



Senator Kamesha Mumford hosts a Women of Faith Legislative Luncheon

By Jackie Hampton
Publisher

Senator Kamesha Mumford, MS Dist. 26, hosted a Women of Faith Legislative Update Luncheon, May 7, 2026, at Char Restaurant in Jackson.

Senator Mumford was elected to her position in a special election, November 4, 2025, replacing the vacant seat previously held by Mayor John Horhn who was sworn in as Jackson's mayor July 1, 2025.

Senator Mumford, a founding partner of Mumford & Mumford's Law firm, is married to Prosecuting Attorney Gerald Mumford. She previously served as an attorney and municipal court judge in Canton, Miss.

Women from all walks of life, including several First Ladies from various churches attended the luncheon. Senator Mumford held the luncheon as a token of gratitude and fellowship toward women that exemplified faith in her leadership and supported her throughout her campaign.

The Mistress of Ceremony was Stephanie Parker Smith, a retired Postal Worker, and First Lady of Crossroads Baptist Church. Parker and Senator Mumford greeted everyone as they entered the gathering which was held in a private room. After everyone was seated Parker-Smith opened up with a powerful prayer.

At the request of Senator Mumford, each of the approximately 30 attendees were asked to introduce themselves, which seemed to make it a great networking session. Attendees included retirees, non-retirees, and business owners from occupations. There were those who were still working or retired to include caterers, educators, attorneys, and others in the legal field. There were accountants, realtors, bankers, insurance agents, postal workers, government workers, social workers, and non-profit workers.

Several women expressed their respect for the senator and described their relationships with her. Retired Chancery Judge Patricia Wise who was elected to the courts in 1989 said, "When I first met Kamesha, I knew there was something special about her. A judge has to look well into a person even before they speak. When Senator Mumford came to court, she always gave more than 100%. I see Senator Mumford today, but when I look into her future, I see so much more."

Mumford
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First Ladies with Mumford: (L-R) Jackie Polk, St. Luther Baptist Church; Shirley Brown, St Mark Baptist Church; Vonnie Sutton Progressive Church; Senator Kamesha Mumford, MS District 26 and Stephanie-Parker Smith, Crossroads Baptist Church. PHOTO COURTESY OF STEPHANIE

PHOTOS BY KPARTEE PHOTOGRAPHY



'Hold to God's Unchanging Hand'

We all pay taxes – then Mississippi awards over 99 percent of state contract funds to white people

By Christopher Young
Contributing Writer

Reported as being written by Jennie Wilson in 1905, the old-time, upbeat hymn, 'Hold to God's Unchanging Hand' is a favorite at Sunday services, and surely here in Mississippi – a state constantly competing with Arkansas and Alabama as the most church-attending state in America.

COMMENTARY

You already know the refrain: "Hold to His hand, God's unchanging hand! Hold to His hand, God's unchanging hand! Build your hopes on things eternal, hold to God's unchanging hand!"

The Pew Research Center's Religious Landscape Study claims that 77 percent of Mississippians are Christian. The biographies of nearly every Mississippi legislator claim they are Christian, often citing the denomination, and sometimes even the specific church they attend. In our state though, it is particularly hypocritical and cruel to bring preachers to both chambers of the Capitol to open daily sessions with prayer. Everyone seems solemn for a few moments as the pastors pray, then the Christian Republican majority turns around and does some ungodly deeds once the prayers end and the pastors leave.

Here are a few examples. HB1020 – state overreach usurping the autonomy of the predominately African American City of Jackson, foisting state-run law enforcement – Capitol Police – upon us and incorporating an inferior court system with some appointed rather than elected judges. Elimination of the state income tax in the poorest state in the nation. Lack of meaningful action to improve healthcare. Approving just 7.9 percent of applicants for assistance through Temporary Assistance for Needy Families (TANF) – fourth lowest in the nation – in the poorest of all states, per Center on Budget and Policy Priorities. You can't have a hold on God's unchanging hand and act like



Governor Reeves.



Mississippi Development Authority Director Bill Cork.



Lt Governor Hosemann.



MS House Speaker Jason White.

they do? Yet probably the centerpiece of godlessness at the Mississippi Capitol, due to the duration and mind-numbing impact, is shown through state contracting. No one talks about it, at least not on the record. The systemic oppression of minorities in the contracting process is so discriminatory it defies description and has been going on for generations. Our Christian Republican legislators want as few dollars going to minorities as possible when state contracts are awarded each year. If the powers that be wanted these numbers to change, they would change. See the numbers highlighted below.

FY 2025 State Contracting Expenditures	
\$5,519,862,146 – Total	
\$5,297,794,939 – White Men (95.9%)	
Total to Minorities - \$222,067,939	
\$181,621,192 – White Women as Minorities (3.3%)	
\$40,446,747 – Actual Minorities (0.73% or <1%)	

Source: Mississippi 2025 Minority Participation Report

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A Life Well Lived

Laura Clyde Curry – Hough

February 28, 1940 – April 29, 2026



Laura Clyde Curry – Hough

Mrs. Laura Clyde Curry-Hough was a beloved wife, mother, grandmother, and woman of faith whose life was a testament to love, service, and devotion. She was the heart of her family and a source of strength, joy, and inspiration to all who knew her.

Born on February 28, 1940, in Neshoba County, Mississippi, to James B. Tripplet and Hannah Smith, Laura grew up with a quiet strength and determination that would carry her throughout her life. She was educated in

the Jackson Public School System, attending Smith Robertson Elementary and Jim Hill Junior and Senior High School, and later pursued her passion by graduating from beauty school.

Mrs. Laura built a life marked by dedication and hard work, retiring as a cashier from the Deposit Guaranty Building. While she took pride in her professional accomplishments, her greatest joy was always her family. Becoming “Nana” for the first time in 1975, she embraced that role with her whole heart, a title she wore with honor, love, and unwavering commitment.

A woman deeply rooted in her faith, Mrs. Laura joined College Hill Missionary Baptist Church at an early age and later became a founding member of Crossroads Missionary Baptist Church. While she was a devoted and faithful member, her true passion was the Baptist Training Union (BTU), where she faithfully served as director. She dedicated her life to teaching and nurturing others “from the cradle to the grave,” ensuring that generations were grounded in faith, knowledge, and love.

Mrs. Laura was known for her kindness, generosity, and steadfast spirit. She had a special gift for making others feel cared for and valued, whether through a warm meal, a listening ear, or her quiet but powerful presence. Her life reflected a deep commitment to both family and faith, and her love will continue to live on in all who were blessed to know her.

She was preceded in death by her husband, Robert Hough; mother, Hannah Smith; her father, James Tripplet; and her daughters, Pamela Curry and Paula Domino.

She leaves to cherish her loving memory to her children, Beverly (Michael, Sr.) and Paul (Jacqueline); her siblings, Barbara and Stanley (Stephanie); along with a host of grandchildren, great-grandchildren, and great-great-grandchildren: Laperial (Seth, Brennan (Samir), Robvett “Cookie” (Nicholas), James “Spud” (Keontae (Kaior), Michael II, Laura, Monica (Destiny), Paul James “PJ,” and Hannah. She also leaves to cherish her memory her god-daughter, Umekia, god-granddaughter, Karyn, and a host of beloved nieces and nephews.

Home-going services were held Friday, May 8, 2026, 11:30 AM at Crossroads Baptist Church, 325 E. McDowell, Jackson, MS. The Eulogy was given by her brother and pastor of Crossroads, Rev. Stanley L. Smith.

During the service, Mrs. Laura’s granddaughter, Laura Coleman stated in a tribute, “Carrying her name was never a burden, it was an honor. It was legacy. It was purpose. And now, I wear the name Laura proudly because it means I get to carry a piece of her with me for the rest of my life.”

The interment was at Autumn Woods Memorial Gardens, 4000 W. Northside Drive in Jackson, followed by a Repast at Grove Park Community Center on Parkway Avenue.



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It’s good to be blue.



MISSISSIPPI



Unchanging

Continued from page 1

Bill Cork, Executive Director of the Mississippi Development Authority, and the guy that elevated him to that role – Governor Jonathan (Tate) Reeves, know exactly what they are doing and who they are doing it for – and it isn't the 45% minority population of Mississippians. In fiscal year 2025, of the over \$5.5 billion expended (up from \$2.24 billion in FY2021) on state agencies - less than 1% went to non-whites (Asians, African Americans, Hispanics, and Native Americans), while over 99% of contract expenditures went to white people.

This is deliberate – state-sponsored and legislature-approved - oppression of minorities. A full-fledged assault on the economics of minorities, a devaluing of our neighbors, and surely not done with a hold to God's unchanging hand. It's the Mississippi way, and the conspiracy of silence is multi-pronged: 1) The powers that be like Reeves, Hosemann, Cork, White, Lamar, and others won't talk about it, won't respond to inquiries by The Mississippi Link newspaper, 2) Newsrooms in Mississippi do not report on this issue, and 3) The legislative response is nearly non-existent – although Representative Earle S. Banks (D-67) did draft a bill this year, HB740, seeking the folks at PEER be able to monitor economic development contracts to ensure fair minority participation. It died in committee on February

3, 2026.

Senator Sollie Norwood (D-28) told this writer, "It's shocking news. It's disturbing but explains the plight that minority businesses have in terms of trying to survive. It's not wise. No one can say we don't have qualified individuals - engineers, architects, the list goes on and on. We need an opportunity to be competitive and this needs to be viewed from a humane standpoint as well...we must devote time to try to improve these numbers."

The current Chairman of the Mississippi Legislative Black Caucus, Representative Kabir Karriem (D-41) met with this writer at the Capitol on April 29, 2026, to discuss the issue and review the report. He promised action. "We will make this issue a priority of the Mississippi Legislative Black Caucus."

White women are not marginalized or systemically discriminated against in Mississippi, yet they were awarded 81.9% of the total expenditures that went to minorities in FY2025. Messages were left for Representatives Becky Currie (R-92) and Stacey Hobgood-Wilkes (R-108), two of the nine white female Representatives. If they called back, they would have been asked how it sits with them that white women alone get three times the contracting expenditures as all minorities – men and women combined. No callback.

No one can ignore that great things come out of Mississippi – medical advances, critical impacts on the space program, literary and musical icons – an endless list of positives, yet we can't ignore this ongoing hatred of minorities demonstrated in state contracting. It's also immoral to use prayer as window dressing designed to imply God-inspired work is going on when it is not. We changed the state's emblem of hatred, now we must change this system of hatred.

