

The Night the Numbers changed: Election night victories

By Othor Cain
Contributing Writer

For the first time in more than a decade, Democrats in Mississippi’s Senate will hold enough seats to deny Republicans a two-thirds supermajority, a change that could alter how the state’s laws are written, debated, and passed. The shift came after a pair of Democratic victories in newly redrawn districts, ending 13 years of Republican dominance that gave the party unilateral control over veto overrides and constitutional amendments. The breakthrough began not with a campaign slogan, but with a federal court order. Earlier this year, a panel of judges ruled that Mississippi’s legislative maps diluted the voting power of Black citizens. The court ordered new districts drawn before the 2025 election, maps that, for the first time in



DuPree

years, made several Senate races genuinely competitive. One of those was District 45, anchored in Hattiesburg. There, former mayor Johnny DuPree, a longtime Democrat and past gubernatorial candidate, reclaimed the political spotlight. His campaign leaned heavily on local issues that resonated with voters like rural hospital closures, grocery prices, and infrastructure. Also, on a message of inclusion in a state where Democrats have long struggled to gain traction outside the Delta. “We weren’t just running to win,” DuPree said on election night. “We were running to be heard again.” Across the state, in District 2, Theresa Gillespie Isom, a first-time Senate candidate, flipped another seat, defeating an incumbent Republican. Her win—a narrow but decisive margin—marked a symbolic turn in North Mississippi politics, where the Democratic brand has faded over the past two decades. In Metro Jackson, voters showed up for two key races, one that will reshape local

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Isom

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The convocation ignites Black women’s creative power at Tougaloo College

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

For three days, the historic campus of Tougaloo College transformed into a sacred space of artistry, reflection and liberation as it hosted The Convocation: A Gathering of Black Women Artists October 31 - November 2, 2025. Curated by award-winning actress and activist Aunjanue Ellis-Taylor, the gathering drew creatives from across the country for a powerful lineup of film screenings, performances, author talks and workshops. The weekend celebrated the legacy and future of Black women as culture makers, not in the margins, but at the center. As part of the opening night ceremony, Ellis-Taylor was presented with the key to the City of Tougaloo, a gesture that acknowledged not only her artistic accomplishments, but also her commitment to centering Black women in culture and conversation. A return to where the spark was lit DAY 1 The program opened with reflections from Dr. Regina Turner-Barclay, a former Tougaloo professor who first introduced Ellis-Taylor to the arts. Her presence added a deep sense of homecoming to the weekend’s start. “Aunjanue was, is, and I believe—totally expect—will be a magnificent woman artist and activist into the decades to come,” said Turner-Barclay. Ellis-Taylor shared that it was Turner-Barclay who cast her in



Aunjanue Ellis-Taylor and director Angela Patton engages in a powerful conversation following the screening of *Daughters* at The Convocation, exploring themes of healing, fatherhood and Black girlhood through film.

her first plays and inspired her to dream bigger. She recalled how “a convoy of raggedy cars” once took students from Tougaloo to New York to help them “see the possibilities within ourselves.” The night continued with a tribute to Assata Shakur and the Short Film Series: “Adaptations,” which featured: Fannie — directed by Christine Swanson New York Day Women — directed by Freddy Noel Fresh Water — directed by Dream Hampton Daughters — directed by Angela Patton Daughters was followed by an emotional ‘Talk Back’ between Ellis-Taylor and director Angela Patton, exploring the role of



Dr. Regina Turner-Barclay was honored by Aunjanue Ellis-Taylor for her leadership and contributions to Tougaloo College, recognizing her role in shaping the institution's legacy of arts, education and empowerment. PHOTOS CREDIT: DR. JAY

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42 million Americans will lose food assistance in November amid ‘Government Shutdown’

In partnership with American Community Media - National Briefing Series

By Christopher Young
Contributing Writer

42 million Americans stood to lose their access to the Supplemental Nutrition Assistance Program — SNAP — Nov. 1 (a judge ruled President Trump must enact usage of contingency funds), amid the ongoing federal government shutdown. SNAP aid is distributed to low-income people around the country in the form of food stamps. In California, the SNAP program is known as CalFresh. More than 5.5 million people, including one out of 8 children in the state, rely on CalFresh. California, as well as 30 other states, have said they cannot backfill the federal government’s cuts. 25 states, including California, are suing the federal government for the abrupt shut-off of SNAP benefits. Longer term, the “One Big Beautiful Bill” passed by Congress earlier this year, would reduce the SNAP budget by \$287 billion over the next decade. New work requirements have also been imposed, determining eligibility. Sunita Sohrabji, Co-Producer of American Community Media’s National Briefing Series, moderated the discussion with four panelists and over 75 media outlets from around the globe. Jamie Bussel, Senior Program Officer at the Robert Wood Johnson Foundation, shared that “The Robert Wood Johnson Foundation is a national health philanthropy based in Princeton, New Jersey, focused on a future where health is no longer the privilege for the few, but the right of all. And we know we cannot realize health and well-being for all if we have people going hungry in America. And although hunger is not a new challenge for us in this country, what is new is that beginning in November, the federal government was scheduled to cut off funding for one of the most critical food and nutrition programs we have in this nation called the Supplemental Nutrition Assistance Program, often referred to as SNAP. Additionally, it is noteworthy to mention that there is also much uncertainty about yet another critically important public health and nutrition program called Women, Infants, and Children, otherwise known as the WIC program.



Jamie Bussel, PHOTO COURTESY OF HEALTHY PLACES BY DESIGN



Joseph Llobrera, PHOTO COURTESY OF WWW.CCPB.ORG.



Gina Plata-Nino, PHOTO COURTESY OF WWW.FRAC.ORG.



Eric Valladares, PHOTO COURTESY OF WWW.KQED.ORG

To provide a little bit of background, the federally funded benefits are used to purchase food. SNAP is our nation’s largest Anti-Hunger program dating back to the Great Depression, and it has never been disrupted in this way. Our families, children, seniors, and veterans are caught in this political gridlock. If funding for SNAP and WIC stop, we’re all going to feel it. Families will

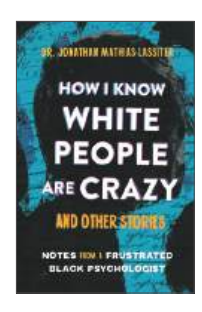
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How I Know White People Are Crazy



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The Piney Woods School celebrates 116 years of legacy, learning, and leadership

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

The Piney Woods School celebrated its 116th Founder's Day Weekend with a powerful tribute to faith, education, and endurance, honoring its storied past while inspiring a new generation of leaders to carry the torch forward.

Founded in 1909 by Dr. Laurence Clifton Jones, The Piney Woods School began as a one-room log cabin dedicated to providing education and opportunity to African American youth in rural Mississippi. More than a century later, the school continues to stand as a national symbol of perseverance, academic excellence, and community leadership.

The celebration held November 1–2, 2025, on the school's scenic campus, featured the Founder's Day and Recognition Program on Saturday evening and a Rededication and Alumni Brunch on Sunday morning in the Sadie Caldwell Dining Hall.

Saturday's keynote speaker was Dr. Julius W. Garvey, M.D., O.J., a world-renowned thoracic and vascular surgeon and the son of the great Dr. Marcus Garvey, the legendary Pan-African leader who championed Black pride and global empowerment. Speaking passionately about the ongoing struggles and resilience of Black



Lee A. Unger received the Service Award from President Willie Levi Crossley Jr., J.D., in recognition of his 28 years of dedicated leadership and mentorship.

Americans, Garvey invoked the words of historian Carter G. Woodson, declaring, "If you control a man's thinking, you don't have to tell him to go to the back door. He will go without being told, and if there is no door, his very nature will demand one."

Garvey urged attendees to continue the fight for liberation through education, self-determination, and unity. "Our liberation begins in the classroom and in the mind," he said, connecting his father's legacy to that of Jones's enduring vision at Piney Woods.

Two individuals were honored during the weekend for their exemplary service and lifelong dedication to education and social justice.

Lee A. Unger, former vice president for fiscal affairs and interim administrator, was recognized with the Service Award for 28 years of leadership, integ-

rity, and mentorship. Reflecting on his time at the school, Unger said, "My twenty-eight years at The Piney Woods School were the most fulfilling of my life. The lifelong friendships I forged there remain a vital part of my world. I take great joy in having mentored so many talented students and employees, watching them grow into successful and productive individuals. I am also proud that during my tenure, we consistently balanced budgets and upheld the highest standards of fiscal integrity. I am deeply grateful to President Crossley for the honor of being recognized at the 116th Founder's Weekend celebration."

Oleta Garrett Fitzgerald, director of the Children's Defense Fund's Southern Regional Office, was also honored for her tireless advocacy in education, health care access, and equity for families across the South. She reflect-



Lee A. Unger celebrates with his family after receiving the Service Award for 28 years of distinguished service.

ed warmly on her personal connection to Piney Woods, saying, "When I came to Piney Woods, I came with three siblings. My parents were sending me to visit the school. By the time we got back home, they had three other children to bring. I also sent all my children here. Mr. Unger helped me and used to hate to see me coming to his office," she laughed.

Fitzgerald also commented on the seriousness of the times, noting how many families are struggling to afford medicine, health care, and food. "That's why schools like Piney Woods matter more than ever," she said.

The Sunday Rededication and Alumni Brunch offered a warm continuation of the celebration, featuring reflections from alumni, remarks from President Willie Levi Crossley Jr., J.D., and a moving short film created by a former student that highlighted



President Willie Levi Crossley Jr., J.D., presents Oleta Garrett Fitzgerald with an award honoring her lifelong commitment to education, justice, and equity.

the enduring spirit of Piney Woods.

Crossley, class of 1990, paid tribute to Unger's lasting influence, saying, "I recently served on the Board of the Community Foundation for Mississippi because Lee Unger recommended me. There are people behind us who are doing good work for us, and we ought to take the time to say thank you."

Throughout the weekend, students played a leading role in greeting guests, assisting with events, and showcasing the very qualities Piney Woods was founded to instill. The celebrated Cotton Blossom Singers delivered a breathtaking performance that captivated the audience, reminding all present of the school's rich cultural and spiritual legacy.



President Willie Levi Crossley Jr., J.D., presents Dr. Julius W. Garvey, M.D., O.J., with a commemorative plaque in appreciation of his inspiring keynote address.

As the 116th Founder's Day celebration drew to a close, there was a shared sense of pride and renewal. The weekend was not merely a commemoration of history, but a living affirmation that the mission of Dr. Laurence Clifton Jones — to educate the head, the heart, and the hands — continues to thrive at The Piney Woods School.

As one of the only historically Black boarding schools remaining in the United States, The Piney Woods School continues to depend on community support to sustain its mission of excellence.

To shop at the Piney Woods Store, visit www.shop.Piney-Woods.org. To learn more about The Piney Woods School or to make a donation, visit www.PineyWoods.org.

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It's good to be blue.



MISSISSIPPI



College Hill celebrates praying women

By Daphne Monix Higgins
Contributing Writer

PHOTOS BY JAY JOHNSON

“When women pray, things happen”, is an adage shared for years by many, but the ladies of College Hill M. B. Church want to make sure that these words are not taken for granted. Under the umbrella of the theme, “Still Praying: Godly Women Praying for Peace, Perseverance and Prosperity”, the ladies of College Hill made the 75th Women’s Day Program focus on a message to the masses, ‘the power of prayer should never be underestimated.’

The culmination of the celebration was held Sunday, November 2, 2025. The day’s services began with all classes in a combined Sunday School session. The review was done by Noel Bogan, one of the teachers for the adult classes. The lesson title, “Well...That’s a Deep Subject” was in line with the program’s theme noting that prayer in action is power granted by God.

During the next phase of worship, the sanctuary filled with congregants who witnessed a day of praise and worship. As program participants shared their talents at the podium(s), the Women’s Day Choir raised their voices in song, glorifying God.

