**JUNE 1 - 7, 2023** Vol. 29, No. 33 50¢



# for 20 Years and counting

# Nissan Canton: a Mississippi first, celebrates 20 years of becoming a state staple

Hear from employees with 20-year longevity

By Gail H.M. Brown, Ph.D. Contributing Writer

As visitors and locals travel north and south on I-55 between the state capital - Jackson and Canton, Miss., their journey eventually bursts into the scenic view of a brilliantly light-colored, futuristic complex with a red accent design centered over its entrance.

That complex, Nissan Canton Vehicle Assembly Plant, situated on 1,038 acres of what was once farmland, opened in 2003 as Mississippi's first automotive production facility. On May 27, the plant reached its 20th-year milestone.

The facility, according to its factsheet, is 4.7 million square feet. According to a 2003 The New York Times report, the facility was at 2.5 million square feet

Several travelers have been heard commenting that "the building seems as if it stretches for miles."

In addition to its outside esthetics, the auto giant is most proud of its growth and quality produc-



**Delorise Hulitt-Love Nissan,** senior quality analyst

tion on the inside. It has grown to a more than 5,000-member workforce today.

The plant's production is at 410,000 vehicles annually, producing such Nissan models as the Altima, Frontier, Titan and the Titan XD.

On Feb. 17, 2022, the plant an-



**Coctina Magee, Stamping Department at Nissan** 

nounced that it will be building two all-new electric models and will become "a center for U.S. EV production," a total investment of \$500 million, "preserving and upskilling nearly 2,000 jobs" to begin in 2025.

Not only is management thrilled over Nissan Canton's



Gyrrical Edwards, Nissan Paint **Technician** 

success in 20 years, but the employees are also equally pleased; many of whom have been with the plant since it opened.

"I have been at Nissan 20 years," said Coctina Magee in the Stamping Department. "Nissan

> Nissan Continued on page 3

## Global Super Star and Queen of Rock 'N' Roll

## Tina Turner – Remembered

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

Anna Mae Bullock was born in Nutbush, Haywood County, TN in 1939 to Floyd Richard Bullock and Zelma Priscilla. Her father was a Baptist pastor and sharecropper overseer. Her mother was a Cherokee and Navajo farmer.

Bullock was raised by her grandmother following the divorce of her parents. When her grandmother died, the sixteen-year-old moved to St. Louis, MO and lived with her mother. When she was 17, she met Ike Wister Turner, American musician, bandleader, songwriter, record producer and talent scout. The singer was the lead vocalist to what became The Ike & Tina Turner Revue. Ike changed Bullock's name to Tina Turner when the song, A Fool in Love, was released on Sue Records in 1960 and became an instant hit.

The Turners cohabited for a while, but married in 1962. The couple divorced in 1978.

During the 60s Tina Turner rose to stardom, but according to her, after 16 years of abuse, she realized that her marriage to her spouse did not define her. She reminisced on his abuse that resulted in psychological damage, public humiliation, a broken jaw, broken ribs, choking, sexual assault, and hospitalization. She tried to commit suicide with an overdose of Valium.

The years rolled by with the crowd pleaser, wife and mother of four sons (her and Raymond Craig's son, Craig, born prior to her relationship with Ike, Ronald Renelle, her and Ike's



Super star and rock 'n' roll hall of famer - Tina Turner - and husband Edwin Bach (former music executive of EMI)

son, Michael, and Ike Jr., fathered by Ike from a previous relationship). Consequently, she fled from Ike Turner with only 36 cents and a credit card in her pocket.

Tina Turner longed for "strength and knowledge to have to go forward past this time in my life." In what prolific novelist Alice Walker would call her "womaness" and perseverance, the artist fought to keep her professional name (Tina Turner) and spoke about the complexities of her marriage to Ike Turner as she persisted in her pursuit of song, music, dance and acting.

"I had the most wonderful times when my solo career took flight. I could literally count my blessings - and I did - following the Private Dancer album: touring with the Rolling

Stones, Rod Stewart, Lionel Ritchie and Bryan Adams; making a Mad Max movie with Mel Gibson; the Grammys; recording a duet with David Bowie - I enjoyed artistic freedom and commercial success," said the creative genius in her book, Tina Turner: My Love Story.

Tina Turner and Erwin Bach (a former music executive with EMI) met at an airport in 1985 when Erwin Bach was 30 years old and Tina Turner was 46. Despite their 16-year-age difference, their attraction propelled their relationship to the dating stage. Tina Turner moved to Switzerland in the Zurich suburb of Kuesnacht with Erwin Bach when she was 57, and he was 40. In 2013 Tina Turner relinquished her American citizenship, and the couple mar-

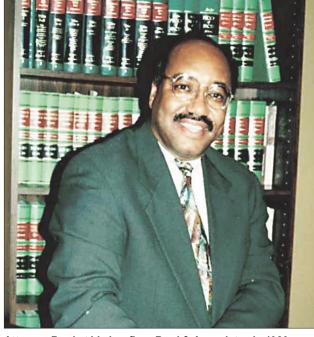
Within her memoir, the super star disclosed that she had endured years of life-threatening illnesses. Three years after the couple married, the electrifying artist suffered a stroke. She was diagnosed with intestinal cancer in 2016. Sometime afterwards, she experienced kidney failure. Then in April 2017 Erwin Bach donated one of his kidneys to his spouse.

In her book, Happiness Becomes You: A Guide to Changing Your Life for Good, Tina Turner mentioned that Erwin Bach taught her how to love without losing her identity. She noted that in their marital dyad they made allowances for each other to be free with their

**Turner** Continued on page 3

# Isaac K. Byrd, Jr.

The people's attorney



Attorney Byrd at his law firm, Byrd & Associates in 1989

By Christopher Young Contributing Writer

Sitting down for an interview with attorney Isaac Byrd, Jr. is a gift of the highest order. A cornucopia of knowledge and experience; undeniably -yet coupled with a warmth and patience not always shared by people having achieved such distinction in their lives and

Attorney Byrd made it clear from the start that I was to call him by his first name, but home training will not allow that to happen.

Born in Snaw, Mississippi on February 3, 1952, he indicates that his father and mother never finished high school and he grew up farming in the Delta – "farming is the essence of my life," he reported. Generations in his family had owned their land, and shared their resources with fifty other small African-American farmers in the community who also owned their own land. "Farming and family were everything to me."

At the recommendation of

his mother's nephew, he attended Tougaloo College and graduated Magna Cum Laude in 1973. While at Tougaloo he was selected for a fellowship at Brown University. His affinity for Tougaloo is difficult to encapsulate. He served on their Board of Directors for thirtyone years, only recently rotating off. He attended Northwestern University School of Law in Chicago, graduating in 1976.

In short order, he returned to Mississippi to bring change for its African-American citizens still feeling the sting of racial injustice. Prior to founding Byrd & Associates in 1978, he worked with Anderson, Banks, Nichols. & Leventhal - the first interracial law firm in Mississippi history - and certainly noted he considers Justice Fred L. Banks, Jr. to be one of the smartest lawyers in the country.

His interest in the practice areas of personal injury, medical malpractice, and mass torts, soon earned him a reputation in Mississippi and far beyond as "the people's attorney."



James Meredith and Attorney Byrd following a Kwanza Celebration at Byrd's home in 2007

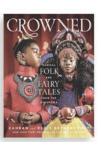
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**College Hill Graduates lauded** for "Coming this far by Faith"

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Crowned



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# Metro-Jackson Alumni Chapter of Alcorn State University awards student scholarships

**By Jackie Hampton** *Publisher* 

The Metro-Jackson Chapter of Alcorn State University, Inc. awarded eight scholarships to high school seniors in the metro Jackson area who demonstrated excellence in academic achievement, leadership and service.

Awardees included: Erin Nichols, \$2,000 – Canton High School; Kiersten Cox \$1,500 – Jim Hill High School; Destiny Beasley \$1,200 – Jim Hill High School; Tania Spells, \$1,000 – Raymond High School; Darryl Phillips, \$500 – Madison Central High School; Brandon Jones, \$300 – Provine High School; Madelyn Fulton, \$200 – Raymond High School; and Alexandria Nichols, \$100 – Raymond High School.

Mock award checks were presented by Major (R) Frank J. Branch, chairman, Education and JAM Committee, Metro-Jackson Alcorn Alumni Chapter Inc. and Manola Irby, chapter member.

Each awardee, with the exception of Brandon Jones, will be attending Alcorn State University in the fall. Jones will be attending Alabama A&M.



Tania Spell - 4th Place



Erin Nichols – 1st Place



Kiersten Cox – 2nd Place



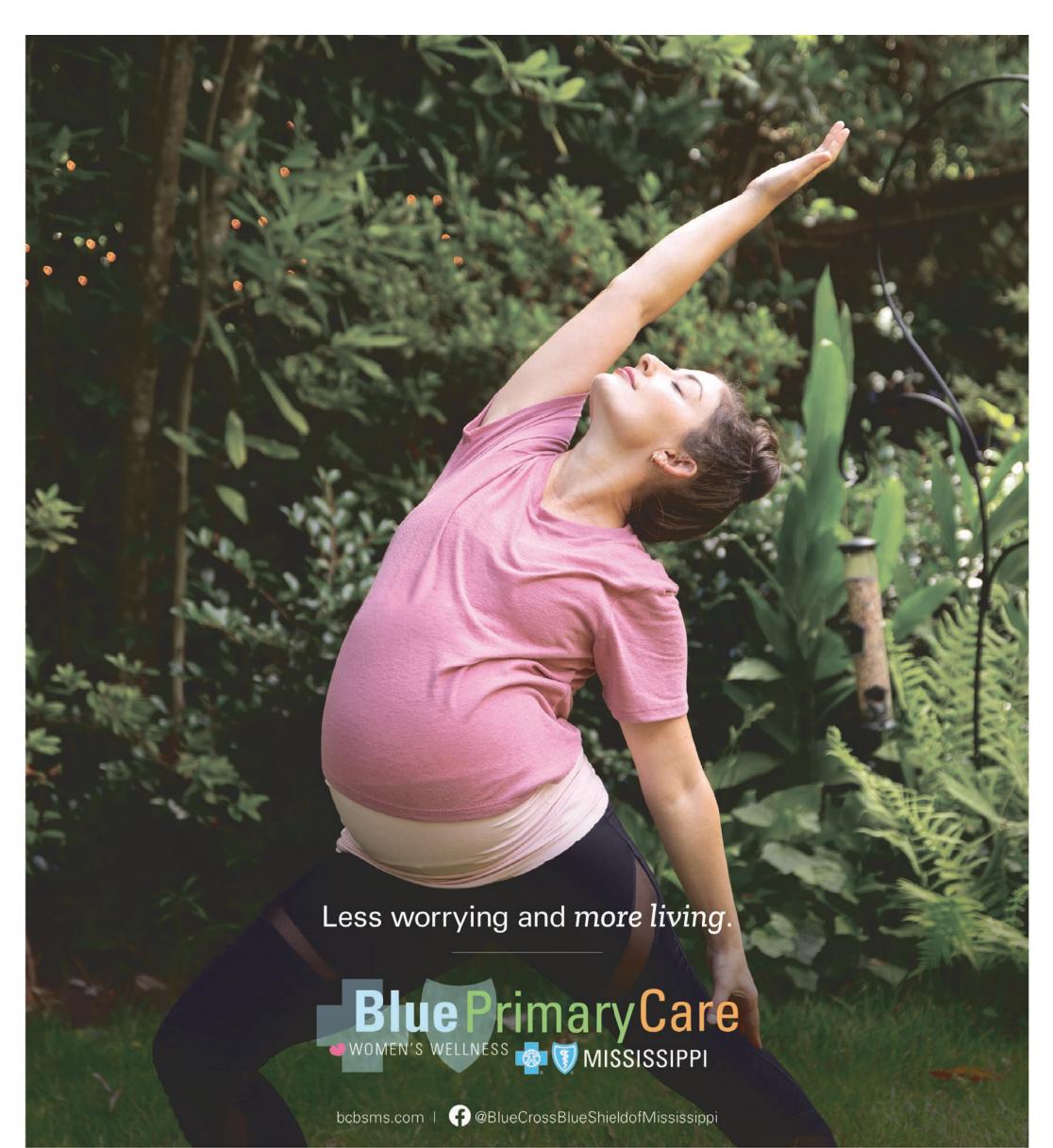
Madelyn Fulton – 7th Place



Destiny Beasley - 3rd Place



Darryl Phillips - 5th Place



#### Nissan



Aerial view Nissan Canton Vehicle Assembly Plant

has been such a blessing to me and my family," Magee added. "Prior to Nissan, I was working two jobs as a single parent to provide for me and my daughter. Nissan compensates us well and provide great benefits."

Magee shared that her daughter is in nursing school now, and thanks to Nissan, her daughter received one of the Titans of Tomorrow Scholarship awards. Nissan offers the scholarship to the employees' children each

According to Nissan, "up to 10 scholarships for \$2,500 will be awarded annually and are not renewable. [However], "students may reapply each year as long as they continue to meet the eligibility criteria."