Where can Mississippians find hope for change, fairness, and equity? We know we can't find it in our governor who repeatedly proclaims April as Confederate Heritage Month, or in our majority Christian Republican legislature that allows Confederate Memorial Day on the state's official calendar each year. We must find relief from this form of ungodly governance. Those that hold to God's unchanging hand would not do these things.

If we were a state with fair and equitable governance, Verse 4 of 'Hold to God's Unchanging Hand' would ring like a golden bell for our state leaders and legislators.

"When your journey is completed, if to God you have been true, fair and bright the home in glory, your enraptured soul will view!"

Mumford

Continued from page 1

Mumford's mother Shirley Brown, first lady of St. Mark Baptist Church thanked everyone for the love and support given to her daughter throughout and beyond the campaign. She spoke of how proud she and her family were of Kamesha for all her positive accomplishments.

When the senator stood to speak, she first thanked everyone for coming and expressed her appreciation for all the support she has received from those in attendance as well as others throughout the community. "I invited you here for a legislative update, but I really just wanted to see you all," she said.

After she broke the ice with that comment, she had everyone's attention. She spoke of the bills she had written but unfortunately had failed in committee. She also spoke of the bill that she had written, which passed in the 2026 Regular Session but did not have her name on it. It was Mississippi House Bill HB1404 called, "fraudulent utility conversion," which is when a landlord receives payment for utilities from a tenant but knowingly fails to pay the utility provider, causing the tenant's services to be interrupted. Everyone applauded.

At the end of her presentation, attendee Joyce Harper spontaneously began singing "You Deserve it, My Hallelujah belongs to you." The others in attendance joined in with what felt like a close-of-Sunday worship service.

Mumford plans to undertake many other bills to include getting cameras in some neighborhoods for safety, and legislation for promoting healthy moms and healthy babies. She invited the guests to feel free to contact her with their concerns.



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My Earned Membership into the 50-50-7 Exclusive Travel Club

By Charles L. Gentry
Guest Writer

It was a lifelong dream finally accomplished!! I did it!! I mastered a goal established as a young boy growing up on my father's rural farm in Noxapater, MS. I am honored to share my reflections of a dream that was not deferred.

COMMENTARY

In 1959, at the age of nine years old, Rev. Dock Jones, a local preacher in the Hathorn Community in Noxapater told me that he had traveled to all fifty states in the United States. I was so impressed in meeting someone who had traveled so far outside of Winston County. I thought to myself, that's what I want to do someday. I kept that thought in the back of my mind throughout elementary school, high school, and even college. While working in the fields on my father's farm, airplanes would fly over and I would fantasize about flying to faraway places. During those formative years in Noxapater, I dreamed of visiting California, New York, London, Paris, and Rome.

While in high school, I had the opportunity to visit Tuskegee, Alabama when my brother, Lepolian, received his Master's degree from Tuskegee Institute (now Tuskegee University). The next year, my sister, Ruth, received her Master's degree from the University of Oklahoma. I traveled on a Greyhound Bus from Noxapater through Tennessee to Norman, Oklahoma to attend Ruth's graduation.

In 1966, I enrolled at Jackson State College (now Jackson State University) in Jackson, MS at the age of sixteen. I had numerous opportunities to meet students from different states and various countries. I thoroughly enjoyed talking with students from other states and especially foreign students regarding their countries, culture, traditions, and family life.

After my graduation from



Jackson State University in 1970, I started my professional career with the General Electric (GE) Company in 1971 in Pittsfield, MA. I had the opportunity to visit all of the New England states which included Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. I traveled to my first country, Canada, in 1975 during my four years in Pittsfield. I was employed by GE for twenty years in Massachusetts, Virginia, Mississippi, and two locations in Florida. When not working, I welcomed the opportunity to tour adjacent states, and several international countries. In 1985, I toured the Bahamas, Jamaica, and Mexico; in 1987, I toured England, France, Italy, Vatican

City, and Switzerland; and in 1989, I toured Austria, Germany, and Liechtenstein.

By 2011, I had visited forty-two states with only eight states remaining. My wife, LaVerne, joined my bandwagon for traveling. During the summer of 2012, we flew to Denver, CO, rented a car and toured those remaining eight states over a period of sixteen days. We visited Kansas, Utah, Idaho, Montana, South Dakota, North Dakota, Minnesota, and Wisconsin. We turned in the rental car in Chicago and flew home to Mississippi. I reflected back to Rev. Jones!! What would the great traveler think of me now?

After visiting all fifty states in 2012, we got the notion to visit



fifty countries and all seven continents. In 2015, we toured the Holy Land and Jordan; in 2016, we toured South Africa; in 2017, we toured Australia, New Zealand, and Fiji; in 2018, we toured Singapore, Malaysia, Philippines, Vietnam, Thailand, and Japan; in 2019, we toured Argentina, Uruguay, Chile, England, France, Belgium, Netherlands, Denmark, Germany, Lithuania, Poland, Latvia, Estonia, Russia, Finland, and Sweden; in 2020, we toured United Arab Emirates and Oman; in 2023, we took an expedition cruise to Antarctica; in 2025, we toured Cyprus, Egypt, Greece, and Turkey; and in 2026, we toured Antigua, Aruba, Barbados, Bonaire, British Virgins Islands, Curacao, Dominican Republic, Grenada, Saint Kitts-Nevis, Saint Lucia, Saint Maarten, and Trinidad-

Tobago. On November 22, 2018, we crossed the International Date Line on a 17.5 hours nonstop flight from San Francisco, CA to Singapore. On March 8, 2019, we cruised Cape Horn which is located at the southernmost tip of South America. On March 9, 2020, we crossed the equator in the Indian Ocean on a cruise from Dubai, UAE to Cape Town, South Africa. On March 20, 2026, I obtained and was awarded membership into the 50-50-7 (all 50 states, 50 countries, and all 7 continents) Exclusive Travel Club. All of my travel dreams have come to fruition. I have been blessed beyond measure. To God be the Glory. My ultimate travel dreams finally became a reality!! At this point, we are fully committed to continue exploring and traveling

the globe. LaVerne and I have two international adventures planned in June and October of this year and another international adventure planned in January 2027.

International travels have completely reshaped our perspectives on the global community. Global travels broaden the horizon, deepen an understanding of international issues, and provide memories that will last a lifetime.

We pray that our traveling experiences will inspire, empower, and motivate others to travel. Our challenge is extended to those who are young and the not so young. Get on board, join our travel bandwagon. DREAM, PLAN, and PACK YOUR BAGS!!

(LaVerne A. Gentry, PhD also contributed to this article)

we must vote

CALLAIS V. LOUISIANA & MISSISSIPPI VOTING RIGHTS

THINGS YOU SHOULD KNOW:

A major court case could weaken or eliminate **Section 2 of the Voting Rights Act (VRA)**—a key protection against racial discrimination in voting.

FOR MISSISSIPPI, THIS COULD MEAN SERIOUS SETBACKS FOR BLACK VOTERS AND FAIR REPRESENTATION.

WHY SECTION 2 MATTERS:

Section 2 helps communities fight unfair voting laws and maps. It has been used to:

- STOP DISCRIMINATORY REDISTRICTING
- PROTECT MAJORITY-BLACK DISTRICTS
- ENSURE FAIR REPRESENTATION AT ALL LEVELS

IF SECTION 2 IS WEAKENED:

- FEWER LEGAL PROTECTIONS AGAINST UNFAIR VOTING LAWS
- MORE RACIAL GERRYMANDERING (MANIPULATED DISTRICT LINES)
- INCREASED VOTER SUPPRESSION WITH LESS ACCOUNTABILITY

WHAT THIS MEANS FOR MISSISSIPPI:

- LOSS OF BLACK REPRESENTATION IN LOCAL AND STATE GOVERNMENT
- MAJORITY-BLACK DISTRICTS WEAKENED OR ELIMINATED
- LESS POWER IN DECISIONS ON SCHOOLS, HEALTHCARE, AND JUSTICE

we must vote

MISSISSIPPI'S SHIELD ACT (SB 2588)

PRIVACY & YOUR RIGHTS:

KEY CONCERNS:

Providing sensitive information (like Social Security numbers) can raise concerns about how data is used or shared.

WHAT TO KNOW:

- Government systems already use secure identity verification
- Data sharing across agencies exists but raises valid concerns
- Trust in data protection varies across communities

WHY IT MATTERS:

Additional data requirements can:

- Discourage voter registration
- Increase confusion and fear
- Create more barriers to participation

OUR POSITION:

- No one should choose between privacy and voting
- Voter education must be clear and honest
- Communities deserve transparency and protection

TAKE ACTION

- Get Informed: Check requirements and registration status
- Help Others: Support community members with documents
- Stay Engaged: Join voter education and advocacy efforts

CONNECT WITH WE MUST VOTE TODAY!!!

We Must Vote, Inc. is organizing across Mississippi to ensure every eligible voter is informed, prepared, and empowered.

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Mississippi State Hospital honors 2025 Employees of the Year

The Mississippi Link Newswire

Mississippi State Hospital celebrated its 2025 Employees of the Year during the annual Employee Recognition Event held Thursday, April 23, in the Public Relations Conference Center. This year's theme, "Painting in The 'Sip," brought a fun and creative touch to the celebration.

Kelli Ponder Reynolds of Mendenhall, owner and operator of Art with Kiki, opened the event by leading the 2025 Employees of the Month in a painting class. Each honoree painted and textured the state of Mississippi using a color of their choice.

The MSH Art Department, including Ceci Whitehurst, Ricky Shelby, and Betty Thompson, led a group art project with participation from Employees of the Month and guests. The finished piece, pictured on page 3, will be displayed on campus.

The program opened with a welcome from Amy Walker, President of Friends

of Mississippi State Hospital, Inc., followed by the invocation from Melvin Collins, Chaplain with MSH Pastoral Care. MSH Director James G. "Bo" Chastain, shared remarks and introduced guests.

The Employee Recognition Committee, which votes each month on Employees of the Month, was also recognized. Committee members include Chiquita Boyd, Stacey Davis, Robert Dixon, Michelle Jackson, Mary Moore, Johnnie Clark, Marie Bingham, Kina Woods, and Michael Robinson. Guests enjoyed Art Trivia led by Carolyn Trigg, Friends of MSH, Inc.

Board Member, along with a meal provided by Cura Hospitality. Chastain, Walker, and MSH Human Resources Director Bo Blanks recognized each of the 2025 Employees of the Month before the program concluded with the announcement of the 2025 Employees of the Year.

