

HONORING
BREAST
CANCER
AWARENESS
MONTH

And Celebrating our
32nd Anniversary

Reflection of a survivor: The Katrina Myricks story

By Othor Cain
Contributing Writer

Katrina Myricks sat in the soft sunlight of her living room, a cup of herbal tea warming her hands. It was a bright January morning in 2025, and she couldn't help but feel gratitude for the twelve years that had transformed not just her body but her spirit too. Just twelve years ago, in January 2013, her journey began with an unexpected diagnosis: breast cancer.

Katrina had always been diligent about her health. Every year since turning 40, she had scheduled her mammograms and performed self-breast exams monthly. So, when the results of her latest mammogram at age 49 revealed a large mass, she was taken aback. "How can this be?" she thought, confused and scared. The words echoed in her mind as she sat in the doctor's office, waiting for her physician to provide clarity.

When the diagnosis was given, it felt like the ground had shifted beneath her. "Breast cancer." Just saying those words brought her to her knees. Tears streamed down her cheeks as she prayed right there in front of her physician. Blessedly, her doctor shared her faith and joined Katrina in that unexpected moment of vulnerability, urging her to trust in God.

The drive home was a blur. With thoughts racing through her mind, she pulled over at Smith Wills Stadium. The shadows of doubt and fear crept in as she screamed and cried, grappling with how she would



Myricks

tell her family. The thought of breaking the news to her husband, Ken, who had lost his mother to cancer just the year before, was almost paralyzing. How could she add to his pain? For nearly a week, she kept this monumental news to herself, hoping against hope that it was somehow a mistake, waiting for the call that would clear the cloud hanging over her head. But that call never came. Instead, the reality of "breast cancer" began to settle deeply within her.

That following Sunday, Katrina felt the weight of her secret during church service. She went down for altar prayer, praying for the strength to share her diagnosis with her family and her close friends,

a group she referred to as her "tribe." They were the ones who would become her steadfast support, rallying around her in ways that she had never anticipated. She asked God for peace and assurance as she prepared to face her fears.

When the moment came to tell Ken and their daughter, Kaitlin, Katrina felt her heart pounding. Ken wrapped his arms around her; his face clouded with concern but filled with love. "We'll get through this," he whispered. Tears brimmed in her eyes as she shared the reality with him.

But when it came to telling her daughter, the 11-year-old proved to be less than patient. As they attempted to sit her down, she told them she al-

ready knew. She informed her parents that, "she wanted to see what was making mommy so sad and why she was crying all the time."

Katrina's heart sank. It was a moment neither she nor Ken had anticipated; they embraced their daughter tightly, assuring her that together they would face this challenge.

The next months were tough, filled with doctor visits, treatment plans, and small victories. Each day brought its own struggles, but also moments of light—when she laughed with her tribe, when she experienced the warmth of her family's love, and when she felt the grace of God guiding her through. She would remind herself that faith was her shield, even amid uncertainty.

With each passing month and every battle she fought, Katrina learned the power of vulnerability. Sharing her fears with her support team turned out to be a liberating experience. Friends rallied together to create "cooking nights" where they would bring healthy dishes, ensuring she had nourishing meals during her treatment. They organized group hugs that fueled her spirit and made her feel less alone.

As the year progressed, Katrina began to celebrate small milestones—her hair grew back thicker than ever after losing it to chemotherapy, and she finally rang the bell at the cancer center signifying the end of her treatment. Each victory

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Heartfelt congratulations from an unlikely contributor

By Christopher Young
Contributing Writer

Especially when growing up, if I had a nickel for every time I heard my mother say, "the Lord (or God) works in mysterious ways, his wonders to perform," I'd surely be a wealthy man. She was right, of course, but there were no nickels. Fortunately for me, God has always led me to the right path, and without a doubt, wealth can be measured in other ways besides money. That's just the way it was when I was led to The Mississippi Link newspaper.

After forty-two years in active-duty military service, municipal and federal government service, an opportunity presented itself to fully retire. Confident that I still had some tread on my tires, I decided to move from Norfolk, Virginia to Jackson, Mississippi to devote whatever time I had left to the pursuit of justice. Mississippi is ground-zero in terms of ongoing racial and economic injustice, making Jackson the perfect fit for me. Time had long ago taught me that I had served under the flag of a nation that did not serve all of those under it, equally or equitably. Little did I know that well within a year of moving to Mississippi, my free-verse writings about Mississippi itself, would lead me straight



Young

to The Mississippi Link newspaper, and its publisher – Jacquelyn "Jackie" Hayes Hampton – who serves on the Board of Directors of the National Newspaper Publishers Association (NNPA).

NNPA, known throughout the United States and far beyond as The Black Press of America, or simply, The Black Press – has well over 200 members. A brilliant light constantly shining on all things of importance in and to the African American community. The voice of the Black community, has 22+ million readers each week of the year, and every month of the year member organizations are celebrating anniversaries all over the country. Here in Mississippi, it's October, and that means it's time to mark the anniversary of The Mississippi Link newspaper. Thirty-two

Young
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The Mississippi Link turns 32: Still linking Mississippi to the world

A journalist's salute to one of NNPA's leading Black newspapers

By Gail H. Marshall Brown, Ph.D
Guest Columnist

When I began freelance writing with The Mississippi Link in January 2008, I had no idea then that my journey with this stick-and-stay publication would stretch me so far beyond the keyboard.

Like many writers who start small, I only knew I wanted to tell stories that mattered as well as some good news for a change. Yes, I'm a softy.

As a Virginia-born Mississippian raised in the hills of Holmes County, I've always carried a deep love for the Magnolia State, its hospitality, and its down-home Christian values. Although our state has a checkered history,



Brown

I do believe a considerable number of its people have more love and compassion for each other than given credit. That love and compassion, instilled in me by

COMMENTARY

the Christian grandparents who raised me, has guided my love for writing and reporting.

Perhaps that's why I have always felt a kinship with The Mississippi Link. Its motto, "Keepers of the Knowledge for Those Who Speak the Truth Since 1993," reflects my upbringing as well as exactly what the Black press has always stood for: advocacy, accountability, and advancement.

For 32 years, this minority- and now female-owned weekly has remained a vital bridge connecting local stories to national conversations. I've often affectionately referred to it as The

Weekly That Links Mississippi to the World.

More Than a Newspaper – A Career Booster

During my tenure as freelancer, staff writer, editor, and consultant, The Mississippi Link has given me access and insight far beyond what a small newsroom might promise. It has taken me from covering student winners of the MLK Essay and Art Contests to parents' protest of the removal of strings music from the curriculum to the Obama-McCain presidential debates in Oxford, Miss., to New Orleans' Hurricane Katrina's fifth anniversary to civil-rights commemorations, from public-health campaigns against COVID-19

to profiles of community heroes and much more.

Speaking of public health coverage, I was truly honored when The Mississippi Link chose me to conduct virtual interviews with two of the Mississippi's State Health Officers, respectively: Dr. Thomas Dobbs and Dr. Daniel Edney

Among several of my most memorable bylines:

"Friday, September 26, 2008: Historically, a new day for Mississippi" -- reporting on the Obama-McCain presidential debate.

"New Orleans Katrina evacuee saw opportunity in the Sip."

"C.T. Vivian Day in Jackson" -- honoring the late civil-rights

icon.

"Jackson, Stay Well!" -- chronicling grassroots COVID-19 vaccination drives.

"Remembering Emmett" -- covering MVSU's 70th-anniversary Till commemoration.

These and many other articles by me and other writers illustrate the newspaper's enduring and continuous efforts to inform, uplift, and emphasize the concerns of the African American community and its readers.

The 'Stick-and-Stay' Duo' Many staffers have come and gone at The Mississippi Link, but its staying power comes from Publisher Jackie Hampton, a for-

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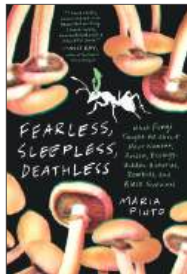
Breast Cancer Awareness Month has a personal significance to me

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Fearless, Sleepless, Deathless.

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Breast Cancer Awareness Month has a personal significance to me

By Dr. Rosilind McCoy Sibley
A personal essay

Breast cancer Awareness Month has special significance for many. My family is no exception. My inner voice says, “It’s October.” My mother passed in October, but the purpose here is to reflect on how she survived. She did not succumb to breast cancer. Rather, she took the right, proactive steps to save her own life.

With good reason, the thought of breast cancer evokes a sense of fear in the hearts of many. It is the most common cancer in Black women and second to lung, in cancer related deaths in women overall.

One in 8 women will develop breast cancer in her lifetime. Black women are more likely to die from the disease than women of any other ethnicity. Compared to white women, the mortality rate of Black women is 38 percent higher.

At the time of diagnosis, the cancer is likely to be more advanced and aggressive and is more often found in younger aged women relative to whites. This is partially due to decreased access to care. It is also related to a higher incidence of triple negative breast cancer among blacks. Triple negative breast cancer occurs in 10 to 20 percent of cases. It is called “triple negative” because it lacks 3 biomarkers. Those cancer cells do not have estrogen or progesterone receptors, and they do not make the HER2 protein. Hence, they are



(L-R): Dr. Rose Embly McCoy with grandchildren Daniel White, Jasmine, Simone “Toni”, and Anthony “Jamal” Sibley in front of the Dr. A.H. McCoy Federal Building .
COURTESY OF DR. ROSLIND SIBLEY

less responsive to chemotherapy.

A recent study published by the American Cancer Society found that Black women in Mississippi and in three other states have the highest incidence of triple negative breast cancer. Even white women in Mississippi were found to be at higher risk than those in most of the rest of the country.

For breast cancer, in general, early detection leads to better outcomes. Early treatment can lead to what amounts to a cure in many cases. Over the last 4 decades, statistics have shown that screening mammography reduces the mortality rate. According to the American Cancer Society, since 1989, the death rate from breast cancer has dropped by 44 percent.

As a young attending physician, in the 80’s, I was selected by the Chairman of Radiology, Dr. James Teal, as one of the radiologists to read mammograms

at Howard University Hospital. I learned the technique of needle localization of breast masses under mammographic guidance from Dr. Mark Homer, inventor of the procedure and of the needle containing a hook wire, which bears his name. The ability to pinpoint a non-palpable mass (a mass which cannot be felt) became vital to the surgeon’s ability to more accurately remove the abnormal tissue while preserving more normal breast tissue.

Little did I imagine that several years later, my husband, Dr. Anthony Sibley, and I would relocate to Hampton, Virginia. We opened a joint medical office. Mine became a mammography facility accredited by The American College of Radiology and the FDA from 1992 to 2013.

Five years after opening my office, one of my worst nightmares came true. I diagnosed my mother with breast cancer.

My mother, Dr. Rose McCoy, who resided in Jackson, MS came to visit us in Hampton. On this occasion, it was for two reasons. My son, Daniel, was graduating from high school. There was also a celebration for Dr. Harrison Wilson, President of Norfolk State University. My mother was to speak as a former faculty colleague from Jackson State College (at the time).

While visiting she said to me, “I want you to do a mammogram on me.” With a lump in my throat, I said, “okay”. At that time, I had all that I could han-

dle, feeling like “the old woman who lived in a shoe”. We had four children, the youngest of whom was two years old. I didn’t think I could take any bad news.

I scheduled the mammogram after the event for President Wilson. My mammography technologist had the films on the view box when I arrived from the Veterans Affairs Hospital where I worked for 17 years. My mother greeted me with the most beautiful countenance, as if she anticipated good news.