The Women’s Day speaker was Carla Kirkland, founder and CEO of The Kirkland Group, a premier firm revolutionizing professional development for school districts across the nation. Kirkland addressed the congregation after the choir sang, “I know Something About God’s Grace”.

She exclaimed, “I stand before you to tell you that I know something about God’s Grace”. Using as her scriptural reference, Job 22:21: “Submit to God and be at peace with him; in this way prosperity will come to you” (NIV). She summarized this passage of the bible by noting Job’s friend, Eliphaz, offering counsel to Job to get back into God’s good grace. However, Eliphaz was mistaken with this advice to Job, who continued to trust in God regardless of his hardships.

Kirkland told her audience, “You can’t get to God without being obedient to the first part of the verse. I am here to remind you that even when life changes, our call to prayer remains the same. We don’t like the word “submit”, but this is something we all must learn.” The speaker surmised the theme by declaring that “submission to God brings peace, perseverance, and prosperity which can come in many ways. She added, “Sisters, if we keep praying for peace and perseverance goodness will follow. There’s something about a woman who refuses to quit praying. The same God who heard Hannah, Esther, and Mary, hears us today. When we pray, blessings flow.” She ended her presentation by thanking each of the ladies present and adding, “May your prayers continue to shape generations to come.”

The day before the worship service, Saturday, November 1, 2025, the ladies of College Hill gathered, adorned in fascinators and gloves for the “Tea at the Hill” program. Following games, a liturgical dance, and a meal and mingle moment, those present heard the words of the event’s speaker, Mona Arnold-McBride, who commented that women can face so many difficulties while looking good on the outside but suffer in turmoil on the inside. She said, “It takes all of us to build each other up. We need to be loyal and committed to each other but we should be more committed to the Lord. The favor of God happens when you’re committed to God. With His favor, you can break gener-



ational curses. Favor produces promise and preferential treatment. Through favor, the battle is won.”

Preceding the weekend of celebration, the official Women’s Day observance began Saturday, October 18, 2025, with a Friends and Family Golf

Tournament held at the Pete Brown Golf Course. Per the organizers of the event, teams from various churches and organizations hit the golf course in tremendous numbers making that day for the 75-year-old Women’s Day celebration an unforgettable first of its kind.

2 Mississippi sheriffs and 12 officers charged in drug trafficking bribery scheme

By Sophie Bates
Associated Press

Last week, federal authorities announced indictments against 20 people, including 14 current or former Mississippi Delta law enforcement officers, that allege the officers took bribes to provide safe passage to people they believed were drug traffickers.

The yearslong investigation swept across multiple counties in the Mississippi Delta region of Mississippi and Tennessee. Two Mississippi sheriffs, Washington County Sheriff Milton Gaston and Humphreys County Sheriff Bruce Williams, were among those arrested.

Some bribes were as large as \$20,000 and \$37,000, authorities said at a news conference.

“It’s just a monumental betrayal of public trust,” U.S. Attorney Clay Joyner said.

The indictments say law enforcement officers provided



armed escort services on multiple occasions to an FBI agent posing as a member of a Mexican drug cartel. The indictments allege the officers understood they were helping to transport 25 kilograms (55 pounds) of cocaine through Mississippi Delta counties and into Memphis. Some of the officers also provided escort services to protect the transport

tation of drug proceeds.

Gaston and Williams are alleged to have received bribes in exchange for giving the operations their “blessing,” one indictment said. It also alleged that Gaston attempted to disguise the payments as campaign contributions but did not report them as required by law.

Federal officials said the inves-

tigation began when people who had been arrested complained about having to pay bribes to various individuals.

“Law enforcement is only effective when the community they protect can trust the law enforcement officers are honestly serving the community’s interests,” said Robert Eikhoff, special agent in charge of the FBI’s Jackson Field Office. “This type of corruption strikes at the heart of the community.”

Nineteen of the 20 people indicted are also charged with violating federal gun laws.

In addition to the two sheriffs, those charged include: Brandon Addison, Javery Howard, Truron Grayson, Sean Williams, Dexture Franklin, Wendell Johnson, Marcus Nolan, Aasahn Roach, Jeremy Sallis, Torio Chaz Wiseman, Pierre Lakes, Derrik Wallace, Marquivious Bankhead, Chaka Gaines, Martavis Moore,

Jamario Sanford, Marvin Flowers and Dequarian Smith.

Court records show that the federal defender’s office represents 16 of the 20 people charged, including the two sheriffs. The federal defender’s office said it does not comment on pending matters. Attempts to reach the other four at phone numbers listed for them were unsuccessful.

Mississippi Gov. Tate Reeves said in a statement that he was disappointed to learn of the allegations.

“The law must apply equally to everyone regardless of the title or position they hold,” he wrote. “Know that if you betray the people’s trust in Mississippi, you will face consequences.”

Multiple Mississippi law enforcement agencies and sheriffs have faced federal scrutiny in recent years.

In 2024, the former Hinds County Sheriff Marshand Crisler

was convicted of accepting \$9,500 in bribes and knowingly providing ammunition to a convicted felon. The same year, former Noxubee County Sheriff Terry Grassaree pleaded guilty to making false statements to the FBI while being questioned about requesting and receiving nude photos from a female inmate.

William Brewer, a former Tallahatchie County sheriff, was sentenced to six years in prison in 2019 for extorting bribes from a drug dealer.

In 2023, six law enforcement officers pleaded guilty to state and federal charges for torturing two Black men, a case that sparked a Department of Justice investigation into the Rankin County Sheriff’s Office. A similar DOJ probe concluded last year that officers of the Lexington Police Department discriminated against Black people.

Tree hanging death at Delta State University raises dread of Mississippi’s past lynchings

By Lici Beveridge
The Marshall Project

This article was published in partnership with The Marshall Project, Jackson, a nonprofit news team covering Mississippi’s criminal justice systems

“Southern trees bear strange fruit

Blood on the leaves and blood at the root

Black bodies swinging in the southern breeze

Strange fruit hanging from the poplar trees”

— from “Strange Fruit,” recorded in 1939 by jazz singer Billie Holiday

In the heart of the Mississippi farmland, where cotton plantations once drove the slave economy, the recent news of a Black student found hanged from a tree on the campus of Delta State University evoked stark images of the state’s post-Civil War history of public lynchings.

The Sept. 15 death of 21-year-old Demartravion “Trey” Reed has been ruled a suicide by local officials. But Reed’s mother, Sophia, and family members dispute that finding. They, along with social activists, claimed at a rally on campus on Oct. 18 that Reed’s body showed signs of physical injuries they say could not have been self-inflicted.

The results of a second, independent autopsy requested by the family and paid for by an outside foundation have not been publicly released.

“Trey Reed was lynched right here just over a month ago,” Krystal Muhammad, national chair of the New Black Panther Party, said at the rally. The NBPP is not connected with the Black Panther Party of the 1960s. “We’re here for justice for Trey Reed.”

Since 2000, at least eight Black men have been found hanging from trees in Mississippi, according to a review of past news stories. All of the deaths were ruled suicides.

Mississippi and the South’s deadly racism inspired the protest lyrics of Strange Fruit, which described a time when lynching — or the hanging of Black men, women and even children — was common in the South. During the post-slavery era known as “Jim Crow,” Black people were reminded constantly that they were “less than.” Less than White. Less than human. Reed’s death has become a



A memorial for student Demartravion “Trey” Reed at the Delta State University campus in September.

stark reminder of those times — and a fear that those times never truly disappeared.

Reed died the same week right-wing activist Charlie Kirk was assassinated while speaking at Utah Valley University, leading to a heightened focus on racial tensions across campuses and the nation. On the same day as Reed’s death, a 35-year-old White man was found hanging from a tree about 100 miles south of the Delta State campus. His death was ruled a suicide and there have been no calls for additional investigations. There is no known connection between the two hangings other than that both happened on the same day.

For Black Mississippians, a tree hanging can trigger the stories of racial horrors passed down through generations. The shared history continues to shape how people of color perceive themselves and their safety. The violence of the post-Reconstruction era and the struggle for civil rights have led to skepticism of local institutions and authorities, chronicled over the decades by Mississippian and Black journalist Ida B. Wells, the NAACP and other organizations.

There were at least 581 lynchings in Mississippi from 1882 through 1968, the most of any state, according to the NAACP. A lynching is a public killing done outside the justice system, usually by a mob that was often aided or ignored by authorities. Nearly all the victims were Black. Tree hangings were frequently used to send a message of terror to the Black community.

“We know a lot more about triggering now, much more than when we used to,” said Michael Forster, emeritus professor of

social work at the University of Southern Mississippi in Hattiesburg. “Even seemingly minor events can trigger someone who has either directly or indirectly experienced trauma.”

Intergenerational trauma Willena Scott-White is a Black woman who grew up in the Mississippi Delta. Her father, Ed Scott, was a well-respected catfish farmer who opened the state’s first Black-owned catfish processing plant in Mississippi because White processors refused to do business with him because of his race.

Reed’s death at Delta State in Cleveland, in the heart of the Mississippi River’s floodplain, brought back memories to the 77-year-old Scott-White and others like her who grew up Black in the South.

Forster, the professor, has more than 40 years of experience in social work and education. He has worked with Chicago’s inner-city youth, many of whom witnessed violence and death.

While Forster isn’t familiar with the details of Reed’s death, he spoke of the powerful impact it might have on Mississippi’s Black community.

He said such trauma can be “intergenerational.”

“So, it’s not necessarily that one has even personally experienced that trauma; it’s like a legacy that’s passed down — it’s virtually tangible within the culture,” Forster said.

In her book, “Post Traumatic Slave Syndrome: America’s Legacy of Enduring Injury & Healing,” Joy DeGruy wrote that the legacy of multigenerational trauma is often passed to new generations. Parents passing stories and behaviors onto their

children are the key- ways the trauma remains fresh, said DeGruy, who holds a doctorate in social work and is a past assistant professor at Portland State University School of Social Work. She now heads the non-profit Be The Healing.

For 28-year-old Evin Smith who grew up in Hattiesburg, in Mississippi’s Pine Belt, it’s hard to believe a young Black man would choose death by hanging. Smith said that although he loves his state, he is aware of its history — past and recent — of violent racism.

“If I’m being honest, I know no Black person that’s gonna go and hang themselves,” he said.

That’s why, to Scott-White, the hanging of a Black man, even if ruled a suicide, tells a different story from the Black perspective.

“That he was found hanging in a tree on the university campus, how does that happen?” she asked. “I mean, how does a young man get that desperate and you know, hurt, to want to do something like that?”

Her sister, 79-year-old Rose Pegues, said that learning that a young Black man’s hanging death was ruled a suicide was difficult to accept when put in the light of the South’s Jim Crow history.

Her feelings draw on generations of families torn from their homes and loved ones, forced into slavery and bred like animals. This message was clear across the decades: “You degraded me. I was no longer human, and that’s what you told me.”

In light of that history, “We don’t hang ourselves,” Pegues said. “We may shoot ourselves. We may take too many pills, but we are not going to hang our-

selves. If this was part of our lives when we were slaves.”

The Centers for Disease Control and Prevention lists suffocation, including hanging, as the second leading cause of self-harm for Black people. Death by a firearm is the leading method of suicide for Black and White people, the CDC reported in 2020.

Second autopsy pending

Scott-White also believes that using a tree is one of the last ways a young Black man would end his life.

She has lost family members to suicide, “but I’m questionable about the hanging part, number one, and the other thing that troubles me is the ‘thorough investigation’” after three days, she said. “It isn’t thorough because you’ve got too many people you need to interview.”

There was apparent confusion shortly after Reed’s body was discovered. Reed’s grandparents said that they were initially told by Sheriff’s Department officers that Reed had been found deceased in his dorm, but the officers disputed that to the Mississippi Free Press that the dorm was ever mentioned. Then rumors spread on social media that Reed had broken limbs and had been lynched. Two county coroners told the Free Press that they saw no broken limbs or injuries that would point to an assault. And the school’s police chief, Mike Peeler, said at a press conference that there was no evidence of foul play. He said there was a video of Reed but did not specify if it was campus surveillance footage or if it showed Reed’s last moments. He said the video was turned over to the Cleve-



Willena Scott-White, third from left, with her extended family in Mound Bayou, Mississippi.

land Police, which is leading the investigation. The department declined to answer questions from the Free Press about the video.