"We spend the largest amount of our

time each week at work, and that being the case there are few things better in life than coming to work and having great people to work with," Chastain said. "That's who our Employees of the Month are, and we are so thankful to be able to celebrate them today."

Wendy Bailey, Director of the Mississippi Department of Mental Health, also thanked the honorees for the care they show each day. "We are so proud and honored that these employees work for Mississippi State Hospital," Bailey said. "They pour their heart and their soul into taking care of the patients and residents they serve, and they help us fulfill our mission each and every day. So this is a small way to honor them for their dedication day in and day out. We could not be Mississippi State Hospital without them."

The 2025 Employees of the Year are Maurice Woods for Direct Care, Rena Rideout for Clinical Service, and Teresa Wilson for Support Services.



MS State Hospital 2025 Employees of the year:(L-R) Rena Rideout, 2025 Clinical Service Employee of the Year; Teresa Wilson, 2025 Support Services Employee of the Year. (Not pictured, Maurice Woods Direct Care Employee of the Year.)

Ask Tim a Question? Business, Finances, Money, or Taxes

By Tim C. Lee
CEO & Founder of TCL Financial & Tax Services



Question: "Tim, can you explain the difference between term and whole life insurance, and which one is better?"
Kristin from Flowood, Mississippi

Answer: Kristin, thank you for your question!

Before I begin to explain the difference between those two types of life insurance, let me first talk about the purpose of life insurance.

In my opinion, life insurance has four purposes:

- 1) To cover the cost of your burial, cremation, and/or funeral services: As of today, the national average for these services range between \$5,000 and \$10,000.
- 2) To pay off your debt: You should only focus on your secured debt (home, vehicles, etc.) that you want to leave to your loved ones upon your death. Never focus on your unsecured debt (credit cards, medical bills, personal loans, student loans, etc.). The only exception to this rule is, if the unsecured debt is in you and a joint applicant's name, treat it as a secured debt. I say that because, due to the unsecured debt being a joint responsibility, the institution or lender will still pursue collection procedures from the living party upon your death. Other than that reason, unsecured debts typically die with you.
- 3) To provide financial support for those who rely on your income: If you have a spouse, dependent children, etc. that requires your source of income to cover daily and living expenses, their needs do not change upon your death. In most cases, their financial needs increase following your death.
- 4) To leave an inheritance to your loved ones: Regardless of how much income you make, how much money you have saved, or the size of your investment portfolio, life insurance is a great tool to use in order to pass down wealth to your loved ones and the next generation for many years to come. Out of all four purposes, this is my absolute favorite one!

Now that I have discussed the four purposes of life insurance, let me discuss the components and differences between term and whole life insurance.

Term life insurance coverage will be in place for a set period of time (5, 10, 15, 20, 25, 30, 35, etc. years) versus whole life insurance coverage is permanent, and will be in place your entire life.

Term and whole life insurance both have fixed, monthly premium amounts, but keep in mind, whole life insurance is significantly higher than term.

Your monthly premium for term life insurance is being allocated for life insurance purposes only. On the other hand, your monthly premium for whole life insurance is being allocated to build cash value and for life insurance purposes, which is the reason the cost of this particular life insurance is much more expensive.

Typically, cash value is paid to the insured by the life insurance company at an interest rate of three to five percent.

The cash value component of whole life insurance is typically a major selling topic to consumers by life insur-

ance agents, but there are some key factors of the cash value component that is not explained or understood by consumers.

These key factors include:

- 1) In the first one to three years of the life insurance policy, it does not build any cash value.
- 2) Once cash value is accumulated in the life insurance policy, the insured can not just take out the money that has accumulated. Instead, they must borrow from it, and pay it back. The interest rate at paying the cash value back is typically higher than the interest rate that was being paid to the insured to accumulate the cash value.
- 3) If the insured dies while there is still a balance on any borrowed cash value, the beneficiaries are responsible for paying the balance from the death benefit they are entitled to receive.
- 4) If the insured dies and there is cash value accumulated within the policy, with or without a loan balance, the beneficiaries do not get the balance of the cash value and the death benefit. They get the one with the greatest value, not both.

In my opinion, any type of cash value life insurance (universal life, variable universal life, whole life, etc.) is a horrible product.

As a licensed life insurance agent that can offer and sell all life insurance policies, I only recommend to my clients term life insurance.

The mistake a lot of people make is thinking that they need life insurance for their entire life, and you absolutely do not!

Based on the four purposes I mentioned earlier, your life insurance needs are higher when you are younger with debt and dependent children. As you get older, your debt decreases and your once dependent children are now grown and independent.

Instead of focusing on the cash value component that only pays a three to five percent interest rate to the insured, I recommend you buy term life insurance, while at the same time, invest in the stock market.

On average, investing in the stock market will earn you a rate of return of more than double, and sometimes triple the rate that a cash value life insurance would pay you.

Following my advice of buying term and investing in the stock market simultaneously will put you in a position that by the time your term life insurance policy ends, you will be considered "self-insured."

Meaning, you have accumulated enough assets and wealth that you will not need life insurance once your term life insurance policy ends.

Upon your death, your beneficiaries can simply pay for your burial, cremation, and/or funeral services from the inheritance you have strategically built and left them.

Again, thank you Kristin for your question!

Tim C. Lee is the CEO & Founder of TCL Financial & Tax Services, and the host of "The TCL Show" that airs every Monday from 6:00 p.m. to 7:00 p.m. CST on WMPR 90.1 FM in Jackson, MS. This is the show that is about "You, Life, and Money." Got an article idea or a question you would like answered, e-mail Tim at timlee@TCL-FinancialTaxServices.com



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3 Million Americans lose critical food safety net, as dramatic cuts to SNAP take effect

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By Christopher Young
Contributing Writer

Last summer, Congress passed HR1 — also known as the One Big Beautiful Bill — which cut almost \$1 trillion from critical health and food safety nets and imposed new eligibility requirements. The budget of the Supplemental Nutrition Assistance Program — SNAP — was slashed by \$187 billion through 2034, the largest cut to the program since it began in 1964. Between the passage of that law in July 2025 and January 2026, more than 3 million people have lost SNAP benefits.

SNAP benefits help families, children, disabled and elderly people buy food. The program also creates an economic boost for communities, providing funds for small grocers and relieving strain on local food banks.

On April 29, 2026, the Congressional District Health Dashboard, released new SNAP participation data, for every Congressional district in the US. For the first time, users can track changes in SNAP participation quarter by quarter, alongside 40 other Dashboard



Dr. Giridhar Mallya. PHOTO: CENTER FOR SCIENCE IN THE PUBLIC INTEREST.

health and economic metrics, offering a clear view of district-level changes over time.

On Friday, May 8, 2026, Sunita Sohrabji, Health Editor and co-producer of American Community Media's National Briefing Series, moderated a discussion focused on exploring new data, highlighting key insights and the stakes for families and states - which will take on a greater share of funding the program. Included in the briefing was a live demonstration of the Dashboard, equipping reporters with a valuable tool to analyze health and its drivers across the country. This briefing was conducted in partnership with The Robert Wood Johnson Foundation which is



Dr. Lorna Thorpe. PHOTO: NYU GROSSMAN SCHOOL OF MEDICINE.

United States largest health-focused philanthropy. Eighty-five media outlets joined the call.

The first panelist, Dr. Giridhar Mallya, is a public health physician and Senior Policy Officer at The Robert Wood Johnson Foundation. He began by sharing, "What's at stake? 3 million have lost snap benefits already and it's likely another 1 million could lose benefits or have them sharply reduced. We need clear credible data to ensure the decisions in Washington and across the country reflect the real needs of communities. And no one, especially kids, people with disabilities, veterans, or older adults should be left wondering if they can afford their next meal. That's

really where SNAP comes into play. It is a government program that helps people afford their groceries — since 1964, importantly, it has enjoyed bipartisan support throughout that history through its inclusion in the farm bill, which sets the nation's food and agriculture policy. It is intended for families at or near the poverty level, which, for a family of four, is roughly \$31,000 per year. An individual can receive \$188 and the average household receives \$332 per month — working out to be about \$1.50 per meal. In addition to US citizens, green card holders are eligible for SNAP after a five-year waiting period. Until recently, other lawfully present immigrants were also eligible. Undocumented immigrants have never been able to receive SNAP."

Dr. Lorna E. Thorpe, Methods Co-Principal Investigator of the Congressional District Health Dashboard, and Chair of the Department of Population Health at the NYU Grossman School of Medicine, shared, "We are pleased to partner with the Robert Wood Johnson Foundation on this project. The dashboard contains 40

distinct measures and drivers of health in the United States. We're pleased to introduce a new SNAP metric, measuring the percentage of households that are participating in SNAP. We generate these estimates by combining data from the American Community Survey and the US Department of Agriculture Food & Nutrition Service. We provide SNAP estimates for each quarter of the year — and we have the data from late 2022 to late 2025 and will be updating the data twice annually to allow for the tracking of policy impact. It's important to note that we are a nonpartisan source of data. More than 1 in 6 households participate in SNAP." Dr. Thorpe then conducted a live demonstration of the dashboard, which is free and easy to navigate. Access the dashboard at <https://www.congressionaldistricthealthdashboard.org>.

Using the Congressional District Health Dashboard for the State of Mississippi, data was found across numerous factors. A few examples: Twenty-six percent of children in Mississippi live below the poverty level — far worse than the national average. 61.6% of households

have a broadband connection — worse than the national average. 20.8% of adult Mississippians experience food insecurity — worse than the national average. 15.4% of households participate in SNAP, despite up to 22.2% of Mississippi families living in poverty.

Dr. Thorpe stated, "our goal is to make sure that users have the right data at the right geographic level to understand how federal policies affect communities, which can then be used to help hold leaders accountable and inform policy change. The dashboard doesn't just show health outcomes, it shows conditions that shape health, including housing, education measures, income, access to care measures and SNAP participation — these measures can help you connect the effects of federal nutrition policy to community health outcomes."

To view the entire briefing, including the full question and answer period, go to <https://americancommunitymedia.org/media-briefings/3-million-americans-lose-critical-food-safety-net-as-dramatic-cuts-to-snap-take-effect>.

Are we really in the same boat? South Carolina redistricting and the limits of coalition politics

By Greer Marshall
BlackPressUSA Columnist



Rainbow coalitions have a history of leaking on Black folks. There are tons of stories behind that claim; that's probably not relevant right now, but I digress.

