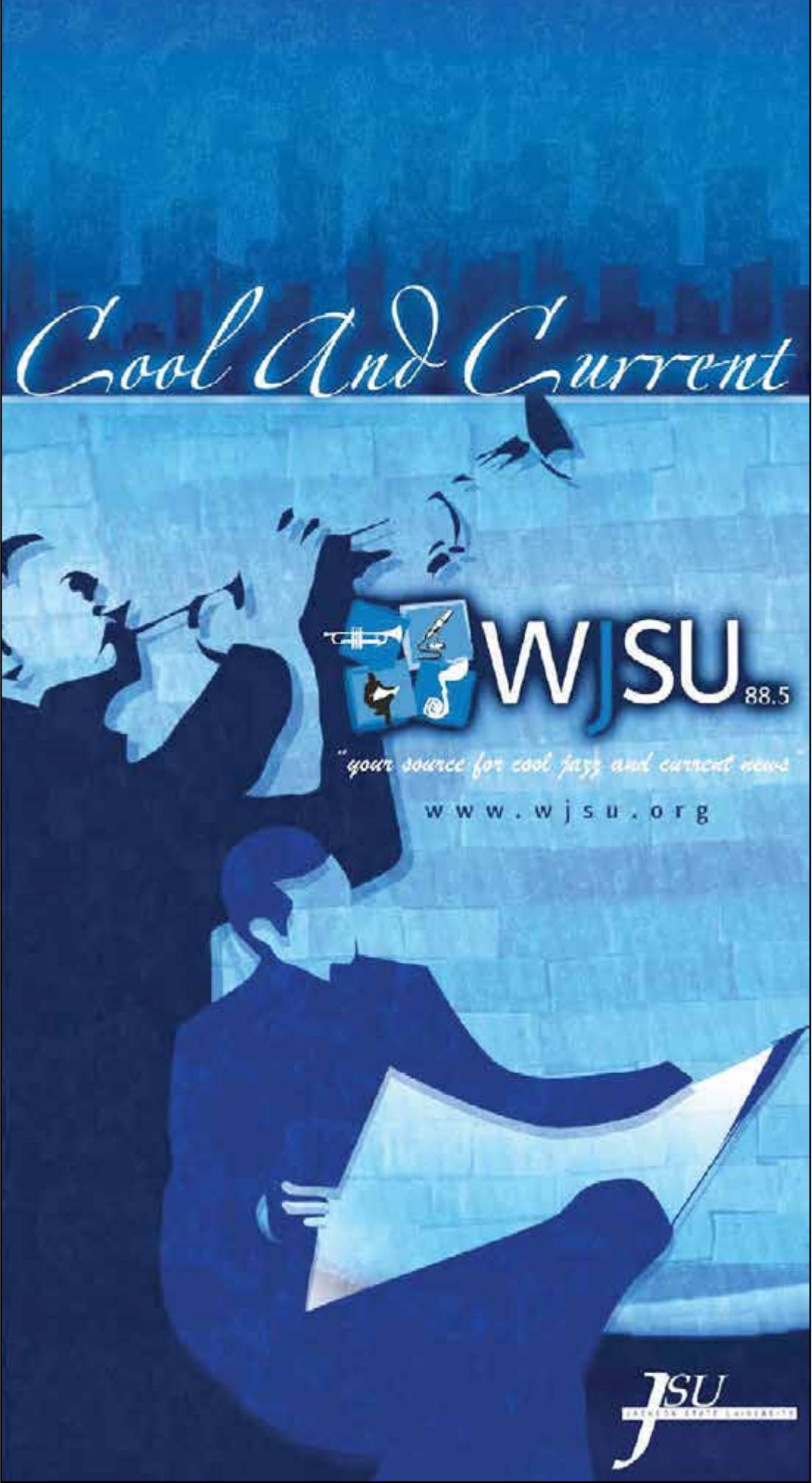
**WellsFest Art Night**

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Complimentary Hors d’oeuvres  
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Live Art Auction 7-9 PM  
Live Music

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# Ladies lead the way to historic opening to high school football season

By Timothy Ward  
Sports Writer

Cleveland Central vs Murrah High School at South Jackson Field, located on the campus of Forest Hill High School, will go down as an important day in history. An all black female officiating crew handled the game.

Head official Adrienne Barnes was joined by Fran Adams, Alona Alexander, Felicia Davis, Sarah Fleming, Dominique Sutton, Sherri Vaughan, Phylicia Cotton, Constance Clark, Tamika Lipsey, Timika Morris and Charmaine Smith ran the show from the field, to clock operation, to marking first downs. Each official has been officiating for at least 12 years. Barnes has 19 years under her belt.

There are currently close to 50 women refereeing high school football games. The ladies were able to take pictures for the historic night with Misshsaa leadership as well as officiating leadership. Before the game, they met with the coaches outlining sideline expectations, players' uniform regulations, and did the coin toss.

As for the game itself, Cleveland Central defeated Murrah 49 to 45. The Mustangs lead at halftime 27-20 with a pair of special team touchdowns. A kickoff return and a punt return in the first quarter coupled with the strong running of running back Broderick Gholar paced the Mustangs through the first half.

Although a regular football game was played, it's place in history is anything but regular. Here's to looking forward to more games officiated by an all female crew.