Senior Quality Analyst Delorise Hulitt-Love will celebrate her 20th milestone as a Nissan Canton employee on Sept. 22. "Working for Nissan has benefited me and my family by providing a livable wage, good healthcare and retirement benefits," Hulitt-Love said. "The shutdowns that are built into our vacation schedule allows us to spend quality time together as well."

Another 20-year Nissan Canton veteran, paint technician Gyrrical Edwards, concurred with appreciating those benefits. And "bonuses," he added. Edwards also said, the "great summer shutdown allows me to spend a great amount of time with my family and travel different places each year."

Asked, how would they describe the company and

Hulitt-Love commented: "Working for Nissan has been an interesting journey. While no company is perfect, I would describe Nissan as fair and inclusive with a focus on continuous improvement and innovation. They are also encouraging to those that want to advance their careers." She said she has grown in her role with various professional development opportunities and "building supportive relationships through mentoring." Hulitt-Love added, "Another important aspect for me has been the engagement with the different business synergy teams to participate in community outreach (Habitat for Humanity) as well internal events with our employees."

Edwards said, "a great place to work with plenty of opportunities."

Magee said the company puts employees first, is transparent, and has always done what's in the best interest of the employees. "The reason I say that is because in 2008, we had an economic recession, and Nissan remained open. The employees were still able to provide for their families, and then in 2020, we were all faced with a pandemic. Again, Nissan made a way."

The three 20-year employees had similar answers to what kind of employees they would recruit for Nissan if given the opportunity. "I would recommend they have the right mindset to work, be on time, and to work well with others.

Other responses included hard workers, willing to work with different people, respectful, reliable and eager to learn something new every day and fast-paced.

Mississippi's decision-makers and law-makers labored long and hard in 2000 to attract Nissan to Mississippi, finally offering a tremendous incentive package that drew criticism by some, especially politicians and taxpayers.

Nevertheless, that automaker came and appears to be a mainstay in the Magnolia State. This is evidenced by its continuous philanthropy and community involvement. The table below, based on data from its new manufacturing website - Nissanmanufacturing. com illustrates some of Nissan's Canton community giving and engagement:

- 1. Number of volunteer hours: nearly 15k
- 2. Number of habitat homes built: 14
- 3. United Way contribution to date: over \$6.5 mil-

4. Number of scholarships awarded: two scholarship

- Titans of Tomorrow (employee child program) has awarded 80 scholarships to date, totaling \$225K.
- Nissan scholarship thru Institutes of Higher Learning has awarded \$577,642 to date.
- 5. Nissan Neighbors + Nissan Foundation grants and other donations = \$13,781,094.

Organizations, schools, etc. are grateful to Nissan Canton for its generosity.

"United Way of the Capital Area greatly values its partnership with Nissan," said President and CEO Nikki McCelleis. "For several years, Nissan has partnered with United Way of the Capital Area to assist in the engagement of hundreds of employee volunteers and donors as we strive to address complex challenges within our communities of Hinds, Madison and Rankin Counties.

"Our friends at Nissan contribute more than money. They contribute their ideas, volunteer power, in-kind support and more, which is truly impactful as we work to build stronger, more resilient communities by implementing programs that support the improvement of the health, education and economic mobility of every person in every community we serve," McCelleis said.

Some of the initiatives include, but are not limited to, the Dolly Parton Imagination Library, the Annual School Tools Drive, 2-1-1 MS, and our Volunteer Tax Assistance Program (VITA).

"Here we are 20 years later, still standing, and I'm so grateful to be a part of the Nissan family," concluded

#### Turner

Continued from page 1

own space for individuality. Note her comment: "Erwin, who is a force of nature in his own right, has never been the least bit intimidated by my career, my talents or my fame. He shows me that true love does not require the dimming of my light so that he can shine. On the contrary, we are the light of each other's lives, and we want to shine as bright as we can, together."

Tina Turner sold more than 150 million records worldwide, won 12 Grammys, was voted along with Ike Turner into the Rock & Roll Hall of Fame in 1991 (and on her own in 2021). Also, she was honored at the Kennedy's Center in 2005, with Beyonce' and Oprah Winfrey among those who

While the super star expressed deep gratitude for the popularity of her recordings on the American scene, she held a deep sense of loyalty to her foreign fans. In an interview in 1997 with Larry King, Tina Turner quipped, "Basically, Europe has been more supportive of my success than America... hugely more." Tina Turner's career was revived abroad, then reimported triumphantly to the States.

Tina Turner sold her music rights, along with the rights to her image, name and likeness (a transaction of approximately \$50 million) to the publishing company BMG in October 2021.

Hers was a stage presence that could not be beat. The peps in her steps and her soothing voice mesmerized minds over the world. She knew how to transform from abusive knocks to powerful strokes of love onstage and command attention that moved sellout crowds. Like Cleopatra, she knew the vicissitudes of love, violence, exile and celebrity. She survived dethronements to maintain her power. The feminist heroine said during an interview with CNN's Larry King in 1997: "If I had not given my story to the world, then maybe my life would not be as it is."

Tina Turner rocked the world five decades. She spent the last years of her life with her husband, Erwin Bach, in a relationship that spanned 37 years. They cohabited for 27 years, and their marriage of 10 years persevered until Tina Turner went to sleep from a long illness on May 24, 2023, at their home in Kusnacht, Switzerland.

On dying, Tina Turner – a person of Buddhism - commented: "I'm not excited to die; but I don't regret it when it's time for me. I've done what I came here to do. Now is [time for] pleasure."

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#### **Bvrd**

Continued from page 1

Just two months ago, at Tougaloo to receive a Black in Law Trailblazers award on the hallowed ground of Woodworth Chapel, co-founder and director of the Reuben V. Anderson Institute for Social Justice and the Pre-Law program - attorney Julian D. Miller - praised attorney Byrd, saying, "He is probably the most diligent and prodigious and most decorated attorney in the country." His presenter for the award, Pre-Law Scholar Carmen Washington, shared that she discovered that "he is most proud that he has never represented a corporation or government agency in any case against a human being seeking justice in a Mississippi court of law." Let that sink in for a moment.

Over thirty-five years, countless victorious cases, and hundreds of millions of dollars awarded to his plaintiff's, he is unchanged at his core – a Mississippi born and raised farmer seeking justice for the everyday Mississippian from the high and mighty.

Attorney Isaac Byrd's name is synonymous with the settlement of the landmark Ayers v. Waller class action lawsuit filed in January 1975, while he was still in law school. "It was a battle between civil rights activist Jake Ayers Sr. and a group of African-American college students, which included Ayers' son - and the state of Mississippi over equitable funding for historically black colleges and universities (HBCUs).

Brown v. Board of Education had already done away with open segregation in higher education, but Ayers aimed to make it financially real," per Karin Benne, writing for Mid-South Super Lawyers magazine on November 10, 2010.

Unsuccessful in negotiating with Mississippi's higher education administrators after twelve years of effort, the plaintiffs changed venues and the suit moved from court to court. Our readers would not be shocked to learn that twentyseven years from the initial filing, the state of Mississippi was still claiming that they did not discriminate.

Our congressman, Bennie Thompson, urged a settlement and asked attorney Byrd to take over the case in 2001. In 2002 a settlement agreement was reached that not only brought additional funding in multi-millions to Jackson State, Alcorn State and Mississippi Valley State Universities, but required expanded programs at all Mississippi HBCUs, and numerous other gains. This settlement was the first-ever nationwide which included public and private endowments.

Detailing, even summarizing the many other cases that bore the hand of attorney Byrd would require hundreds of articles. It can easily be said that victories and favorable settlements do not just fall off trees for regular citizens seeking justice. It takes a profoundly skilled litigator, and more. It takes the values and principles acquired on a farm in Shaw, Mississippi.

"Through passion, commitment and sacrifice,

we will continue to move this state and nation to respond to the human condition," says Byrd.

In 1985, he received the NAACP's Vernon Dahmer Award. In 1998, the NAACP presented Byrd with the prestigious Goodman-Chaney-Schwerner Award for promoting political empowerments for all citizens. He has served on the board of governors of the American Association for Justice (AJA), formerly known as the Association of Trial Lawyers of America. He is a Presidential Club and M Club member of the AJA, and has served on numerous AJA commit-

In 2002, Byrd received the Trial Lawyers for Public Justice's Trial Lawyer of the Year Award currently known as American Association for Justice - the nation's single most prestigious award for trial lawyers. In 2003, Black Enterprise Magazine recognized him as one of the top black lawyers in the country.

He has served on the Board of The Mississippi Trial Lawyers Association, currently the Mississippi Association for Justice, which gave him their highest honor - The Stanford Young Lifetime Achievement Award in 2006. Byrd has served on the board of the American Civil Liberties Union (ACLU). The list of accolades

Attorney Byrd's contributions to bringing about change go far beyond the courtroom. He is a sought-after lecturer across the country. His philanthropic donations to organizations whose work matches his passion has been legendary, but none greater than to his beloved alma mater, Tougaloo College. His support of the Arts and Humanities has also been inspiring. That list includes the Arts Alliance, Mississippi Opera, New Stage Theatre, Mississippi Ballet, sponsoring the annual MLK luncheon at the Margaret Walker-Alexander National Research Center, Mississippi Chapter of 100 Black Men, the Mississippi Coalition of 100 Black Women, Alpha Phi Alpha Fraternity, to name a few.

In 2013, Byrd suffered a debilitating stroke. He makes clear that he has not retired, "just taking a rest as I recover." He is aided by several personal assistants, including decades-long friend Tyrone Shepherd.

"I'm now about 95% back to where I was," says Byrd. When asked if he plans to return to practicing law in the future, he indicated, "I really don't know, but my law license is active."

When asked about a capstone achievement in his life thus far, this force of nature in the legal profession simply stated, "volunteering in the community."

What could you share with our readers that they should know about you? "I stood for something and have had integrity throughout my life. Mississippi is a frontier – I have applied my education and my experience to create more opportunity for my people."



# College Hill graduates lauded for "coming this far by faith"

By Daphne Monix Higgins Contributing Writer

It may have been the last Sunday of the month, but it was the first day of celebration in the sanctuary for College Hill M. B. Church members sporting the role of 2023 high school and college graduates, as well as Golden Diploma recipients.

The processional for the baccalaureate service held at the church was led by Dr. Donald Shaffer, a native son of the church who returned home to share words of wisdom as the speaker for the day of recognition

Before Dr. Shaffer, the director of African American Studies at Mississippi State University and author of several books, shared his speech with the attendees; the graduates, representing different high schools/colleges and levels of degrees; were recognized for their many accomplishments during their educational journeys and after.

The high school graduates included Donovan Adams, Robert Clark IV, Naava Fox, Alyssa James and Chauncy Jordan, II. The college graduates (including postgraduate degrees) included Keshaun Blackmon, Justin Coleman, Treasure Fisher, John "Cole" Hall, DeKala Hood, Tewana Johnson, Anejia Mann, Candace Mayfield and Mitzi Morris. The Golden Diploma recipients who were graduates



Top Row (L-R) Keshaun Blackmon, Tewana Johnson, DeKala Hood, Treasure Fisher, Candace Mayfield and John Hall; 2nd Row (L-R) Pastor Chauncy Jordan, Jr., Robert Clark IV, Chauncy "CJ" Jordan II, Naava Fox, Alyssa James, Donovan Adams, Jr. and Dr. Donald Shaffer PHOTOS BY JAY JOHNSON

of Jackson State University's Class of 1973 included Rosie Honer, Sandra McEwen and Audrey Wiley.

An additional honor bestowed on three of the high school graduates was the awarding of the Rev. R. E. Willis Scholarship, a cash award for academic excellence and leadership. The three recipients included first place awardee, Chauncy Jordan, II and second place awardees (tied) were Robert Clark, IV and Alyssa lames

Dr. Shaffer began his presentation by recognizing various members of College Hill who were an integral part of his childhood. He then gave his charge to all of the recent graduates – "You can get anywhere from here." He explained the meaning of the charge by stating, "It is a reminder to students that you have everything you need to succeed – you need only recognize the potential that is within you (self-determination).

He recalled the verse Ephesians 4:1 – Paul's declaration – "I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called." Dr. Shaffer explained that Paul, a prisoner at the time of this writing, drafted this piece as a word of

encouragement. He shared that although Paul described himself as a prisoner of the Lord, he isn't asking for sympathy. He knows that death can come to him at any moment during his imprisonment; he may not ever be free again, but none of that matters to him because he is living out his purpose in Christ. "To live a life worthy of your calling is to be defined by your godly purpose, not your immediate circumstances," said Dr. Shaffer.

The speaker continued, "To live a life of your calling is to be directed by your own moral compass. It is to decide each day to be the most authentic



Deaconess Sandra McEwen, Golden Diploma recipient, with Pastor Jordan (left) and Deacon Frank Yates

version of yourself instead of what others want you to be."

He urged the graduates to let the lessons learned in church and at school and the life lessons you've learned along the way prepare you for what is next. He challenged all of the graduates to step boldly into their purposes; step out on faith. He urged them to remember, "We've come this far by faith."

A reception was held in the Family Life Center where high school graduates had a decorated booth regarding their school memories and future dreams.