The Reed family’s lawyer said the media knew about Reed’s death before the family.

“The family does not know exactly what happened on September the 15th of 2025,” family lawyer Vanessa J. Jones said at a press conference the next day. By Oct. 6, new rumors suggesting Reed was murdered started spreading on TikTok and other platforms.

Scott-White said with the rumors and inconsistent information, “That’s the part that’s troubling me. Is he getting justice? Is his family getting justice?”

Former NFL quarterback Colin Kaepernick’s Know Your Rights Camp is funding a second, private autopsy for the Reed family. The family’s attorneys did not return calls seeking comment on the second autopsy results.

Scott-White said she hopes the Reed family gets the closure they need.

Kathleen Seeberg, executive director of the Mississippi chapter of the National Alliance for Mental Health, said help is available for anyone in crisis or who needs to talk to someone about any issue. NAMI has resources for all, but the Suicide and Crisis Lifeline offers quick access to a support person 24 hours a day, seven days a week.

If you or someone you know is experiencing a crisis or considering suicide, help is available at the Suicide and Crisis Lifeline by calling or texting 988. For more information, visit <https://988lifeline.org/>.

MacKenzie Scott: A Philanthropy of the spirit in an age of abandonment

By Stacy M. Brown
Black Press USA Senior National Correspondent

There are moments in history when a single act of generosity reveals the moral decay of an entire nation. MacKenzie Scott’s \$38 million gift to Alabama State University, the largest in its 158-year history, is such a moment. It is not merely a financial transaction, nor the casual benevolence of the wealthy. It is a moral indictment against a society that has grown indifferent to the suffering of its Black citizens, against a government that starves their schools, and against a class of newly rich who have forgotten the communal obligations of success.

Dr. Quinton T. Ross Jr., the university’s president, called it a defining moment for Alabama State, and indeed it is. His words ring with the gratitude of those who have built excellence in the face of deprivation. “Ms. Scott’s generosity affirms Alabama State University’s reputation as a catalyst for excellence and in-



Scott

novation in higher education,” he said. But her act is more than affirmation. It is a resurrection, and a call to remember that Black institutions remain the crucibles of America’s moral and intellectual power. In recent weeks, Scott has dispersed her fortune with quiet conviction. Seventy million to the United Negro College Fund to strengthen endowments across thirty-seven member schools; sixty-three million to Morgan State University, her second gift to that campus in less than

five years; and one hundred and one million combined to Morgan State and the University of Maryland Eastern Shore in a span of days. Additionally, Scott awarded Alcorn State University, in Lorman, Mississippi \$42 million dollars in unrestricted funds. This is the single largest donation in the history of this land grant institution. This contribution reflects Scott’s second major investment in Alcorn, following a \$25 million gift in 2020, bringing her total support for the institution to \$67M.

Her giving, unshackled by stipulations or vanity, stands in luminous contrast to an era defined by greed and indifference. The plutocracy that dominates modern life often extracts from the many to enrich the few. Scott reverses that equation. She does not donate to dominate. She gives it to repair. Her wealth, born of corporate conquest, has become the instrument of restoration. It stands as a redemption, perhaps, of what that very system has broken. One cannot

ignore the symbolism of her actions. At a time when the federal government withholds support from historically Black institutions, when affirmative action has been dismantled, and when diversity programs are vilified, a white woman from the highest ranks of privilege has become the single most consistent benefactor of Black education in the nation. It is as though she has seen, from her rarefied vantage point, what America refuses to see: that the progress of its Black citizens is not a charity, but the measure of its own civilization.

Yet even as she gives, others remain silent. The silence of Black wealth resounds across the land. It is a silence that mocks the very principles of uplift once preached from our pulpits and classrooms. Attorney Benjamin Crump’s call to the wealthy—“If you’ve been blessed, you got to pass the blessing on”—echoes unanswered. The great sons and daughters of our race who have ascended to fortune,

those who built empires on the faith of our people, turn their eyes away from the institutions that birthed them. They forget the hands that lifted them from obscurity. They forget that their wealth is not solely their own, but part of the moral economy of a people who have suffered together and triumphed together. The Black Press, like the HBCUs, stands as an unbroken monument to endurance. It has spoken truth through lynchings, wars, and betrayals. Yet it now faces extinction not from white suppression alone, but from the neglect of its own. “If the Black Press falls,” Crump warned, “so does the record of our struggle, our triumph, and our faith.”

Scott’s philanthropy, then, is not simply about money. It is about memory. The moral memory of a nation that has forgotten the debt it owes to those it once enslaved and now ignores. In her giving, she restores something elemental, the belief that one’s prosperity is meaningless if it does not lift others. W.E.B.

Du Bois wrote of the “double consciousness” that afflicts the Negro in America, the struggle to see oneself through the eyes of a world that despises you. Today, the irony is reversed. America must learn to see itself through the eyes of those it has wronged. MacKenzie Scott, for all her privilege, seems to have glimpsed that truth. She gives the impression that she has looked into the soul of the republic and found it wanting.

Her actions do not absolve the sins of this nation. They reveal them. And in revealing them, they offer a path, not of atonement, but of accountability. For every dollar she gives to rebuild a school, there are a thousand more that others with power might give but will not. One woman has chosen conscience over complacency. The question that remains is whether the rest of America—Black and white alike—will choose to follow her example or remain comfortable in the quiet decay of its own moral poverty.

The end of federal food aid could hit Black Americans hardest

By Terry Tang, Jaylen Green and Graham Lee Brewer
Associated Press

In one of the wealthiest neighborhoods in the nation, a line stretched along the side of the Holy Apostles Soup Kitchen and Pantry.

Willy Hilaire is homeless, unemployed and 63. He lives in a New York shelter with his two grandchildren and often goes hungry so that they can eat the food he gets from the Supplemental Nutrition Assistance Program, or SNAP.

On many days, Hilaire’s only food is a hot meal he gets from Holy Apostles in Manhattan’s Chelsea neighborhood. With SNAP at risk, he worries there won’t be enough for him and the children, forcing more sacrifice.

“I always tell them, ‘Grandpa is there for you,’” he said. “‘Whatever I have, I’ll give it to you.’”

Two federal judges ruled nearly simultaneously on Friday that President Donald Trump’s administration must continue to fund SNAP, the nation’s biggest food aid program, using contingency funds during the government shutdown. But officials said it was too late to stop recipients from losing benefits on Saturday and that restoring them could likely take at least one week.

Reliance on food aid hits Black people harder

One in eight Americans use SNAP but its halt will disproportionately hurt Black Americans like Hilaire. Black people are 12.6% of the population but more than a quarter of SNAP recipients, the largest overrepresentation of any ethnic or racial group. Other racial groups get SNAP at rates lower than their overall share of the population.

Historians and advocates say that’s an example of what’s known as systemic racism. There may be no formally racist policy at play but America’s long history of racism — from slavery to unfair zoning rules — has left Black communities with a series of structural disadvantages, and far less wealth accumulated over generations.

Non-Hispanic white people are 58.1% of the population but just 35.4% of SNAP recipients, the latest data show.



AP FILE

Hispanic people and Asian people are underrepresented in the SNAP statistics. And Native Americans get SNAP at basically the same rate that their group is in the general population.

Asian Americans living in poverty face constraints like lack of English fluency and neighborhood gentrification. In New York City, 253,000 of the 1.5 million Asian residents use SNAP, according to the nonprofit Asian American Federation. Over 91% of them work. But, with limited English proficiency, many are limited in their job opportunities, said CEO Catherine Chen. Families who have lived comfortably in cultural enclaves like Chinatown for one or two generations are getting priced out.

Working, on food aid

A majority of adult SNAP recipients who can work, do. Some still qualify for SNAP — typically \$187 a month — despite holding down one or more jobs, according to nonprofit advocates. They’re often low-wage jobs without benefits like paid sick days.

A report by the National Urban League last year found that the racial income gap has been virtually unchanged for more than 20 years, with Black Americans making 64% of the income of white people, on average.

“There’s so much discrimination in the work force, so much discrimination in America today, that Black people who were enslaved and segregated for 350 years are still fighting for economic parity,” said Marc Morial, president of the civil rights group. “While we have a growing number of African American, middle-class Americans, we still have a disproportionate number of poor (Black) Americans.”

At the current pace, it would take anywhere from one to three centuries for most Black Ameri-

cans to achieve parity with their white peers, depending on where they live, according to the McKinsey Institute for Black Economic Mobility.

Worsening statistics

This year Black unemployment rose from 6.2% to 7.5%, the highest level since October 2021. Black homeownership fell to the lowest level in four years, according to an analysis by the real estate brokerage Redfin. The Census Bureau found the median Black household income fell 3.3% last year to \$56,020. That’s around \$36,000 less than what a white household earns.

The looming absence of grocery dollars would almost certainly make it harder for families to afford rent, gas and other expenses. Even if SNAP benefits are restored before November ends, nonprofit leaders say low-income residents could face financial setbacks into next year.

Tribal nations navigate a web of bureaucracy for food aid

For tribal nations, food and nutrition assistance programs are part of the U.S. government’s trust and treaty responsibilities — the government’s legal and moral obligations to fund tribes’ health and well-being. The U.S. promised to uphold those rights in exchange for the land and resources it took from Indigenous peoples.

However, those rights continue to be chronically underfunded and uniquely vulnerable to government shutdowns, according to a report released last week by the Brookings Institution. The study found that in 2024, more than two-thirds of trust and treaty responsibilities were funded through discretionary spending, meaning they are not guaranteed during a shutdown. It also noted that one of the largest sources of mandatory spending owed to tribes comes in the form of SNAP benefits.

Halfway to Chains: What’s already been enforced under Project 2025

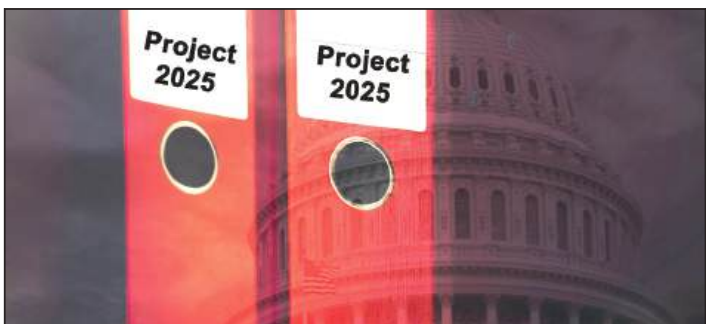
By Stacy M. Brown
NNPA Newswire Contributor

They said it would never happen here. Yet here we are. Forty-eight percent of Project 2025, the Heritage Foundation’s fascist playbook for dismantling American democracy, has already been put into motion. Nearly half of this regime’s roadmap to erase civil rights, gut public programs, and reimpose racial hierarchy has been realized, with Black America once again standing at the edge of the abyss.

Project 2025 was never just a “policy plan.” It was a declaration of war on pluralism itself. A promise by Donald Trump, Russell Vought, and Stephen Miller to chain the machinery of government to white nationalism, Christian dominance, and patriarchal control. The American Civil Liberties Union warned that it would replace the rule of law with right-wing ideals, reviving 19th-century bans on abortion, dismantling civil rights enforcement, and weaponizing federal agencies against immigrants and protesters.

Now, the chains are tightening. The Center for Progressive Reform reports that 251 of the 532 Project 2025 actions have been executed. Entire agencies that were once meant to serve and protect, have been hollowed out, their missions inverted. Within the Department of Justice, Trump’s appointees have revived the death penalty, reinstated the racist China Initiative, and authorized aggressive prosecutions of local officials who refuse to enforce his version of “law and order.” Civil rights enforcement has been stripped bare; instead of protecting citizens from discrimination, the DOJ now protects power from dissent.