PHOTOS BY TIM WARD

## Serena Williams not done yet; wins first match at US Open

By Howard Fendrich  
AP Tennis Writer

They came from far and wide for Serena, no last name required, — befitting someone as much an icon as superstar athlete — to see her practice and play and, it turned out, win a match at the U.S. Open Monday night. Record numbers filled Arthur Ashe Stadium and they shouted, applauded and pumped their fists right along with her.

Serena Williams is not ready to say goodbye just yet. Nor, clearly, are her fans. And she heard them, loud and clear.

In her first match at what is expected to be the last U.S. Open — and last tournament — of her remarkable playing career, even if she insists that she won't quite say so, Williams overcame a shaky start to overpower Danka Kovinic 6-3, 6-3 amid an atmosphere more akin to a festival than a farewell.

What memory will stick with her the most from the evening?

"When I walked out, the reception was really overwhelming. It was loud and I could feel it in my chest. It was a really good feeling," said the owner of six U.S. Open championships and 23 Grand Slam titles overall, numbers unsurpassed by any other player in the sport's professional era.

"It's a feeling I'll never forget," she added. "Yeah, that meant a lot to me."

This opening outing against Kovinic, a 27-year-old from Montenegro ranked 80th, became an event with a capital "E." Spike Lee participated in the pre-match coin toss. Former President Bill Clinton was in the stands. So were Mike Tyson and Martina Navratilova, sitting next to each other. And sitting with dad and grandma was Williams' daughter, Olympia, who turns 5 Thursday, wearing white beads in her hair just like mom did while winning the U.S. Open for the first time at age 17 back in 1999.

Williams is now 40, and told the world three weeks ago via an es-

say for *Vogue* that she was ready to concentrate on having a second child and her venture capital firm.

Asked after her victory Monday whether this will definitively be her final tournament, Williams replied with a knowing smile: "Yeah, I've been pretty vague about it, right?" Then she added: "I'm going to stay vague, because you never know."

The night session drew 29,000 folks, a high for the tournament — more than 23,000 were in Ashe Stadium; thousands more watched on a video screen outside the arena and the place was as loud as ever, certainly louder than any other first-round match in memory.

Both players called the decibel level "crazy." Kovinic said she couldn't hear the ball come off Williams' racket strings — or even her own.

Early, Williams was not at her best. Maybe it was the significance of the moment. There were double-faults. Other missed strokes, missed opportunities. She went up 2-0, but then quickly trailed 3-2. Then, suddenly, Williams, looked a lot like the champion she's been for decades and less like the player who came into this match with a 1-3 record since returning to action in late June after nearly a year off the tour.

"At this point, honestly, everything is a bonus for me, I feel," Williams said. "It's good that I was able to get this under my belt. ... I'm just not even thinking about that. I'm just thinking about just this moment. I think it's good for me just to live in the moment now."

She rolled through the end of that opening set, capping it with a service winner she reacted to with clenched fists and her trademark cry of "Come on!" That was met with thunderous cheers and applause — as was the ending of the 1-hour, 40-minute contest, as if another trophy had been earned.

Instead, there is plenty more work to be done. Williams will play in the second round of sin-

gles Wednesday against No. 2 seed Anett Kontveit of Estonia. And there's also doubles, too: Williams and her sister, Venus, are entered together in that competition, with their initial match slated for Wednesday or Thursday.

"Just keep supporting me," Williams told the spectators, "as long as I'm here."


They surely will. They were there to honor her and show appreciation for what she's done on the court and off. After watching the victory over Kovinic, spectators held up blue, white or red placards that were distributed at their seats to spell out "We (Heart) Serena."

After Kovinic was introduced simply by name, making clear to even her what an afterthought she was on this muggy evening, Williams' entrance was preceded by a tribute video narrated by Queen Latifah, who called the American the "Queen of Queens." The arena announcer called Williams "the greatest of all time," and intoned: "This U.S. Open marks the final chapter of her storied tennis history."


She means a lot to a lot of people. As a tennis player. As a woman. As an African American. As a mother. As a businesswoman.

"When she started out, female athletes weren't getting recognized. She's done so much," said Quintella Thom, a 68-year-old from Columbus, Georgia, making her eighth trip to the U.S. Open. "And now, she's evolving," chimed in Thom's friend, Cora Monroe, 72, of Shreveport, Louisiana, using the word Williams says she prefers to "retirement."

Which is why Monday mattered more than the usual Day 1 at a major tournament. And why the daily program did not make mention of any other of the dozens of athletes in action, showing instead a montage of six images of Williams holding her six U.S. Open trophies above the title: "Serena Williams, A Legacy of Greatness."



**ZACK WALLACE**  
Hinds County Circuit Clerk



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Website: [www.hindscountymys.com](http://www.hindscountymys.com)



# Hinds County School District Weekly Update

ENGAGING-EMPOWERING-ENSURING-EXCELLENCE

## Terry High School Football Team



Terry High celebrated Greet The Bulldogs. The Terry High football team, the Terry High Cheer Leaders and Terry High School Band are ready for an exciting football season. Go DOGS!!!



## Byram Middle School Football Team



Byram Middle School Football team and Coach Makeba Crowley was a blessing to Matts House Shelter for Women and Children by delivering toys and towels for the toy/towel drive. Great Job Byram Bulldogs!