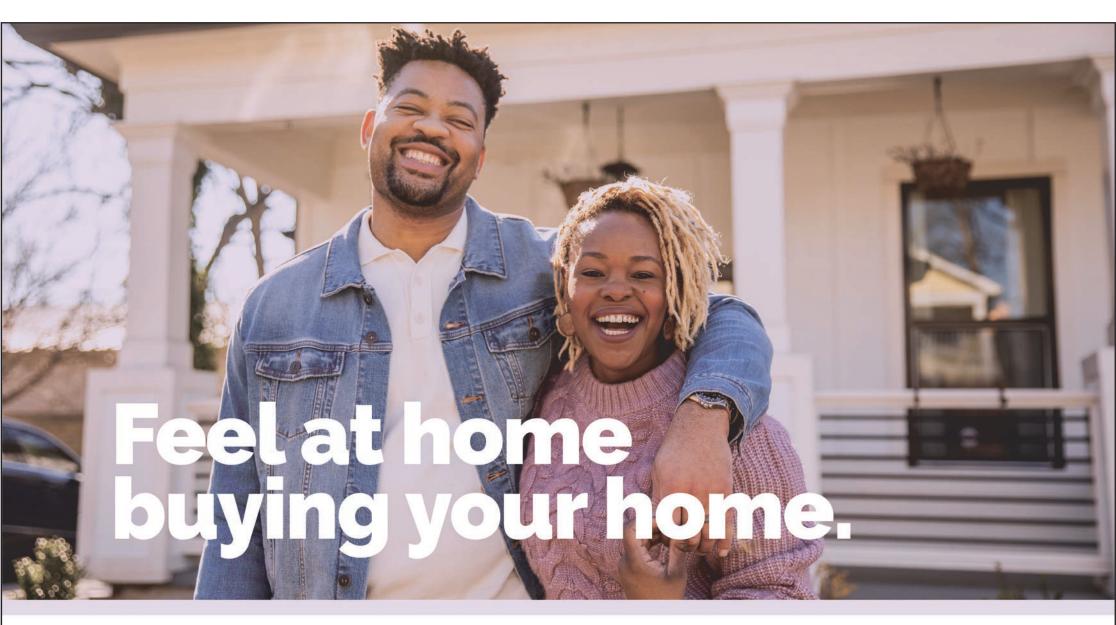
Photographer Jay Johnson, a proud alumni of "Thee I love," Jackson State University, said he thought the displays by the high school graduates were awesome. "Of course 'Thee'



Audrey Wiley, Golden Diploma recipient

Blue and White displays quickly drew my attention. They showed a great level of creativity from all of the amazing graduates," he said. Johnson went on to congratulate each and every graduate.

See photos on page 17.





Devasia Spires, NMLS #53891



John Michael Wilson, NMLS #502571

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# The Foundations of Congregational Health Nurses (CHN) and Advocates Training at CAMP GARAYWA

The Foundations of Congregational Health Nurses (CHN) and Advocates Training was held May 23-26, 2023 at CAMP GARAYWA in Clinton, MS. Twelve nurses and advocates of various faiths and congregations participated in the event. This year marks the 20th graduation event.

The participants in the event joined more than 300 nurses and non-medical persons that have been trained and are now leading health and wellness ministries throughout the state. Their focus is to improve the overall health and well-being of individuals, families, and communities by increasing health equity and access to quality healthcare.

To qualify for the training, participants must have the support of pastors or church leadership in order to practice within the local church and community.

The four-day training provided information on the concepts of the integration of faith and health, the nurse/advocate role in health-promotion, risk-reduction, and disease-prevention as it relates to the care of the whole person, mind, body and spirit.

One key component to successful ministry is the ability to network with local and national organizations/agencies including other churches to share needed resources. Upon completion, registered nurses were awarded 37 continuing education units (CEUs) and a certificate of completion for Congregational Health Nursing and pin.

Participating advocates were awarded a certificate of completion and pin.

The course was offered through a cooperative relationship between Ella Garner Jackson, CHN, RN, executive director of The Abundant Living Community Organization, Inc. (ALCOinc), Deborah Bolian, MSN, CHN, RN Faculty and educational partner, Mississippi College School of Nursing Clinton, MS and Baptist Health Systems, as CEUs provider along with members of the CHN planning committee, Consultant Dr Jacqueline McCoy, DNP, RN, FCN-BC (content expert) and assistant coordinator, Mary Harris, CHN,

The Foundations of Faith Com-

munity Nursing Curriculum course is developed through The Westberg Institute for Faith Community Nursing and is now a component of the Spiritual Care Association.

The presenters were all subject experts including pastors, chaplains and

Pastor Stanley Johnson, assistant pastor of New Horizon Church Internationa, opened the training session by presenting, 'The Role of the Church in Health, Healing and Wholeness.'

Pastor Thaddeus Williams provided instructions on 'Behavior Health and The Church.' The training graduation speaker, Wendell Paris, assistant pastor, The New Hope Baptist Church, provided reflections from Michal 6:8, 'What does The Lord require of us?'

On Thursday, pastors from Canton, Utica, Vicksburg, Jackson and Yazoo City along with nurses and advocates from former CHN classes joined the training.

Special guest presenter, Dr. Daniel Sarpong, Sr, presented on 'The Social Determinants of Health and Advocacy.' Dr. Sarpong was previously the chief biostatistician of and co-principal Investigator for The Jackson Heart Study and currently serves as senior research scientist in the Department of General Internal Medicine and executive director of the Office of Health Equity Research (OHER) at Yale University School of Medicine. In contributing to the training of the next generation of researchers and scientists, he served as a faculty/mentor in several nationally and internationally funded career development programs.

The training was sponsored in part by the Office of Preventive Health and Health Equity of Mississippi State Department of Health.

After training, nurses and advocates are invited to join Mississippi Congregational Network of Nurses and Advocates (MCNNA). MCNNA has an extensive reach and offers members an abundance of resources.

For information about training and networking opportunities, contact Ella Jackson, CHN, RN at alcoinc@comcast.net





2023 Congressional Health Nurse/Advocate Training: (L-R) Janice C. Barham, Utica, MS; Angela M. Hudson, RN, Terry, MS; Gail Washington, RN, Yazoo City, MS; Danielle Oliver, RN, Madison, MS; Henriette Brown, Jackson, MS; David Peyton, Yazoo City, MS; Ceola Gilbert, RN, Ridgeland, MS; LaGrace Barnes, RN, Raymond, MS; Joyce Roundtree-McCoy, Cleveland, MS; Rutha Smith, RN, Jackson, MS; Laverne Watts, RN, Canton, MS; Faith Harris, Jackson, MS



Tyler "Mr. Tougaloo" Hickman, 2023 graduate, speaks with Dr. Sarpong.



New Horizon Church International Assistant Pastor Stanley Johnson with wife, Bonnie Johnson



2023 CHN/Advocate Training Educators/Coordinators (L -R) Deborah Bolian,MSN, CHN, RN; Dr. Jacqueline McCoy, DNP, FCN, RN-BC; Mary Harris, CHN, RN; Ella Jackson, CHN,RN



Previously trained Congregational Health Nurses attend the 2023 CHN Training: (L-R) Ceola Gilbert, CHN,



Dr. Elizabeth Mahaffey, PhD, RN with participant Ceola Gilbert, RN



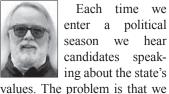
RN; Ruby Florence, CHN, RN; Lois Moore, CHN, RN; Lori Love, CHN, RN

Local pastors attend Dr. Sarpong's session to learn more about health equity: (L-R) Dr. Daniel Sarpong, presenter; Pastor Ronald Middleton, Canton, MS; Pastor Jimmy Garner, Canton, MS; Pastor Earl Thompson, Jr. Utica, MS; Pastor James Andrews, Vicksburg, MS; Pastor James Roby, Utica, MS; Rev. Dr. James O. Bowman, Sr., Vicksburg, MS; Pastor Douglas Lacey, Edwards, MS; Pastor Phillip Burks, Utica, MS

#### **JUNE 1 - 7, 2023**

# What are Mississippi values?

By Christopher Young Contributing Writer



Each time we enter a political season we hear candidates speaking about the state's

never hear what those values actually are? So, what are Mississippi's values? Are they really a 'thing' or is that phrase some type of code, or even a dog whistle?

Britanica.com has some interesting definitions to consider as we investigate further. First off, what is a state? "The state is a form of human association distinguished from other social groups by its purpose, the establishment of order and security; its methods, the laws and their enforcement; its territory, the area of jurisdiction or geographic boundaries; and finally, by its sovereignty." A whole lot of words here, but it does seem to make sense as to how we view a state.

Here's what they had to say about value – "a strongly held belief about what is valuable, important, or acceptable - usually plural, cultural/moral/religious values, traditional/conservative/liberal values. Her values were very different from mine. America was founded on the values of freedom and justice

In our Declaration of Independence, we find these words in the preamble – "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the Pursuit of happiness."

In our Constitution, we find more words also recited by those seeking political office – "We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity...," both per https://www. archives.gov.

The preamble to Constitution of the State of Mississippi, the most recent iteration adopted in 1890, says this - "We, the people of Mississippi in conven-

#### COMMENTARY

tion assembled, grateful to Almighty God, and invoking his blessing on our work, do ordain and establish this constitution."

According to the version on the Secretary of State's website, Mississippi's Constitution is 186 pages in length. In trying to learn about Mississippi values, Section 5 of our constitution really jumped out –Government originating in the people. "All political power is vested in, and derived from, the people; all government of right originates with the people, is founded upon their will only, and is instituted solely for the good of

So, it does seem like we have discovered some concrete Mississippi values: 1) it's people, 2) the belief in God, 3) the will of the people, and 4) the good of the whole. In plenty of ways, this matches up with things we

We are always hearing about Mississippi hospitality, In God We Trust, governing for all Mississippians, being the most church-attending state in the country. We see examples of generosity of spirit and loving thy neighbor - just think of the efforts during the water crisis, all the organizations and churches that help the poor and homeless, and more recently the outpouring of support by fellow Mississippians to the tornadoravaged Delta. Goodness is overflowing in our state, by any

If that were the whole story it would be glorious, but we all know that it's not. If that were the whole story, Mississippi wouldn't be bringing up the rear by nearly every conceivable societal measure.

There is an invisible caveat though attached to Section 5 of the Mississippi Constitution, and the caveat says - except if you are black. Older lifelong residents of Mississippi will tell you the truth – everything in Mississippi is about race.

How many times has the Emmett Till Memorial Marker in Money, MS been vandalized, riddled with bullets? Not in 1958 but starting when it was erected, in 2008. What has the Mississippi government done? Which state leaders have spo-

ken out against this? Ask yourself the simple question why we never hear of African American residents defacing Confederate markers or monuments? Also, in Till's name, the federal government made lynching a hate crime in 2022.

There has not been one Republican hearing on the TANF scandal where tens of millions, specifically intended for the poorest among us, including a high percentage of African Americans - right under our noses as a slush fund for selfish aims. First the sinful deed, then the unwillingness to openly get to the bottom of it. Just another aspect of Mississippi values.

We keep hearing about creating a culture of life in Mississippi. Now, we are one of only ten states in the country to resist expanding Medicaid coverage, and hundreds die each year as a result, per the Center for Budget and Policy Priorities, as reported on May 28, 2023, by Mississippi Today. We shoot ourselves in the foot by not doing so, and even more so considering the long-recognized health disparities in our state for minorities. Doing so could help us with our struggling hospital realities, save lives, and bolster our economy. This resistance becomes another example of our values.

One of the other ten states, all majority Republican, refusing to expand Medicaid is Wiscon-

Fivethirtyeight.com refers to Wisconsin as a light-red state. Their overall healthcare ranking by US New & World Report is #12 – #9 in quality, #16 in access, and #21 in public health. Mississippi ranks #49 overall in healthcare – #50 in quality, #45 in access, and #46 in public

Mississippi has surely earned its rankings - an objective picture of Mississippi values. By clinging to the oppressive mindset of the past, ignoring the good of the whole, resisting black advancement at every opportunity – our state ends up demonstrating what it views as valuable, important and acceptable. Large swaths of our population will continue to suffer as we remain on the look-out for freedom and justice for all, in Mississippi.

# **Mississippi Democrats** improperly excluded candidate for governor, judge says

By Emily Wagster Pettus Associated Press

Mississippi could have a Democratic primary for governor in August because a judge ruled Friday that the party improperly excluded a candidate from the

The state Democratic Party immediately filed notice that it will ask the Mississippi Supreme Court to overturn the judge's ruling on the candidacy of Bob Hickingbottom.

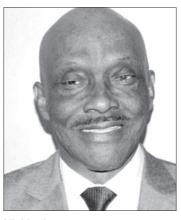
"I appreciate the court's consideration. We hope to get a more favorable ruling on appeal," the committee's attorney, Gerald Mumford, told The Associated

The state Democratic Executive Committee decided in February that Hickingbottom could not be on the ballot as a Democrat. Hickingbottom, who has described himself as a political operative, ran for governor as a Constitution Party candidate in

The executive committee also excluded Gregory Wash from running for governor this year, after he ran a low-budget campaign for governor in the Democratic primary four years ago.