At the Department of Education, Title IX protections for women and LGBTQ students have been rolled back, and the Office for Civil Rights dismantled. Public education is being replaced with privatized indoctrination, pushing “parental rights” that serve as a Trojan horse for white Christian control. Even special education programs have been gutted, leaving millions of disabled children abandoned in the name of “efficiency.” The



Department of Health and Human Services, which was once a guardian of public welfare, has been turned into a moral police force. Abortion access is being criminalized, Planned Parenthood defunded, and data on gender identity erased from health surveys. The new public health priorities are “fertility awareness” and “family discipline,” language straight from the Heritage Foundation’s patriarchal gospel. In housing, Trump’s HUD has repealed fair housing protections and reintroduced policies that penalize single mothers while rewarding “marriage stability.” The echoes of Jim Crow are unmistakable. Homes and neighborhoods once opened through decades of civil rights struggle are being closed again under the pretext of “local control.”

Project 2025’s architects have already unleashed the machinery of cruelty on immigrants and communities of color. Thousands have been rounded up under ICE raids that blur the line between citizen and foreigner. It’s a calculated terror tactic meant to normalize the surveillance and detention of Black and brown bodies. Families have been separated again. Birthright citizenship is under attack. ICE, that iron emblem of modern slavery, now casts a shadow over the same soil where slave patrols once hunted the enslaved. This is not accidental. It is the vision of Russell Vought, who co-authored the 900-page “Mandate for Leadership,” the Project 2025 manifesto. As Trump’s budget director and now his ideological enforcer, Vought believes in purging the federal government of “unfaithful” employees, which means anyone who resists his religious and racial orthodoxy. Stephen Miller, the same architect of family separation and Muslim bans, is back to oversee deportations, surveillance, and

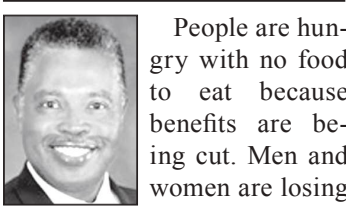
the silencing of dissent. Their fingerprints are everywhere, from the federal hiring purges to the empowerment of police forces granted immunity from prosecution. Nearly half of the Project 2025 vision has already been achieved, and it is remaking America into a parody of its democratic promise. The Environmental Protection Agency has reversed greenhouse gas regulations, the Department of Agriculture has reinstated draconian work requirements for food aid, and the White House itself now dictates loyalty tests for every federal employee. This is not governance, it is occupation.

The Center for Progressive Reform notes that Trump’s government shutdown in October 2025 was not a failure of management but a strategy. A deliberate effort to dismantle public programs while blaming “big government” for their collapse. He used the shutdown, as the report states, “as an excuse to advance his goals of slashing programs that benefit millions of Americans.” In this America, cruelty has become the operating principle. The poor are starved to feed the rich, the immigrant is caged to comfort the fearful, and truth itself is outlawed. He once warned that if we do not confront the truth of who we are, we will be consumed by it. Project 2025 is the truth of America unmasked. A nation willing to trade freedom for dominance, justice for vengeance, and compassion for control. Nearly half of the chains have already been forged. They rattle in our schools, our hospitals, our courts, our homes. And while they may not yet bind every wrist, they are ready. The architects of Project 2025 have made their intention plain. To enslave the will of a free people through law, bureaucracy, and fear.

We are halfway to chains.

Being Self-Absorbed and Self-Centered will bring you short-term success but long-term failure

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



People are hungry with no food to eat because benefits are being cut. Men and women are losing their jobs because of budget realignments. Folks are experiencing higher prices in stores because of tariffs. Senior citizens are paying more for their medications because of increased prices within the drug industry. Students wanting to attend college are finding less pathways to get there because there are less grants and loans and more restrictions to get them. This is American life today.

It hasn't always been this way. Everyday living is becoming more difficult. What we could do we can't do anymore. Frustration and aggravation have replaced good fortune and ethical behavior. Accountability has been lost and doing whatever you want to do has been found. Due process is now no process. Systems that once worked have now been tabled and are under further review. Laws once kept are now broken with no consequences. Treaties once used for peace are now discarded resulting in chaos and war. Diversity, once a cornerstone of our democracy, is now a dream deferred. This is American life today. The government shutdown

is causing severe pain and suffering. I do wonder, how elected officials can have town meetings with their constituents when this turmoil is occurring. Their answers are tied to blaming the other side. The shutdown is now in month two. Who can be satisfied with this political free for all. It is a disaster with more to come. Reports indicate the sitting president wants the shutdown to end. This seems to be a change in his position given his contentious statements some weeks ago. Why did his position change? I believe it is because he sees the polls show that he is becoming increasingly unpopular. The numbers don't look

good, and he knows that he can't go on this way. However, a GOP senator sees it differently. Senate Majority Leader John Thune through a spokesperson said, "Leader Thune's position on the importance of the legislative filibuster is unchanged." Now, House Speaker Mike Johnson is siding with the sitting president. He, too, wants the shutdown to end. The caveat is under his terms and conditions. Let's be clear and say that Senator Thune and other elected officials are eating three meals plus snacks each day. They are going home to heating and air-conditioned domiciles. When and where will this script be flipped? We are wait-

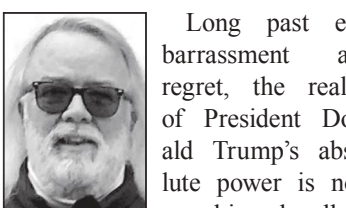
ing for them to come down from their bully pulpits. Currently, we are practicing a strange kind of government. A small but influential group of people have little interest in doing what is right. Time is not on the side of we the people. We are being verbally bamboozled by the people in office each day. The record shows that the current president holds the record for the two longest government shutdowns. Is that a record that you want? Do you want that scorecard in your presidential archives? I don't think so. Yet in the popular jargon of today, it is what it is. So, the beat goes on with this shutdown of rights and privileges. For some elected

officials they will get a feeling of misguided euphoria about altering the daily lives of ordinary people. They have the power and are exercising it to their political advantage. The question in the hallways is do you feel good about being a part of this kind of sordid and indecent history? Is your conscious at peace when you hear about people back home whose lives are being shattered? You do know that it is because of you and your lack of caring and empathy. Well, feel good now -however- history will not treat you kindly. You will be a part of an unjust and inhumane part of American history. You know, that's sad.

To H E Double Hockey Sticks with the people

Even when the subject seems truly impossible to adequately address, we still must try

By Christopher Young
Contributing Writer



Long past embarrassment and regret, the reality of President Donald Trump's absolute power is now marching headlong in the living rooms and kitchens of all but wealthy Americans. The fact that he fell short of garnering 50 percent of the vote simply does not matter. In our American democracy we expect our duly elected president to govern for all Americans. Whoever wins the presidential election has done so by the will of 'We the People.' Essentially, voters consent to trusting the incoming president to do right by them, and by doing so, that president is doing right by our country. It is an ideal, not a perfect system. Many presidents, in various ways, have failed the people and the country, but none can be compared to the absolute betrayal of 'We the People' than Trump. On the campaign trail he claimed to not be aligned with Project 2025 – a political framework to reshape the federal government and consolidate executive power with right-wing policies – but we see authors of the framework alongside Trump on a regular basis at press conferences. Just over nine months in office, and the website Project 2025 Tracker claims 48 percent of the goals have been reached. Just a few examples include eliminating DEI (diversity, equity, and inclusion) from the federal government, defunding the Public Broadcasting System, rolling back student loan forgiveness and income-driven repayment plans, banning critical race theory from being taught in public schools, and attempting to end birthright citizenship protected by 14th Amendment. See <https://www.project2025.observer>. Last week the East Wing of The White House was entirely demolished to make way for a \$300 million dollar ballroom. No discussion, no consent, just sheer use of power. Whose to stand in his way? This follows actions like taking personal control of The John F. Kennedy Center for the Performing Arts,



President Trump arriving in Tokyo Oct. 27, 2025, on Day 27 of shutdown. PHOTO: KYODO/VIA REUTERS.

firing active-duty General C. Q. Brown – the Chairman of The Joint Chief's and an African American man, replacing him with a retired Lt. General Dan "Raising Caine" Caine, a white man that had to be promoted to assume the position. He also fired the first female Chief of Naval Operations, Admiral Lisa Franchetti, and nominated a former Fox News personality to be Secretary of Defense. Two weeks ago, during the government shutdown, Trump pledged \$20 billion to Argentina, as furloughs for American workers were escalating. He fired over 300,000 government workers – part of the Department of Government Efficiency (DOGE) initiative. According to Government Executive, 148,000 civil servants involuntarily or voluntarily have separated from the government as of August 1, 2025. During the government shutdown, 750,000 additional government workers have been furloughed, per USA Today on October 11, 2025 – 730,000 continue to work without pay. Thirteen thousand federal air traffic controllers and 50,000 Transportation Security Administration (TSA) workers are considered 'essential personnel,' yet they are not being paid. Trying to keep up with Trump's tariff war is dizzying. He threatens and attacks other nations, then steps back, then dives in again. Things had finally seemed to be smoothing out with our neighbor Canada, and then the government of the province of Ontario ran a television ad with Ronald Reagan claiming in 1987 that tariffs were bad for businesses

and consumers, and Trump blew a gasket and suspended all trade talks with Canada. The Tax Foundation claims to be non-partisan but is often described as center-right, and even they say that tariffs raise prices and reduce economic growth. They claim that past tariffs under Trump 1.0 and Biden raised average household prices by up to \$303 dollars annually - now comes Trump 2.0. Speak out or disagree with Trump and you will be attacked. That holds true whether you are a world leader (with a few notable exceptions), a member of Congress, a judge, a mayoral candidate in New York City, or a late-night comedian. It is an impossible chore to keep up with Trump's H E Double Hockey Stickish behavior, so enter Ruben Navarrete - the most widely read Latino columnist in the country, per several sources. Last July he wrote a syndicated column which included, "When it comes to spreading demagoguery, creating mayhem, generating chaos and turning people against one another, Trump really is in a league of his own. He has a knack for doing the wrong thing...Trump has made so many blunders, scrapped so many norms, created so much upheaval, ginned up so much confusion, fractured so many families and done such damage to America's soul that it seems impossible to count...His most egregious infractions range from the unfair to the unconstitutional to the unconscionable...For their sins against the American people, Trump and his administration must be held accountable. In the 2026 midterm elections, Republican members of Congress must answer for Trump's excesses. After all, for the last several months, they have stood silently by as the president defaced, defiled and destroyed the institutions and traditions that make America great." If Trump told Republican House Speaker Johnson and Republican Senate Leader Thune to open the government today, they would trip over themselves to do it. His power is unchecked, as he reigns H E Double Hockey Sticks on America and Americans.

You must fix what you broke

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



Many if not most have broken something intentionally and/or unintentionally in our lifetime. Some have broken valuable things and non-valuable things. The typical things that are often broken by clumsy humans are eyeglasses, (I am certainly guilty of this unfortunately), lamps, mirrors, cell phones, artwork, picture frames, and precious items like heirlooms get broke too like a special dish, jewelry, furniture. When people break things there are a host of emotions one experience especially if the item was of value or sentimental – some experience, hurt, disappointment, anger, frustration, society, and worry – worrying if it can be fixed and then attempts are made to fix it. In fact, many of us go out of our way to fix things that we break, especially if it means anything to us and/or if what you broke belonged to someone else like family/friends. And if we can't fix it - we find someone who can possibly fix it. Well, shouldn't this precise concept be applied in marriage - if you break your spouse's heart in any way then you must fix it, especially if you desire to have a healthy and happy marriage. And if it's so broken that you can't fix it - then seek a marriage counselor/pastor/marriage ministry to help you fix it. What does a broken heart look like in marriage? A broken heart is just that – the heart is suffering from disappointment, hurt, and agony due to actions caused by a spouse. How do spouses break each other's hearts?