The mammogram revealed a small right breast mass with a few surrounding microcalcifications. It was not present on her previous study ordered by Dr. Robert Smith a year and a half earlier. I was struck by the realization, “This could be cancer.” My next thought was how do I tell her. If you knew my mother, you would not be surprised to be told she took the news in stride. I went on to say that we had to have faith, not only in God, but in that, if we believed in what we were doing, things would be okay. She agreed.

An 18-month interval for an 80-year-old woman with previously negative mammograms was perfectly acceptable for early detection. The mass was small, measuring approximately 6 millimeters. The surgeon, Dr. Alvin Bryant, lived across the street from us. He came over to do a house call in his house shoes. He said he would do the biopsy if I did the needle localization. I said, “I can’t do that.”

he said, “Yes you can”. As I thought about it, I knew there was no other way. We had to get it done ASAP.

The fledgling Newport News General Hospital was one of three black hospitals left in Virginia. Now there are none. That was where the surgery was performed. Bryant, Sibley, and I were among 40 doctors who tried to save the hospital. Our efforts kept it open the last 10 years of its existence. It was during that period when Bryant removed my mother’s breast cancer. Because the hospital did not have mammography, I had to first perform the needle localization in my office, drive my mother to the hospital, then drive the surgical specimen back to the office for an x-ray to determine whether the mass had been removed. The pathology results confirmed ER and PR positive breast cancer.

My mother asked for my advice on her next steps. I told her I could not say. She would have to make that decision herself. After consulting with several physicians, Sibley told her what she needed to know. She could recuperate quicker if she did not have the mastectomy. She opted for radiation and Tamoxifen in Jackson so she could take her grandchildren for the summer.

Some of the methods used seem antiquated even for those times, but sometimes you have to improvise, even in medicine, without proper resources. For the next 17 years, my mother lived without a trace of breast

cancer. She reached “super-ager” status and was able to enjoy her 97th birthday cake.

Screening mammography guidelines have been changed multiple times. Most have come to understand of what the National Medical Association, the largest organization of predominantly black doctors, has asserted since the 1990s. I was on the Breast Cancer Advisory Council of the NMA at that time when we agreed that screening mammography should begin at age 40 for women of average risk.

For some of the reasons mentioned and more, it should be obvious to anyone who is paying attention that Black women have a greater than average risk and should thus take added precautions such as screening at an earlier age, breast self-examination, breast ultrasound, and in some cases MRI. All this should be done in consultation with your doctor.

With early detection, the 5-year survival rate is over 90 percent. As Black women, we should expect to receive all the benefits modern medicine can provide. Our government should provide the mandated and expanded funding for screening, diagnosis, treatment, and research for Black women in particular. We should continue to avail ourselves of screening. By joining forces, and by making our collective voices heard, we might find that we can help to close the racial disparity gap in breast cancer, ourselves.

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Young

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years of effort, persistence, and commitment. Thirty-two years of knowledge, information, and truth. Thirty-two years of lifting your voices and ensuring your stories are told. Never once, in 32 years, has The Mississippi Link newspaper missed a weekly issue – not once.

I’m white, as in - European American. My youngest daughter made me do the 23andMe thing – so there’s proof. It’s certainly not unheard of for a pale person like me to write articles that are published in African American newspapers, but it’s not that common, either. Shortly after meeting, Jackie asked me if I had ever been to Selma – to the Edmund Pettus Bridge, the site of Bloody Sunday, March 7, 1965. I told her I had only been there in my mind, never in person. She suggested I go and bring back a story for the paper, with photos. I did, and my draft was an editor’s nightmare. She was patient, direct, and challenging in

getting it press-day ready. She already knew what I didn’t, that because of the subject matter, it was destined for the cover of the March 10, 2022, issue. Since then, it’s been a rare week when I haven’t contributed.

Surely not a trained journalist, just an aspiring writer with a heart for justice, embraced by an African American and woman-owned newspaper, given opportunity to learn and grow. Mr. Socrates Garrett first heard my free-verse poems and quickly introduced me to Jackie Hampton. He had started what was the initial version of the paper – Today’s Mississippi, Tomorrow’s South. “The Jackson Advocate was more into social justice, but I really wanted a paper that would focus more on the economic injustices that we were seeing every day,” per Garrett, speaking about the early days of the paper.

Years later he turned the paper over

completely to Publisher/Owner, Jackie Hampton, who was previously co-owner. With a small tight team, including Marcus Johnson, graphic artist and several contributing writers, readers can count on The Mississippi Link to deliver a big impact each week..

Scores of various types of writers load the paper with original content that is in-formative and relevant. Special columns are devoted to health, fitness, marriage, book reviews, sports, and area schools. Advertisers, large and small, know the value of the community marketplace

and provide a constant reminder of their products and services. This team – ‘Keepers of the knowledge for people who speak the truth since 1993’ - turns itself inside out to keep readers informed in-print and digitally.

Northwestern University’s State and Local News Project tell us that since 2005, more than 3,200 print newspapers have vanished. Newspapers continue to disappear at a rate of more than two per week; in the past year alone, 130 newspapers have shut their doors. The American Journalism Project says, “research shows that the loss of local news is having an insidious effect on our de-

mocracy — contributing to polarization, decrease in voting, and government accountability.”

Congratulations to The Mississippi Link newspaper on 32 years of service and success. To our readers and community in the Jackson Metro and beyond, please step up now to support this newspaper just like it supports you. For less than a dollar a week, you can start a new subscription, renew your subscription, give a gift subscription. You can also take out a long-term ad. Take it from me, an unlikely and grateful contributor, your support is needed.

Myricks

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became a testament to her resilience.

Twelve years later, sitting in the sunlight, Katrina reflected on her journey. She had morphed from a woman filled with dread into a survivor—an advocate. She began volunteering with breast cancer awareness programs, sharing her journey with those newly diagnosed, instilling hope and encouragement.

Through her experience, Katrina learned that while her diagnosis had altered her life, it had also deepened her faith and strengthened her family

bonds. Ken had become her rock, and Kaitlin, now a confident young adult, transformed into an advocate for raising awareness among her peers.

As she took a sip of her tea, Katrina smiled, “Life is a beautiful gift—each moment, an opportunity to love and grow.”

She will forever celebrate not just surviving breast cancer but thriving, all while embracing the strength that faith, family, and community provides.

Brown

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mer corporate executive and energizing force in media. She wears multiple hats, including sales chief, and serves on the boards of the National Newspaper Publishers Association (NNPA) and the Mississippi Press Association (MPA), ensuring minority voices are included in mainstream media.

Publisher Hampton has navigated economic challenges and digital transformations while staying true to community journalism and black press advocacy. I’m fortunate to have her as a mentor and friend and I’ve learned so much about the newspaper business while being a part of The Mississippi Link, which helps me in my role as the faculty advisor for our MVSU campus newspaper, the Delta Devils Gazette.

Another valuable individual to The Mississippi Link is the quiet but talented graphic artist Marcus Johnson, whose creative eye and technical skills have shaped the newspaper’s visual image for nearly 15 years. His layout and designs represent the hallmark of The Mississippi Link’s brand. It often attracts readers to the paper before they read a word.

Talented Team of Writers
The duo behind the newspaper is supported by a talented team of writers. Christopher Young contributes sharp, well-researched commentaries that deserve wider syndication. Dr. Janice Neal-Vincent uplifts readers with engaging articles about community, church and organizations. For political analyses and advocacy, Dr. Edelia J. Carthan’s “tell-it-like-it-is” articles are a must-read. Sportswriter Tim Ward provides detailed play-by-play narratives that bring events to life for readers. And then there are Othor Cain and Ayesha Mustafa both former editors, who are always willing to answer the call when needed.

In addition to strong writing, a successful newspaper requires great visual appeal. As noted in my Newspaper Layout and Design class, photos can be more engaging than text. The photographic skills of Kevin Bradley and Jay Johnson at The Mississippi Link exemplify this principle.

Community Impact that Resonates
The Mississippi Link has always valued its readers and the community it serves. It tries, whenever ethically applicable, to help further education, advocacy, and service:

- Scholarships & Student Support: As chairman of the National Newspaper Publishers Association Foundation Scholarship Committee, over the past 15 years, Publisher Hampton has assisted the organization in awarding over

\$400,000 in scholarships to students studying at HBCU’s, not only in the state of Mississippi, but throughout the entire country.

- Economic & Health Advocacy: From the Connect 1 Conference linking students and small businesses, to partnerships with the Institute for the Advancement of Minority Health, the paper continually amplifies local empowerment.

- Digital Innovation: In January 1998, The Mississippi Link became the first newspaper in Mississippi to launch a website, decades ahead of many peers.

- Faith & Service Coverage: The Mississippi Link’s storytelling extends to churches, civic organizations, and grassroots volunteers who embody the spirit of community.

Through all of this, The Mississippi Link has remained what the Black press was always meant to be—a living archive of triumph, resilience, and truth-telling.

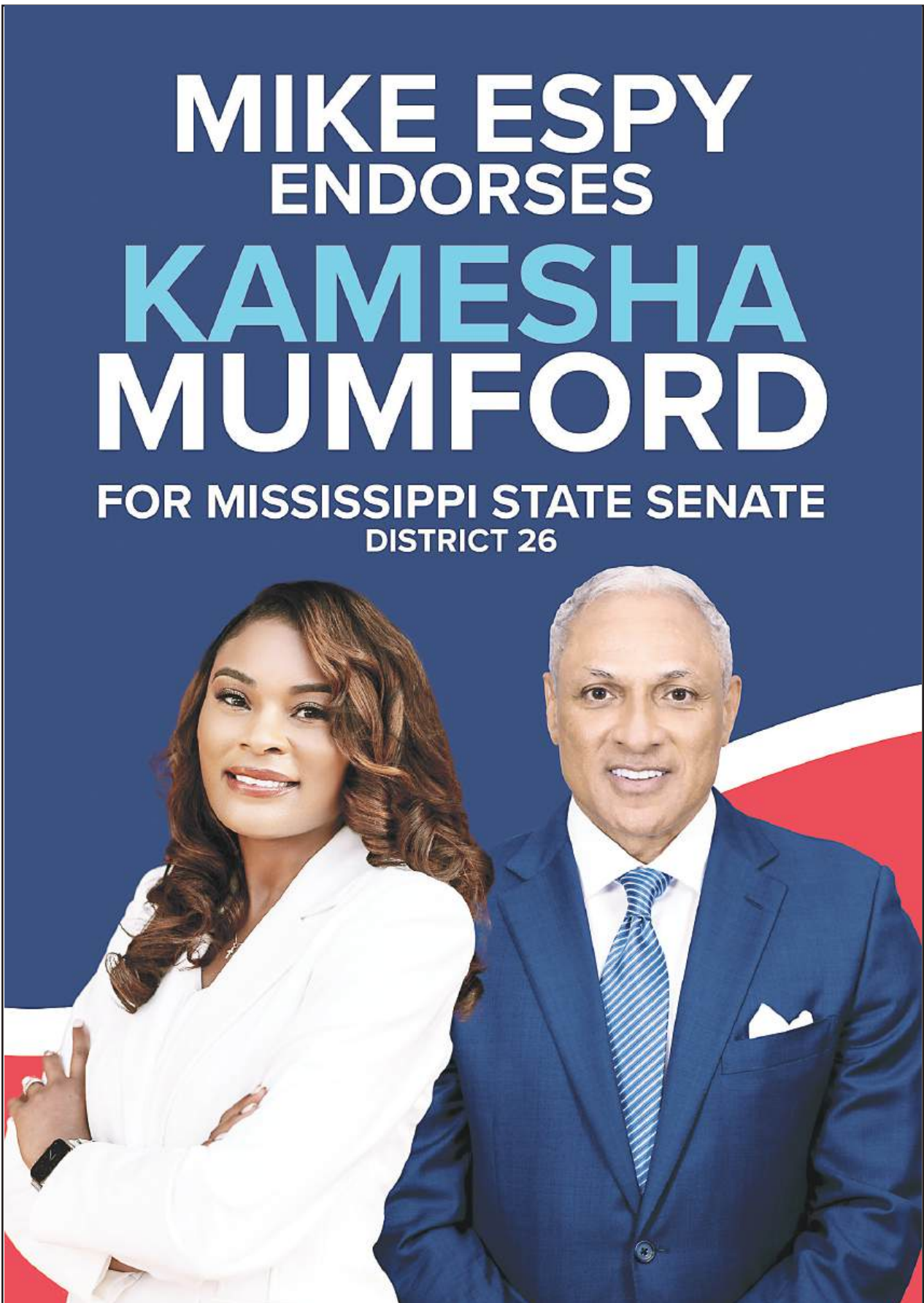
32 Years -- Still Standing, Still Linking

In an age when countless newspapers have folded and shut their doors, The Mississippi Link continues to print, publish, and post -- connecting its print and online readers with Mississippi and the globe.