The party's decisions left Brandon Presley, a four-term public service commissioner, as the only Democratic candidate for governor. Wash did not challenge the party's decision, but Hickingbottom filed a lawsuit.

Republican Gov. Tate Reeves is seeking a second term, and he



Hickingbottom

faces two challengers in the GOP primary – military veteran David Hardigree and physician Dr. John

Mississippi primaries are Aug. 8, and the general election is Nov.

Presley campaign spokesman Michael Beyer on Friday responded to questions about a potential Democratic primary by focusing on a welfare misspending case that developed while Reeves was lieutenant governor.

"We welcome any legally qualified candidate to enter the race, and our campaign will continue to focus on Tate Reeves' failed record of allowing criminals to misspend \$77 million of Mississippians' hard-earned taxpayer dollars meant for working families on luxury cars, steak dinners and even a volleyball stadium," Beyer said.

Judge Forrest A. Johnson Jr. wrote that the Democratic Party was not allowed to reject Hickingbottom's candidacy on

grounds that Hickinbottom has failed to file an economic interest statement with the Ethics Com-

Johnson wrote that Hickingbottom meets the qualifications to run for governor, which are in the state constitution: A candidate must be at least 30 years old, a U.S. citizen at least 20 years and a resident of Mississippi at least five years before the elec-

Hickingbottom is black, and Presley is white. Attracting support from black voters is an important part of winning a Democratic primary. Presley's campaign did not mention race Friday, but Mississippi Republican Party chairman Frank Bor-

"Brandon Presley and his Democratic Party allies corruptly pushed his African-American opponent off the ballot," Bordeaux said in a statement. "A judge just ruled their actions are illegal and unethical, and now Presley faces a primary challenge. Why did Brandon Presley work so hard to prevent an African-American candidate from accessing the ballot?"

Hickingbottom filed a campaign finance report this month showing he raised and spent no money through April. Presley reported \$1.6 million in his cam-

Reeves reported \$9 million in campaign money, while Witcher reported about \$21,000 and Hardigree reported no money.

# **Attorney demands firing** of MS police officer after 11-year-old boy is shot

By Emily Wagster Pettus Associated Press

A Mississippi police officer who shot and wounded an unarmed 11-year-old black boy in the child's home should be fired, an attorney for the child's mother said Thursday.

The child, Aderrien Murry, was hospitalized five days for a collapsed lung, lacerated liver and fractured ribs after an Indianola Police Department officer shot him in the chest early Saturday, attorney Carlos Moore said. Aderrian returned home to Indianola Wednesday.

"We are demanding justice," Moore said during a protest that his law office showed on livestream video.

"An 11-year-old black boy in the city of Indianola came within an inch of losing his life," Moore said at Indianola City Hall. "He had done nothing wrong and everything right."

Aderrien's mother, Nakala Murry, said her son is "blessed" to be alive but he does not understand why an officer shot him.

"This was the worst moment in my life and I feel like nobody cares. That's my child, y'all," Nakala Murry said Thursday as she cried in the lobby of city hall.

Moore said Nakala Murry asked her son to call police at about 4 a.m. Saturday when the father of one of her other children showed up at her home. Moore said the man was irate and Nakala Murry felt threatened.

"He called the police to come to his mother's rescue," Moore said of Aderrien. "He called his grandmother to come to his mother's rescue. The police came there and escalated the situation."

Moore said two officers responded, and one kicked the front door before Nakala Murry opened it. She told them the intruder had left the home but three children were inside, Moore said.

Moore said Nakala Murry told him that Sgt. Greg Capers, who is black, yelled into the home and said anyone inside should come out with their hands up. Moore said Aderrien walked into the living room with nothing in his hands, and Capers shot him in the chest.

Indianola City Attorney Kimberly Merchant confirmed The Enterprise-Tocsin newspaper in Indianola that Capers is the officer who fired the shot.

Moore told The Associated Press in an interview Thursday that Indianola officials have suspended Capers with pay during an investigation into the shooting.

AP left phone messages Thursday for Merchant, Indianola Mayor Ken Featherstone and Police Chief Ronald Sampson. They did not immediately respond.

Nakala Murry and Moore were joined by a few other people Thursday as they sat in the city hall lobby and sang "We Shall Overcome."

Indianola has about 9,300 residents and is in the rural Mississippi Delta, about 95 miles (153 kilometers) northwest of Jackson.

Mississippi Bureau of Investigation announced Saturday that it is examining the shooting, as it does most shootings involving law enforcement officers in the state. The bureau said a person younger than 18 had received "significant injuries" after being shot by an Indianola Police Department

"MBI is currently assessing this critical incident and gathering evidence," Mississippi Department of Public Safety spokesperson Bailey Martin said Thursday in response to questions from AP. "Upon completing the investigation, agents will share their findings with the Attorney General's Office. Due to this being an open and ongoing investigation, no further comment will be made."

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# **Ambassador Andrew Young explains what** went wrong with voting and civil rights

By Stacy M. Brown NNPA Newswire Senior National Correspondent

The failure of lawmakers to get a current civil rights bill – the George Floyd Justice and Policing Act – and an unbiased voting measure through Congress can be traced back to the obvious – the power grab made by Conservatives – and the not-so-obvious – the murder of Dr. Martin Luther King Jr.

Former U.S. Ambassador Andrew Young, a civil rights icon and two-term Atlanta mayor, said Republicans stacking the courts and appointing GOP-friendly federal judges have cut into the progress he and others made during the civil rights era.

Along with King, the late Rep. John Lewis and Rev. Ralph Abernathy, Young was an unquestioned leader in the American Civil Rights Move-

Young's career in civil rights began in 1954 with voting registration drives despite numerous threats to his life. He worked with the National Council of Churches before leading the Southern Christian Leadership Conference's Citi-



Ambassador Andrew Young with NNPA Newswire National Correspondent Stacy Brown in Atlanta COURTESY PHOTO

zenship Schools where he and King taught non-violent strategies to push the civil rights movement forward.

Most have pointed to Young's strategic negotiation skills that led to President Lyndon B. Johnson signing the 1964 Civil Rights Act, and the 1965 Voting Rights Act.

In an exclusive interview with the Black Press at his illustrious office in Atlanta, the 91-year-old icon said he also believes some of the damage done by the modern Republican Party, particularly to African Americans, are a result of individuals seeking their own advantage.

"We got to 1969, after Dr. King's death, where everybody wanted to run for president; Shirley Chisholm, Dick Gregory and Eldridge Cleaver," Young recalled. "There must have been 20 black folks running for president, not that they didn't have the right to do so," he said.

Nearly 40 years before Barack Obama became the first black U.S. president, Young said he realized an African American couldn't win a presidential election.

"I wasn't sure you could get elected to Congress," Young

In Atlanta, however, the landscape differed from what was occurring nationally.

In 1963, prominent civil rights advisor Leroy Johnson became the first black person elected to the Georgia General Assembly since Reconstruction ended.

More than 10 years later, Maynard Jackson won the race for mayor of Atlanta, where he would serve three terms – his third term came after Young had held the office for two terms.

Jackson's vision turned the city's airport into one of the biggest in the world, made Atlanta a global destination, and paved the way for the 1996 Olympic Games to take place in the city.

"We took over Atlanta little by little. Finally, Maynard took over and ran for mayor, and when he came, he could do things like build the world's busiest airports – or at least get the process started," Young told NNPA Newswire.

"We knew that after Dr. King died, there were too many people with too much ambition and too little humility.

"So, from 1968 when Dr. King was killed, and Bobby Kennedy was killed and, before them, Malcolm X was killed, people were getting killed, and people felt they had to do something to get out. People wanted to get killed. "It wasn't rational. It disrupted us from a tactical plan that we all had." That plan included ensuring fair-minded judges were seated on federal benches and on the Supreme Court.

"When I came to Georgia in 1954, I voted Republican," Young recalled.

"Maynard Jackson's grandfather (John Wesley Dobbs) told me if you vote for Democrats, and I liked [Adlai] Stevenson, but [Dobbs] told me that Stevenson is a Democrat and if he's nominated then [Sens.] Richard Russell and Theodore Bilbo would get to name the judges.

"However, if [Dwight] Eisenhower is elected president, they won't have any white Republicans down there, which would force them to come to us and ask, who are the white people you trust and respect that should be nominated for judge?

"We would tell them who we trusted and respected, and that's who they'd pick, and that's why we achieved in the South more than they did in the North."

Offering proof of why that strategy worked, Young said at the time that a Republican, Eisenhower, appointed all the judges.

"Because someone black recommended the judge, every single case in the 1960s, and you can't find a case solved in a courtroom where a Democrat had appointed a judge, we won," he said. "Those little things were important to the progress, and it made a big difference.

"Today, we've lost the right to appoint justices because we lost presidential elections. Walter Mondale (1984) and Michael Dukakis (1988) lost important presidential elections. As a result, Reagan got to appoint four judges to the U.S. Supreme Court, and George H.W. Bush appointed Clarence Thomas."

## Vice President Harris talks debt ceiling, maternal health and small biz in exclusive Black Press interview

By Stacy M. Brown NNPA Newswire Senior National Correspondent

Vice President Kamala Harris was as integral to the negotiations as anyone else in helping to reach a bipartisan deal so America could avoid defaulting on its debt obligations.

Also, in two-plus years in office, the nation's first black and woman vice president already has carved an indelible mark on many impactful policies that have seen significant increases in small and minority-owned businesses and record low black unemployment.

Harris, a force during her years in the U.S. Senate and as a member of the Congressional Black Caucus, also has spearheaded work to help women retain autonomy over their bodies despite the U.S. Supreme Court's controversial ruling to overturn the landmark Roe v. Wade legislation.

In an exclusive interview, the vice president pledged more of the same going forward from the Biden-Harris administration.

"One of the most important aspects of where we are – and our goal was to avoid the kinds of losses [Republicans] had initially proposed - and that's very significant," Harris said of the bipartisan budget deal reached earlier in the week.

The deal places caps on spending for the next two years, claws back about \$28 billion in unspent COVID relief money, and strips \$20 billion of funds earmarked for the Internal Revenue Service.

President Biden had slotted \$80 billion for the IRS to help curtail tax cheaters, but the GOP sought to protect wealthy taxpayers who primarily seek loopholes to avoid paying federal taxes.

The debt ceiling agreement restarts federal student loan payments even as the U.S. Supreme Court prepares to rule on the legality of the Biden-Harris forgiveness plan.



Congress hopes to vote this week on the deal, which also added new work requirements for recipients of the Supplemental Nutrition Association Program and Temporary Assistance for Needy Families

Veterans and the unhoused are exempt from such require-

"We've been able to maintain what we needed to do to preserve social security, Medicare and veterans' benefits. As a result, we actually see increases there," Harris stated.

With a steady eye on the present and future, the vice president noted the administration sought to protect the economic gains made during its first two years.

"In two years, we've created 12.7 million jobs and 800,000 manufacturing jobs," Harris declared.

"A lot of these issues were what we were fighting to preserve. For example, if they required [new] work requirements, we would preserve many exceptions to the requirements."

For example, Harris noted that any requirements for veterans and those who are housing insecure were non-starters.

"Veterans and housing-insecure people, not just the homeless, would be exempt. We were not willing to compromise," she insisted.

"The debt ceiling crisis and subsequent deal reminded voters of the significance of choosing candidates who have their constituents' best interest, Harris remarked.

"So many of the issues have to do with who is in elected office. It comes down to the power of the people to elect representatives who reflect their values," the vice president proclaimed.

"When the majority of people on legislative bodies understand that you shouldn't create policies on the backs of poor people, that's policy that most respect our values," she contin-

She pledged that the administration would keep pushing forward, stand up, and speak up about the needs of working people and families whom she said have been on the outside of politicians' priority lists for too long.

'We've had to keep them on the inside of the priority list," she said of the Biden-Harris administration.

In the fast-paced 20-minute interview, the vice president declared small business a pas-

She said her mother and

"second mother," Ms. Shelton,

who lived two doors down and

ran a nursery school above her childhood home, helped show her the importance of small businesses.

"Ms. Shelton was a small business owner, matriarch to the community. She was a community leader, a civic leader, who mentored people in the community," Harris recalled.

"I was raised with an understanding of the importance of small businesses. They aren't just business owners, they are civic leaders and community leaders and are so much a part of the community's cultural fabric.

"When I was in the U.S. Senate, I was able to work with my colleagues to get an extra \$12 billion put into community banks, which are banks that are in the community who understand the community and its needs and who will create access to capital often where the big banks don't give access to capital for our startups, young entrepreneurs and small businesses."

She maintained that the work has continued in her role as vice president.

Harris helped to create the Economic Opportunity Coalition, where private sector funders put money in community banks and where access to capital has increased for small business owners.

Harris gushed about a recent gathering she convened that consisted of young entrepreneurs and business leaders in tech, space and climate work.

"They were mostly young black men doing such innovative and good work," she said.

"I convened to let them know what's available to them in terms of support, access to capital and helping them get market access. Those are some of the old barriers to those being able to achieve great success."

Finally, the vice president demanded that women have autonomy over their bodies despite the Supreme Court's decision to overturn Roe v. Wade.

She said her mom had always displayed passion and anger about existing disparities for women of color, particularly black women.