- Break Marriage Vows
- Lack of communication
- Lack of listening
- Jealously – A jealous spouse who always accuses, questions your every action (this can become overbearing) or another type of jealousy is one who envies your success
- Extreme Nagging - Constantly complaining, demanding, and aggravation
- Mismanagement of finances – Big spending/ purchase big items without consent of both spouses – finances is the top reason for divorce in America
- Gas lighting
- Physical, verbal, mental, and emotional abuse
- Physical & Emotional affairs
- Addictions
- Spouse Neglect
- Spouses neglect to fulfil their spouses Love Language (s), according to author, Dr. Gary Chapman there are five main Love Languages: Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch – there are many lonely spouses
- Spouse abandonment
- Parenting/Children issues

- Secrets
- No reciprocation – you're pouring into your spouse and marriage, but your spouse is not pouring back into you and your marriage – there are a lot of thirsty spouses
- Little to no sexual intimacy – this can reflect rejection if little to no initiation of affection, attention, and intimacy is shown

What are the symptoms of a broken heart in marriage? The symptoms can involve the following:

- Disconnection – you have withdrawn the remaining pieces of your heart that's left from your spouse/marriage
- Mistrust
- Loneliness
- Miserable
- Growing apart or have grown apart
- Living separate lives – married on paper but living like you single
- You have counted your spouse and/or marriage as dead
- Plans don't include your spouse
- Heart is so broken – only God can mend it – spouse amends are almost too late
- You imagine being alone or being someone else

In conclusion, spouses just like how you go out of our way to fix something that means something to you – if your spouse heart means anything to you – please fix their broken hearts. How do you fix your spouse's broken heart? First, ask for forgiveness and provide heartfelt apologies as necessary. Secondly, make a commitment not to repeat the hurt. Third, reassure your spouse of your love and commitment for marriage and family. Fourth, make continuous efforts to invest in your marriage by dating, creating new positive memories, seek professional marital counseling. Five, don't live in the yesterday – forgive – you can't change what happened, but you can decide to celebrate today. Six, communicate about what you are feeling – don't care what it is and be willing to listen. Seven, love unconditionally! Lastly, always exchange hearts with each other – this can help avoid a lot of brokenness. I promise I don't know any perfect marriages– some may have deceived you into thinking that theirs is perfect but those may be the very ones who are living in misery and/or are on the verge of separating and divorcing. Both me and my husband have hurt each other in some way throughout our marriage but we have decided by the Grace of God to fix each other's heart every chance we get. It's simple, you must fix what you broke.

Contact Dr. LaShunda Calvert for speaking engagements (Motivational, Ministering, Marriage Counseling, Marriage Workshops, Marriage Seminars, Marriage Conferences, etc.) on: Instagram: [letsstay2gether4ever](https://www.instagram.com/letsstay2gether4ever) (Dr. LaShunda Calvert) Facebook: Dr. LaShunda Calvert Email:letsstaytogether4eva@gmail.com Contact # 601-596-2528

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, MISSISSIPP

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

LEGAL

ADVERTISEMENT FOR BIDS

Sealed bids will be received by the City Clerk of Jackson, Mississippi, at 219 S. President Street, Jackson, Mississippi 39201 or at Post Office Box 17, Jackson, Mississippi 39205 until 3:30 PM, local time (CT), Tuesday, November 18, 2025 at which time they will be publicly opened and read aloud for:

The demolition and cleaning of parcels:

220-8-4 located at 1525 ELLIS AVE.

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

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

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

Contract Documents may be obtained from and/or examined at the offices of the Community Improvement Division located at 200 S. President Street, Suite 331, Jackson, Mississippi 39201. Telephone 601.960.1054. Prospective bidders may obtain copies of all materials required for bidding purposes. There is NO charge for electronic or e-mail copies. Official bid documents can be downloaded from Central Bidding at www.centralbidding.com. Electronic bids can be submitted at www.centralbidding.com. For any questions relating to the electronic bidding process, please call Central Bidding at 225-810-4814.

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

by: _____
Samantha Graves, Manager
Community Improvement Division of Planning and Development

10/30/2025 11/6/2025

LEGAL

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

IN THE MATTER OF THE ESTATE OF LASH LARUE WILLIAMS, DECEASED

CAUSE NO.: P2024-296 H/3

PETITIONER: BEVERLY HARRIS WILLIAMS

AMENDED RULE 81 SUMMONS BY PUBLICATION

THE STATE OF MISSISSIPPI

TO: THE UNKNOWN HEIRS OF LASH LARUE WILLIAMS, DECEASED

You have been made a Defendant in the suit filed in this Court by Beverly Harris Williams Petitioner, seeking the adjudication of heirs of Lash Larue Williams, Deceased.

You are summoned to appear and defend against said complaint or petition at 1:30 p.m. on the 21st day of October, 2025, in the courtroom of the Hinds County Chancery Courthouse at Jackson, Mississippi, before the Honorable Tametrice E. Hodges Linzey Chancellor. And at said hearing you should appear and show cause, if any you can, why the relief sought by the Plaintiff should not be granted by the Court. Failure to appear at the time and place mentioned may result in a judgment against you for the relief demanded.

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 16 day of September, 2025.

EDDIE JEAN CARR
CHANCERY CLERK OF HINDS COUNTY,
MISSISSIPPI

BY: _____



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: _____



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

LEGAL

I. ADVERTISEMENT FOR BIDS

Sealed bids will be received by the City Clerk of Jackson, Mississippi, at 219 S. President Street, Jackson, Mississippi 39201 or at Post Office Box 17, Jackson, Mississippi 39205 until 3:30 PM, local time (CT), Tuesday, **November 25, 2025**, at which time they will be publicly opened and read aloud for:

The demolition and cleaning of parcels:

1. 209-89 located at 2745 Pine Tree Dr.

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

Contract Documents may be obtained from and/or examined at the offices of the Community Improvement Division located at 200 S. President Street, Suite 331, Jackson, Mississippi 39201. Telephone 601.960.1054. Prospective bidders may obtain copies of all materials required for bidding purposes. There is NO charge for electronic or e-mail copies. Official bid documents can be downloaded from Central Bidding at www.centralbidding.com. Electronic bids can be submitted at www.centralbidding.com. For any questions relating to the electronic bidding process, please call Central Bidding at 225-810-4814.

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

by: _____
Samantha Graves, Manager
Community Improvement Division of Planning and Development

11/6/2025, 11/13/2025

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I. ADVERTISEMENT FOR BIDS

Sealed bids will be received by the City Clerk of Jackson, Mississippi, at 219 S. President Street, Jackson, Mississippi 39201 or at Post Office Box 17, Jackson, Mississippi 39205 until 3:30 PM, local time (CT), Tuesday, **November 25, 2025**, at which time they will be publicly opened and read aloud for:

The demolition and cleaning of parcels:

1. 209-35 located at 2722 Pine Tree Dr.

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by: _____
Samantha Graves, Manager
Community Improvement Division of Planning and Development

11/6/2025, 11/13/2025

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Advertisement for:
RFP 2025-04-26

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Electronic RFP proposals for the above RFP will be received by the Board of Trustees of the Jackson Public School District, in the Business Office, 662 South President Street, Jackson, Mississippi, on Wednesday, November 19, 2025 until 10:00 A.M. (Local Prevailing Time) on the following dates and times associated with each RFP proposal which time and place they will be publicly opened and read aloud

A Pre-Bid Conference concerning the listed project will be held Via ZOOM (see below for link) on Friday, November 07, 2025, at 2:00 P.M. Attendance at the pre-bid conferences is non-mandatory but strongly encouraged. Please see the link below.

Join Via ZOOM <https://jackson-k12-s.zoom.us/j/87999552248?pwd=wmCnbAYG1tfb66Bj4I3p99ZZaWVvKn.1> Please email RFP@jackson.k12.ms.us us to ensure your spot in the pre-bid conference. It is imperative to have this information before the meeting to confirm your attendance

The Board of Trustees reserves the right to reject all RFPs, waive informalities, and withhold the acceptance of any RFP if approved forty-five calendar days from the date RFPs are opened.

There are two (2) options in which RFP proposals may be obtained. Download from Central Bidding website at www.centralbidding.com for a small fee of \$49.99 or visit JPSPD website at www.jackson.k12.ms.us and download. Vendors must be registered with Central Bidding in order to electronically upload RFPs proposals at no cost. For any questions concerning the process, or how to register, please contact Central Bidding at 225-810-4814.

All hand-delivered proposals must be delivered before the opening time (local prevailing time) and the date the bid is scheduled to open. These deliveries are to be made to the Business Services Office at 662 South President Street, Jackson, MS 39201.

Performance Dates:
• 1st Advertise: 30 October 2025 (Clarion); 30 October 2025 (Jackson Advocate, MS Link)
• 2nd Advertise: 06 November 2025 (Clarion); 06 November 2025 (Jackson Advocate, MS Link)
• Pre-bid Conference: 07 November 2025 (ZOOM)
• Final Date for Questions: 12 November 2025
• Answers to Questions: 14 November 2025
• Bid Opening Day: 19 November 2025 @ 10:00 A.M.
• Vendors may be notified of Board Review and Potential Award after the Bid Date

10/30/2025 11/6/2025

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The demolition and cleaning of parcels:

1. 209-73 located at 264 Shady Pine Ln.

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by: _____
Samantha Graves, Manager
Community Improvement Division of Planning and Development

11/6/2025, 11/13/2025

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The demolition and cleaning of parcels:

1. 611-141 located at 321 Creston Ave

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

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

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

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Sudoku Solution

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

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Week of October 26, 2025

Radio personality, ‘Sy Man,’ inspires students at Mississippi Valley State University



Cyreio Hughes,
Radio Personality

By Paris Dotson
MVSU Student Writer

Radio personality and station owner Cyreio Hughes, known professionally as “Sy Man,” visited Mississippi Valley State University recently to speak with students about his career in mass communication and the importance of gaining hands-on experience. Hughes, whose family was the first to own a Black-owned radio station in Mississippi, shared his journey in broadcasting and the lessons he learned

as a student at Jackson State University. He recalled spending long hours in the campus radio station at JSU, where he developed his passion for radio and built the skills that would shape his career. He encouraged Valley’s students to take advantage of opportunities within their university’s radio and television stations to prepare for future success. “You need to get started now,” Hughes said. “Hands-on experience will prepare you for your career.”

Hughes also spoke about the progress made in providing opportunities for Black students in mass communication since his college years. He announced plans to offer scholarship and internship programs in the spring for Mississippi Valley State students interested in media careers. Students expressed appreciation for Hughes’ visit and for the inspiration he provided to those pursuing careers in broadcasting and communication.

Stay on the Lord’s side

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



Thank God, the Lord made a clear line of division. Israel’s animals were on one and Egypt’s animals were on the other side. Israel’s cattle were alive, and the Egyptian’s cattle were dead. God put that division there with the rest of the plagues as well. It is wonderful to be on God’s side. In Psalm 119:33 the Psalmist David said, “Teach me, O Lord, the way of thy statutes; and I shall keep it unto the end.” Had the children of Israel been careless and moved their cattle into Egypt to graze because the pasture seemed greener, and God was killing the cattle that were in Egypt, all the cattle in Egypt would have died. It would not have mattered whose Goshen were spared. God has made a separation between His people and the world. If you drift from God’s side to the devil’s side, you could find yourself in a lot of trouble. This is something that you really have to deal with carefully. God has made a clear division, and your task is to stay on God’s side of that division. There are a lot of things to lure you to the other side, but God is looking for total obedience in His people. If you find yourself in disobedience, going over to the other side, you will find yourself in big trouble with God. Again, God is

looking for total obedience. Exodus 9:23-26 reads: “And Moses stretched forth his rod toward heaven: And the Lord sent thunder and hail, and the fire ran along upon the ground; and the Lord rained hail upon the land of Egypt. So there was hail, and fire, very grievous, such as there was none like it in all of the land of Egypt since it became a nation. And the hail smote throughout all the land of Egypt all that was in the field, both man and beast; and the hail smote very herb of the field and broke every tree of the field. Only in the land of Goshen, where the children of Israel resided, was there no hail.” Thank God, today there is protection in staying with God. You need to stay on the Lord’s side and not wander away. In Exodus, Chapter 10, again we see how God kept that division between Goshen and Egypt. Exodus 10:21-23 states: “And the Lord said unto Moses, stretch out thine hand toward heaven, that there may be darkness over the land of Egypt, even darkness which may be felt. And Moses stretched forth his hand toward heaven, and there was a thick darkness in all the land of Egypt three days: They saw not one another, neither rose any from his place for three days; but all the children of Israel had light in their dwellings.” Simeon R. Green, III, First Church of God 6517 Walmsley Blvd. Richmond, Virginia 23224



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Muscles Matter: Why they’re essential and how to keep them strong for life

By Vince Faust
Tips to Be Fit

Muscles aren’t just for athletes and bodybuilders. Muscles are about freedom. In Jackson, where health disparities persist and older adults face unique challenges, muscle health is a powerful tool for resilience. Whether you’re walking through Battlefield Park, dancing in West Jackson or recovering from surgery at Baptist Medical Center, your muscles are working behind the scenes to keep you strong.