In Southern politics, the Black electorate has been the engine of the Democratic Party for more than half a century. They've provided the votes, the grassroots infrastructure, and the moral authority that's kept the party alive. That said, at this point, they know when they're being asked to provide the labor for a coalition that doesn't prioritize them.

So, when Mayra Rivera-Vázquez, a Latina candidate, is running for Congress in South Carolina's 1st Congressional District as the state legislature carves up the only Black district in the state, the question isn't only if she's qualified. The first question is whether she's a legitimate option or, to be more direct, are we really in the same boat?

Eight days after the Supreme Court gutted Section 2 of the Voting Rights Act in Louisiana v. Callais, South Carolina Republicans are moving to trash the June 9 primary and push it to August so they can redraw the congressional map. Democracy is just too risky unless they can guarantee the outcome. Today, the South Carolina Senate is expected to vote on whether to authorize a special



Mayra Rivera-Vázquez for Congress

session for redistricting. President Trump says he will be "watching closely." The target is Jim Clyburn's 6th District. He holds the state's only Democratic seat and is the only Black representative from South Carolina since Reconstruction.

This isn't the first time. In 2023, Republican lawmakers moved roughly 30,000 Black voters out of District 1 and packed them into District 6 to hit a specific racial target. 17 percent of the Black vote, to be exact. A federal three-judge panel called it an unconstitutional racial gerrymander. The Supreme Court overturned that ruling in 2024, calling the motive partisan rather than racial, as if the two aren't the same thing in South Carolina. Now, the Callais ruling has given

them permission to finish the job.

The numbers are the only thing that matters in this story. Before redistricting, Black voters made up 21.4 percent of District 1. Today, 17.8 percent. Hispanic voters went from 7.9 percent to 8.2 percent. One group diminished with precision. The other was statistically consolidated.

John Morgan, a Republican map consultant, testified before the House panel that the proposed map was drawn to deliver a 7-0 Republican sweep of the state's congressional delegation. If you don't believe me, he said that on the record. The cost of this latest maneuver, according to state Election Commission Director Conway Belangia, is at least \$2.2 mil-

lion in taxpayer money. And that doesn't include county costs. It also renders the military ballots already in the mail dead on arrival.

And that's where the public conversation starts telling on itself.

The poetic hypocrisy is hard to miss in South Carolina politics. Nancy Mace, the Republican who held the seat Mayra Rivera-Vázquez is running against— an algorithm engineered for the wealthy and for suburban developments, drawn to erase Black districts. But here's where the coalition question gets uncomfortable. According to the US census, a significant portion of the Latino population in the Lowcountry identifies as white. A middle-class Latino family in Mount Pleasant has a fundamentally different relationship with this district than a Black family that was redistricted out of it. When a chunk of your coalition shares more economic interests with the people who drew the map than with the people who were erased by it, that is not a coalition.

of color as unearned. According to the U.S. Department of Labor, white women were the largest beneficiaries of DEI initiatives. Mayra says to be taken seriously by state lawmakers, she practically has to carry her three advanced degrees like a permission slip at all times, "just because of the fact that I am Latina and a woman."

District 1 in 2026 is a different beast from the one Mace first won. Mount Pleasant is 90 percent White with a median household income of \$124,000. Kiawah Island's median income exceeds \$213,000. The new math isn't designed to care for the deeply specific, land-related issues facing the Geechee-Gullah people in places like St. Helena, Wadmalaw, and Johns Island. This is the ghost map Mayra Rivera-Vázquez is running against— an algorithm engineered for the wealthy and for suburban developments, drawn to erase Black districts.

But here's where the coalition question gets uncomfortable. According to the US census, a significant portion of the Latino population in the Lowcountry identifies as white. A middle-class Latino family in Mount Pleasant has a fundamentally different relationship with this district than a Black family that was redistricted out of it. When a chunk of your coalition shares more economic interests with the people who drew the map than with the people who were erased by it, that is not a coalition.

Mayra says she's not a politi-

cian. She's a lawyer, an economist, and the former chair of the Beaufort County Democratic Party, the first Latina to hold that position in South Carolina. She's spent 14 years in the Lowcountry.

She stopped a rezoning effort for a golf course on Gullah Geechee land in Beaufort. She organized coalitions against a data center project near the ACE Basin. She's been in hearing rooms fighting for Black land before ever filing to run for anything.

Mayra says she's drawn "lines in the sand" for working families in the Lowcountry. In fact, she is the only candidate in the District 1 race who can say to the families on St. Helena, "As former chair of the Beaufort County Democratic Party, while Nancy Mace was busy drawing you off the map, I was fighting to keep you in it."

When I asked Mayra whether Black voters being displaced should trust a Latina candidate to carry their fight, she didn't dodge the question.

"Being a Latina, I could not run for Congress without the fight the Black community in the '60s fought. They helped everyone get the right to vote," she said. "It's because of them that I am even a possibility."

Mayra understands whose shoulders she's standing on and isn't pretending otherwise.

Are we really in the same boat?

I asked her that directly. "Only if we are rowing in the same direction."

Millennials and Zoomers are reshaping phrases and words in our world today.

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



I will be the first to admit there is a new language out here today. It's one that I find challenging at times. I'm left confused and amused at the same time. In other words, what you talking about Willis?

If you are in the 4th quarter, maybe you feel the same way. You know that time is passing by when your grandchildren use what I describe as tech language. They are just short phrases and words or even a few letters that have meanings. Here are a few of them that I

hear or read almost daily. Trust the process, toxins, do the work and karma are just a few of them. They are on social media like a runaway train.

For example, the first person I heard use the phrase, "trust the process" was NBA star, Joel Embiid last year when he was injured. I guess the rehab of the injury was the trust the process part. Now everybody trusts the process in everything they do.

The word toxin according to reports was first used by Ludwig Brieger, a German chemist. It was 1888. I have heard the younger crowd tell someone, "You're toxic". I will leave it for your interpretation. Calling it or speaking it into your life is another widely used expres-

sion. This phrase has Biblical roots dating back centuries ago. It has now found new life and is used more intentionally.

Of course, there are some phrases we seasoned citizens heard back in the day. Our parents used them and we continued the tradition. It is funny that when I use them around a younger group, they look puzzled and clueless.

If the shoe fits wear it is one of the expressions, I heard in my community growing up. Translated it means that if the circumstances described fit then that is who you are or what you did.

Way back when, it was mind your p's and q's. Interpreted as act like you got some sense.

H.T. (home training) also comes to mind. Families were big on children acting a certain way while in the public square. It is no different today as parents have certain expectations of the children.

Don't spill the beans originally meant not to divulge a secret or privileged information. Some of us came of age when someone was always spilling the beans. Truth be told, I spilled the beans a time or two.

With today's technology, someone is always spilling the beans using Facebook or Twitter. It's humorous to think that some folks cannot keep a secret. They just must tell somebody.

If you have children or grandchildren, then you know this

age-old phrase has turned into a popular game for kids. This game is being sold by the thousands on websites and in stores. Just think, those beans have come a long way.

Today's computer age has given us a way to respond instantly. Even as a novice or a pro, you know the terms like and share. In the blink of an eye, you can add your satisfaction or dissatisfaction to anything on the internet. Sometimes a smiling face or a frown will pop up, too.

As reports confirm, Vimeo created the first like button in 2005 to show favor and appreciation. Facebook began to use it in 2009. It is now ubiquitous and a part of our universal cul-

ture.

Likes and shares have solidified their place in today's tech landscape. They represent the easiest and fastest way to voice your opinion about a topic. There are budding political types who have become influencers using likes and shares. Some have podcasts now.

The Creator Rewards Program which was started for this new age technology has the attention of those wanting to make a splash. You need 10,000 followers and 100,000 views during a 30-day period. Technology with new avenues and innovations has changed the world and how we communicate. Wouldn't you agree?

The Color of Trust

By Ben Jealous
People For the American Way



In politics, fear has a color.

For most of American history, that color has been Black.

No ad has taught that lesson more brutally than the Willie Horton ad of 1988. It showed the face of a Black man convicted of murder. It blamed Michael Dukakis for a furlough program. It told voters mercy was dangerous.

After that, clemency withered. Democrats especially learned to treat grace as a trap. To this day, too many Democratic politicians fear using their clemency powers. Even when their cowardice means people receive punishment they do not deserve.

Republican governors and presidents have often been more sweeping. Our nation's current president has used the pardon power boldly and repeatedly. He has never seemed afraid of the power itself. Too many Democrats still are.

This spring marks 10 years since the Bernie Sanders campaign made a very different kind of ad. Nearly three decades after Willie Horton, I asked the campaign to do the opposite. Put a Black man convicted of murder in a presidential ad. Not to destroy the campaign. To strengthen it.

His name was Chris Wilson. Chris grew up in Baltimore. He saw violence young. At 17, he took a man's life. He went to prison.

There is no hiding from that truth. There should not be.

But Chris did what we say we want people to do. He took responsibility. He educated himself. He built a master plan for his life. He came home determined to work, mentor, and help others escape the traps that nearly swallowed him.

At the time, Chris was painting my house. When the campaign came to film the ad, Chris helped find the location.

To me, his story was not a liability. It was the point. Real public safety requires redemption. Prevention. Education. Jobs. Second chances.

The idea carried risk. Given the legacy of Willie Horton, some had concerns. That was understandable. This was not a safe testimonial. It was a direct challenge to a powerful racial taboo.

But in a nation with the highest incarceration rate on Earth, Willie Horton politics had trained campaigns to distrust voters. My experience told me voters were better than that.

Years earlier, I had been part of polling for a big-box retailer that wanted to know what would happen if customers learned it provided second-chance employment for formerly incarcerated people. Customers said they would be more likely to shop

there. The company stood to gain market share, not lose it.

People were ready to believe in second chances. Politics just had to catch up.

Everyone signed off on taking the risk. The campaign made the ad. The name said it all: "Be Bold, Change the System."

There was Chris, looking into the camera, telling the truth. No hiding. No sugarcoating. No mug shot. No monster. Just a man. A Black man. A Baltimore man. A man who had caused harm, paid a terrible price, and fought to become a force for good.

It was the anti-Willie Horton ad. The Willie Horton ad said Black men are the reason to fear mercy. The Chris Wilson ad said Black men are among the reasons to believe in redemption.