Its story goes beyond ink, text, and photos. It reflects the vision, purpose, and perseverance of entrepreneur and businessman Socrates Garrett. In the late 1980s, they sought to publish a monthly magazine to amplify the black business community’s voice, which was often overlooked by city government and schools. This led to the creation of ‘Today’s Mississippi,’ which eventually evolved to address broader community needs. In 1993, Garrett launched a semi-monthly newspaper, The Missing Link, renamed The Mississippi Link in 1995 to represent a statewide and global marketplace. Today, it continues to serve its purpose.

As one who has been blessed to share in part of its journey, I salute this remarkable newspaper for 32 years of service, truth, and linkage, linking Mississippi to the world, with an array of interesting storytelling and other valuable and newsworthy content.

Gail Hargrove Marshall Brown is an MVSU assistant professor of Mass Communication (public relations and journalism) who thoroughly enjoys imparting what she has learned and experienced professionally with her students.



Endorsement of Kamesha Mumford Candidate for MS Senate District 26

In these difficult times it is important for every voter to carefully consider the qualities of all candidates offering themselves for trusted elected positions in our state. In the upcoming senate legislative race for Mississippi Senate District 26, there are many good candidates. However, in my estimation the one who rises above the rest is municipal judge and lawyer, Kamesha Mumford.

In my law practice I have worked with Kamesha and found her to be earnest, competent, accurate and responsible. In our shared church experience I have found her to be reverent, humble and Christ-centered. And in every instance in which she has made representations to the public, I have found her to be honest and trustworthy.

Mayor John Horhn leaves big shoes to fill in the Mississippi senate but I know that Kamesha’s stylish high-heels can certainly fill them.

Mike Espy

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Sheretta Black recalls breast cancer diagnosis and God’s healing powers

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

At the age of 25, Sheretta Black discovered a lump in one of her breasts while doing her monthly exam. Although the lump was benign, she continued her monthly exams. Black also was aware that her maternal grandmother had had breast cancer.

When the interviewee was 35, she was cognizant that the starting age for mammograms is 40. She learned on November 20, 2020, however, that she had breast cancer. Suddenly, the breast cancer survivor was on a different plight. Fear started spiraling through her mental faculties and refused to let her go for some time. “My doctor didn’t give me many details on the day I got the phone call. He simply told me that I had a type



Black

of breast cancer called Ductal Carcinoma in situ and that he was referring me to a surgeon. God quickly reminded me that He was a healer, and this caused the feelings of fear to dissipate. I began to research this type of cancer and was overwhelmed with feelings of gratitude. I was grateful that it was the earliest stage of breast cancer possible,” recalled Black.

Black received a lumpectomy to treat Ductal Carcinoma In situ. She made it known that she was blessed that all of the cancer was removed during her surgery. Further, virtual support group meetings with other women diagnosed with breast cancer were helpful.

Following surgery, Black was not able to work. She only had short-term insurance through her place of employment which caused her to receive only a portion of her income. The bombshell of financial stress came upon her, and she was compelled to become more financially disciplined. Also, as advised by her oncologist, she has to have a mammogram every six months as a result of refusing to take Tamoxifen – a common medication - that has side effects. Black admits that on her

breast cancer journey she sees herself “in a different light.” She has a clearer perspective on life. Her breast cancer experiences have prompted her to develop “a deeper relationship with God,” thereby enhancing her personal resilience and strength.

The Canton native shared that she has been cancer-free for three years and eight months. She has been advised from the medical profession of the possibility that she will not be able to breastfeed if she has children. That, however, is the only limitation that has come her way. She remains active while currently teaching aerobics/line dancing classes three days per week for one hour. Through these sessions Black maintains physical and mental well-being.

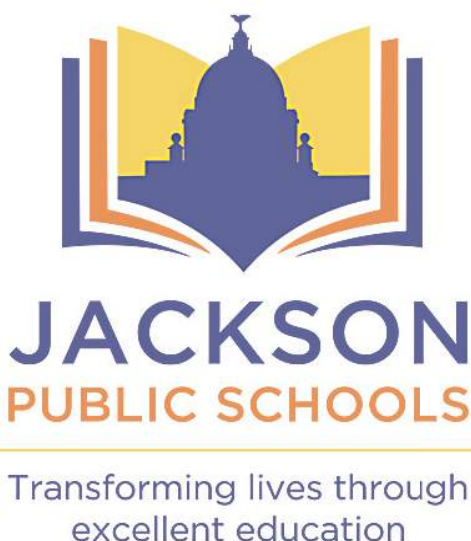
When it comes to foods, Black says that she has not been

given a diet. She asserted, however, that in order to remain healthy, protein, healthy carbs, and a lot of fruit and vegetables are needed daily. “I try to stay away from too much junk food and overly processed foods,” she added.

Black has been cancer free four years and eight months. An advocate for the gift of living, she acknowledges that prayer and meditation were key components that enabled her to survive her breast cancer sojourn. “I knew that if I didn’t stay close to God, [the enemy would have] an opportunity to play with my mind,” she injected. The strong-willed woman endured many restless days and nights alone, but she realized that she needed to share with others what she was going through during those troubled times. Hence, it was

not enough for her to confide in her medical team, but she knew that she needed to include her family and friends, and she put it this way, “I had to rely heavily on my support system after surgery, being open about my needs surrounding everyday activities such as driving, cooking, and cleaning.”

Another important thing that is of significance to Black is that her testimony is an invaluable asset to the lives of many, and it must be shared. She explained, “I had to be reminded that [there were] other women’s stories and testimonies from various support groups that gave me strength and hope. Everything that we go through is not always for us. Sometimes God allows us to face trials and tribulations so that we can be an encouragement to someone else.”



We Salute the Mississippi Link
For 32 Years
of Excellent Service

JPS Breast Cancer Survivors



Dr. Bernice Small



Dr. Sharon Washington-Laushaw

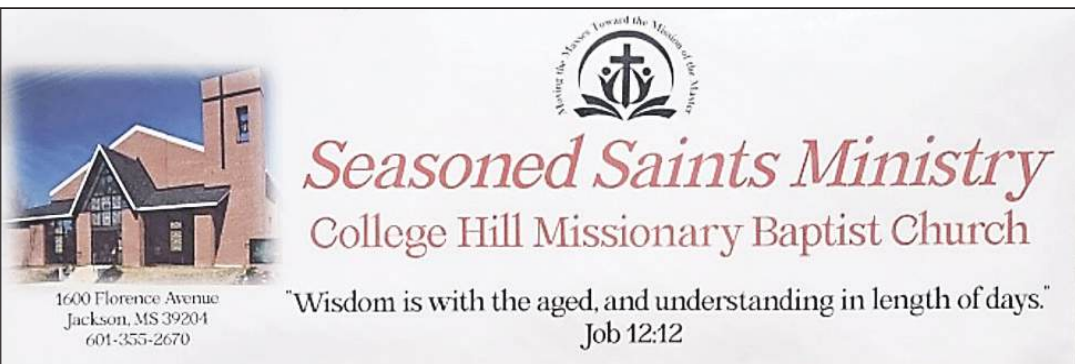


Margaret Purnell



Tammy White

The Sheriff and Seasoned Saints



Seasoned Saints Ministry attendees and Sheiff Tyree Jones (left - back row standing) PHOTOS BY CHRISTIANE THOMAS

By Gail Gettis,
Contributing Writer

Did you know there was an app available for the Hinds County Sheriff's Office? That was only one of the many things that Sheriff Tyree Jones/Interim Chief of Police, Jackson Police Department shared with a special group of seniors Tuesday, October 24 at College Hill Missionary Baptist Church, in Jackson. As a guest for the bimonthly meeting of the Seasoned Saints Ministry, which was developed and headed by one of the longest attending church members, Geraldine Watts, Jones provided insight into concerns that seniors have for safety and offered advice, information and assistance. The attendees were dressed in western attire.

Years ago, Watts had a thought about bringing seniors together for the opportunity to share in fellowship, spiritual inspiration, fitness tips, short trips to sites within the state, common topics of interest and share in lunch. The ministry has grown



Geraldine Watts with Sheriff Jones

from a few people to more than 25 consistent participants and is consistently growing to include non-member associates. Guest speakers and members share with the group based on expertise in their various careers, special knowledge or interests. For the first meeting this month, seniors were honored to have Jones take time from his busy schedule to promote safety for seniors.

Immediately after introducing himself, and offering greetings

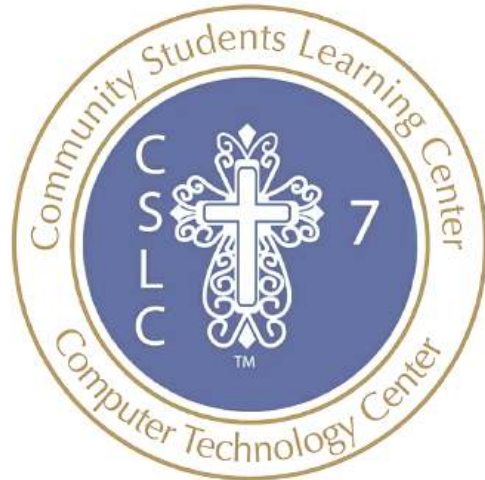
from his office, Jones reminded seniors about being a primary target for scams, whether by telephone, mail, Internet or in-person at their homes. Jones shared tips for avoiding being a target and even shared a humorous, but serious time that he was targeted himself only to tell the perpetrator that they had just contacted the sheriff. Needless to say, they hung up immediately. He used that experience to emphasize how algorithms are used to dial a series of random numbers sometimes while at other times they know whose household they are calling and refer to a specific name. He suggests that it is best to just hang up and not entertain the caller. There was a Q & A session and he left information, including one leaflet that provided a QR code to the Sheriff's Office app that allows you to submit an anonymous tip, and to gain access to other available resources.

All in all, the Sheriff's session with the Seasoned Saints was a win/win situation.

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Mississippi Delta town mourns a seventh loss from shooting after a school football game



Police vehicles after a deadly shooting in downtown Leland, Miss., Oct. 11. KATIE ADKINS / AP

The Associated Press

A frenzy of gunfire after a high school football game earlier this month in a small Mississippi Delta town has claimed a seventh victim, as a 25-year-old woman died of her wounds around a week later, medical officials said.