"When I was in the U.S. Senate, we began proposing legislation to address this crisis, which is a crisis," Harris exclaimed.

"The United States of America is one of the world's wealthiest, if not the richest, nations. [But], we have one of the highest maternal mortality rates, particularly black women who are dying at three times the rate of others.

"When you look at black women in connection to childbirth, it has nothing to do with economic status or educational status. It literally has to do with so often she walks into that hospital or clinic, and she is a black woman who is not always taken seriously.

"So, I've been working to address a number of issues, including racial bias. We need to train medical professionals about racial bias so they can take these women seriously.

"One of my particular joys is that I'm proposing that we rely on Doulas to help teach all the other medical professionals. Doulas are women from the community who understand the importance of community health approaches to health-

Harris added that U.S. Democratic Reps. Alma Adams of North Carolina and Lauren Underwood of Illinois, among others, helped to pass the Momnibus Act of 2021, which helps protect women from bias in the medical field.

"We need to give all women access to quality care," Harris

"Since I've been doing this work, we've challenged states to extend Medicaid coverage for postpartum care from two months to 12 after birth. So far, 33 states and the District of Columbia have answered the call to extend postpartum care.

"These mothers need help and assurance that they are doing ok and that we care for all

their needs." On Roe v. Wade, Harris concluded:

"One does not have to abandon their faith or deeply held belief to agree that the government should not tell that woman what to do with her body. That's between her and her pastor, priest, rabbi, or whoever she decides. But, again, it's about people's freedom to make those decisions.

"We are seeing states across the country where they are criminalizing health care providers, giving them jail time. We see women being punished in awful ways. In Southern states, they have to pull together money to travel.

"Most women who receive an abortion are [already] mothers. So, they need money, childcare, and transportation just to exercise their right over their own body. This is a movement.

"Let's build a coalition because these so-called leaders attacking women's reproductive rights are the same ones attacking voting rights.

"We need federal legislation. We need Congress to put back the protections of Roe. A woman's choice, not the government, decides what happens with her body."

JUNE 1 - 7, 2023

# Vegan curious? Here's how to get started

StatePoint

Following a vegan diet doesn't just reduce one's impact on the environment, it's associated with a range of health benefits, making it no surprise that a plant-based food movement is on the rise.

"With more than 100,000 internet searches per month for 'vegan recipes' and 'vegetarian recipes,' it's clear there is high demand for plant-based meals," says Chef Fred Scarpulla, chief culinary officer at Amy's Kitchen, an organic and vegetarian food company.

A recent national survey commissioned by Amy's Kitchen and conducted by Atomik Research finds that 52% of Americans are vegan-curious, and men are even more inquisitive, with nearly 3 in 5 revealing an interest in cutting out animal products.

Every individual may have their own unique reasons, but the survey revealed Americans' most common motivators for purchasing or eating plant-based foods were their health (55%), a desire to protect the environment (34%) and a preferred taste of plant-based ingredients (28%).

No matter why you're considering a vegan lifestyle, actually adopting one is not always easy. In fact, 72% of parents in households with dietary restrictions say finding prepared foods that meet their family's needs is very or extremely challenging.

"Cutting down on meat and incorporating more plant-based foods into your diet doesn't have to be complicated or restrictive," says Chef Fred.

Whether you're transitioning to a vegan diet, incorporating meatless Mondays into your routine



or simply curious about meatless cooking, Chef Fred offers the following tips to help you get started:

- Don't restrict yourself: While going vegan may sound like it's all about cutting foods out, it's actually an opportunity to explore new flavors and ingredients you may not have tried before, and to indulge in vegan-friendly cuisines from around the world, such as Indian food and Thai food. Plus, these days, vegan alternatives to a number of favorite comfort foods, like enchiladas, pizza and even mac and cheese, abound.
- Keep it simple: As you build your repertoire of go-to vegan meals, take a mental inventory of your family's favorite dishes. Many of them may already be vegan, or able to made vegan with a few tweaks. Also, be sure

to check out online resources offering vegan meal plans, which can help ensure your overall diet is balanced, satisfying and delicious.

• Look for shortcuts: Creating meals from scratch is not always possible for busy families. In fact, 56% of Americans want shortcuts to plant-based meals. Luckily, there are a growing number of convenient vegan meal options available. Amy's Kitchen, for example, is founded on the principle that everyone should be able to enjoy a delicious, convenient meal, even those with dietary restrictions, which is why they don't use meat, peanuts, fish, shellfish or eggs in any of their recipes, and why they offer gluten-free and kosher options.

The brand, which works with

farmers using organic and regenerative farming practices to lessen its impact on the planet, has an expanding vegan menu that includes snacks, breakfast, lunch and dinner options, making it easy to ensure your diet aligns with your values and your desire to eat healthfully.

• Get creative: To reduce prep work, follow recipes that start with already prepared vegan foods. Visit amys.com/eatingwell/recipes to access Amy's Kitchen's library of healthy vegan recipes.

"Whether you choose to go fully vegan or simply want to incorporate more plants into your diet, rely on solutions that make it easy, convenient and delicious," says Chef Fred.

# Stroke rising in young populations: Here's what you need to know

StatePoint

Often times stroke is associated with older populations, but many people are unaware that it can occur at any age. In fact, one out of five people who have a stroke are under age 55.

A stroke is a brain attack that occurs when blood vessels in the brain are blocked or burst. Strokes can cause long-term disability, impair a person's ability to speak, see or move, and can even result in death. While you can lose everything to stroke, taking quick action at the first sign can help with recovery and have a lasting impact. Unfortunately, almost 30% of adults younger than 45 don't know the five most common symptoms of a stroke, according to research published in The American Heart Association's "Stroke." At the same time, stroke is on the rise in that age group.

"Young people who are not familiar with the most common signs of stroke are at risk of inaction at a time when every second matters," says Sheryl Martin-Schild, MD, PhD, stroke medical director at Touro Infirmary. "Both stroke survival and recovery are possible with the right care at the right time."

Immediate medical attention is dependent on everyone learning and being able to recognize the sudden onset of the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and refers to these signs of



- Balance: Sudden loss of balance
- Eyes: Loss of vision in one or both eyes
- Face: Face looks uneven or droopy
- Arm: Arm or leg is weak or hanging down
- Speech: Slurred speech, trouble speaking or seems confused
- Time: Immediately call 911

No matter a person's age, understanding stroke risk factors is also vital, as some factors can be managed with lifestyle changes. These risk factors include high blood pressure, atrial fibrillation, high cholesterol, smoking, diabetes,

poor circulation, lack of physical activity and obesity.

It's important for everyone to talk to their health care provider about safely managing these factors through diet, exercise and smoking cessation, particularly for those at higher risk due to age (risk increases as you get older), race (African Americans, Hispanics, and Asian/Pacific Islanders have a higher risk of stroke than people of other races), sex (more women have strokes than men) and family history (risk is greater if a family member has had a stroke).

"According to the CDC, stroke is a leading cause of serious long-

term disability. Therefore, it's critical to learn the signs and take action right away," says Dr. Martin-Schild. "It is far better to react than to regret."

For more information and resources, visit strokeawareness. com, developed by Genentech Inc., a member of the Roche Group.

"BE FAST" was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

# Don't get ticked off this summer

By Vince Faust Tips to be Fit

We shared a very complex relationship with ticks. These tiny arachnids feed on the blood of animals and that includes humans. Tick bites are often harmless but they can also transmit diseases that pose health risks.

Ticks have a crucial ecological role as parasites, primarily in forested and grassland ecosystems. They serve as hosts for various microorganisms and aid in the regulation of wildlife populations. Ticks are often found in areas with a high concentration of hosts, such as deer and rodents. They attach themselves to their hosts during their life cycle, extracting blood for nourishment and facilitating the transmission of disease-causing agents.

Ticks are infamous for their ability to transmit diseases, making them a significant public health concern. Some of the most common diseases transmitted by ticks include Lyme disease, Rocky Mountain spotted fever, babesiosis and anaplasmosis.

Lyme disease, caused by the bacterium Borrelia burgdorferi, is the most prevalent tick-borne illness globally. It can cause a range of symptoms that include fever, fatigue, joint pain and neurological issues if left untreated. Rocky Mountain spotted fever is caused by the bacterium Rickettsia rickettsia. Rocky Mountain spotted fever can lead to severe symptoms like rash, headache and organ failure.

You can reduce your risk of tick bites and the illnesses they cause. Various strategies can be employed to protect against ticks. When venturing into tickprone areas, individuals should wear long-sleeved shirts, long pants tucked into socks and closed-toe shoes. Applying insect repellents containing DEET or picaridin on exposed skin is also useful. You can also treat your clothing and gear with permethrin. This is an insecticide, which can provide an added layer of protection.

You should check for ticks after spending time outdoors. Ticks tend to prefer warm and moist areas on your body. You should pay special attention to your scalp, behind you ears, underarms and your groin. You should remove any attached ticks by using a finetipped pair tweezers to prevent disease transmission. The tick should be grasped as close to your skin's surface as possible and pulled upward with steady and even pressure.

You can also develop a rash after a tick bite. The rash starts as a small red area at the site of your bite. It may appear a few days or a few weeks after you've been bitten. On lighter skin people the center may be lighter in color. The outer edges can be darker and raised. Most harmless tick bites cause no physical signs or symptoms.

Untreated tick bites can produce a wide range of symptoms, depending on the stage of infection. These include fever, rash, facial paralysis and arthritis.

Sometimes you won't feel anything because the bite doesn't hurt and doesn't usually itch. Ticks are very small and most times you might not see it. It might even look like a fleck of dirt. As the tick feeds it swells up and can be easier to find.

Lyme disease is one of the diseases caused by a tick bite. There are three stages of Lyme disease:

- Stage 1 is called early-localized Lyme disease. The bacteria have not yet spread throughout the body.
- Stage 2 is called early-disseminated Lyme disease. The bacteria have begun to spread throughout
- Stage 3 is called late disseminated Lyme disease.

  The American Red Cross recommends the following for tick bites:
- ing for tick bites:Grasp tick with a fine tipped, pointed tweezers close to the skin and pull slowly.
- Do not forget to wear disposable gloves if available.
- Wash bite area with soap and water.
- Apply antibiotic ointment, if available. Check to see if the person has no known allergies of sensitivities to the ointment.
- A few more facts from the American Red Cross s for tick bites:
- Adults can wear insect repellents containing diethyltoluamide (DEET)
- Children can wear only products that contain less than 10% DEET in consultation with your child's physician
- You should seek medical care if the tick cannot be removed, if its mouthparts remain embedded or if rash or flu like symptoms develop (fever, headache, weakness joint pain, muscle pain).

Ongoing research is going on to better understand and manage these illnesses. Scientists are studying tick behavior, ecology and their transmission dynamics of diseases to develop more effective prevention strategies. They are also working on advancements in diagnostic techniques to improve early detection and treatment

Our public health agencies are also working to raise awareness about tick-borne diseases through educational campaigns. Our wild life agencies are trying to disseminate information about tick habitats, preventive measures and the recognition of symptoms. These initiatives are aim to empower us to protect ourselves and seek medical attention promptly if bitten by a tick.

Through our collective efforts hopefully we won't be ticked off this summer.

If you have a fitness question or concern you would like addressed write to "Tips to be Fit" P O Box 53443 Philadelphia PA 19105 or tipstobefit@gmail.com

#### **LEGAL**

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

IN THE MATTER OF THE ESTATE OF LURETHA MCKENZIE, DECEASED

CAUSE NO .: P2019-333

#### NOTICE TO CREDITORS

Letters of Administration having been granted on the 21st day of September, 2021 by the

Chancery Court of Hinds County, Mississippi, First Judicial District, to the undersigned

Administratrix of the Estate of Luretha McKenzie, deceased, notice is hereby given to all persons

having claims against the estate to present the same to the Clerk of this Court for probate and

registration according to law, within ninety (90) days from the first publication of this notice, or

they will be forever barred.

RESPECTFULLY SUBMITTED this the day of May ELAINE HARDEN, ADMINISTRATRIX OF THE ESTATE OF LURETHA MCKENZIE,

Claire Harden

5/18/2023 5/25/2023 6/1/2023

#### **LEGAL**

RULE 81 SUMMONS BY PUBLICATION

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

IN THE MATTER OF THE ESTATE OF MICHAEL ANDERSON, DECEASED

CAUSE #: P2020-519 T/1

BY: Rolland Anderson

SUMMONS

THE STATE OF MISSISSIPPI

TO: THE UNKNOWN HEIRS OF MICHAEL ANDERSON, DECEASED

You have been made a Defendant in the suit filed in this Court by Rolland Anderson, seeking the adjudication of heirs of Michael Anderson, Deceased.

You are summoned to appear and defend against the complaint or petition filed against you in this action at 9:00 o'clock a.m., on the 24th day of July, 2023, in the Chancery Courtroom of Hinds County, Mississippi. before Honorable Dewayne Thomas and in case of your failure to appear and defend a judgment will be entered against you for the money or other things demanded in the complaint or petition.

You are not required to file an answer or other pleading but you may do so if you desire.