And it worked. The ad drew roughly a million clicks in the first 24 hours. It sent Bernie's support up fast in Illinois. It was used powerfully in Michigan and Missouri. It moved people because it trusted them.

Chris later received a book contract. The Master Plan told how he refused to let prison be the end of his life. That work became the basis for an education program that has trained more than 100,000 incarcerated people.

Today, Chris is a celebrated artist whose paintings sell for tens of thousands of dollars.

That is what Willie Horton politics never wants America to see. It wants to freeze a Black man forever at the worst moment of his life. Chris Wilson proves something else. Redemption does not erase accountability. It fulfills it.

Ten years later, the lesson is urgent. Willie Horton politics is still with us. It has changed targets. Today, the scary Black man in the old ad has too often become the scary brown immigrant in the new one. Campaigns still take one terrible crime, attach it to a whole people, and tell voters mercy, due process, and fairness will get them killed.

The faces change. The formula does not. The Chris Wilson ad, and the life he has led since, prove the best way to combat racism, authoritarian propaganda is with the bold and transformative truth.

Bold enough to believe accountability and redemption can live in the same sentence. Bold enough to trust voters with the full humanity of a Black man who changed his life. Bold enough to bury the politics Willie Horton made famous — and build a politics worthy of the people of every color we too often leave behind.

In America, the color of trust is the color of the blood in all our hearts — red and blue, flowing together as one.

Ben Jealous is a professor of practice at the University of Pennsylvania and former president and CEO of the NAACP.

Help me fall in love with you again

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



One of the greatest feelings that one can experience is falling in love. In fact, I don't believe there is no greater feeling than falling

in love with your soulmate. I know all too well because of me and my husband.

What does in love mean or feel like?

I can only describe what it means to be in love by our experience. We experienced the following before marriage and in marriage:

- Immediate spark and connection
- Never ever experienced what we felt in our hearts until we met each other
- Thought about each other constantly
- We couldn't wait to see each other
- We lit up each other's heart
- Fun — going to Walmart wasn't a typical store trip
- I don't care what negativity transpired in my life - knowing that I had him in my life made even the bad - good
- I desired to kiss him before marriage but waited until marriage
- We couldn't keep our hands and eyes to ourselves (let me clarify this mostly in marriage)
- We blushed at the mention of each other's name
- We trusted each other — I felt safe with him
- And lastly, we knew without any doubt in our hearts that we wanted to spend the rest of our lives with each other.

We met in January 2005, he proposed in March 2005, and we married in December 2005. If you're in love and know who you want / why wait child?

What causes the in love to dissipate in marriage?

There are various factors that contribute to the dismantling of being in love in a marriage like the lack of communication, growing in isolation instead of as one,

unresolved trauma, financial issues, children/parenting, spouse neglect/abandonment ranging from school, over working, affairs, etc.

Is it possible to reignite the in-love experience you had with your spouse after being married for so long?

Yes, I believe it is possible to fall in love with your spouse all over again and stay in love until death do you part.

But how does this happen? First ask your spouse (each other) to help you fall in love with him/her again.

I believe if you and your spouse consistently adhere to the following suggestions you can fall in love with each other again:

- FIRST-engage in self-healing/marriage healing and restoration
- Start over — yes, reflect on the good and use the bad to model what you want to achieve but leave the past in the past
- Seek God for strategies
- Pray together and for each other
- Check in daily with each other
- Admit your wrong, sincerely apologize and don't repeat the hurt/offense
- Forgive quickly
- Love your spouse unconditionally
- Be intentional
- Be kind to each other often
- Reassure each other of your commitment and love and abide by it
- Empathize
- Build/rebuild trust
- Hold each other accountable
- Treat your spouse the way you want to be treated
- Spend quality time together
- Date
- Take short trips and vacations
- Think before you speak - evaluate will this hurt or help your spouse
- Do not retaliate
- Communicate
- Communicate with a soft tone
- Listen
- Help your spouse in whatever ways you can — Ex. house chores
- Woo each other
- Show appreciation as often as

possible

• Husbands drive smoothly like you did when you first were courting your wives

- Have fun together
- Hug, kiss, and cuddle
- Hold hands
- Quench each other's sexual thirst

• Write love letters, love notes, to each other, etc

- BECOME friends
- Establish goals and plan your future together

• Husbands open the doors for your wives

• Husbands chase her - she wants to be chased by you

- Work towards growing as one instead of in isolation
- Take divorce off the menu because God hates divorce
- Trust God

In conclusion, my husband and I have decided to be intentional about growing our love/ in love with each other; there's always room to grow love. I know it is hard for some to admit that they

have fallen out of love with their spouses. Moreover, some don't believe in the concept of falling in love, but it is real - you'll have to experience it to know that falling in love is real. Furthermore, unfortunately many believe that if you are not in love that auto-

matically makes you eligible for separation, trying someone new to experience that feeling again and/or divorce. However, I believe it is possible to fall in love with your spouse again — ask your spouse to help you fall in love again. Thanks, mama, for inspiring my article this week!

Contact Dr. LaShunda Calvert for speaking engagements (Motivational, Ministering, Marriage Counseling, Marriage Workshops, Marriage Seminars, Marriage Conferences, etc.) Marriage Ministry: The Restoration Church, Suite H, Jackson, MS. 39206, on: Instagram: letsstaytogether4eva (Dr. LaShunda Calvert) Facebook: Dr. LaShunda Calvert Email:letsstaytogether4eva@gmail.com Contact # 601-596-2528

LEGAL

PUBLIC NOTICE

REQUEST FOR PUBLIC COMMENT AND PUBLIC HEARINGS

The City of Jackson ("City") hereby provides public notice of its intent to receive public comments and conduct public hearings regarding the proposed Solid Ground Housing Initiative, a program designed to address the needs of individuals experiencing homelessness and to support the transition to stable and sustainable housing opportunities within the City of Jackson.

The purpose of these public hearings is to provide citizens, stakeholders, community organizations, and interested parties an opportunity to review the proposed initiative and provide feedback, recommendations, and comments regarding the program and its proposed implementation.

Detailed information regarding the proposed initiative may be obtained from the City of Jackson Department of Planning and Development, Office of Housing and Community Development, located at the Warren Hood Building, Suite 229, 200 South President Street, Jackson, Mississippi 39201. For additional information, please contact Angela Brown at (601) 960-1172 or via email at afbrown@jackson.ms.gov.

The City will accept public comments regarding this proposed initiative beginning May 26, 2026, through June 23, 2026, in accordance with the required public participation and comment period established by the U.S. Department of Housing and Urban Development (HUD).

Public hearings will be held at the following dates, times, and locations:

- May 26, 2026 – 6:00 p.m.
Grove Park Community Center
4126 Parkway Ave.
- June 2, 2026 – 6:00 p.m.
Bolden Moore Library/Westside
1444 Wiggins Rd.
- June 9, 2026 – 6:00 p.m.
Champion Gymnasium
1355 Hattiesburg St.
- June 23, 2026 – 10:00 a.m.
Warren Hood Building
200 South President Street
(Final Public Hearing)

Written comments will be accepted through June 23, 2026, until 4:00 p.m.

No displacement is anticipated as a result of the activities described herein. Should displacement occur, the City of Jackson will comply with the provisions outlined in 24 CFR 570.606 (Residential Anti-Displacement and Relocation Assistance Plan). The City of Jackson is committed to the principle of non-discrimination in public contracting and professional services. It is the policy of the City to promote full and equal business opportunities for all persons doing business with the City. The City of Jackson does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, or familial status in the administration of its programs and activities.

Interpreter services and reasonable accommodations are available upon request for persons with limited English proficiency or disabilities.

Requests for accommodations should be directed to:

Celestial Gordon-Griffin
Department of Planning and Development

Office of Housing and Development
(601) 960-2083

cgordon@jacksonms.gov

5/14/2026, 5/21/2026

LEGAL

ADVERTISEMENT FOR BIDS

NOTICE is hereby given that the City Council of the City of Jackson will receive unpriced proposals for prequalification until 10:00 AM on June 2, 2026, for furnishing the City of Jackson's requirements for the following:

ONE (1) CRAWLER DOZER

Copies of the Bid Package are available for free download at www.jacksonmsbids.com. Documents must be downloaded through the website to be on the official plan holders list. For questions regarding website accessibility or obtaining bid documents, please contact PH Bidding Group at 662-407-0195 or via email at bids@phbidding.com.

Unpriced proposals shall be submitted through the bid site. Responses will be reviewed and vendors meeting the requirements in the bid package will be invited to participate in the online reverse auction, which will be held on June 9, 2026, at 10:00 a.m. Pricing will only be received by approved bidders through the online reverse auction.

Bid preparation will be in accordance with the Instructions to Bidders bound in the Documents. The City of Jackson reserves the right to waive irregularities and to reject any and/or all bids.

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

Any contract or contracts awarded under this invitation for bids are expected to be funded in whole by the City of Jackson. This procurement will be subject to the provisions of Section 31-7-13 of the Mississippi Code of 1972.

CITY OF JACKSON

Monica Oliver, Purchasing Manager

5/14/2026, 5/21/2026

LEGAL

PUBLIC NOTICE

The City of Jackson, MS will conduct Public Hearings regarding the development of its 2026 One-Year Action Plan. The Annual Action Planning process requires broad public participation by citizens and entities which are interested in, or are providing assistance in, the areas of housing, services for unsheltered individuals, public services and other community development activities.

The draft 2026 One Year Action Plan will contain applications for funding from the U.S. Department of Housing and Urban Development (HUD). The City of Jackson estimates that we will receive \$1,851,991 in Community Development Block Grant (CDBG) funds; \$784,387.39 in Home Investment Partnerships (HOME) funds; \$157,114.00 in Emergency Solutions Grant (ESG) funds; and \$1,811,878.00 in Housing Opportunities for Persons with AIDS (HOPWA) funds for a total of \$4,605,367.39, in federal entitlement funds. Upon award of these funds, the City proposes to undertake eligible activities housing and community development needs.

The Public Hearings will explain the purpose of the City's Annual Action Plan; discuss the City's goals and accomplishments with HUD funds; and consult with the public by accepting public comments regarding proposed activities for the programs. The Public Hearings will be held at the following locations:

- May 26, 2026 6:00 p.m. Grove Park Community Center, 4126 Parkway Ave.
- June 2, 2026 6:00 p.m. Bolden Moore Library/Westside, 1444 Wiggins Rd.
- June 9, 2026 6:00 p.m. Champion Gymnasium, 1355 Hattiesburg St.
- June 23, 2026 10:00 a.m. Warren Hood Building, 200 S. President St. (Final Public Hearing)

The draft Annual Action Plan will be available for review at the final public hearing and on the City's website at www.jacksonms.gov on June 23, 2026. The City will be accepting public comments on the draft Annual Action Plan until no later than 5:00 p.m., on Monday, June 16, 2026. Residents with disabilities are encouraged to notify the City at least five (5) days before the public hearing of any needed accommodations. For more details contact the Office of Housing and Development at 601-960-2083.