Authorities have not disclosed a possible motive for the shooting in Leland, but the FBI says it may have been “sparked by a disagreement among several individuals.” At least nine people have been arrested, several of them charged with capital murder.

The death of Ebanee Williams was reported Friday, Oct 17, by the coroner’s office in Hinds County, which encompasses the state capital, according to a news release from LaQuesha

Watkins, the coroner in Washington County where Leland is located.

More than a dozen people were wounded in the shooting, which broke out late in the evening of Oct. 11 as people were gathered in Leland’s tiny downtown to celebrate homecoming weekend. The town on the state’s western edge is home to fewer than 4,000 people, and the FBI’s Jackson Field Office has been posting pictures of suspects wanted for questioning.

Witnesses described a chaotic aftermath with people wounded and bleeding as four people lay dead on the ground. The next day, tattered yellow police tape lay tangled at the scene in front of a boarded-up storefront not far from City Hall.

Letitia Simmons Johnson: Shares her vision for Mississippi’s future

By Edelia J. Carthan, Ed.D,
Contributing Writer

Letitia Simmons Johnson, candidate for Mississippi State Senate District 26, brings decades of community leadership and a bold vision for progress to her campaign.

Mississippi stands at a crossroads and Letitia Simmons Johnson believes it’s time to choose a path toward progress, fairness, and opportunity. As a candidate for the Mississippi State Senate, District 26, Johnson says she’s running because “we can no longer afford politics as usual.”For Johnson, the campaign is personal. A proud native of Magnolia and a longtime resident of the community, she has spent more than 30 years raising her family, leading local institutions, and advocating for those who too often go unheard. Her résumé includes serving as an attorney, small business owner, and past president of the Jackson Public School Board, a role in which she helped prevent a state takeover, improved district performance, and secured more than \$100 million in school infrastructure funding.“I’ve seen firsthand the struggles families face,” Johnson said. “I know what it takes to fight for living-wage jobs, strong schools, and health care access that meets the needs of every Mississippian.”A Champion for Public EducationJohnson calls public education “the great equalizer” and vows to defend it against legislation that threatens to erode its foundation. She has criticized the proposed “One Big Beautiful Bill,” which she says could cut federal funding and school meal programs, placing vulnerable students at risk.She opposes voucher programs and private school subsidies that divert public funds to private institutions, arguing that every taxpayer dollar should strengthen classrooms, not deplete them.“I will fight to fully fund public education, protect teachers, and ensure every child has the resources they need to succeed,” she said.



Simmons PHOTO CREDIT: LETITIA SIMMONS JOHNSON

Expanding Access to Health CareFor Johnson, health care is not a privilege but a right. She points to Mississippi’s ongoing refusal to expand Medicaid as a moral and economic failure that has cost billions in federal funds and led to rural hospital closures.“Expanding Medicaid isn’t just about coverage, it’s about saving hospitals, creating jobs, and protecting families,” Johnson said. She supports broader access to mental health care, speech therapy, and maternal health services to ensure all Mississippians can live healthy, productive lives.Driving Sustainable Economic GrowthJohnson’s economic plan focuses on inclusive, long-term growth; not short-term projects that benefit only a few. She wants to attract industries that offer living-wage jobs, invest in workforce training, and strengthen local communities.“Mississippi’s low cost of living should be an advantage,” she said, “but we must pair it with strong schools, reliable infrastructure, and real opportunities.”She also emphasizes support for small businesses through expanded grants, reduced red tape, and fairer competition with large out-of-state corporations.Building Safer, Stronger CommunitiesPublic safety, Johnson argues, begins with prevention and community engagement and not just policing. Her approach emphasizes collaboration between law enforcement, residents, and local lead-

ers to develop fair and effective safety strategies.“I believe in addressing the root causes of crime like poverty, lack of opportunity, and mental health challenges,” she said.Her plan includes expanding mental health services, funding drug courts and youth programs, and ensuring that any policing strategies respect civil rights and build public trust.Investing in Infrastructure and ConnectivityJohnson sees infrastructure as the backbone of progress. She pledges to ensure equitable distribution of federal and state funds so rural areas like Bolton and Edwards receive the same attention as metropolitan centers.Her priorities include repairing roads and bridges, expanding broadband access, and upgrading water and sewer systems. She also advocates for responsible development that considers environmental safety and prevents rising utility costs.“Infrastructure isn’t just construction,” Johnson said. “It’s about building a foundation for safer communities, stronger economies, and a more connected future.”Restoring Trust in GovernmentJohnson believes good government starts with transparency, accountability, and accessibility. She pledges to host regular town halls, increase public reporting, and make government data more open and understandable.“People deserve to know how decisions are made and how their tax dollars are spent,” she said. “That’s how we rebuild trust and make government truly serve the people.”With deep local roots, a proven record of service, and a clear, community-centered agenda, Letitia Simmons Johnson hopes to bring honesty, courage, and vision to the Mississippi State Senate.“Mississippi’s best days are not behind us,” she said. “They’re waiting for us to be bold enough to fight for them.”Letitia Simmons Johnson stands ready to bring results-driven leadership, proven service, and a strong vision rooted in her community.



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A dozen JPS Scholars earn National Honor for top performance in College Courses



Danielle McClellan, Murrah



Zeniah McElroy, Murrah

Jackson Public Schools

Twelve JPS scholars have been inducted into the National Honor Society of the National Education Opportunity Network, recognizing their outstanding achievement in rigorous, college credit-bearing courses taught by professors from some of the nation's top universities.

This spring, JPS scholars took on courses from Georgetown University, Spelman College, and Stanford University... and excelled. Their performance ranked in the top 20 percent of nearly 8,000 scholars nationwide who participated in the Ed Equity Lab program during Spring 2025. Each scholar earned widely transferable college credit and a certificate marking their induction into the National Honor Society.

"Our young people have shown they can thrive in college classrooms while still in high school," said JPS Superintendent Dr. Errick L. Greene. "Their success reflects not only their talent and drive, but also the dedication of our educators who make sure doors to opportunity stay open for our scholars."

The National Education Opportunity Network partners with top colleges and universities to bring college courses directly into Title I and Title I-eligible high schools at no cost to scholars. Through this model, scholars engage with college professors, connect with near-peer university teaching fellows, and receive support from their high school teachers, earning both confidence and credentials for their next chapter.



Anthony Fonville,
Jim Hill



Ariyanna Nichols,
Jim Hill



Brendon Freeman,
Jim Hill



Clara Pittman,
Jim Hill



Samuel Generette,
Jim Hill



Ivyuanna Pittman,
Jim Hill



Kamora Greggs,
Jim Hill



Aza Reid,
Jim Hill



Ashton McCoy,
Jim Hill



Chauncia Stewart,
Jim Hill

JPS High School Bands earn top honors at State Marching Evaluations

Jackson Public Schools

Jackson Public Schools high school marching bands showcased their talent, discipline, and school pride during the 2025 MHSA State Marching Evaluations held October 11, 2025, in Pearl, Mississippi, at Jones Community College. The performances reflected months of preparation, teamwork, and dedication from directors, scholars, and support staff across the district.

At the Region IV Evaluation in Pearl, the Jim Hill High School Band earned an overall rating of Excellent, highlighted by Superior ratings for its Color Guard and Band performance.

At the Traditional Style Marching Evaluation at Jones Community College, several JPS schools received high marks across multiple categories:

Forest Hill High School led the way with an Overall Superior rating, earning Superior marks in Drum Major, Percussion, and Band categories.

Murrah High School also achieved an Overall Superior rating, sweeping Superior honors in every judged category, including Drum Major, Color Guard, Majorette, Percussion, and Band.

Callaway High School earned an Overall Excellent rating with Superior ratings in Drum



Major, Color Guard, and Band performance.

Provine High School earned an Overall Good rating with Excellent marks in Color Guard, Majorette, and Percussion.

Lanier High School re-

ceived Excellent and Good ratings across various categories, with notable recognition for its Majorettes.

These results reflect the exceptional skill, artistry, and commitment of JPS band scholars and directors, who continue

to uphold a proud tradition of musical excellence.

The district congratulates all JPS band programs for their strong performances and the spirit of unity and pride they bring to every competition and community event.

Alcorn alumna Destiny Mayfield awarded prestigious UNCF Capstone Scholarship

The Mississippi Link Newswire

Destiny Mayfield, a Vicksburg, Miss., native and 2025 graduate of Alcorn's biology pre-professional (Pre-Med) program, has been named a recipient of the prestigious 2025 UNCF Achievement Capstone Scholarship. Mayfield, who received the faculty-nominated award as an Alcorn senior, is currently pursuing a Master's of Medical Science at Mississippi College, and is recognized for her high academic achievement and commitment to advancing patient care.

The 2025 UNCF Achievement Capstone Scholarship is a highly selective, faculty-nominated award intended for high-achieving African American college seniors who are on track to graduate. The program recognizes recipients for their academic excellence



Mayfield

and leadership, specifically honoring the legacy of the 1964 Civil Rights Act.

The one-time award, ranging from \$2,000 to \$5,000, helps recipients address edu-

cational costs and support future educational expenses.

Mayfield expressed deep appreciation for the support as she pursues advanced training. "I am deeply honored to receive this prestigious scholarship, which will significantly support my academic development," said Mayfield. "This generous investment not only alleviates financial burden but also empowers me to pursue the rigorous training necessary for a career dedicated to advancing patient care and medical innovation."

Beyond the financial award, UNCF Achievement Capstone Program recipients also gain access to important benefits, including peer networking and expanded opportunities for graduate school, professional school, and career advancement.

Facing Breast Cancer while black

By Vince Faust
Guest Writer

Breast cancer doesn't discriminate but the systems often do. For Black women across America, a breast cancer diagnosis can feel like stepping into a storm with fewer lifeboats, less visibility and more obstacles than their white counterparts. The statistics are sobering. Although black and white women are diagnosed at similar rates, Black women are 40 percent more likely to die from breast cancer. For younger Black women under 50, the mortality rate is nearly double. This isn't just a medical issue it's a social justice crisis.

Biology isn't the whole story
One of the most aggressive forms of breast cancer, triple-negative breast cancer (TNBC) disproportionately affects Black women. TNBC grows quickly, spreads faster and doesn't respond to hormone therapies like other types do. It's more likely to recur and has fewer targeted treatments available. But biology alone doesn't explain the disparities.

Black women are also more likely to be diagnosed at later stages, when treatment is more complex and survival rates drop. This delay isn't due to lack of awareness; it's often due to lack of access.

Barriers that shouldn't exist
Many Black women live in communities with limited access to high-quality screening facilities. Even when mammograms are available, follow-up care can be delayed due to insurance gaps, transportation challenges or overburdened clinics. Some women face long wait times for biopsies or treatment consultations. These delays can mean the difference between life and death.

Then there's the emotional toll. The legacy of medical mistrust rooted in historical abuses like the Tuskegee Study and ongoing disparities in pain management and maternal care makes many Black women hesitant to engage with the healthcare system. Add to that



the "strong Black woman" narrative, which often discourages vulnerability or asking for help and you have a perfect storm of silence, stigma and suffering.

The cost of being invisible in research

Clinical trials are the backbone of medical progress. But Black women are consistently underrepresented in breast cancer research. That means treatments may not be optimized for their biology and risk prediction models often fail to account for racial differences. When Black women are left out of the data, they're left out of the solutions.