Muscles are the silent workhorses of our bodies, powering movement, protecting joints, regulating metabolism and even influencing how we age. Yet, in public health conversations, muscle health often takes a back seat to heart health and weight management. That needs to change. That’s a missed opportunity, especially for older adults and Black communities, where muscle loss can quietly erode quality of life.

In a city where nearly 20 percent of residents are over 60, and where Black communities face disproportionate rates of diabetes and hypertension, muscle health is more than personal. Whether you’re walking to the store, lifting a grandchild or recovering from surgery, your muscles are central to your quality of life. For older adults and historically underserved communities, maintaining muscle mass is not just about fitness, it’s about independence, resilience and longevity. Muscles do far more than flex.



They’re metabolically active tissue, meaning they burn calories even at rest. This helps regulate blood sugar, cholesterol and body fat. Strong muscles also support cognitive function, reduce inflammation and improve immune response. Here’s what muscles help with:

- Movement and Stability: Every step, reach or twist relies on muscular coordination.
- Posture and Balance: Muscles protect against falls, a leading cause of injury in older adults.
- Metabolic Health: Muscle mass improves insulin sensitivity and lowers risk of type 2 diabetes.
- Bone Protection: Muscles cushion joints and reduce strain on bones, lowering fracture risk.
- Mental Health: Physical strength is linked to confidence, autonomy and reduced depression.
- Aid recovery: Muscle mass helps the body bounce back from illness or surgery.

As we age, we naturally lose muscle mass, a condition called sarcopenia. After age 30, adults can lose 3–8 percent of muscle per decade if they’re inactive. This decline acceler-

ates after 60, affecting mobility, balance and recovery from illness.

Chronic conditions like diabetes and hypertension, which disproportionately affect Black Americans, are also linked to muscle decline. That’s why muscle health is a public health issue, and a matter of equity. For Black communities, systemic barriers, like limited access to safe exercise spaces, nutritious food and preventive care, can compound these risks. Chronic conditions such as hypertension and diabetes, which disproportionately affect Black Americans, are also linked to muscle loss.

- Local options:
- YMCA of Metropolitan Mississippi: Offers senior-specific fitness classes, health education and social events like potlucks and dance sessions.
 - Jackson Senior Services: Provides recreational programs, nutrition education and transportation for adults 60+.
 - Jackson Senior Centers: Host activities, meals and wellness workshops for older adults.
 - African American Male Wellness Agency – Jackson Hub: Offers free health screenings, fitness events, and well-

ness days for Black men and families.

- SHEA (Sharing Health Education and Awareness): Focuses on reducing health disparities among Black women and families in Jackson and surrounding counties.
- Magnolia Mother’s Trust: Provides guaranteed income and wellness support for low-income Black mothers in Jackson.

Use It or Lose It: How to Maintain Muscle Mass

Muscles responds to challenge. Without regular use, they shrink. But with consistent effort, they grow stronger even in your 70s, 80s or beyond. Here’s how to keep your muscles thriving:

Strength Training Is Non-Negotiable

Resistance exercises, like lifting weights, using resistance bands, or doing bodyweight movements are the gold standard for muscle maintenance. Aim for at least two sessions per week targeting major muscle groups.

- Examples:
- Squats, lunges, push-ups
 - Resistance bands
 - Chair stands or wall sits for older adults

Even light resistance can stimulate muscle growth when done consistently. You don’t need a gym. Resistance bands, bodyweight exercises, and household items can help.

2. Protein Is Your Muscle’s Best Friend

Muscles need amino acids to repair and grow. Older adults often need more protein than

younger people, about 1.0 to 1.2 grams per kilogram of body weight daily.

- Good sources:
- Lean meats, poultry, fish
 - Eggs, dairy, tofu
 - Beans, lentils, nuts

Distribute protein evenly across meals to maximize absorption. 3. Stay Active Between Workouts

Daily movement matters. Walking, gardening, dancing or climbing stairs keeps muscles engaged. Sedentary behavior accelerates muscle loss, even if you exercise occasionally.

- Try:
- 10-minute walks after meals

4. Prioritize Recovery and Sleep

Muscles grow during rest, not during exercise. Poor sleep and chronic stress impair muscle repair. Aim for 7–9 hours of sleep and incorporate rest days into your routine. 5. Monitor Medications and Health Conditions

Certain medications, like corticosteroids or statins, can affect muscle health. So can chronic illnesses like kidney disease and cancer. Regular check-ins with your healthcare provider can help you adjust your plan. 6. Hydration and Micronutrients Matter

Dehydration can impair muscle function. So can deficiencies in vitamin D, magnesium or calcium. Stay hydrated and eat a varied diet rich in fruits, vegetables and whole grains.

Studies show that higher muscle mass is linked to longer life, better mobility and lower risk of chronic disease. In fact, grip strength, a simple measure

of muscle function, is a powerful predictor of mortality.

Tools for Tracking and Motivation

- Fitness apps: Track strength workouts and progress.
- Resistance bands: Affordable and portable for home use.
- Community classes: Look for senior-friendly strength training.
- Health screenings: Include grip strength or mobility tests in wellness fairs.

Muscle also plays a role in:

- Immune resilience: Muscle tissue stores amino acids used during illness or injury.
- Blood sugar control: More muscle means better glucose uptake.
- Inflammation reduction: Muscle releases anti-inflammatory compounds during exercise.

Muscle health isn’t about six-packs or gym selfies. It’s about living fully, walking without pain, recovering from illness, staying independent and feeling strong in your body. It’s for the grandmother who wants to dance at her granddaughter’s wedding. It’s for the retired worker who wants to garden without pain. It’s for every person who wants to live fully, move freely and age with dignity. For older adults and Black communities, it’s a vital part of health equity. So let’s shift the narrative. Let’s celebrate strength at every age, in every body and in every neighborhood. Because when we protect our muscles, we protect our future.

Quick CPR from lay rescuers can nearly double survival for children after cardiac arrest

The American Heart Association

Cardiopulmonary resuscitation (CPR) performed within five minutes of a child’s heart stopping nearly doubled their chances of survival, according to preliminary research to be presented at the American Heart Association’s Resuscitation Science Symposium 2025. The meeting will be held Nov. 8-9 in New Orleans and will feature the most recent advances related to treating cardiopulmonary arrest and life-threatening traumatic injury.

Cardiac arrest occurs when the heart’s electrical system abruptly malfunctions and stops the heart from pumping blood to the rest of the body, which results in loss of blood to the brain, lungs and other vital organs. CPR for children consists of cycles of 30 chest compressions, at 100-120 compressions per minute, followed by two breaths. For adults, bystander CPR administered within 10 minutes after cardiac arrest is associated with better outcomes, however, the optimal time window for CPR after cardiac arrest for children is unclear.

“If a child’s heart suddenly stops, every second counts. Starting CPR immediately can nearly double their chances of survival,” said lead study author Mohammad Abdel Jawad, M.D., M.S., a research fellow of the University of Missouri-Kansas City and Saint Luke’s Mid America Heart Institute in Kansas City. “We found the time window is even more critical in children, so it is imperative to emphasize starting CPR as soon as possible after a cardiac arrest.”

“These findings highlight the urgent need to teach and encourage more people — parents, family members, teachers, coaches and community members — to learn CPR and feel confident using it right away,” Jawad said. “This is especial-



PHOTO COURTESY OF AMERICAN HEART ASSOCIATION

ly tricky for children after cardiac arrest because lay rescuers may feel like they may hurt the child by doing CPR. We found the time window is even more critical in children, so it is imperative to emphasize starting CPR as soon as possible when they are in cardiac arrest.”

The preliminary study reviewed data for more than 10,000 children from a large U.S. database that tracks out-of-hospital cardiac arrests. Researchers examined how delays in starting CPR affect survival in children under age 18 who have a cardiac arrest outside the hospital. They also analyzed whether the timing of CPR initiation by lay rescuers — such as family, friends or strangers before emergency medical services (EMS) arrive — affected brain function.

For children who received lay rescuer CPR, compared to those who did not, the analysis found:

- The odds of survival increased 91 percent when a lay rescuer started CPR within one minute after the cardiac arrest, 98 percent when initiated in two to three minutes and 37% when performed in four to five minutes after cardiac arrest.
- However, the survival odds de-

creased 24 percent when a lay rescuer initiated CPR in six to seven minutes, 33 percent when performed in eight to nine minutes and 41 percent when started in 10 minutes or more after the cardiac arrest.

- A similar pattern emerged between the time to lay rescuer CPR and favorable brain survival.

“We were not surprised that CPR initiated within five minutes of cardiac arrest improved survival odds in children,” Jawad said. “However, we were struck by how quickly the benefit dropped off after five minutes. In adults, a recent study reported survival benefits even when CPR was started at nine minutes; however, our analysis confirms that in children the time window was much shorter. This highlights just how critical every minute is after pediatric cardiac arrest.”

One of the study’s limitations is that the time to CPR administration, which the research team calculated based on the time someone called 911 dispatch, depended on EMS reports that may not always be exact.

“Future research could focus on how to shorten time to CPR even more, such as improved dispatcher instructions or broader implementation of CPR training in schools and during well-child visits to increase the number of lay

Acting quickly after a cardiac emergency is one of the cornerstones of the American Heart Association’s Nation of Lifesavers™ movement, which has a goal of doubling cardiac arrest survival rates by 2030. According to American Heart Association data, 9 out of every 10 people who experience cardiac arrest outside of a hospital die, in part because they do not receive immediate CPR more than half of the time. CPR, especially if performed immediately, can save a life.

What every woman should know about her ‘Sexual Health’ at every age

StatePoint

A woman’s sexual and reproductive health needs evolve throughout her life. What’s important at age 25 may look very different at 55. But are women talking about their experiences?

Mayne Pharma is committed to breaking stigmas and unabashedly encourages informed conversations. This framework guides women as they discuss and seek to understand their sexual and reproductive health needs throughout their lives.

20s and 30s: Building the Foundation: In these years, women should explore various contraception options and find the right fit for their lifestyle and family planning needs. Today’s methods offer safe and effective choices, including both short-term and long-term birth control solutions. A dialogue with one’s healthcare provider can help women better understand the benefits of each option available.

Women should prioritize preventive care by performing breast self-examinations at home and by making regular visits with their primary care physician and gynecologist for screenings and further education. Open communication with healthcare providers is essential for addressing sexual health issues, and to tailor treatments (if needed) that best fit a woman’s health and lifestyle goals.

40s: Recognizing Change: For most women, their 40s is when they begin experiencing hormonal shifts due to the onset of perimenopause. Symptoms of perimenopause are wide-ranging and can include everything from irregular periods and low libido to changes in mood and even muscle and joint pain. Women should discuss their symptoms with their healthcare providers to understand what medical and non-medical interventions are best for them to help manage symptoms.