No displacement will occur as a result of the activities described herein. Should displacement occur, the City of Jackson will implement the provisions as required by CFR 570.606 (Residential Anti-Displacement and Relocation Assistance). The City of Jackson does not discriminate on the basis of disability in the admission of, access to, or treatment of, or employment, the programs and activities described herein. An interpreter is available upon request to assist persons with limited English proficiency. Any requests for reasonable accommodation required by an individual to fully participate in any open meetings, programs, or activities of the City of Jackson's Office of Housing and Community Development should be directed to: Ms. Angela Brown, Director of Planning, (601) 960-1615 or afbrown@jacksonms.gov.

5/14/2026, 5/21/2026

LEGAL

ADVERTISEMENT FOR BIDS

NOTICE OF REQUEST FOR QUALIFICATIONS

Professional Architectural and Engineering Design Services for the Rehabilitation of Fire Stations 1, 5, 10, 19, and 26 City of Jackson, Mississippi RFQ# 90610-061626

Notice is hereby given that the City of Jackson, Mississippi, will receive sealed statements of qualification from qualified architectural and engineering firms to provide professional design services for the rehabilitation of Fire Stations 1, 5, 10, 19, and 26.

Documents are available for viewing and obtaining at www.jacksonmsbids.com. Interested and qualified respondents may submit Request for Qualifications (RFQ) Packages, according to the requirements described herein, by hand delivery to City Clerk's Office of Jackson, 219 South President Street, Jackson, MS 39201. Packages may also be mailed to the City Clerk's Office, at P.O. Box 17, Jackson, MS 39205. Electronic submissions may be submitted at www.jacksonmsbids.com

All RFQ Packages are due by or before 3:30 PM p.m. (CT) on June 16, 2026.

The requested services include existing-conditions assessment, programming, cost estimating, schematic design, design development, construction documents, permitting support, bidding assistance, construction administration, and project closeout support. The City intends to use a Design-Bid-Build delivery method. This solicitation is for professional design services only and does not award construction work.

Submissions shall be clearly marked: "RFQ - PROFESSIONAL DESIGN SERVICES FOR FIRE STATIONS 1, 5, 10, 19, AND 26."

No fee proposal shall be submitted with the submission. Compensation will be negotiated only after the City ranks the most qualified firm or firms.

Minority-owned, women-owned, disadvantaged, Section 3, small, and local firms are encouraged to participate, either as prime consultants or subconsultants, consistent with applicable law and City requirements.

The City reserves the right to reject any or all submissions, waive informalities or irregularities, request clarifications, negotiate with the highest-ranked firm, and cancel or reissue this solicitation if determined to be in the City's best interest and consistent with applicable law.

CITY OF JACKSON

Monica Oliver, Purchasing Manager

5/14/2026, 5/21/2026

LEGAL

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

IN THE MATTER OF THE ESTATE OF MARLIN BENNETT KING SR., DECEASED

CAUSE NO.: P2025-00089 M/4

PETITIONERS: APRIL KING

NOTICE TO UNKNOWN CREDITORS

Letters of Testamentary having been granted by the Chancery Court of Hinds County, Mississippi to the undersigned Executrix upon the Estate of Marlin Bennett King Sr., Deceased, notice is hereby given to all persons having claims against said estate to present the same to the Clerk of this Court for probation and registration according to the law, within ninety (90) days from the first publication of this notice, or they will be forever barred.

This the 26th day of April, 2026.

April King
April King

STATE OF MISSISSIPPI
COUNTY OF HINDS

Personally appeared before me, the undersigned authority in and for the jurisdiction aforesaid, the within named, April King, Administrator for the Estate of Marlin Bennett King Sr., deceased, who having been by me first duly sworn, states that the above Notice to Creditors is true and correct as therein stated.



MY COMMISSION EXPIRES:

Frank C. Jones, MSB 10700
Frank Jones Law Office
1010 N. West Street
Jackson, MS 39202
Tel: (769) 251-0207
Fax: (601) 608-7872

4/30/2026, 5/7/2026, 5/14/2026

LEGAL

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

IN THE MATTER OF THE ESTATE OF NETA COOPER, DECEASED

CAUSE NO: P2025-430 G/2

GABRIELLE COOPER, ADMINISTRATOR

NOTICE TO UNKNOWN CREDITORS

Letters of Administration having been granted by the Chancery Court of Hinds County, Mississippi to the undersigned Administrator upon the Estate of Netra Cooper, Deceased, notice is hereby given to all persons having claims against said estate to present the same to the Clerk of this Court for probation and registration according to the law, within ninety (90) days from the first publication of this notice, or they will be forever barred.

This the 14th day of April, 2026.

Gabrielle Cooper, Administrator
Gabrielle Cooper

STATE OF MISSISSIPPI
COUNTY OF HINDS

Personally appeared before me, the undersigned authority in and for the jurisdiction aforesaid, the within named, Gabrielle Cooper, Administrator for the Estate of Netra Cooper deceased, who having been by me first duly sworn, states that the above Notice to Creditors is true and correct as therein stated.



Gabrielle Cooper
Gabrielle Cooper

Ann James
MY COMMISSION EXPIRES:

Frank C. Jones, III Attorney at Law
Frank C. Jones Law Office
1010 N. West Street
Jackson, MS 39202
Tel: (769) 251-0207
Facsimile: (601) 608-7872

4/30/2026, 5/7/2026, 5/14/2026

U-RENTAL Van Company



- New fleet of vans
- 12 & 15 passenger vans
- Unbeatable prices
- Unlimited miles
- Church / business trips
- Family vacation & more
- Cash or credit cards

3840 ROBINSON ROAD - JACKSON, MS 39209 - PHONE: 601-398-1162

AUCTION FOR CITY OF JACKSON ABANDONED, STOLEN, SEIZED VEHICLES, EVIDENCE, AND RECOVERED PROPERTY

To all interested parties, known and unknown, Pursuant to the MS State Code of 1972, Section 21-39-21, the City of Jackson, Mississippi, will sell at Public Auction, the impounded, abandoned, lost, stolen, or misplaced motor vehicles and equipment listed on the attached schedule. Unclaimed motor vehicles and equipment may be sold after the expiration of ninety (90) days from their receipt or recovery by the City of Jackson. The auction will be held online at <https://marketplace.atura.com/auctions/jac-ms/> on May 27 at 10:00 am

A list and description of abandoned/unclaimed vehicles will be posted pursuant to statutory requirements in the following locations:

Hinds County Court House
Hinds Country Chancery Court Building
Jackson City Hall/City Clerk's Office" (5/6/2026)