This invisibility extends to public health messaging. Too often, breast cancer campaigns feature faces and voices that don't reflect the diversity of those affected. Representation matters, not just in who gets screened, but also in who feels seen.

The role of comorbidities and environmental stress

Black women are more likely to have underlying health conditions like obesity, diabetes and hypertension all of which can complicate cancer treatment and recovery. These conditions aren't

just personal, they're systemic, shaped by food deserts, economic inequality and chronic stress from racism and discrimination.

Environmental exposures also play a role. Studies suggest that Black communities are more likely to be located near industrial zones or areas with poor air and water quality. These factors that may increase cancer risk over time.

What survival looks like—and what it requires

Despite these challenges, Black women are surviving breast cancer. They're advocating, educating and building networks of support. But survival shouldn't depend on luck, privilege or proximity to a top-tier hospital.

Here's what survival requires:

- Early detection: Mobile mammography units, community-based screenings and culturally tailored education can help catch cancer early.
- Access to care: Medicaid expansion, transportation support and patient navigation programs can reduce delays and improve outcomes.
- Representation in research: Clinical trials must prioritize diversity.
- Culturally competent care: Providers must be trained to understand and

respect the lived experiences of Black women.

- Community support: Local organizations can play a vital role in outreach and emotional healing.

Voices leading the charge

Organizations like TOUCH, The Black Breast Cancer Alliance, Survive HER, and For the Breast of Us are changing the narrative. They're amplifying Black voices, connecting survivors and demanding equity in research and care. Their work reminds us that advocacy isn't optional, it's lifesaving.

Mississippi is mobilizing on multiple fronts to address breast cancer, especially through outreach, early detection, and community engagement. Here's a look at what's happening locally:

State-Led Screenings & Education

- Mississippi State Department of Health (MSDH) is pushing hard during Breast Cancer Awareness Month to increase early detection. They're hosting free Breast and Cervical Cancer screenings for uninsured and underinsured women ages 21–64 at the Mississippi Trade Mart in Jackson.

• MSDH also launched the "Know It to Beat It" webinar series, featuring physicians and advocates who tackle myths, share treatment updates, and answer community questions.

Community events and fundraisers

- Making Strides Against Breast Cancer 5K Walk/Run: Held at the State Capitol, this American Cancer Society event brings survivors, families, and advocates together to raise awareness and funds.

• Rebirth Foundation's Awareness Party: A lively mix of games, music, and football viewing—designed to engage the community while supporting breast cancer education.

• Susan G. Komen's Pink Tie Gala: Hosted downtown, this black-tie optional event raises funds for research and local support programs.

Hospital and Media collaborations

- Baptist Medical Center's "Power of Pink" Campaign: Offers free health screenings and seminars for women, including glucose, cholesterol, and BMI checks. It's a partnership with WLBT-Channel 3 to boost visibility and access.

Ongoing support and research

- Susan G. Komen Mississippi continues to fund research, provide real-time help, and support advocacy across all 82 counties. They offer financial assistance, screening referrals, and volunteer opportunities to keep the mission alive year-round.

Jackson's efforts are especially vital given Mississippi's high breast cancer mortality rate, particularly among Black women. These programs aim to close gaps in access and education, and they're deeply rooted in community connection.

Local Black newspapers have a critical role to play in this movement. By sharing stories, publishing resources and elevating survivor voices, these papers can reach the heart of the community in ways national outlets often miss.

What you can do

Schedule that mammogram. Ask questions. Seek a second opinion. Join a support group. You don't have to carry this alone.

If you're a caregiver, friend or ally, listen, learn and advocate. Help someone get to his or her appointment. Share this article. Push for policy change.

If you're a healthcare provider, check your biases. Build trust. Make space for your patients' stories.

And if you're a policymaker or funder, invest in equity. Fund community clinics. Support research that centers Black women. Make health justice more than a slogan.

Breast cancer is not a death sentence, but for too many Black women, it's still a silent killer.

Because survival shouldn't be a privilege. It should be a guarantee.

Nine health battles we must win before 2026: A call to action for our communities

By Vince Faust
Tips to Be Fit

As 2025 draws to a close, our communities face a critical moment. The health challenges we tackle now will shape not only how we end this year but also how we begin the next. From mental health to climate resilience, the issues are urgent. But the solutions are within reach especially when we lead with cultural wisdom, community care, and strategic outreach.

Here are nine health priorities we must confront with clarity, compassion, and collective action.

1. Mental Health: From Crisis to Connection

Mental health struggles are rising especially among youth, caregivers and older adults. Suicide remains a leading cause of death, and too many suffer in silence. In Black communities, stigma and mistrust often block the path to healing. Over 70 percent of people with mental illness in low-income areas receive no treatment.

We must expand culturally competent care, integrate mental health into everyday wellness and uplift peer support networks. Promote telehealth access and trauma-informed care. Provide more motivational writing and outreach, which could spotlight lived experiences, normalize help-seeking and elevate community-based healing models.

Healing begins when we speak, listen and connect.

2. Chronic Illness: Prevention Over Prescription



Chronic illnesses like heart disease, diabetes, cancer and respiratory conditions account for nearly 74 percent of global deaths. Heart disease, diabetes and stroke continue to devastate Black families. These non-communicable diseases are largely preventable but only if we act.

Let's promote movement, nutrition and stress reduction through education that reflects our culture and values. Screening, coaching and community fitness programs can save lives. Prevention is power.

3. Climate Health: Prepare Protect Prevent

Climate change is no longer distant, it's personal. From asthma to heatstroke, environmental hazards hit hardest in low-income and Black neighborhoods.

We must educate our communities on air quality, heat safety and climate literacy. Advocacy for green infrastructure and clean transit isn't just policy, it's protection.

4. Vaccine Hesitancy: Rebuilding Trust

25 percent of global respon-

dents' express vaccine hesitancy. Misinformation on social media is 70 percent more likely to be shared than truth. Misinformation spreads fast, but truth, shared with respect can heal. Historical injustices fuel skepticism, yet trusted messengers can bridge the gap.

Faith leaders, barbers, and grandmothers have the power to restore confidence. Let's host forums, share accurate visuals and encourage open conversations in trusted spaces.

Your outreach through Black newspapers and culturally relevant media is a prime vehicle for restoring trust and promoting informed choices.

5. Antimicrobial Resistance (AMR): The Silent Pandemic

AMR is a growing global crisis. AMR caused 1.27 million deaths in 2019 and could reach 10 million annually by 2050. Overuse of antibiotics is creating drug-resistant infections that are harder to treat and more deadly. 70 percent of antibiotics sold globally are used in animal agriculture. Resistant infections lead to longer hospital stays and higher mortality. This issue rarely makes headlines, but it's growing fast.

We must educate our communities about responsible antibiotic use and push for policy reform in healthcare and agriculture. Science needs a voice, and we can be that voice. We need to support research and innovation in alternative treatments.

6. Health Equity: Close the Gaps

Half the world's population lacks access to essential health services. In the U.S., racial and geographic disparities persist from maternal mortality to cancer outcomes. Skilled personnel attend only 40 percent of births in low-income countries. Black Americans face higher rates of preventable illness and lower life expectancy. Healthcare costs push families into poverty.

We must advocate for universal coverage, mobile clinics and health literacy programs. Equity isn't optional, it's overdue.

7. Urban Wellness: Design for Health

As cities grow, so do risks tied to pollution, overcrowding and inactivity. Our neighborhoods should nourish us not wear us down. By 2050, 70 percent of the global population will live in urban areas. Urban air pollution contributes to 1 in 9 deaths worldwide. Access to green spaces and walkable neighborhoods is uneven.

We need to promote urban planning that centers health that include bike lanes, parks and clean transit. We can support local food systems and farmers markets in food deserts. We should encourage intergenerational movement and outdoor engagement.

Let's support walkable streets, green spaces, and local food systems

8. Public Health Workforce Burnout: Support the Frontlines

Healthcare workers are ex-

hausted. Burnout has surged post-pandemic, and many are leaving the field. This threatens care quality and system resilience. WHO projects a global shortage of 10 million healthcare workers by 2030. Burnout has increased by 25 percent since COVID-19.

We can reduce this trend if we:

- Advocate for better pay, mental health support, and working conditions.

• Celebrate frontline workers through storytelling and recognition.

• Support pipeline programs for youth interested in health careers.

9. Digital Health and Data Ethics: Protect While Progressing

Digital health tools from apps to AI diagnostics are transforming care. But they also raise concerns about privacy, equity and consent.

Why it matters now:

- Healthcare data breaches rose 58 percent in 2023.

• 1 in 3 health apps fail basic privacy standards.

• Over 5 billion people are online, increasing exposure to data misuse.

Actionable priorities:

- Educate communities on digital literacy and data rights.

• Advocate for ethical tech design that centers marginalized users.

• Promote transparency in digital health partnerships.

If you have a fitness question or concern you would like addressed tipstobefit@gmail.com

Bad Bunny: Redefining the Latinx narrative in times of crisis

In partnership with American Community Media - National Briefing Series

By Christopher Young
Contributing Writer

As Latinos face rising discrimination, with even citizens targeted by masked agents and deportations, Puerto Rican superstar Bad Bunny has emerged as a voice of cultural resistance. Through his music and pride in Puerto Rican identity, he has uplifted his island and community, inspiring and benefiting the island's economy during a recent 30-day residency there.

Out of concern for ICE targeting, he left the U.S. off his last world tour, yet next year he'll take the biggest American stage: the Super Bowl Halftime Show, and he's challenged audiences to "learn Spanish by then." While other Latin artists like Peso Pluma, Becky G, Don Omar, Ivan Cornejo, and Nezza, support immigrant causes, Bad Bunny is considered by many to be the biggest music star in the world, with a global platform. His willingness to use it makes him a defining figure in this moment in history.

Panelist, Frances Negrón-Muntaner, is an award-winning filmmaker, writer, scholar, and professor at Columbia University. She has authored Boricua Pop: Puerto Ricans and the Lati-



Julio Ricardo Varela,
PHOTO: WWW.JULIORVARELA.COM

nization of American Culture, and many other books. She spoke about ever-changing global demographics as having contributed to Bad Bunny's success, his ability to communicate with global audiences. "Cultural capitals are shifting. A superstar can come out of anywhere now. Here we have a global Latino superstar at the same time we are deporting Latin Americans from the United States of America."

She responded to a question by The Mississippi Link newspaper - Can any of the panelists recall times in the past when white Christian nationalists spewed this much animus toward a Latinx performer? "Yes, there was uproar when baseball



Antonio Mejias-Rentas,
PHOTO: WWW.LINKEDIN.COM

started recruiting Cuban players and there was a similar parallel in intensity when Jose Feliciano sang the Star-Spangled Banner in his own personalized style before Game 5 of the World Series in 1968. Some people booed him. He was accused of desecrating the national anthem. It nearly ruined his career. Even today ESPN gets complaints for interviewing baseball players in Spanish." Watch Feliciano's performance here, <https://www.youtube.com/watch?v=aQkY2UFBu4>.

Panelist, Antonio Mejias-Rentas, veteran bi-lingual entertainment journalist and former senior editor at La Opinión and senior editor and mentor at Boyle Heights Beat, reminded



Frances Negrón-Muntaner,
PHOTO:WWW.ENGLISH.COLUMBIA.EDU.

that all Puerto Ricans are U.S. citizens, due to invasion in 1898, and Puerto Rico's colonial status. "Bad Bunny is an American citizen. He has not avoided doing shows in the U.S. because of himself, he has made these decisions to protect many of his fans from U.S. policies." He spoke about capitalism and that 29 or 30 of the 32 NFL teams are owned by majority white men, and so for them, the financial impact of having a global superstar is a no-brainer in their ever-increasing global league. He also mentioned the primary broadcaster for Super Bowl LX, February 8, 2026, will be NBC, and they want to make their money too. "Yet there's a petition going around,

people are signing it to get the Super Bowl, get the NFL to take him (Bad Bunny) off the stage and put some 70-year-old country guy instead. So, there's a lot of resistance in some parts of the country, in the pro-Trump parts.