Issued under my hand and the seal of said Court, this the 18 day of May, 2023



CHANCERY CLERK OF HINDS COUNTY Mississippi

5/25/2023, 6/1/2023, 6/8/2023

#### **LEGAL**

REQUEST FOR PROPOSALS (RFP) HOUSEHOLD HAZARDOUS WASTE COLLECTION SERVICES

The City of Jackson, Mississippi ("City of Jackson") is soliciting proposals from qualified proposers to perform household hazardous waste collection services at the Environmental Service Center (ESC), which include proper handling, transporting, disposing of, and recycling of household

sals will be received by the City of Jackson at the office of the City Clerk, City Hall, 219 South President Street, Jackson, Mississippi 39201, until 3:30 P.M. CST, June 27, 2023.

Selection of a Service Provider for contract/agreement negotiation will be based on an objective evaluation of the following criteria:

- A. Service Provider's ability to implement waste management methods that include
- recycling and reuse, energy recovery and conversion (20%)

  B. Service Provider's experience, qualifications and references as demonstrated in similar engagements (15%)
- C. Service Provider compliance with federal and state policies (20%)
- D. EBO Plan and commitment to exceeding MBE and FBE participation goals (10%) E. Cost proposal (35%)

The City of Jackson is committed to the principle of non-discrimination in public contracting. It is the policy of the City of Jackson to promote full and equal business opportunity for all persons doing business with the City. As a pre-condition to selection, each contractor, bidder or offeror shall submit a completed and signed Equal Business Opportunity (EBO) Plan, with the bid submission, in accordance with the provision of the City of Jackson's Equal Business
Opportunity (EBO) Executive Order. Failure to comply with the City's EBO Executive Order
shall disqualify a contractor, bidder, or offeror from being awarded an eligible contract. For more information on the City of Jackson's Equal Business Opportunity Program, please contact the Office of Economic Development at 601-960-1055. Copies of the Executive Order, EBO Plan Applications and a copy of the program are available at 200 South President Street, Room 223, Hood Building, 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.

Proposals (one signed original plus five copies) and the EBO plan (one signed original plus five copies included in the proposal) shall be submitted in a sealed package and plainly marked on the outside of the package. "Proposal for Household Hazardous Waste Collection Services"

Proposals must be submitted to the Office of the City Clerk, 219 South President Street, Jackson, MS 39205 by 3:30 p.m., local time, on Tuesday, June 27, 2023. All physical hard copies shall be submitted to the attention of:

If by hand delivery City Clerk's Office Attn: Lakesha Weathers, Solid Waste Manager City of Jackson

219 South President Street Jackson, MS 39201

City of Jackson Attn: Lakesha Weathers, Solid Waste Manager Post Office Box 17 Jackson, MS 39205-0017

Specifications are available for download through Central Bidding online at <a href="https://www.centralbidding.com">www.centralbidding.com</a> and at the City of Jackson website, <a href="https://www.jacksonms.gov/bid-opportunities/">www.jacksonms.gov/bid-opportunities/</a>. Hard copies are available upon request from the City of Jackson Solid Waste Division, Warren A. Hood Administration Building, 5th Floor, Jackson, Mississippi 39201. The City of Jackson reserves the right to reject any and all proposals and to waive any

6/1/2023, 6/8/2023

informalities or irregularities therein.

Publication Dates: June 1st & June 8th, 2023 Bid Opening Date: June 27, 2023

#### **LEGAL**

**Advertisement for Bids Bid 3238 Child Nutrition Dairy Products Bid 3239 Child Nutrition Produce** 

Sealed, written formal bid proposals for the above bid will be received by the Board of Trustees of the Jackson Public School District, in the Business Office, 662 South President Street, Jackson, Mississippi, until 10:00 A.M. (Local Prevailing Time), June 22, 2023, at which time and place they will be publicly opened. The Board of Trustees reserves the right to reject any and all bids to waive informalities, and to withhold the acceptance of any bid if approved for forty-five calendar days from the date bids are opened.

\$49.99 or visit JPSD website at www.jackson.k12.ms.us and download. Vendors must be registered with Central Bidding in order to electronically upload RFP proposals at no cost. For any questions concerning the process, or how to register, please contact Central Bidding at 225-810-4814. Until further notice, all hand delivery proposals delivered between 9:00 a.m.

until 9:59 a.m. (local prevailing time) the date the bid is scheduled to open,

must be delivered to JPSD Board Room, 621 South State Street, Jackson,

There are two (2) options in which proposals may be obtained. Download

from Central Bidding website at www.centralbidding.com for a small fee of

Also, until further notice, all opening will be recorded and uploaded to the JPSD web site at https://www.youtube.com/jpsitv for public viewing due to covid 19. Vendors will not be allowed to sit in on the bid openings.

6/1/2023, 6/8/2023

#### **LEGAL**

Advertisement for RFP RFP 2023 - 14 Digital/Print Curriculum for K-12 Curriculum Resources (English/Language Arts, Math, Science and Social Studies)

Electronic RFP proposals for the above RFP will be received by the Board of Trustees of the Jackson Public School District, in the Business Office, 662 South President Street, Jackson, Mississippi, until 10:00 A.M. (Local Prevailing Time), June 13, 2023 at which time and place they will be publicly opened and read aloud. The Board of Trustees reserves the right to reject any and all RFPs, to waive informalities, and to withhold the acceptance of any RFP if approved for forty-five calendar days from the date RFPs/ are opened.

There are two (2) options in which RFP proposals may be obtained. Down-

load from Central Bidding website at www.centralbidding.com for a small fee of \$49.99 or visit JPSD website at www.jackson.k12.ms.us and download. Vendors must be registered with Central Bidding in order to electronically upload RFPs proposals at no cost. For any questions concerning the process, or how to register, please contact Central Bidding at 225-810-4814.

Until further notice, all hand delivery proposals delivered between 9:00 a.m. until 9:59 a.m. (local prevailing time) the date the bid is scheduled to open, must be delivered to JPSD Board Room, 621 South State Street, Jackson, MS 39201.

Also, until further notice, all opening will be recorded and uploaded to the JPSD web site at https://www.youtube.com/jpsitv for public viewing due to covid 19. Vendors will not be allowed to sit in on the bid openings.

5/25/2023, 6/1/2023

#### **LEGAL**

#### NOTICE OF PUBLIC HEARING

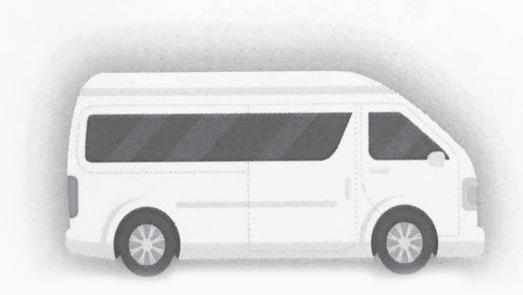
NOTICE IS HEREBY GIVEN THAT A PUBLIC HEARING IS SET FOR TUES-DAY, JUNE 20, 2023 AT 10:00 A.M. IN THE COUNCIL CHAMBERS OF CITY HALL, 219 S. PRESIDENT STREET, JACKSON, MISSISSIPPI 39201. IT IS HEREBY SCHEDULED TO DISCUSS THE OFFICIALLY NAMING THE JACKSON POLICE DEPARTMENT/JUDICIAL ADMINISTRATION CENTER/ MUNICIPAL COURT BUILDING LOCATED AT 327 EAST PASCAGOULA STREET, JACKSON, MISSISSIPPI, 39201, TO "LEE DAN VANCE, JR. JACKSON POLICE DEPARTMENT HEADQUARTERS/MUNICIPAL COURT ADMINISTRATION BUILDING" IN HONOR OF THE LIFE AND LEGACY OF LEE DAN VANCE, JR.

IN CONSIDERATION OF THE FOLLOWING:

ORDINANCE OF THE CITY OF JACKSON, MISSISSIPPI OFFICIALLY NAMING THE JACKSON POLICE DEPARTMENT/JUDICIAL ADMINISTRA-TION CENTER/MUNICIPAL COURT BUILDING LOCATED AT 327 EAST PASCAGOULA STREET, JACKSON, MISSISSIPPI, 39201, TO "LEE DAN VANCE, JR. JACKSON POLICE DEPARTMENT HEADQUARTERS/MUNIC-IPAL COURT ADMINISTRATION BUILDING" IN HONOR OF THE LIFE AND LEGACYOF LEE DAN VANCE, JR.

6/1/2023

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

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#### **Sudoku Solution**

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THE MISSISSIPPI LINK • 11

# Google, God and Prayer

By Shewanda Riley



"I can't find anything!" usually response from one of English Composition students when I ask if anyone has questions about

their research projects. Normally, other students nod their heads in agreement and complain that they were having the same problems. "Why can't we use Google? I can't find any information on the library databases!" complains another. Even though I can identify with their frustration, I typically respond that they would not be able to use Google because it isn't effective academic research but then offer tips on how to find information in the library databases.

One tip is to remember that Google is matching but the databases are for research. Since its introduction in the

late 1990s, Google has simplified information gathering. We can find just about anything, good or bad, legal, or illegal, moral, and immoral in it within seconds. For example, when you look for something or someone on Google, you are most likely going to effortlessly find an exact match. Research, on the other hand, might require repeatedly looking at more than one database and comparing results to find something that is useful.

Despite my explanation, students continue to say that the databases didn't have any information about their research topics (even though the databases have thousands of articles). But because the information they found on the databases didn't match exactly what they were looking for, students conclude it didn't work. Trying to help them get past their frustration while learning a new research technique, I also share with them that they have to change their mindset about what the databases could do.

After going into the databases and showing students how to change their search terms and find information in the databases, they realize that not only was the information there, in most cases, it was more accurate and helpful than what they found on Google or Wikipedia.

Not only has Google exposed us to more information. I think it has also made us more impatient and less willing to accept things, people or situations that aren't exactly

what we want. After all, Google generally gives exact (or remarkably close) search results. With these kinds of results, I think Google has trained us to believe that we will always get what we want or something close to it when we ask for it.

And for some of us (me included!), we go to God with a similar attitude. In that past, I've written about how dangerous it is to think this way because we end up treating God like Google! If I pray this specific kind of prayer, then I'm going to get these specific results. When we don't, we have the nerve to get mad at God! However, James 4:3 explains, "You ask and do not receive, because you ask amiss, that you may spend it on your pleasures." Sometimes, it's not what you pray, but the attitude you have when you pray (in other words, HOW you pray) that determines your results.

Shewanda Riley (Aunt Wanda), PhD, is a Fort Worth-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 her at preservedbypurpose@gmail.com or follow her on Twitter @shewanda. You can also listen to her podcast at www.chocolateauntiepodcast.com.

# You shall go to all to whom I send you

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



Jeremiah told God, "I cannot speak, for I am a youth" (Jeremiah 1:6). Sound familiar? Have you been saying, "I

don't have what it takes?" God told Jeremiah, "Do not say, I am a youth, for you shall go to all to whom I send you, and whatever I command you, you shall speak. Do not be afraid of their faces, for I am with you" (vv 7-8 NKJV).

After actors audition for a part, the director conducts what are known as "callbacks." At this point, the actor either gets the part or it goes to somebody else. But when an actor is experienced and well-known, sometimes the director will offer them the part without an audition.

Understand this: God doesn't do auditions and callbacks because He's already designed a

role for you that nobody else could fill. Even if others were to study you endlessly, they still couldn't be you.

When God says, "I know you by name and you have found favor with me" (Exodus 33:12 NIV), be careful about responding to any other call except the one that comes from Him. Since God designed you with all the built-in qualifications you need, you don't have to compromise your convictions, manipulate, drop names or do special favors. That part is yours.

And don't be jealous or intimated by anybody else no matter their talents. In God's eyes, there are no other contenders; you're it. You're the only one who can fill the slot because He created it with you in mind. When you feel insecure and unqualified, remind yourself of His Words.

Simeon R. Green, III, pastor, First Church of God, 6517 Walmsley Blvd., Richmond, Virgina 23224.

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## Governor **Ron DeSantis** announced presidential bid on Twitter. Were you impressed?

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



Everyone is looking for the next big thing. Some would say we are trying to out do each other. In some respects, we probably are.

Using the media these days has created this competitive spirit no matter your field or profession. There are no limits or boundaries as to what peo-

Politicians have become media masters. They are astute at creating their own narratives regardless of the questions they may be asked.

The presidential election will be held next year and many of the candidates have already announced their intentions. We know who they are.

The latest candidate to announce that he wants to be our president is Governor Ron DeSantis of Florida. He had an announcement that caused a

This is my opinion.

He made his announcement on Twitter. The build-up and anticipation made for great headlines as he has been a candidate in waiting for several months. Last Wednesday, he made the much-ballyhooed proclamation however Twitter had some technical difficulties, so the full impact was not felt. His temporary fame turned into tem-

Democrats and his fellow Republicans gave him a less than glowing report about what they saw. I suspect DeSantis himself was less than thrilled about the proceedings.

While I am sure there was a bit of dismay, he would never admit it. Would you?

Has Ron DeSantis joined forces with Twitter CEO, Elon Musk? If so, that partnership didn't get off to a great start.

The governor said in his uneven remarks that "American decline is not inevitable, it is a choice. And we should choose a new direction, a path that will lead to American revitalization."