8840115 2002/LEXUS/RX/GRAY
JTJGF10U220121957

8840121 2001/TOYOTA/CAMRY/
WHITE JT2BF22K110300528

8840208 2009/TOYOTA/CAMRY/
WHITE 4T1BE46K29U827249

8840221 2024/NISSAN/SENTRA/
SILVER 3N1AB8CVXRY228369

8840373 2011/NISSAN/
ALTIMA/MULTI-COLOR
1N4AL2AP4BN427700

8840442 2013/FORD/ESCAPE/
WHITE 1FMCU0HX4DUD36182

8843391 2001/GMC/YUKON/
BLACK 1GKEC13V61R182587

8843518 2010/CHEVROLET/
MALIBU/GOLD
1G1ZB5EB3AF182468

8843542 2003/DODGE/
STRATUS/RED
4B3AG42G23E144898

8843580 2019/DODGE/
CHARGER/BLACK
2C3CDXCT4KH506272

8843595 1998/PONTIAC/
GRAND PRIX/GREEN
1G2WP52K9WF251093

8843649 2014/VOLKSWAGEN/
TIGUAN/BLUE
WVGAV3AX3EW545029

8843651 2007/HONDA/CIVIC/
SILVER 2HGFG12827H522702

8843659 2015/NISSAN/ROGUE/
GRAY 5N1AT2ML3FC854513

8843683 2019/CHEVROLET/
BLAZER/BLACK
3GNKBBRA6KS653445

8843727 2006/VOLVO/S80/
WHITE YV1TS592261438458

8843743 2003/HONDA/
ACCORD/SILVER
JHMCM56393C017011

8843765 2020/NISSAN/SENTRA/
GRAY 3N1AB8BV3LY224348

8843776 2015/KIA/OPTIMA/
GRAY 5XXGM4A74FG486440

8843803 2008/JEEP/LIBERTY/
WHITE 1J8GP58K38W236334

8843850 2013/HYUNDAI/
ELANTRA/WHITE
5NPDH4AE7DH382936

8843857 2017/HYUNDAI/
ELANTRA/WHITE
5NPD74LF6HH080407

8843863 2016/HYUNDAI/
SONATA/OTHER
5NPE34AF1GH287790

8843886 2008/NISSAN/ALTIMA/
GRAY 1N4BL21E28C270305

8843896 2019/NISSAN/ALTIMA/
BLACK 1N4BL4BV9KC251588

8843922 2005/NISSAN/ALTIMA/
GRAY 1N4AL11D55N435650

8843928 2007/TOYOTA/CAMRY/
GOLD 4T1BK46K67U545346

8843937 2006/CHEVROLET/
COLORADO/RED
1GCCS198X68213408

8843941 2005/CADILLAC/
ESCALADE/BLACK
1GYEK63NX5R209320

8843981 2007/HONDA/
ACCORD/BLUE
1HGCM56477A060453

8844367 2014/KIA/OPTIMA/
SILVER KNAGM4A79E5483503

8844395 2000/CHEVROLET/
TAHOE/GRAY
1GNEC13T6YJ177903

8844406 1999/TOYOTA/CAMRY/
WHITE JT2BF22KXX0177515

8844521 1998/MERCURY/
GRAND MARQUIS/SILVER
2MEFM75W4WX682944

8844545 2007/TOYOTA/
COROLLA/WHITE
1NXBR32EX7Z831156

8844558 2011/HONDA/
ACCORD/RED
1HGCP3F89BA006384

8844560 2008/LINCOLN/MKZ/
BLACK 3LNHM26T38R647939

8844709 2005/CHEVROLET/
TAHOE/WHITE
1GNEC13T45R189965

8844854 2006/FORD/MUSTANG/
SILVER 1ZVFT80N665148772

8844863 2013/LINCOLN/
OTHER/SILVER
2LMDJ6JK7DBL16291

8844882 2004/TOYOTA/
SEQUOIA/WHITE
5TDZT38A34S205781

8844901 2008/MERCURY/
GRAND MARQUIS/BLACK
2MEFM74V28X607915

8844913 2002/CHEVROLET/
TAHOE/GOLD
1GNEC13Z62R173573

8844925 2013/HYUNDAI/
ELANTRA/BLUE
5NPDH4AE6DH261685

8844934 2024/NISSAN/VERSA/
BLUE 3N1CN8DV7RL868941

8847263 2008/PONTIAC/G6/
GOLD 1G2ZF57B984177648

8847448 2017/MERCEDES/C
CLASS/GRAY
55SWF6EB5HU194624

8847508 2005/BUICK/
LESABRE/SILVER
1G4HP52K05U127417

8847718 2013/NISSAN/ALTIMA/
WHITE 1N4AL3AP2DC147987

8847706 2003/LEXUS/OTHER/
GREEN JT8BD69SX30191496

8847721 2018/KIA/SPORTAGE/
BROWN KNDPM3AC4J7348406

8847734 1999/FORD/
EXPLORER/WHITE
1FMZU32P4XUC05391

8847847 2007/MERCEDES/S
CLASS/GRAY
WDDNG71X37A067904

8847895 2011/HONDA/
ACCORD/WHITE
1HGCP2F31BA027972

8848075 2004/FORD/
EXPLORER/RED
1FMZU75W24UC12247

8848245 2022/CHEVROLET/
TAHOE/GRAY
1GNSKPKD3NR191421

8848267 2005/GMC/CANYON/
BLACK 1GTCS136758235288

8848297 2001/CHEVROLET/
SUBURBAN/BLACK
3GNEC16T71G180151

8848433 2003/HONDA/
ACCORD/GOLD
1HGCM5633A089026

8848455 2012/HONDA/
ACCORD/BLACK
1HGCS1B88CA007973

8848564 2007/FORD/
EXPLORER/WHITE
1FMEU33K77UA24819

8848574 2009/HONDA/
ODYSSEY/BLUE
5FNRL389X9B040362

8848608 1982/FORD/ESCORT/
GRAY 1FABP0549CW212208

8848648 2005/FORD/
EXPLORER/BLACK
1FMDU73E15UA62430

8850943 2015/HYUNDAI/
SONATA/SILVER
5NPE24AA3FH180911

8850952 2022/HONDA/
ACCORD/WHITE
1HGCV1F35NA049493

8850997 2017/KIA/OPTIMA/
BLACK KNAGT4L34H5147551

8851435 2007/CHEVROLET/
SILVERADO/WHITE
3GCEC14X57G253296

8851523 2012/NISSAN/ALTIMA/
SILVER 1N4AL2AP3CN498534

8851821 2020/HONDA/CRV/
WHITE 2HKRW1H27LH402932

8851840 2018/FORD/FIESTA/
BLACK 3FADP4E2JM100322

8852175 2023/HYUNDAI/
ELANTRA/BLACK
KMHL4AG3PU384832

8852286 2015/HYUNDAI/
SONATA/BLUE
5NPE24AF9FH061238

8854767 2015/CHEVROLET/
MALIBU/SILVER
1G11D5SL9FF321143

8855209 2006/NISSAN/
ALTIMA/MULTI-COLOR
1N4AL11D56N458170

8855713 2003/BUICK/
CENTURY/MULTI-COLOR
2G4WS52J531113258

8855906 2018/NISSAN/ALTIMA/
SILVER 1N4AL3AP9JC174261

8858780 2015/HYUNDAI/
SONATA/SILVER
5NPE24AF2FH037802

8858796 2005/CHEVROLET/
MALIBU/BLUE
1G1ZT52865F322055

8858929 2009/MERCEDES/C
CLASS/BLACK
WDDGF54X19F214612

8858945 2009/HONDA/
ACCORD/BLACK
1HGCP2684A009200

8859095 2015/FORD/FUSION/
WHITE 3FA6P0H77FR134722

8859137 2008/NISSAN/TITAN/
WHITE 1N6BA07C88N310916

8859214 1997/CHEVROLET/
TAHOE/RED
1GNEC13R7VJ425933

8859368 2007/CHEVROLET/
IMPALA/SILVER
2G1WB55K179298210

8861487 2005/KIA/SPECTRA/
SILVER KNAFE121655143890

8861492 2025/MAZDA/
CX-30/GRAY
3MVDMB6M6SM832652

8861523 2012/CHEVROLET/
MALIBU/SILVER
1G1ZG5E79CF365079

8861767 2015/NISSAN/ALTIMA/
BLACK 1N4AL3AP7FN302525

8861794 2006/HONDA/
ACCORD/WHITE
1HGCM56396A180261

8861885 2014/CHEVROLET/
CAMARO/BLACK
2G1FA1E34E9256955

8862024 2006/HONDA/
ACCORD/WHITE
1HGCM72646A024558

8862155 2011/DODGE/RAM/
WHITE 1D7RV1CT2BS589781

8864232 2010/CHEVROLET/
MALIBU/WHITE
1G1ZA5E02AF313519

8864599 2012/HONDA/CIVIC/
SILVER 2HGFG3B52CH563150

8865333 2006/DODGE/OTHER/
RED 2D4GP44L46R659304

8865346 2001/HONDA/
ACCORD/SILVER
1HGCG16491A043869

8865348 2002/ACURA/RL/
BROWN JH4KA96582C014273

8867448 2006/ACURA/RL/
WHITE JH4KB165X6C009645

8867532 2011/NISSAN/MAXIMA/
BLUE 1N4AA5AP9BC867608

8868031 2008/NISSAN/ALTIMA/
GOLD 1N4AL21E58N404708

8868035 2004/JEEP/
GRAND CHER/BLACK
1J4GX48S74C143856

8868267 2008/CADILLAC/
ESCALADE/GRAY
1GYEC63858R226280

8868352 2000/BUICK/
CENTURY/GREEN
2G4WS52J5Y1199145

8868634 2020/KIA/OPTIMA/
GRAY 5XXGT4L38LG441641

8868670 2017/HONDA/
ACCORD/BLACK
1HGCR3F95HA003347

8871111 2013/HONDA/
ACCORD/GRAY
1HGCR2F30DA235080

8871176 2018/FORD/F150/
WHITE 1FTEW1E50JFC60296

8871177 2016/HONDA/CRV/
BLUE 5J6RM4H43GL042160

8871211 1986/FORD/F150/RED
1FTEX15N8GKA79475

8871457 2010/FORD/F150/RED
1FTEW1E85AFA52358

8871573 2019/CHEVROLET/
TAHOE/BLACK
1GNSKBKC8KR377266

8871596 2021/DODGE/
CHALLENGER/GREEN
2C3CDZJG4MH649937

8871675 2016/HYUNDAI/
SONATA/BLACK
5NPE24AF9GH379314

8871712 2006/CHEVROLET/
IMPALA/GOLD
2G1WU581469290596

8871799 1998/MERCEDES/M
CLASS/RED
4JGAB54E4WA009445

8872102 2002/CHEVROLET/
TRAILBLAZER/GOLD
1GNDT13S822479861

8872159 2008/HONDA/
ACCORD/WHITE
JHMCP268X8C050964

8872164 2011/GMC/ACADIA/
GRAY 1GKKRPED3BJ180045

8872212 2018/HYUNDAI/
SONATA/GRAY
5NPE24AF7JH625879

8872215 2001/CADILLAC/
DEVILLE/WHITE
1G6KD54Y81U219845

8872233 2017/HYUNDAI/
SONATA/SILVER
5NPE34AB5HH494973

8872275 2008/JEEP/
COMMANDER/SILVER
1J8HH48K28C142944

8872306 1997/DODGE/OTHER/
WHITE 2B4GP45R5VR115065

8872392 2010/INFINITI/G37/
BLACK JN1CV6AP3AM402024

8872464 2012/NISSAN/ALTIMA/
BLACK 1N4AL2AP4CN476655

8872483 2007/LEXUS/LS/WHITE
JTHBL46F975029267

8872485 2012/TOYOTA/CAMRY/
SILVER 4T1BF1FK1CU074316

8872511 2008/LAND ROVER/
RANGE ROVER SPORT/BLUE
SALSF25478A176315

8912310 2017/OTHER-NOT
FOUND/OTHER/RED
LWGPCML08HA041653

8912327 2017/OTHER-NOT
FOUND/OTHER/WHITE
LWGPCML21HA084488

8912332 2020/OTHER-NOT
FOUND/OTHER/RED
LWGPCGLC5LA121724

8975600 2005/GMC/SAVANA/
WHITE 1GJHG39U751107868

8979173 2000/FORD/F150/RED
1FTRX18L2YNA29490

8988288 2004/MERCURY/
SABLE/SILVER
1MEFM55S74G612570

8992953 2011/NISSAN/SENTRA/
SILVER 3N1AB6AP3BL625126

8995648 2008/SATURN/AURA/
WHITE 1G8ZS57B98F251706

8995669 1999/TOYOTA/
COROLLA/BLACK
1NXBR12E8XZ149560

8995702 2005/CHEVROLET/
EQUINOX/WHITE
2CNDL63F156137745

8995709 2007/HYUNDAI/
SONATA/SILVER
5NPEU46F47H221174

8998305 2014/TOYOTA/
COROLLA/OTHER
2T1BURHE0EC094735

9002191 2026/TOYOTA/CAMRY/
BLUE 4T1DAACK7TU695023

9010312 2007/CHRYSLER/300/
RED 2C3KA43R67H753677

9010345 2007/TOYOTA/CAMRY/
RED 4T1BE46K27U141970

9010351 2009/PONTIAC/VIBE/
WHITE 5Y2SP67859Z458581

9010929 2011/CADILLAC/SRX/
BLACK 3GYFNDEY5BS675673

9021742 2009/NISSAN/ALTIMA/
WHITE 1N4AL21E49N488683

9024615 2008/CHRYSLER/300/
GOLD 2C3LA53G08H140996

9027557 2017/VOLKSWAGEN/
JETTA/BLUE
3VW2B7AJXHM295200

9027766 2001/CHEVROLET/
SILVERADO/WHITE
2GCEC19T111132979

9028051 2008/INFINITI/G35/
WHITE JNKBV61E98M224930

9033494 2015/KIA/OPTIMA/RED
5XXGM4A72FG490020

9036062 2014/NISSAN/ALTIMA/
SILVER 1N4AL3AP7EN379247

9042909 2012/CHEVROLET/
CRUZE/SILVER
1G1PH5SCXC7166266

LEGAL

Legal Advertisement Notice:

RFP#2026-01

The City of Jackson is soliciting sealed proposals from qualified contractors to provide comprehensive landscaping and grounds maintenance services for its transit facilities. Proposals must be received by 3:30 PM on June 2, 2026.