Mejias-Rentas stated that when he was researching to write about the 2020 Super Bowl performances of Shakira and Jennifer Lopez (who were supported by Bad Bunny and J Balvin), he discovered the second highest number of complaints ever filed about their performance. "Bad Bunny is more than an advocate for immigration causes; you can identify him as an advocate for Puerto Rican identity and nationality. He recently went on Saturday Night Live and said, 'I'm going to speak in Spanish doing this and I'm going to sing in Spanish, and you have 4 months (before the Super Bowl) to learn.'"

Panelist Julio Ricardo Varela, Editor of The Latino Newsletter (formerly of Futuro Media and Latino Rebels), shared that none of this surprises him. "In terms of this sort of quest for representation and being part of this fabric, whatever the quote-unquote mainstream is, there's been a path, right? And we have to recognize those that came be-

fore us. I'm a GenX kid, and we all saw this coming in a good way. We were talking about the Latin takeover of American culture when Ricky Martin took the Grammy stage in 1999 and the World Cup – people said it was the best live performance in Grammy history. Bad Bunny is taking advantage of the moment. All these predictions of U.S. Latinos finally becoming a powerful number. Also, this notion of Puerto Rico always being part of the cultural landscape. All these factors are coming together.

You have a genius artist...he is so savvy and so smart to understand the moment and his presence in the moment, and what we're witnessing. It's no different than, say, Prince, or Michael Jackson or James Brown or Elvis Presley or Frank Sinatra – all sort of like global pop culture moments, like the Beatles. Bad Bunny has become that moment, and the reason why is because the reaction against him has been so strong. Pop culture defines global culture."

The full briefing can be viewed in its entirety at <https://americancommunitymedia.org/media-briefings/bad-bunny-redefining-the-latinx-narrative-in-times-of-crisis/>.

Photos of the week

In support of Breast Cancer Awareness Month, the Jackson Medgar Wiley Evers International Airport gave out free scoops of Blue Bell Ice Cream while giving those passing through an opportunity to purchase pink Propellers t-shirts and/or hats to support the cause. (Sponsored by Blue Bell Ice Cream) (Photos by Jackie Hampton)





Honoring The Mississippi Link for telling our stories for Thirty-Two Years and Counting



Congratulations!

Roy Lewis, Photographer

A legacy of service rooted in impact

By Othor Cain
Contributing Writer

In the heart of downtown Jackson, Mississippi, Saturday, October 18, 2025, a vibrant celebration unfolded, marking 35 years of the 100 Black Men of Jackson's unwavering dedication to the community. The evening radiated with pride, laughter, and gratitude, as current members, and supporters gathered to honor their legacy and the lives they've transformed. Among glowing decorations and joyful reminiscences is Leroy Walker, a founding member and the organization's first president. Walker understands where the organization started and is looking to the future. "We have seen the strength of all sectors working together to achieve both social and academic success for our mentees," Walker said. "Within the next three to five years, our goal is to grow the membership by 50 percent, increase our mentoring to reach 100 additional mentees and five additional schools and raise our



Attendees at the 35th Scholarship Banquet of the 100 Black Men of Jackson

financial standing to a self-sufficient level.

The organization not only embraces the quote by Albert Pike but is guided by it, "What we do for ourselves dies with us. What we do for others remains and is immortal." Over the years, the 100 Black Men of Jackson has

woven a tapestry of mentorship throughout the community. They have empowered countless young men, showing them the importance of ambition, education, and self-worth. By providing guidance, support, and unparalleled encouragement, they've helped shape futures and

instill resilience, proving that one person's belief can ignite dreams in another. At the celebration, mentees delivered powerful speeches from memory, school leaders received scholarship dollars for their respective schools and stood proudly, sharing their words of thanks and

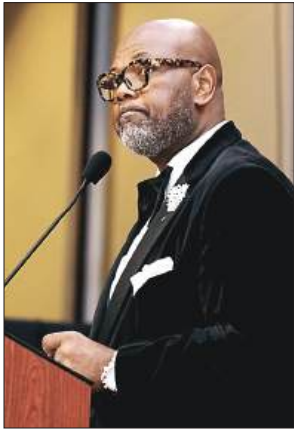
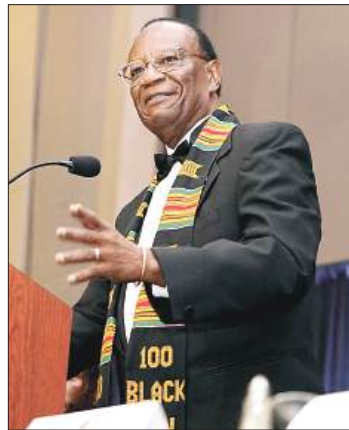
stories of hope and determination. "This event was a masterclass in excellence," said Christopher Young, a contributing writer for The Mississippi Link and first-time attendee. "No notes, no teleprompters, nothing all delivered from memory by these students, some not even

tall enough to reach the podium without assistance."

Each scholarship awarded represented more than just financial assistance; it symbolized belief in potential, a steppingstone toward dreams of higher education and brighter futures.

The organization's annual commitment to awarding scholarships not only lightens the financial load on families but also inspires recipients to give back to their communities, perpetuating a cycle of generosity and empowerment. As the event ended, attendees rose for a standing ovation, united in applause for decades of transformative work. The 100 Black Men of Jackson had not just celebrated their past; they had also ignited a spark for the future, reminding everyone present that together, they could keep building a legacy of service, inspiration, and hope for generations to come. It was clear by all: mentoring wasn't merely a duty; it is a movement, and we are all essential parts of it.

PHOTOS BY JAY JOHNSON





CONGRATULATIONS TO THE MISSISSIPPI LINK ON 32 YEARS OF JOURNALISM!

For 32 years, The Mississippi Link has been a trusted source of news and information for communities of color in Mississippi, and beyond. We are grateful for The Link's commitment to serving communities of color and telling the stories that are often overlooked or ignored by mainstream media.

We Salute The Mississippi Link

CHILDREN'S SABBATHS



The National Observance of Children's Sabbaths® is a sacred weekend in October that unites places of worship across the nation in shared concern and action for our children. It is a multifaith call to bear witness, to celebrate, and to act on behalf of children's lives, well-being, and futures. Across traditions, communities gather in prayer, worship, education, and justice-seeking advocacy—honoring children as divine gifts and committing to dismantle the systems that harm them.

This annual observance is more than a single service or event; it is a movement of the multitudes intentionally working together to center the voices, needs, and concerns of children. It is a collective insistence that every child deserves health, wholeness, safety, and abundant resources to thrive.

JOIN US IN LIFTING UP ALL CHILDREN DURING THIS MONTH OF OBSERVANCE. FOR MORE INFORMATION PLEASE VISIT WWW.CHILDRENSDEFENSE.ORG

“Through faith, we trust that God is with us in the struggle, calling us to create a world where children can grow up whole and free.”

-Rev. Dr. Prathia Hall

CONGRATULATIONS

to Publisher Jackie Hampton and

THE MISSISSIPPI LINK

on their 32 Years of Publishing!

OCTOBER IS
BREAST CANCER
AWARENESS MONTH

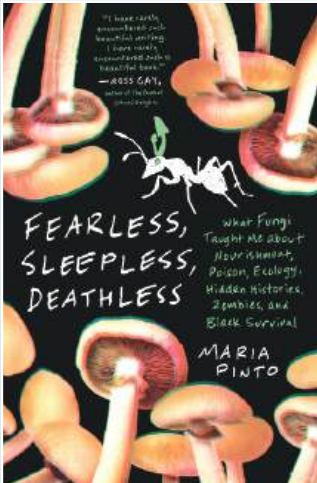


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BOOK REVIEW:

FEARLESS, SLEEPLESS, DEATHLESS:
WHAT FUNGI TAUGHT ME ABOUT NOURISHMENT, POISON,
ECOLOGY, HIDDEN HISTORIES, ZOMBIES, AND BLACK SURVIVAL

BY MARIA PINTO

C.2025, THE UNIVERSITY OF NORTH CAROLINA PRESS

\$23.00 • 240 PAGES

By Terri Schlichenmeyer
Columnist

Something weird is growing in your kitchen sink. It wasn't there last night but today? Yeah, and it's not intentional. You need to get rid of it somehow, wipe it off, kill it, eliminate it altogether or, as in the new book "Fearless, Sleepless, Deathless" by Maria Pinto, maybe study it and eat it. Junjo or duppy umbrella. When Maria Pinto was studying a mushroom species she found in a Target parking lot, her mother scoffed. In Jamaica,

she said, there were just two kinds of mushrooms, which sent Pinto off on a search. The word "junjo" sounded like something else, which led to another thought, which took her further down the mushroom hole. As a "melancholic" kid, "weird, queer... a child destined to stay strange," Pinto'd always been fascinated with dirt and the things growing in it. For awhile, she liked to taste dirt, to know its saltiness. Eventually, she realized that, in eating soil, she was also eating a considerable amount of fungus.

Self-taught, her laboratory extended out her front door, surrounding her house, and out on nearby trails. She began spending time in wooded areas, face to the ground, photographing and getting to know the fungi that she found. Fungi does not have a "season," although mushroom-hunting does, and Pinto enjoys the taste of what she finds, experimenting with ways to make each fungus palatable. The smell of one kind of mushroom can vary from the next; sometimes, mushrooms smell like

something you'd never want to eat, but in an oddly mouthwatering way. Fungus, especially in mushroom form, are tainted by race, says Pinto. They were often used as a meat substitute when slaves were underfed - and when they were inedible or even poisonous, they were quite possibly instruments of revenge on overseers or slave masters. All mushrooms, Pinto points out, are edible. Some just once. Dirt. You scrub it off your shoes, tumble it from your clothes, wipe it off your hands

and watch it swirl down the drain. And after you've read "Fearless, Sleepless, Deathless," you'll want to look at what's in it a little closer. A mycophile is a person who's interested in mushrooms and fungi, and author Maria Pinto may create a few more of them with her guileless obsession with all things mushroom. She's unabashed in sharing her biography in this book, which fits with the lessons learned, and she adds history where appropriate but the body of this book teaches readers to want to open

their eyes wide to the tiniest things that surround us. Pinto encourages readers to get low, to get dirty, to smell and touch and know nature's hidden things that many of us might normally rear away from. That's a practice that's easy, cheap, and fun. If you love to eat mushrooms, you enjoy a lighthearted science book, you need a new hobby, or you've noticed fungi and wondered about it, this book gives you permission to find out. Truly, "Fearless, Sleepless, Deathless" is a book to sink your teeth into.