Many Americans, regardless of politics, see the troubles DeSantis is having in his home state of Florida. For example, the Disney company has been in a squabble with him for some months now and it doesn't seem to be getting any better.

Disney had some expansion plans that were in the works and going forward. However, they have stopped them amid DeSantis' putting up legislative roadblocks along the way.

My advice to Mr. DeSantis, now a presidential candidate, is that Mickey Mouse isn't just any mouse, and he is going to lose that battle. The state benefits greatly from having Disney World

The NAACP has issued a travel advisory in Florida. In essence, traveling there as African Americans is dangerous because the state doesn't consider our contributions and history as impor-

NAACP President and CEO, Derrick Johnson said, "Under the leadership of Governor DeSantis, the state of Florida has become hostile to black Americans and in direct conflict with democratic ideals that our union was founded upon. We're not backing down and we encourage our allies to join us in the battle for the soul of our nation."

DeSantis wants to dismantle multi-cultural programs in colleges and universities. He wants to take out books in libraries having anything to do with the history of black people and slavery in

Teachers, students, librarians and citizens are protesting these educational assaults on our heritage. It is my thinking that these protests will not stop. His decisions will hurt the state in its efforts to attract new businesses and tourists to the Sun-

DeSantis is trying to get America's house in order when his own house called Florida is in disarray. The governor has some problems that are not

Former president Donald Trump is watching all of this unfold. He still has a double-digit lead in the polls and it appears that he is the clear front runner for the GOP.

With his presidential announcement drawing mixed reviews and his problems in Florida, De-Santis is facing an uphill climb. He is starting at

# Mama, oh Mama "My truth about parenting"

By Cheryl Smith Publisher of I Messenger Media Texas Metro News



I have heard men about when their attitudes about women changed and usually this revealing moment comes when they found them-

selves looking into the eyes of their firstborn daughter. It's like the moment the Grinch has in the Christmas movie, How the Grinch Stole Christmas.

The Grinch was a "mean one." He was miserable and he wanted everyone else to be miserable also. You know, "misery loves company." Well, I believe happiness loves company too, and while I want to spread love and happiness in the midst of the societal ills we are dealing with, I also want to spread justice, equal-

ity, consequences and repercussions. It would help if the Grinches of this world would have an attitude adjustment, a change of heart. All I can say is "wow." Which brings me to my truth. Parenting is hard. There's no

play book or guide. When you're in school there are so many things that you can't be taught and so you spend a significant portion of your life in a trial-and-error mode. Fortunately for me, my mother lived long enough for me to "get it," to have an understanding of many of the "whys" we lived through and that I questioned. The Fresh Prince rapped, "Parents Just Don't Understand." I submit that children don't understand either.

Entertainer, activist Harry Belafonte was interviewed by journalist Roland Martin and talked about his mom's journey, which was challenging. He said he came to understand her better and elaborated about the significance of counseling. It is important and I highly recommend it. I am also grateful that I had that

"Grinch" moment because it cemented my relationship with my mother, woman to woman. Later that year, when she transitioned, her celebration was scheduled for my birthday. I remained close-mouthed be-

cause I didn't want anyone saying I was trying to run things. Then a lightbulb went off and someone said, "That's Cheryl's birthday, we need to change it." When I protested a change, I was told that every birthday I was going to remember "Mother." My response was that every day I was going to remember her, so it didn't matter.

As I spoke at her service, I said, "It was a Friday, June 20, when she looked at my face for the first time

and here it is Friday, June 20, 2014 and I am looking at her for the last

My message to everyone reading these words is to reach an understanding before it is too late. Have that "Grinch" moment. It is a twoway street, true; but you can't make the decision for anyone but yourself and it's a great way to move toward healing and living a more rewarding

So, if your mom is alive, consider, if you haven't already, finding out her "why." It could be a healing ex-

And tell her "Happy Mother's Day," everyday!"

Cheryl Smith is the owner, publisher and editor of I Messenger Media LLC, the umbrella for Texas Metro News, Garland Journal, and I Messenger digital magazine. Email her at www.penonfire2@gmail.com

# My marriage is in serious trouble

By LaShunda Calvert, Ph.D. Guest Writer



I promise, someyou know or someone who knows someone you know, marriage is in serious trouble includes newlyweds

and seasoned couples.

There are so many couples struggling to stay married; they are barely hanging on. Furthermore, many couples are just going with the flow – they're just present and are unmotivated to stay married. In fact, in many marriages – the legal binding (the marriage license) is the only thing still holding them

Why are so many marriages in seriou trouble? Some marriages are in serious trouble due to lack of commitment, lack of communication, lack of positive attention, financial issues, infidelity, abuse, and so many more factors. Unfortunately, and devastatingly, many spouses are sleeping in separate bedrooms and many couples have

Moreover, many spouses have filed for divorce. If you sense or know that your marriage is in serious trouble – seek help immediately, especially if you both want to stay married. Don't wait until your marriage gets in serious trouble to seek help. Please seek help as early as you begin experiencing any issues in your marriage that you feel

can eventually lead to a potential separation and divorce.

Signs that your marriage is in serious trouble can include any of the following:

- You can feel and sense it
- Never consider your marriage
- Can't remember the last time 'I love you' was expressed by you or both of you
- You, or both of you, are completely checked out of the marriage • Staying married only because
- of the children Life becomes consumed by your children's affairs/activities
- Marriage is a façade
- Rarely or do not celebrate special occasions/holidays with one
- Sadness you feel sad most of the time especially in the presence of your spouse
- Little to no communication
- Arguing more frequently
- · No arguments
- Gaslighting becomes the norm
- Silence lose the desire to talk to your spouse about anything and everything
- Loneliness
- Little to no dating
- Find ways to avoid being around one another
- Sleep in separate spaces/beds • Plan without considering your
- Begin not to care about your
- spouse or the marriage
- Marriage is about convenience

- Fantasize life solo or with another should be you two first and someone else · Emotional and physical affairs
- begin · Diminished sex life or no sex
- · Looking for divorce attorneys
- Hopelessness
- · Cartoons and the music are speaking to you
- Find yourself googling is my marriage in trouble? If you are having signs and

symptoms of a heart attack – would you just sit day after day, week after week and do absoultely nothing about it? You more than likely would seek immediate medical attention if you felt that you were sick or could be dying. Clearing my throat, hey you,

husbands, wives... if you are experiencing any of the signs above, seek immediate help for your marriage today before it is too late. Divorce doesn't have to be your final solution, but I support whatever you feel is best. James 5:16: "Confess your faults

one to another, and pray for one another, that ye may be healed..." The word "confess" is the Greek

word ekzomologeo, a word that means to declare, to say loud, to exclaim, to divulge, or to blurt." Did you read that? Confession + prayer = healing. I am not the best in math, but I do know how to add. God uses James to emphasis the importance of communicating (talk & talk) with one another – one perhaps a marriage counselor, pas-If you feel that your marriage is

in serious trouble and you and your spouse desire help or if you know a couple who is struggling in their marriage and want help - attend our free two-day Marriage Conference at The Restoration Church, 3931 Hanging Moss Road, Suite H, Jackson, MS. 39206 Saturday, June

Phase one of the June 3 Marriage Conference will be from 2 p.m. to 4.p.m.; and Sunday, June 4, from 11 a.m. to 1 p.m. Please feel free to contact me regarding the marriage conference. My contact information is below.

There is nothing too hard for God to do even in your troubled marriage; God saved my marriage, so I know He can save your marriage too. Is your marriage in trouble?

If you and your spouse are willing to fight for your marriage your marriage doesn't have to remain in serious trouble.

Contact Dr. LaShunda Calvert for speaking engagements (motivational, ministering, marriage counseling, marriage workshops, marriage seminars, marriage conferences, etc.) on Instagram: letsstay2gether4ever (Dr. LaShunda Calvert), Facebook: Dr. LaShunda Calvert, Email: letsstaytogether4eva@gmail.com or call 601 874-6176.

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## Local citizens make plea to US **Army Corps of Engineers** to address flooding, water supply, quality of life in Jackson

Great City Mississippi Foundation

The U.S. Army Corps of Engineers held two listening sessions on May 24, 2023 at the Mississippi Agriculture Museum's Sparkman Auditorium on Lakeland Drive to gain additional stakeholder opinions, thoughts, and concerns related to the Pearl River Flood control efforts.

The Great City MS Foundation was one of many organizations and individuals who called on the Corps to approve the locally designed project because of its ability to comprehensively address the twin threats of flooding and water insecurity.

The Pearl River has a history of causing devastating floods in Jackson, most recently in 2020 and 2022. This latest flood, combined with other

infrastructure challenges that underly a city of Jackson's age, resulted in a collapse of the water supply system that crippled many Jackson businesses and more importantly, has deprived many of our more disadvantaged residents of that most basic of human needs - clean, drinkable wa-

"We view this as a Pearl River Restoration and Resiliency Project that seeks, first and foremost, to provide a viable and vetted plan for flood control. Through river resiliency, we can help avoid the devastating flooding that has impacted our most disadvantaged citizens," said Taylor Nicholas, executive director of the Great City MS Foundation. "The project also provides the opportunity for reliable, clean water supply across Jackson's footprint. In addition, it reconnects the city to its urban waterfront that will drive investment and economic growth in Jackson in the vein of other great cities such as San Antonio, Tulsa and Cincinnati."

The locally driven plan addresses the major issues facing the Capitol region - flooding, water supply, and declining population and economic opportunity. This one project can address each of those challenges and set Jackson on a new trajectory of resiliency and restoration.

The project is supported by many stakeholders, including Ted Henifin, the Interim Third-Party Manager (ITPM) appointed by Judge Henry Wingate to restore and stabilize Jackson's water system.

#### Two more inmates escape from Miss. jail with security problems, 1 caught

The Associated Press

One of two inmates who escaped from a Mississippi jail that is under federal scrutiny for poor security and management was captured hours later, while another remained on the loose, authorities said

Hinds County Sheriff Tyree Jones said Michael Lewis of Jackson and Joseph Spring of Byram, both 31, were missing during a head count Monday at the Raymond Detention

about 6 miles (10 kilometers) away, and he will be charged with escape, Jones said. barricading himself in a cen- Appeals put that order on hold

careless/reckless driving, receiving stolen property, no insurance, and driving under the influence.

A search continued Tuesday for Spring, who was jailed on charges including burglary of a dwelling and possession of a controlled substance.

Jones told WLBT-TV that Lewis and Spring escaped the jail through an air duct that they entered in the ceiling of a recreation room.

The latest breakouts happened weeks after four other Deputies captured Lewis inmates escaped the jail April 22 through breaches in a cell and the roof. One died after Lewis is jailed on charges of tral Mississippi home and set- at the county's request.

ting it on fire during an armed standoff with deputies April 26. He was suspected of killing a man and stealing his truck after the escape.

One of the four escaped inmates from April was found dead at a truck stop in New Orleans. One was captured in Texas, and one was captured in Mississippi.

U.S. District Judge Carlton Reeves ordered a rare takeover of the jail last July after he said deficiencies in supervision and staffing led to "a stunning array of assaults, as well as deaths." In December, the U.S. 5th Circuit Court of

## Willie Ringo, Walton **Elementary School teacher** honored for act of bravery



(I to r): Chief Charles McInnis, Willie Ringo, Dr. Errick L. Greene

The Mississippi Link newswire

Willie Ringo, a fifth-grade teacher at Walton Elementary School, was commended for his recent act of bravery. His swift actions in response to a recent car accident at the school helped to save lives.

Because of this, the JPS Board of Trustees, along with the Executive Director of Cam-

pus Enforcement and Emergency Management Chief Charles McInnis, and Superintendent Dr. Errick L. Greene recognized Ringo for his extraordinary, life-saving efforts at the

May 16 Board meeting. "His unwavering commitment to the safety and well-being of our students exemplifies the dedication and compassion we strive to instill within our educators, said Dr. Greene.

"Mr. Ringo, your actions serve as an inspiration to us all. You have earned our admiration and forever impacted a young scholar's life. We are deeply grateful for your selflessness, bravery and unwavering commitment to our students' welfare."

Medgar and Myrlie Evers Home National Monument



## Volunteers Needed!

Join the National Park Service in beautifying the Medgar Evers Statue at the Medgar **Evers Library** 



Date: June 10, 2023

Time: 9am

Location: Medgar Evers Library,

4215 Medgar Evers Blvd, Jackson MS, 39213

Contact: Earsley Quinn earsley\_quinn@nps.gov

> 60th Anniversary of Medgar Evers **Assassination Events:**

**National Park Service:** go.nps.gov/evers60



Medgar and Myrlie Evers Institute: https://mmei60.org/







**Preventing Medicare Fraud** 

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Medicare Fraud Prevention Week Checklist Contest SMP Complete each checklist item. Send the form to: SMP PO Box 2228, Gonzales, LA 70707 or email to: smp@advisewell.org Review a Medicare Summary Notice Or Explanation of Benefits Call 877-272-8720 for your free My Health Care Tracker Tell someone about Senior Medicare Patrol (SMP) Scan the QR code (use your phone) below to like us on Facebook Join our email or mailing list Email Address: Mailing Address:

Checklist Contest

Complete the checklist

Cut out and mail to: PO Box 2228 Gonzales, LA 70707

Or take a photo with your phone and email to: smp@advisewell.org

Receive a prize!