Despite the onset of perimenopause during this time, women must remain proactive about their reproductive health as they are fertile until menopause and may become pregnant. They should also continue with all recommended screenings, including mammograms.

50s and Beyond: Navigating Menopause and Post-Menopausal Health: The average age of menopause in the United States, according to the National Institute on Aging, is 52. This stage often brings noticeable changes, such as hot flashes, sleep disturbances, and shifts in mood or sexual comfort that can affect daily life and overall well-being. Another common symptom of menopause is vulvar and vaginal atrophy, which can cause pain during sex and vaginal discomfort. While these changes are a natural part of aging, they don’t need to be ignored or endured in silence- women should openly discuss these symptoms with their healthcare providers.

Fortunately, safe and effective treatment options exist that address menopause symptoms while treating their underlying causes, providing lasting relief. From hormone therapy and non-hormonal medications to simple lifestyle adjustments, women have more tools than ever to support their comfort and health. Talking openly with a healthcare provider is the best way to identify the right path forward to ensure individual needs are met.

Women’s sexual health and aging is much more than symptom management. Maintaining bone strength, supporting cardiovascular health, and staying active can all help women feel strong and vibrant in their post menopause years. With the right care and resources, menopause can be seen as a new phase-of-life, one that emphasizes confidence, comfort and overall well-being.

For more than 40 years, Mayne Pharma has been dedicated to bringing patients new and trusted medicines that are safe, effective, and easier to access, and to supporting women at different stages of life with treatment options that meet their evolving needs. For more information, visit www.maynepharma.com.

Women should not feel alone managing their changing bodies. By speaking openly with their healthcare providers about contraception, hormones and reproductive health, women have a partner to support their well-being through every age and stage of life.

Friends of Jackson and other community supporters celebrate a ‘Trunk or Treat’ bang at Shirley Elementary School

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

Principal Elana Tate, her teachers, staff, and students were filled with excitement for this year’s trunk or treat festivity at Shirley Elementary School (210 Daniel Lake Blvd, Jackson, Miss., 39212) from 10:00 a.m. to 12:30 p.m., Friday, October 31, 2025. Free from Halloween trauma, the school was a safe-haven for a number of fun activities, one of which was a single-lined walk whereby K-5th graders - accompanied by their leaders - visited Friends of Jackson, City of Jackson Firefighters, and members of the Hinds County Sheriff’s Office. Not only were the students in line for candy and trinkets, but they engaged in learning activities. They learned how to protect themselves at home from fires and how to be safe in public view.

Several firefighters shared their reasons for participating in trunk or treat events over the years. Andy Vickers has been a firefighter for fifteen years. He expressed pleasure in the annual event, along with escorting the students inside the fire truck and explaining the equipment.

Three-year firefighter Harper Blake chimed in on safety measures. He mentioned that he and his colleagues were “trying to educate the kids on how to be safe in the home when using smoke detectors for fire safety. We always need to put fire safety amid children activity



PHOTOS BY JANICE K. NEAL-VINCENT

because it might save their lives one day,” he said.

Stanley Price and Michael Leonard (Wolfe Man) represented the Hinds County Sheriff’s Department. Price acknowledged that he and Leonard were assigned by the sheriff to attend the annual event (the first that he had attended). He applauded the students for being manurable” and “sweet.” Then he abruptly changed his tone by referring to the adult populace: “We must respect our kids and stop always talking about the negative. They get their cues from us.”

Michael Leonard - dressed as a “Wolfe Man” – explained, “I personally started during Mayor Tyrone Lewis’ administration. During each event, we provide security, protection, and a second atmosphere for adults to enjoy a festive event, and we interact with the kids. That’s why Wolfe Man came into existence.” He mentioned that his costume and actions created amusement for the students.

In a spider web characterization, Cheri Marshall, a member of FOJ, identified the Shirley trunk-treat 2025 as one that ush-

ered excitement from the scholars. Like Price, she marveled at the scholars’ appreciation and orderly conduct. “It was a great day for South Jackson,” she added.

“What a treat it was to share candy, kindness and lots of laughter with the students, teachers, staff, and community members. Wearing the ketchup costume got me many smiles, hellos and great conversations from the students. Sometimes we ‘have to’ get out of our comfort zones and be kids again. I loved it,” vocalized FOJ mem-

ber Ramona Jones.

Witch Willa Watson of FOJ asserted that time spent at Shirley Elementary School with other sponsors and scholars in South Jackson was a beautiful moment. “We had a great time serving the scholars. If you get a chance to engage with your local school, we encourage you to do so. These children are our future. Grandmama and Granddaddy used to say, ‘You never know who will have to give you a drink of water.’ Think about that as you navigate this life.”

Of the event, Brittney Bow-

man, FOJ’s president, expounded, “[It] was an outstanding opportunity for us to actively strengthen our ties with the school community. It allowed us to tangibly embody the spirit of the harvest season, fostering an environment rich with attributes of kindness, generosity, and positive community engagement.” The president further noted that the event provided a fundamental and a strong sense of belonging among our youth from dedicated mentorship that perhaps can have a long-term impact.

Alyce G. Clarke Center for medically fragile children ribbon cutting, a milestone in community relations

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

3853 Eastwood Drive in Jackson, Miss. is a new face to the community. Approximately fifteen years ago, this new face was a sought-after dream that stimulated the minds of those who were imagining what it might look like, once it came into existence. Over the course of time, thoughts became actions that produced The Alyce G. Clarke Center for Medically Fragile Children. A ribbon-cutting ceremony was held at the center in honor of Clarke Tuesday, October 28, 2025.

Clarke is a former member of the Mississippi House of Representatives and the first African American woman elected to the Mississippi Legislature. She is also the longest serving woman legislator in Mississippi history. Clarke passionately worked on bringing the federal Women, Infants and Children food program to Miss., thereby setting up drug courts and organizing school breakfasts.

The Clarke Center has the distinction of being Mississippi’s first and only pediatric skilled nursing facility. Children needing long-term care are welcomed at the center, a safe, nurturing, home-like environment. Within its walls are



Alyce G. Clarke, flanked by supporters at the Alyce G. Clarke Center for Medically Fragile Children, is the first African American woman elected to the Mississippi Legislature and a former member of the Mississippi House of Representatives. PHOTOS BY JANICE K. NEAL-VINCENT

20 beds for comfort. The \$15.9 million facility has two wings, and each wing has its own living room space.

Medical professionals are compassionate and provide specialized medical care for infants, children and teens for 24 hours – 7 days of the week.

This care includes: (1) ventilator and tracheostomy support; (2) feeding tubes and complex nutritional needs; (3) neurological disorders; (4) congenital anomalies or genetic conditions; (5) severe physical disabilities; and (6) ongoing medical needs. The hospital-

level services are ideal for the medically fragile occupants, and their parents have the opportunity to learn how to take care of them before they are released to their homes.

Dr. Lou Ann Woodward (Vice Chancellor for Health Affairs and Dean, School of

Medicine, is optimistic about the future of the Alyce G. Clarke Center for Medically Fragile Children. During the ceremony, she reflected on the timeframe for its establishment. The fifteen-year journey “was worth the conception’s change,” she said.

Another utopian, Dr. Alan Jones, Associate Vice Chancellor for Health Affairs at UMMC, claimed, “This building and the people who staff it will deliver life-changing care.” He applauded the team effort exemplified by the people throughout Miss. for getting the facility completed. Without their like-mindedness, the establishment would not be standing.

The new facility is part of Children’s of Mississippi, the pediatric arm of the University of Mississippi Medical Center. The Suzan B. Thames Chair and Professor of Pediatrics at UMMC – Dr. Mary Taylor – revealed in a press release that the Center “represents hope, and we are proud that this is going to be a new home for children with special needs. The medical care they need will be provided here, and supportive care for their families.”

The establishment’s mission is “to help every child reach [her/his] fullest potential while ensuring the highest quality of life possible.” This includes focusing on children’s medical and emotional support, essential for their well-being. For further inquiry, visit Alyce G. Clarke Center for Medically Fragile Children at www.umm.edu.



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JPS expands Supper Meal Program to support families in need



JPS Newswire

Jackson Public Schools recognizes that some families in our community face challenges related to food insecurity. The district remains committed to supporting our scholars and their families by providing access to nutritious meals beyond the regular school day. The expansion of the JPS Supper Meal Program is one more way the district is meeting this need with care, dignity, and consistency.

JPS will host the Supper Meal Program to the following school sites:

- Bates Elementary, 3180 McDowell Road Extension
- Spann Elementary, 1615 Brecon Drive
- Walton Elementary, 3200 Bailey Avenue
- Blackburn Middle, 1311 West Pearl Street
- Kirksey Middle, 5677 Highland Drive
- Forest Hill High, 2607 Raymond Road
- Jim Hill High, 2185 Coach Fred Harris Street
- Lanier Jr. Sr. High, 833 West Maple Street

These locations were selected based on participation data from the District's Summer Meal Program, which identified them as high-traffic and easily accessible sites for families.

The Supper Meal Program

began Monday, November 3, 2025, and will operate Monday through Friday from 4:00 p.m. to 5:30 p.m.

Each meal served through the program is well-balanced and designed to meet the nutritional needs of growing children. Meals include meat, bread, a vegetable, fruit, and milk or juice. All meals are free for scholars and available to adults for \$4.00.

In accordance with program guidelines, scholars are required to enjoy their meals on-site, while adults may take their meals to go after payment.

Participants are responsible for their own transportation to and from meal sites. Churches and faith-based organizations are encouraged to assist families who may need transportation support.

Those who wish to support the JPS Supper Meal Program through donations may do so by contacting the Community Foundation for Mississippi. We also encourage contributions to the Mississippi Food Network to help provide meals for families in need.

The Supper Meal Program reflects Jackson Public Schools' ongoing commitment to addressing the whole child, ensuring that every scholar has access to the nourishment needed to learn, grow, and thrive.

Ask for More Jackson honors JPS 2025 Outstanding Educators

JPS Newswire

Ask for More Jackson, with support from the Community Foundation for Mississippi and an anonymous donor, celebrated the 2025 JPS Outstanding Educators in a heart-felt ceremony October 2025, recognizing teachers who go above and beyond for scholars and their schools.

- This year's honorees are:
- Jazstiny Baily – Obama Magnet ES
 - Nikita Hamilton – Bates ES
 - Benardytte Stokes – Elementary Network II
 - Tiffany Benson – John Hopkins ES
 - Ashley Harris – Johnson ES
 - Angela Harris – McWillie ES
 - Taschia Thompson – Spann ES
 - Faydrian Jennings-Gilmer – Shirley ES
 - Crystal Moncrief – Timberlawn ES
 - Jessica Cox – Walton ES
- The program opened with



remarks from Gwen Gardner, Executive Director of Ask for More Jackson, who spoke about the daily sacrifices educators make and the lasting impact they have on scholars. JPS Chief of Staff, Dr. William Merritt shared words of

encouragement, and Superintendent Dr. Errick Greene expressed gratitude to Ask for More Jackson for shining a light on those who shape young minds every day.

Ask for More Jackson engages communities to advo-

cate for and affect changes in public education. Through its partnerships with teachers and artists, the organization works to enhance learning and expand access to arts education across Jackson Public Schools.

Alcorn's Extension Program expands farmers markets to strengthen local food access

ASU

The Alcorn State University Extension Program recently held a series of successful farmers markets to increase access to fresh, locally grown produce and support small businesses, fulfilling the program's land-grant mission across Mississippi communities.

The markets, held in communities including Indianola and Moorhead, promote healthy living by connecting

residents directly with local vendors and products from the ASU Model Farm. Recent market dates included Oct. 24, 2025, at the Indianola Wellness Center, and Oct. 25, 2025, in Moorhead, Miss.