ZACK WALLACE
Hinds County Circuit Clerk



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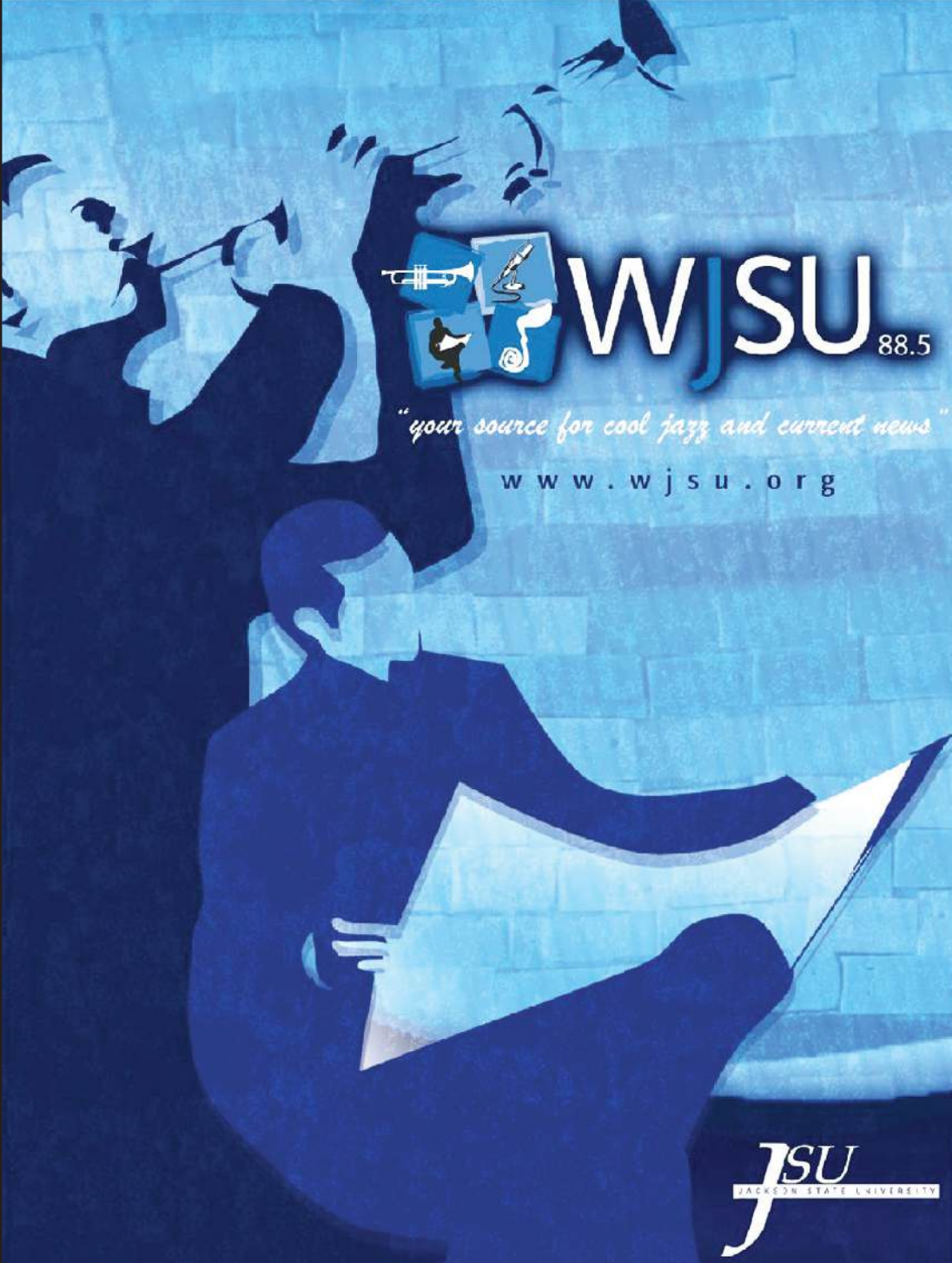
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P R E S E R V E D

Boaz Ain't Broke

P A R T 2

By Shewanda Riley
Columnist



A few weeks ago, we began our look at Boaz from the Old Testament book of Ruth. His actions showed that he was whole emotionally. This week, we'll take a look at how Boaz's treatment of Ruth showed that he was also whole spiritually.

Boaz spoke openly of God's blessings to his employees in Ruth 2:4 "The LORD be with you!" He also spoke blessings into the life of Ruth in Ruth 2:12, "May the LORD repay you for what you have done. May you be richly rewarded by the LORD, the God of Israel, under whose wings you have come to take refuge." These declarations indicate that Boaz recognized the sovereign presence and power of God.

Perhaps most importantly, Boaz recognized and was obedient to God's will for both of their lives. Also, rather than being intimidated by her spiritual walk, he respected the integrity with which Ruth lived her life. Ruth 3:10-13 says, "The LORD bless you, my daughter," he replied. "This kindness is greater than that which you showed earlier: You have not run after the younger men, whether rich or poor. And now, my daughter, don't be afraid. I will do for you all you ask. All my fellow townsmen know that you are a woman of noble character. Although it is true that I am near of kin, there is a kinsman-redeemer nearer than I. Stay here for the night, and in the morning if he wants to redeem, good; let him redeem. But if he is not willing, as surely as the LORD lives I will do it. Lie here until morning." Once again, these words show that Boaz encouraged Ruth as she

submitted to the will of God. Here, he is encouraging Ruth to trust him as he trusts in God.

Where Boaz said these words to Ruth is just as important to understanding his spiritual maturity. In that cultural time, the threshing floor was an exposed and elevated place where the grain was separated from the chaff. It's kind of ironic that it was at this place that Ruth's request to Boaz was made. For this reason, some say that the threshing floor is a place that symbolizes marriage, worship, and blessing.

A few years ago, I talked to a minister at the church I was attending at the time about the "Boaz Ain't Broke" series and he wanted to know if Boaz is broke financially but spiritually a man of integrity would a Christian woman still date him? Good question, I thought. There are some people who are doing very well for themselves financially but

are not living victorious as God has promised.

There are also some people who are struggling financially but who continue to trust in God. They may be broke but they are not broken. I told him that it was a matter of re-defining what broke is. One definition for broke is disconnected. Broke men (and women) sometimes revisit wounds from past relationships.

An emotionally whole man will be mature and willing to grow past his pain. Like Boaz, he'll do the right thing at the right place and for the right reasons. Next week, more about Boaz's character and Ruth's response to it.

Shewanda Riley 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

False doctrine brings confusion

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



Much confusion is brought on by false religion. That evil is always working to take away from or add to the Word of God. No, I am talking about false systems, not the people. There are good people caught up in false religion. Some take one gift given by the Holy Spirit and make a doctrine of it. They take what happened on the Day of Pentecost when the Holy Spirit was given and twist the Scriptures. This false doctrine is far from the truth, but it is used as a substitute for what the real sign of being spirit-filled is, and that is holiness. Others teach that once they are saved, they are always saved; yet they say they sin every day.

Allow us to go right back to the beginning of time. There is no better place to start on this subject than in the Book of Genesis. God told Adam in Genesis 2:15-17, "And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it. And the Lord God commanded the man, saying, of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest there of thou shalt surely die."

God was simply saying, "The day that you disobey or commit sin, you are going to die." This

is not talking about dying physically but spiritually. Genesis 3:1-4 reads: "Now the serpent was more subtle than any beast of the field which the Lord God had made. And he said unto the woman, yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, we may eat of the fruit of the trees of the garden: But of the fruit tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman; Ye shall not surely die." In other words, the serpent was saying, "You are still going to be secure." The devil still gives people a false sense of security today.

So many people are confused today, but it is not God's fault. They are confused because they have allowed sin to stay in their lives, and they know what they need to do. They are not going to hear from God until they do that which they know they should do, and that is repent. Gabriel said in Daniel 9:23, "At the beginning of thy supplications the commandment came forth, and I am come to shew thee; for thou art greatly beloved (God loves it when people turn from sin and turn back to Him for understanding and knowledge): therefore understand the matter, and consider the vision."

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



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LEGAL

NOTICE OF INVITATION TO BID ON CITY OWNED PROPERTY

CITY OF JACKSON

Notice is hereby given that sealed bids will be received by the City Clerk of the City of Jackson, Mississippi before 3:30 p.m. on Tuesday, November 18th, 2025, for the purchase of certain City-owned property: parcel 121-21, located on Houston Street in Jackson, Mississippi. Bidding for the property will start at \$250.00. The City will retain all mineral rights it owns, together with the right of ingress and egress to remove same from said property. For additional information or for a "bid form", contact Vic Sexton at (601) 960 1055 or e-mail vsexton@city.jackson.ms.us.

BID INSTRUCTIONS: All bids must be placed in a sealed envelope and delivered to the City Clerk of the City of Jackson, (located in City Hall at 219 S. President St. Jackson, Mississippi 39201), or submitted through Central Bidding <https://www.centralauctionhouse.com/main.php>. If submitted to the City Clerk, the outside of the envelope must be plainly marked to identify the parcel number being bid on, along with the bidder's name. Enclose one (1) original and one (1) copy of the bid. Bids will be opened on Tuesday, November 18th, 2025, at 3:30 p.m. in the Council Chambers at City Hall, 219 South President Street, Jackson, Mississippi.

Preferential preference will be granted to all equivalent high bidders that submitted an application to the Surplus Property Committee. If multiple equivalent high bidders submitted applications, a re-bid process utilizing the Best and Final Offer (BAFO) between those bidders will be granted to determine a winner. If multiple equivalent high bidders persist after BAFO, the re-bid process will be repeated, if necessary, until a sole high bidder is certified.

If multiple equivalent high bidders did not submit applications to the Surplus Property Committee, a re-bid process utilizing the Best and Final Offer (BAFO) between those bidders will be granted to determine a winner. If multiple equivalent high bidders persist after BAFO, the re-bid process will be repeated, if necessary, until a sole high bidder is certified.

If multiple equivalent high bidders consist of, one equivalent high bidder that submitted an application to the Surplus Property Committee and the other equivalent high bidder(s) that did not submit an application to the Surplus Property Committee, preferential preference will be granted to the bidder that submitted an application to the Surplus Property Committee.

City reserves the right to reject any and all bids

CITY OF JACKSON, MISSISSIPPI

10/23/2025, 10/30/2025 11/6/2025

LEGAL

RULE 81 SUMMONS BY PUBLICATION

IN THE CHANCERY COURT OF HINDS COUNTY, MISSISSIPPI

FIRST JUDICIAL DISTRICT

IN THE MATTER OF THE ESTATE OF

JESSE EARL CARR, DECEASED

CAUSE NO. P2024-574 M/4

SUMMONS

THE STATE OF MISSISSIPPI

TO: THE UNKNOWN HEIRS OF JESSE EARL CARR, DECEASED

You have been made a Defendant in the suit filed in this Court by Jessica Carr Petitioner, seeking the adjudication of heirs of Jesse Earl Carr, 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 20th day of October, 2025, in the Chancery Courtroom of Hinds County before Honorable Crystal Wise-Martin, Chancellor. 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 15th day of September, 2025.



EDDIE JEAN CARR
CHANCERY CLERK OF HINDS COUNTY,
MISSISSIPPI

BY: K. Howard

10/23/2025

LEGAL

RULE 81 SUMMONS BY PUBLICATION

IN THE CHANCERY COURT OF HINDS COUNTY, MISSISSIPPI

IN THE MATTER OF THE ESTATE OF

OTELIAN WOODSON-BASS, DECEASED

CAUSE NO. P2024-289M/4

PETITIONER: WALTERINE UNDERWOOD

SUMMONS

THE STATE OF MISSISSIPPI

TO: THE UNKNOWN HEIRS OF OTELIAN WOODSON-BASS WILLIAMS, DECEASED

You have been made a Defendant in the suit filed in this Court by Walterine Underwood Petitioner, seeking the adjudication of heirs of Otelian Woodson-Bass Williams, Deceased.