Watch for a new video each day during **Fraud Prevention Week** 

The SMP program in Mississippi is sponsored by AdviseWell, Inc. and funded through a grant from the U.S. Administration for Community Living (Nos. 90MPPG0023, 90MPPG0024 and 90MPPG0049)

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# MVSU Communications & Marketing team win nine CPRAM awards

MVSU Newswire

Mississippi Valley State University's Office of Communications and Marketing team members won nine awards during the College Public Relations Association of Mississippi's (CPRAM's) Awards Ceremony held during the group's annual conference.

The 2023 CPRAM Conference and Awards Ceremony was held for three days in Oxford, Miss. The CPRAM is a consortium of public relations professionals employed at Mississippi's public and private colleges, universities, and affiliated education agencies.

MVSU competed in the senior division, which includes all the state's public and private four-year colleges and universities.

Part of MVSU's Division of University Advancement, MVSU's Communications and Marketing team includes Donell D. Maxie, director; John McCall, senior graphic designer; LaTunya Evans, communications specialist; Justice Williams, associate graphic designer; and Karrington Stockstill, project coordinator/social media manager.

Additionally, Maxie has been chosen to serve on the 2023-24 CPRAM Board as a four-year college representa-

"I am so grateful to work with such a talented, creative team," said Maxie. "In several categories, we went up against



(L-R) John McCall, Justice Williams, Karrington Stockstill, LaTunya Evans, Donnell D. Maxie

bigger teams from larger institutions, and our team shined. I am thrilled to know we are producing top-quality work among our peers at MVSU," he added.

Maxie explained how beneficial the conference is to the communications team in providing vital professional development.

"We were able to share ideas and learn from other public relations professionals from around the state, and we learned a great deal from the conference presenters on several topics that will help our office enhance what we already do to support and promote the university," said Maxie.

Dameon Shaw, vice president for University Advancement, External Relations and Information Security, said he's

proud of the team for representing the university well.

"The Communications and Marketing team is a hard-working group, and I am extremely proud of the team for their CPRAM wins. They always perform well and do amazing work," said Shaw. "The support they provide to the institution is essential to the university's success, and I can't thank them enough for all they do for MVSU."

Maxie won first place for his graduation feature story on Wayne Compton in the feature story category. The judges commented on the article: "A great read that is an example of student perseverance and a college that saw his potential and encouraged him to help others through their tragedies."

Maxie also won second place

for an article on Trasity Totten being named an MVSU's men's basketball assistant in

the sports news story category.

The MVSU graphic designers brought home two awards.

McCall won a second-place award for the MVSU stadium banners in the single piece of artwork in sports, and Williams claimed her first CPRAM award with a third-place finish for her MVSU Fitness Class flyer. It was Williams' first competition since joining the MVSU staff in March 2022.

The team also brought home a second-place finish in the non-sports promo/hype video for their production of the new Esports gaming lab video. Maxie, McCall, Evans, Williams and Stockstill received an award for their work on the video.

# MVSU announces plans to clear over \$2.3 million in student balances



MVSU President Jerry Briggs, Sr.

MVSU Newswire

Mississippi Valley State University (MVSU) has announced plans to offer students financial assistance by forgiving debt for students with balances enrolled from Fall 2021 until Spring 2023.

The announcement comes as the University works diligently to ensure students have financial relief. The funding allows the University to bring balances for students enrolled at any point on or after March 13, 2020, to zero.

The program will assist students who did not receive funds during the first round of balance forgiveness in August 2021. Those students whose balances were cleared during the first round of balance forgiveness will not be eligible for these funds.

"We want to assure that our students know that they and their education is a top priority," said MVSU President Jerry Briggs, Sr. By using the funds available to us from the Higher Education Emergency Relief Fund, the University is supporting students in their current situations in pursuit of their academic goals," he added.

With the clearance of balances, students will be able to have financial holds removed from their accounts and have the opportunity to register for the Fall 2023 semester at MVSU. However, students are not expected or required to enroll in a future semester to benefit from the

cleared balance.

In addition, the program will allow students enrolled from Fall 2021 until Spring 2023 with an unpaid balance to the University to obtain an official transcript. Therefore, students with a completed degree can enroll in graduate school or obtain employment. Moreover, students who need to transfer their credits can now access their official transcripts.

This initiative will clear balances owed in tuition, fees and fines. The debt to be forgiven is expected to total over \$2.3 mil-

This marks the second time the University has offered its students a fresh start by forgiving debt for students with semester balances. The last program was in August 2021. The amount of forgiven debt totaled over \$1.5 million.

# MVSU holds graduation ceremony for the students of the Prison Education Partnership Program (PEPP)

MVSU Newswire

MVSU held graduation ceremony for students of the prison education partnership program Thursday, May 25, 2023.

The purpose of the Prison Education Partnership Program is to provide accessible, relevant and quality academic and public service programs to all qualified students; and continue to attain preeminence in the quality of its students' educational experience and its graduates.

PEPP is consonant with MVSU's foundational purpose, while reflecting its' institutional motto: "Live for Service."







# ROWNED: MAGICAL FOLK AND AIRY TALES FROM THE DIASPORA KAHRAN AND REGIS BETHENCOURT 2023, ST. MARTIN'S PRESS

By Terri Schlichenmeyer Columnist

and sprites.

Once upon a time, fairy tales were full of dragons and ogres

There were magic mice and talking frogs. There were wondrous spells. And there were kings and queens, princes, princesses, lords and ladies, all of them white. But in "Crowned" by Kahran and Regis Bethencourt, it's time for a new kind of

Ask any kid about their favorite storybook character, and they'll have a quick answer.

They want to be like this princesss or that king. They want to dress the part, too.

The thing is that "the images that surround us on a daily basis" are what we ultimately come to consider as normal and if those "normal" characters don't look like the child who loves them, the child is often left with unrealistic standards of beauty and power.

To change the atmosphere and set things right, authors Bethencourt "wanted to reimagine some of our favorite childhood stories with our idea of what could be."

Here, The Little Mermaid is Aliya, and selflessness in the face of a mean girl saves the day. Snow White becomes Ebony Black, and Goldilocks learns to appreciate what she has instead of searching for perfection. Rapunzel learns that her hair is not her strength. Asha meets a young prince at a dance, but without pumpkins or white horses. And a child named Red meets a big bad wolf, and it's all

In the middle section of this volume are classic folktales:

the story of Anansi the spider is told, with patience as a lesson. There's a tale of a king with a magical ring in this book, a story about how the zebra got his stripes and the baboon got a red butt, a tale of a princess who wanted a life "of adventure and fun," and stories of a "Lion's Gifts."

Even if authors Kahran and Regis Bethencourt stopped here, adult readers could sit back and relax, satisfied that they're holding one of the most majestic, most creative storybooks money can buy – but

the last section of "Crowned" changes everything once again.

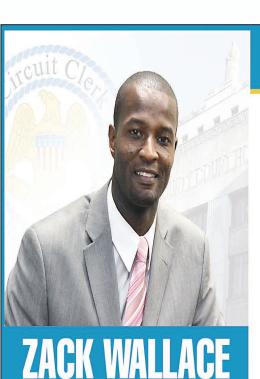
That last segment is filled with modern classics, complete with skateboards, candy, cowboys, lessons on personal beauty, and an invitation to believe in "fairy folk." That addition gives this book a nice twist for today's kid, who'll certainly want to spend a lot of time immersed in these pages.

The tales are only part of this book, however. Richly illustrated with colorful costumes and backdrops, the rest is a feast for the imagination.

Readers of all ages will be awed and amazed by the dozens of photos accompanying the stories, each featuring black and brown children dressed in wondrous finery, in settings that follow the story and enhance the

sense of magic. It's the photos that will pull a young reader in. It's the stories that will keep them returning, whether they do it themselves or with you, together.

"Crowned" is a book you'll proudly display on a shelf or coffee table, and it'll make your child happily ever after.



#### **Hinds County Circuit Clerk** FIRST JUDICIAL DISTRICT

Circuit Clerk's Office P.O. BOX 327 Jackson, MS 39205 Phone: (601) 968-6628 Fax: (601) 973-5547

Jury Duty Recording: First Judicial District

(601) 969-0052

#### SECOND JUDICIAL DISTRICT

Circuit Clerk's Office P.O. Box 999 Raymond, MS 39154 Phone: (601) 857-8038 Fax: (601) 857-0535

#### Jury Duty Recording:

Second Judicial District (601) 857-8869

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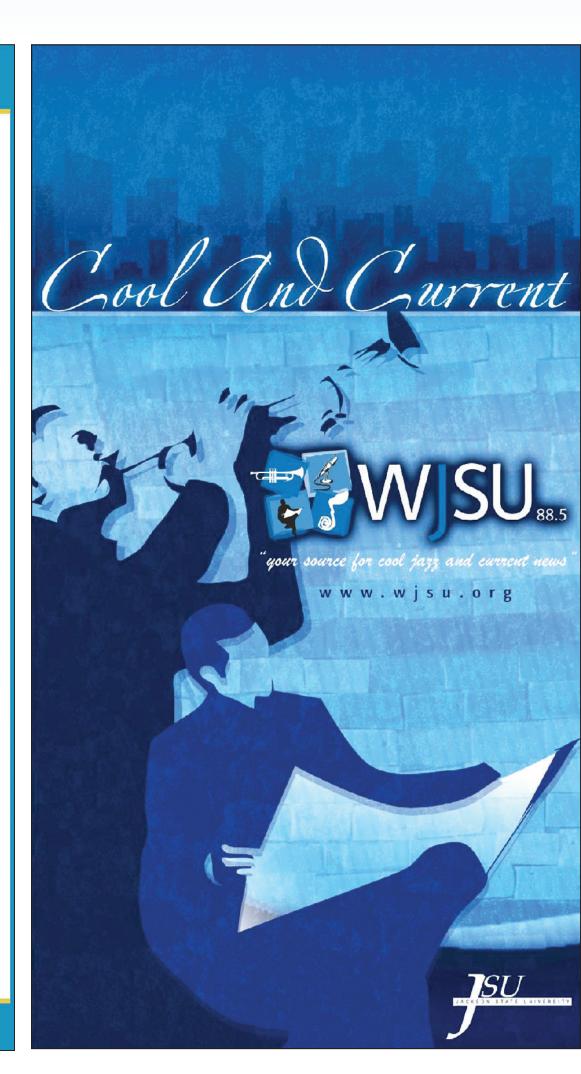
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- Absentee Voting begins 45 days before the Election

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  - o Proof of age must be provided in the form of Driver's License, Birth Certificate or other legal document which contains name and date of birth.



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# **Hinds County School District Weekly Update**

## ENGAGING-EMPOWERING-ENSURING-EXCELLENCE

## Seamless Summer Option





The Hinds County School District announces its participation in the federally funded Seamless Summer Option (SSO), June 5th – 22nd, Monday-Thursday only. Under SSO, nutritious meals are provided free of charge to children 18 years and under. Meals will be provided, at a first come, first serve basis, at the sites and times as follows:

Breakfast	Lunch	School Site
8:30-9:30	10:30-12:30	Raymond Elementary
	1.010 http://dx.dox.edu.edu.edu.edu.edu.edu.edu.edu.edu.edu	417 Palestine Street, Raymond, MS 39154

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or

(2) fax: (833) 256-1665 or (202) 690-7442; or

(3) email: Program.Intake@usda.gov.

This institution is an equal opportunity provider.

# College Hill Baptist Church honors their high school/college graduates and golden year recipients



# This is Home:

Medgar Evers, Mississippi, and the Movement

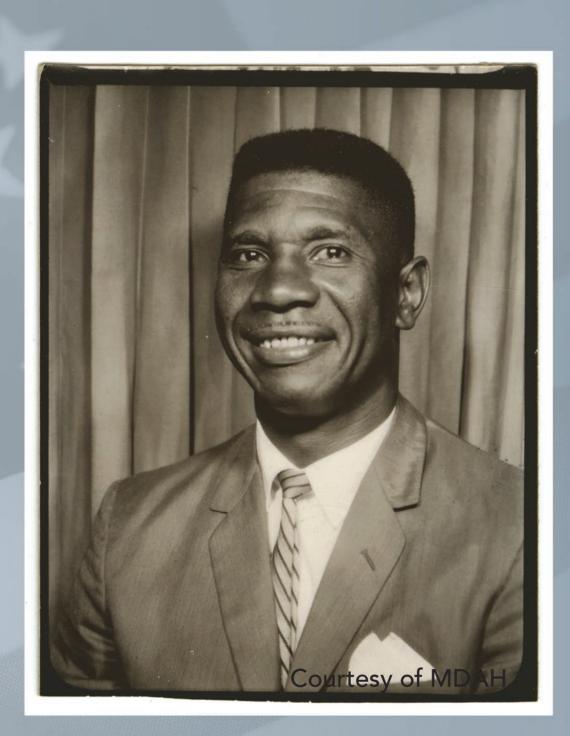
**Exhibit Runs** 

June 1-30, 2023

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