Dr. Franklin Chukwuma, associate director for Extension Programs, emphasized the market's community purpose. "Our goal is to not only provide access to fresh, nutritious foods but to teach our communities how to become

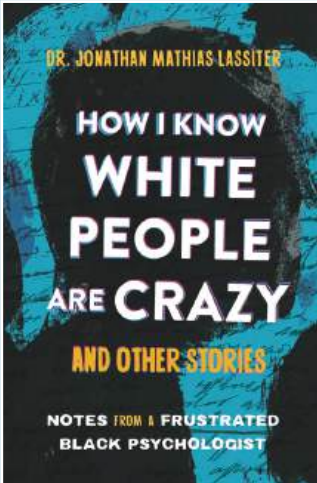
better stewards of their food and health," Chukwuma said. "This initiative is our way of extending Alcorn's land-grant mission—helping people, one acre at a time."

The markets also highlight products developed through the Product Development Center (PDC), which assists local entrepreneurs with food processing and packaging. Lawanda Owens serves as the center's temporary manager.

Kelvin T. King, area agri-

culture educator with the ASU Extension Program, noted the market's vital role in combating food insecurity. "For towns in food deserts with limited grocery options, the market provides not only fresh produce but hope, and a model for local empowerment."

The market's success is built on the legacy of the late Byron Knox Sr., former PDC manager, whose commitment to food entrepreneurship continues to guide the program.



BOOK REVIEW: HOW I KNOW WHITE PEOPLE ARE CRAZY AND OTHER STORIES

BY DR. JONATHAN MATHIAS LASSITER
C.2025, LEGACY LIT
\$30.00 • 320 PAGES

By Terri Schlichenmeyer
Columnist

It’s enough to make you lose your mind.
You see your goal, but there’s a barrier in front of it, a barrier that makes no sense. Other people don’t have to jump through hoops or over walls to succeed, feel safe, or get help so why do you? In “How I Know White People are Crazy and Other Stories” by Dr. Jonathan Mathias Lassiter, you’ll see that an old nemesis has a new name. He says he is not angry.

Lassiter is just really, really frustrated and for good reason: throughout most of his life, his father’s life and his grandfather’s, through his college years and his career, Lassiter says that “whiteness mindset” – defined as a condition that causes people of any race (but most often white people) to assume that their lives are more important than others, which allows them to justify oppressing those who are different - has never been far away.
Sadly, Lassiter says, anyone can be on the receiving end of

whiteness mindset, but it happens most often to the majority-minority including Black people, Asians, woman, and to gay people, like him.
He says that his grandfather lived under racism and it showed: he loved his children, but didn’t feel that he could demonstrate it. Lassiter’s father parented similarly because that’s all he knew. Living low-income also affected Lassiter’s mental health, as did the barriers he was forced to overcome in college due to racism and the oppression he felt because

of his sexuality. Seeing what could be, if there were no such things as racism and oppression, didn’t help.
Through his work as a licensed clinical psychologist and the patients he’s treated, he knows his experiences are not unique. He also knows that whiteness mindset is not limited to higher education or the workplace and to combat it, we first have to admit that whiteness is not the concern. The mindset itself and what it does to mental health are bigger issues, and becoming educated is

a great way to combat them.
Don’t be surprised if you’re a little confused at the outset of “How I Know White People are Crazy and Other Stories.” It is confusing; Lassiter writes quickly with a whirlwind of ideas that circle back to one another like ripples in a pond on a windy day. It might make you want to just back away.
Instead, stick around and trust that the meat of the book is coming through stories of real-life counseling and of Lassiter’s own life, experiences, and family history. These tales

eventually settle the chaos down, offering the clarity missing in the opening pages and allowing readers to see “whiteness mindset” in action and to understand the conflicts within it. You’ll be able to clearly see where Lassiter’s frustration lies, and what can be done about it.
Just know that to get there will take some doing and patience with “How I Know White People Are Crazy and Other Stories.” Try it, though. Persevere, and you might not mind.



ZACK WALLACE
Hinds County Circuit Clerk



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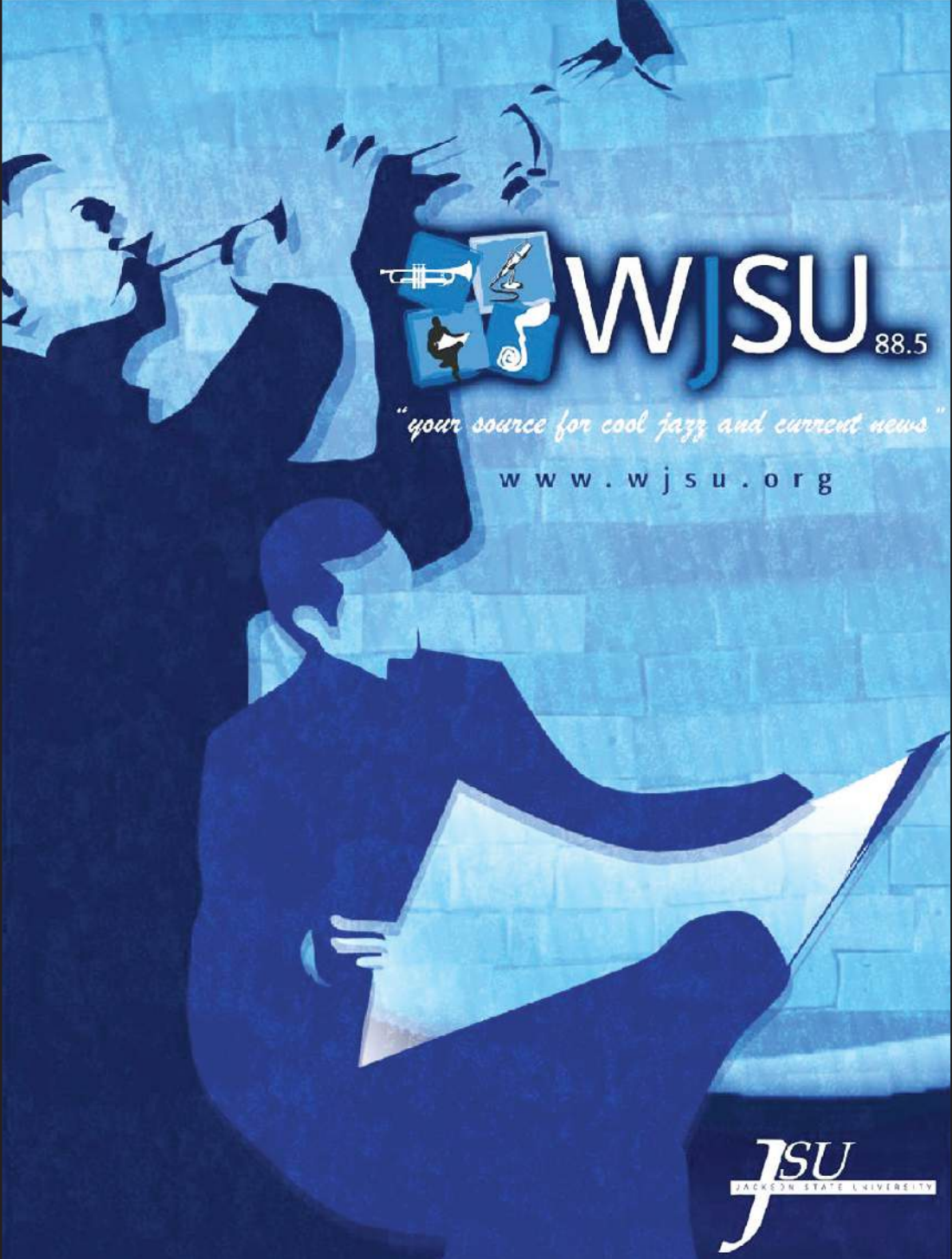
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Legendary Coach Rick Comegy discusses honor of having Tuskegee University Football field bear his name along with Legendary Coach Willie Slayter

By Jackie Hampton
Publisher

The Tuskegee University Football team celebrated their Homecoming with a victory over Lane College Saturday, November 1st at the Cleve Abbott Memorial Alumni Stadium. The kickoff was at 2:00 P.M.

It was during this homecoming celebration an announcement was made that the football field would carry the name Comegy/Slayter Field to honor two former legendary Tuskegee coaches.

Coach Rick Comegy who served as head coach of Tuskegee from 1996 until 2005 and former Coach Willie Slayter who served as head coach from 2006 until 2021 received this honor. The stadium itself remains named after legendary coach, Cleveland Leigh Abbott, who served as head coach from 1923 until 1954.

Comegy, who now works at the Hinds County Tax Collector's Office as a Deputy Tax Clerk, interviewed with The Mississippi Link regarding receiving this honor.

Comegy stated he received a phone call a week before homecoming that it had been confirmed by Tuskegee President, Dr. Mark Brown, Athletic Director, Reginald Ruffin and the administration that they had voted to name the field after him and Slayter. His first thoughts



Mississippi Link Publisher, Jackie Hampton, interviews Legendary Coach Rick Comegy on 11/3/2025. PHOTOS BY KEVIN BRADLEY



Holding the Comegy /Slayter Field sign are Coach Comegy, Tuskegee President Mark Brown and Mayor Frank Chris Lee

regarding the news were a feeling of cautiousness because he didn't know what was expected of him. They wanted him to show up at homecoming and receive the honor. Tax Collector, Eddie Fair urged him to attend homecoming and accept the honor and Comegy stated, "I was so glad I did."

While at Tuskegee, he visited

with the players and coaches and took a tour of the campus which he said had become so beautiful. Comegy said being there on campus made him so happy. He told The Mississippi Link, "I haven't been happy like that in a long time. It set my heart to burning. God is so good."

Comegy said he never would have thought somebody would



Comegy and Tax Collector Eddie Fair

recognize him for what he did while working at Tuskegee. He humbly described the feelings he had as former players and current coaches walked up to him saying, "Thank you Coach for being there for us when we were coming up as freshmen." He said he didn't want to cry in front of everyone, but he sure felt like it.

There was a presentation on the field with photos being taken with various notable individuals. "I was touched by the kindness shown to me by President Brown and Head Coach, Aaron James." James was a quarterback when Comegy was head coach. He asked Comegy if he would come on the bus after the game and speak to his team.

Comegy reflected on what he would share with the players and uttered these words, "Winning only belongs to those who believe in the beauty of their dreams." He said he wanted to let them know that whatever they dreamed about could only happen if they believed in the beauty of it.

Comegy, since retiring from the world of sports is enjoying his work with Tax Collector Eddie Fair and his staff. "Everyone knows their jobs very well and they are always there on time," he said. "The atmosphere is one of professionalism."

Fair told The Mississippi Link, "I am very proud of Comegy as well as Tuskegee for honoring him in this way." "With a resume like Comegy's, there is no wonder why the president, the mayor of Tuskegee and the administration all thought enough of him to give him this honor. He was also one of the winningest coaches at Jackson State University."

Comegy is a 1976 graduate of Millersville University where he held coaching positions at Millersville and Colgate University, where he also coached track and baseball. He also served as head Coach of Cheyney University and Central State University, where he won the NAIA national football championship in 1995.

PHOTOS COURTESY OF COACH COMEGY



Hinds County School District Weekly Update

ENGAGING-EMPOWERING-ENSURING-EXCELLENCE

During the October board meeting, Hinds County School District recognized team members who go above and beyond expectations each day, embodying Selflessness, Potential, Empathy, Connection, Inclusion, Authenticity, and Love in all they do. Their dedication continues to inspire the culture of excellence being built throughout the district.

The Byram Middle School football team, who wrapped up a remarkable undefeated season and claimed the title of Little 6 Champions was also recognized. Their hard work, discipline, and teamwork reflect the very best of Bulldog pride.

Also spotlighted during the meeting was the Raymond High School “Ultimate Soul” Marching Band, whose energy and artistry continue to shine. The band earned a Superior (1) overall rating, with outstanding ratings across Drum Major, Percussion, Color Guard, and Band categories. Their passion and excellence continue to set the tone for musical achievement in our district.

#BulldogPride #RangerNation
#HCSDExcellence #LoveHopeLeadership