You are summoned to appear and defend against the complaint or petition filed against you in this action at 9:00 a.m. o'clock a.m., on the 12th day of November, 2025, in the Chancery Courtroom of Hinds County before Honorable Crystal Wise Martin, Chancellor. 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 7th day of October, 2025.



EDDIE JEAN CARR,
CHANCERY CLERK OF HINDS COUNTY,
MISSISSIPPI

[Signature]

10/9/2025, 10/16/2025, 10/23/2025

LEGAL

IN THE CHANCERY COURT HOLMES COUNTY, MISSISSIPPI

Pamela J. Gaines-Riley

PLAINTIFF

VS.

Albert Earl Riley

DEFENDANT

20-154

SUMMONS

(By PUBLICATION)

THE STATE OF MISSISSIPPI

TO: Albert Earl Riley

You have been made a Defendant by another seeking a divorce. Defendants other than you in this action is None.

You are required to mail or hand deliver a written response to the Complaint filed against you in this action to Pamela J. Gaines-Riley, whose address is 280 Mason Road Lexington Ms. 39095.

YOUR RESPONSE MUST BE MAILED OR DELIVERED NOT LATER THAN

THIRTY DAYS AFTER THE 2nd DAY OF Oct 2025 WHICH IS THE FIRST DAY

OF SERVING OF THIS SUMMONS. IF YOUR RESPONSE IS NOT SO MAILED OR DELIVERED, A

JUDGEMENT BY DEFAULT WILL BE ENTERED AGAINST YOU FOR THE MONEY OR OTHER RELIEF

DEMANDED IN THIS COMPLAINT.

You must also file original of your response with the Clerk of this Court within a reasonable time afterward.

Issued under my hand and seal of said Court, this 8 day of Oct 2025.

[Signature], Chancery Clerk



10/16/2025, 10/23/2025 11/6/2025

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Crossword Puzzle

1	2	3	4			5	6	7	8
9						10			
11						12			
13				14			15		
			16			17			
18	19	20							
21				22			23	24	25
26			27			28			
29						30			
31						32			

ACROSS

1. Net fabric

5. Button

9. Dog food brand

10. Flat roll

11. Den

12. Confess

13. Inviolate

15. First woman

16. Elects

18. Where Dante journeyed

21. Nothing

22. Land surrounded by water

26. Tiny particles

28. Brand of sandwich cookie

29. Ross ___, philanthropist

30. Orderly

31. Snare

32. Long fish

DOWN

1. African nation

2. Eagemess

3. Skewer

4. Roman poet

5. Child

6. Nominates

7. Fatty vegetable

8. Computer memory units

10. Band leaders instruments

14. Jesus

17. Chinese tea

18. Awkward

19. Meat curing ingredient

20. Regional vegetation

23. Location

24. Approach

25. Chewy candies

27. Wipe

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Sudoku

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

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Crossword Solution

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

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Sudoku Solution

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

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DOLLAR GENERAL

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Week of October 19, 2025



Sports being used as a diversion in today’s America

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



Touchdowns, aces, homeruns and goals are terms associated with sports. Each day of the week, we’ll hear one or more of these words used on television or radio. And of course, we attend these sporting events and see them in real time.

Jim McKay, the late legendary ABC sports journalist said, “The thrill of victory and the agony of defeat.” That expression will live on forever. If you recall, The Wide World of Sports was a popular show some years ago and that ex-

pression was a part of it.

Sports have a way of making us compartmentalize life. We forget what is happening around us. Our emotions run the gamut as we cheer for our favorite teams and players.

It is a billion-dollar industry, yet it is also a part of our psyche. We grow up with sports and the competition embedded in them. Winning and losing are a part of us.

Some will say that winning doesn’t matter. Well, it does matter if you are keeping the score. Somebody will win and somebody will lose. That is just the nature of it.

We are in the midst of three popular sports now which are baseball, football and hockey. It is a fun time, and it makes for

great conversations and bragging rights. The games people play make life a little easier, especially during these times.

It is a relief to talk about sports and not politics. After all, you won’t harbor bad feelings talking about sports. I am not sure about politics.

The political climate in this country is fraught with detours, and postponements. We are saddled with indecision, and some would say inequality.

The government shutdown is now more than three weeks old. Each side is stuck in their position and not budging. As a result, a part of our American way of life has been compromised.

Families are beginning to feel the effects of tighter bud-

gets. Money in households is not flowing as freely. We don’t say “keep the change” as much.

For example, daycare expenses once not a problem is now a problem. Parents are out of work because they have been fired or laid off.

If you are from another country, and attend college in America, you are nervous and afraid every day. You are unsure as to whether you will be picked up and deported. Having the correct visas seemingly doesn’t matter.

What is most troubling is that when you are taken, you are taken to undisclosed locations and justice is put off.

Recently, journalists who cover the Pentagon were asked to sign new rules and regula-

tions. If they don’t adhere to these rules, your press credentials will be revoked. Chief Pentagon spokesperson, Sean Parnell said, “The policy does not ask them to agree, just to acknowledge that they understand what our policy is. We stand by our policy because it’s what’s best for our troops and the national security of this country.”

Approximately 30 journalists have refused to sign the document. JJ Green, National Security Correspondent at Washington news station WTOP said, “I’ve never seen that place not buzzing like a beehive.” Green turned in his press credential last Wednesday. Television stations had to remove their equipment by Friday.

So, with news reporters leaving, we will probably see less interviews and less information about military activities. We will just have to wait and see.

The National Guard is gaining in popularity for all the wrong reasons. They have been sent to major cities like Washington DC and Memphis Tennessee. Why they are there depends upon who you ask. Some say it is because of crime and others say their cities are being targeted.

There are other cities that have been identified so we will see who is next. Here is a thought. Just turn on your television or listen online to sports. It will give you a momentary respite from today’s troubles.

Now that we are marching, we must pray and vote

By Dr. John Warren
Publisher, San Diego Voice & Viewpoint Newspaper



We all know the Bible story of Jousha marching around the walls of the city of Jericho and how the walls came down.

Here in America, we are marching against the Walls of Autocracy which President Trump is seeking to erect at every term. It is hard to believe that intelligent people who have taken oaths to uphold and defend the Constitution of the United States, can knowingly stand by and watch the destruction of America; That educated men and women, judges and administrators can watch one man destroy everything anyone else would be jailed for doing, with no reaction allowing their silence to give consent.

It is hard to believe that Mike Johnson, an educated and formerly respected lawyer and Speaker of the House of Representatives, could refuse to swear

in a duly elected member of Congress for over three weeks. Yet the precedent is there dating back to Adam Clayton Powell vs. McCormick which involved the expulsion of a member of Congress who was then reelected and returned to Congress with the U.S. Supreme Court siding with the People of New York and their right to chosen representation.

The People of Arizona have duly elected their chosen member of Congress and Mike Johnson, even as Speaker of the House, has no legal reason to refuse her swearing in, even though he is afraid of her first vote as a member of congress. She has promised to sign the Discharge Petition demanding the Epstein documents and with 218 signatures, the Speaker must bring the matter to the floor for a vote.

The walls of Trump and his Administration will come tumbling down, just as the walls of Jericho in the Bible, if we continue to pray and march. Again,

we must pray because the Bible says in 2nd Chronicles Chapter 7 verse 14: “If my people which are called by my name shall humble themselves, and pray, and seek my face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin, and will heal their land.” We are the same country with “In God We Trust” on our currency; we are the same country with the words “One Nation, Under God” in our Pledge of Allegiance. We must ensure that the 7 million people marching are both praying and registered to vote. We should be looking for candidates to replace every Republican member of Congress who has given consent to Trumps actions that violate the Constitution.

Support for the Democrats as they hold the line against health-care cuts by refusing to negotiate, they must continue. People of California must vote for Proposition 50 on the California November ballot. It’s your turn to vote

My Marriage is in serious trouble

By LaShunda Calvert, Ph.D.
Tips for a Good Marriage



I promise someone you know or someone who knows someone you know; marriage is in serious trouble which includes newlyweds and seasoned couples. There are so many couples struggling to stay married today; many are barely hanging on. Further, devastatingly, many spouses are living lives apart in their finances, life plans, living spaces like separate bedrooms and even different homes, etc. Additionally, the marriage license is the only thing that is still holding some married couples together. Unfortunately, and tragically, many married couples are anxiously waiting for the eventual decimation of their marriage.

Why are so many marriages in trouble? Some marriages are in trouble due to little or no communication, financial issues, spouse neglect, spouse abandonment, careers and jobs coming before the marriage, failure of a spouse helping with children and chores, infidelity, abuse, and so many more factors. If you sense or know that your marriage is in trouble – seek help immediately, especially if you both want to stay married.

Please seek help as early as you begin experiencing any issues, especially major issues in your marriage that may cause separation or divorce. The best example that I can utilize to help you understand my plea is as follows: Medical research reveals the importance of women getting annual mammograms in hopes of catching any early stages of Breast Cancer – the earlier the stages – greater your chances of surviving. Some marriages are in stage one of Cancer – don’t let it get to stage four and worse before you address it. When one fails to address the trouble in their marriage eventually as B.B. King sang, the thrill will be gone. Today, the thrill is gone for many spouses. Once the thrill is gone – it is almost impossible to get it back. For instance, even if you weren’t cooking for twenty-five years of your marriage and then you suddenly decide to start cooking now, I am sorry to tell you, but it’s going take more than a chicken dinner to help heal your troubled marriage especially if the trouble has been brewing for a while. You may want to grill a steak (s) or something in other words, if you are trying to save your marriage

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

- You can feel and sense it
- Rarely reflect on your marriage vows
- Expressing I love you is an afterthought and/or it is never expressed
- You are completely checked out of marriage
- Stay married only because of the children
- Your children’s endeavors substitute for what you are missing in your marriage

- Staying married only for the convenience and benefits
- Stop celebrating special occasions like anniversaries with each other
- Sad/hopeless/anxious/fearful
- Little to no communication
- Arguing more frequently
- No arguments
- Gaslighting becomes the norm
- Silence – no desire to talk to your spouse about anything and everything
- Lonely
- Little to no dating
- Avoid each other – you would rather work than be at home with your spouse
- Sleep in separate spaces/beds
- Plan without considering your spouse
- Don’t care about your spouse or marriage
- Fantasize life solo or with someone else
- Emotional and physical affairs begin
- Diminished sex life or no sex life
- Looking for divorce attorneys
- You are 100 percent miserable
- The thrill is gone
- Have no desire to reconcile – ready for your marriage to end
- Find yourself googling, is my marriage in trouble
- This article is speaking to what has become a numb heart

If you are experiencing any of the signs above, seek immediate help for your marriage before it is too late. Separation and/or divorce doesn’t have to be your final solution, but in some cases, divorce is necessary. I do not believe that God wants one to stay in an unsafe (can be unsafe due to abuse, STD’S, HIV, poverty if spouses are not willing to work and manage their finances properly, etc.) dead, toxic, miserable, and draining life from you marriage; especially if you are focusing more on the spouse than you are God. However, if you believe that your marriage is worth saving - find a professional Marriage Counselor, contact a local Marriage Ministry, and/or seek help from a seasoned Pastor/First Lady. Is your marriage in trouble? Do you love each other? Are you both willing to fight for your marriage? Can you really envision life without your spouse? Only you and your spouse know the answers to these questions. My friend recently expressed that anything God joins together is worth fighting for. Therefore, always remember what God joins together let no man put it asunder.

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 Contact # 601-596-2528

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