Proposals must be submitted in a sealed envelope or via the City's electronic procurement system at www.jacksonsbids.com and clearly marked with RFP Number #2026-01.

A non-mandatory pre-bid meeting will be held on Friday, May 8, 2026, at 2:00 PM CST at JTRAN Administrative and Maintenance Facility (JAMF) located at 1785 Highway 80W, Jackson, MS 39209.

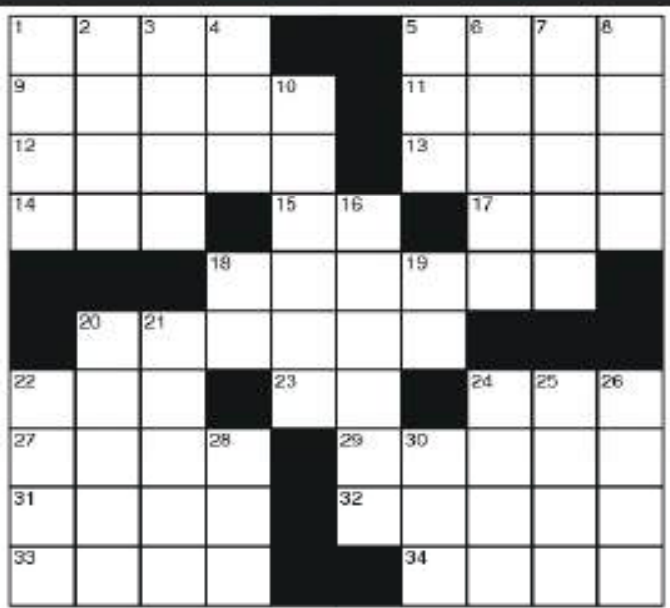
Documents can be viewed and obtained by visiting www.jacksonsbids.com. Documents are non-refundable and must be purchased through the website. For questions regarding website registration or the bid process, please contact PH Bidding Group at 662-407-0193.

The City reserves the right to reject any or all proposals, waive informalities or irregularities, and award the contract in the best interest of the City.

This notice was published in accordance with the City of Jackson's professional service procurement policy. Shape

4/30/2026, 5/7/2026, 5/14/2026, 5/21/2026, 5/28/2026

Crossword Puzzle

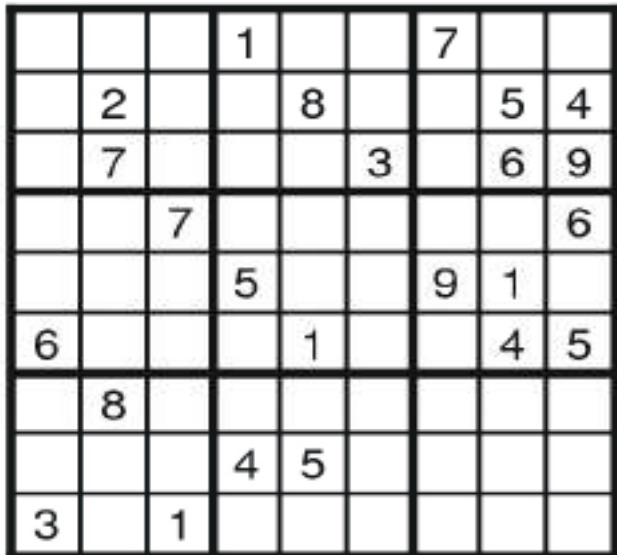


- ACROSS**
 1. Advise
 5. Excuse me!
 9. Elite intellectuals' society
 11. Thin
 12. Wins
 13. ___ skin cap
 14. Often poetically
 15. Large (abbr.)
 17. Farm credit administration (abbr.)
 18. Discuss again
 20. Cowboy shows
 22. Pale
 23. Letter afterward
 24. Brim
 27. Self-esteem
 29. Cut off beef
 31. European monetary unit
 32. From that time
 33. Not so much
 34. Anxiety
- DOWN**
 1. Convexity
 2. Shallow men
 3. Tiny insect
 4. Eastern Standard Time
 5. Mixed basic
 6. Horus' first
 7. Cain's eldest son
 8. Asian starting
 10. Napping
 16. Hunting beings
 18. Road (abbr.)
 19. Lake
 20. Knows
 21. Bad smells
 22. Spin
 24. Solitary
 25. Ancient Indian
 26. Kind
 28. Distress call
 30. Laundry detergent brand

© Feature Exchange

Sudoku

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.



© Feature Exchange

Crossword Solution



© Feature Exchange

Sudoku Solution



© Feature Exchange

PICK UP
THE MISSISSIPPI LINK

AT THE FOLLOWING LOCATIONS:

JACKSON

- BULLY'S RESTAURANT**
 3118 Livingston Road
- CASH & CARRY**
 Capitol Street and Monument Street
- CITY HALL**
 219 S President St
- GARRETT OFFICE COMPLEX**
 2659 Livingston Road
- DOLLAR GENERAL**
 3957 Northview Dr (North Jackson)
- DOLLAR GENERAL**
 2030 N Siwell Rd
- DOLLAR GENERAL**
 4331 Highway 80W
- DOLLAR GENERAL**
 5990 Medgar Evers Blvd
- DOLLAR GENERAL**
 1214 Capitol St (Downtown Jackson)
- DOLLAR GENERAL**
 304 Briarwood Dr
- DOLLAR GENERAL**
 2855 McDowell Rd
- DOLLAR GENERAL**
 104 Terry Rd
- J & A FUEL STORES**
 3249 Medgar Evers Blvd.
- LIBERTY BANK AND TRUST**
 2325 Livingston Rd.
- MCDADDE'S MARKET**
 Northside Drive
- MCDADDE'S MARKET #2**
 653 Duling Avenue
- PICADILLY CAFETERIA**
 Jackson Medical Mall
- SHELL FOOD MART**
 350 W Woodrow Wilson Avenue
- 5492 Watkins Drive**

SPORTS MEDICINE

- Fortification and I-55
- MURPHY USA**
 6394 Ridgewood Rd (North Jackson)
- REVELL ACE HARDWARE**
 Terry Rd (South Jackson)
- WALGREENS**
 380 W. Woodrow Wilson Ave

CANTON

- A & I**
 716 Roby Street - Canton, MS
- B & B**
 702 West North Street - Canton, MS
- BOUTIQUE STORE**
 3355 North Liberty - Canton, MS
- BULLY'S STORE**
 Church Street - Canton, MS
- COMMUNITY MART**
 743 Ruby Street - Canton, MS
- FRYER LANE GROCERY**
 Martin Luther King Drive - Canton, MS
- HAMLIN FLORAL DESIGN**
 285 Peace Street - Canton, MS
- JOE'S SANDWICH & GROCERY**
 507 Church Street - Canton, MS
- K & K ONE STOP**
 110 West Fulton Street - Canton, MS
- LACY'S INSURANCE**
 421 Peace Street - Canton, MS
- SOUL SET BARBER SHOP**
 257 Peace Street - Canton, MS
- TRAILER PARK GROCERY**
 22 Westside Drive - Canton, MS

BYRAM

- DOLLAR GENERAL**
 125 Swinging Bridge Dr.
- HAVIOR'S AUTO CARE**
 5495 I-55 South Frontage Road

VOWELL'S MARKET PLACE

5777 Terry Road
 CITY HALL
 Terry Road

CLINTON

DOLLAR GENERAL
 807 Berkshire St - Clinton, MS

TERRY

SERVICE STATION
 at Exit 78
CITY HALL
 West Cunningham Avenue

RAYMOND

HINDS COMMUNITY COLLEGE WELCOME CENTER
 505 E. Main Street

SUNFLOWER GROCERY
 122 Old Port Gibson Street, Raymond, MS

LOVE FOOD MART
 120 E. Main Street, Raymond, MS

RAYMOND PUBLIC LIBRARY
 126 W. Court Street, Raymond, MS

RAYMOND CITY HALL
 110 Courtyard Square, Raymond

RAYMOND COURTHOUSE

UTICA

HUBBARD'S TRUCK STOP
 Mississippi Hwy 18

PITT STOP
 101 Hwy 18 & 27

BOLTON

BOLTON LIBRARY
BOLTON CITY HALL

MCAN

Mississippi Classified Advertising Network

To place your statewide classified ad order, call MS Press Services at 601-981-3060

FOR SALE

PREPARE FOR POWER OUTAGES today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-844-316-8630 today to schedule a free quote. It's not just a generator. It's a power move.

HOME IMPROVEMENT

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-764-2473

JACUZZI BATH REMODEL can install a new, custom bath or shower in as little as one day. For a limited time, waiving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 12/27/26.) Call 1-855-685-0052

OLSHAN FOUNDATION SOLUTIONS. Your trusted foundation repair experts since 1933. Foundation repair. Crawl space recovery. Basement waterproofing. Water management and more. Free evaluation. Limited time up to \$250 off foundation repair. Call Olshan 1-866-264-5115.

REPAIRING or REPLACING APPLIANCES and home systems like heating and cooling can be costly. A home warranty plan can help. Start saving and get 30% off any plan today. Workmanship Guarantee included. Terms apply. Call Cinch Home Services 1-877-967-8980

HOME IMPROVEMENT

SAFE STEP. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-855-532-0066

INSURANCE

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-584-8517 www.dental50plus.com/mspress#6258

MEDICAL SUPPLIES

AUDIEN HEARING. The world's first hearing aid with touchscreen controls. No tiny buttons, apps or prescriptions. 45-day risk free trial. Free shipping. Lifetime support. More than 1.5 million happy customers. Call Audien 1-866-852-2087

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Smoking Affects Us All

By Vince Faust MA
Health Educator and Motivational Writer

When we think about smoking, we may picture a person holding a cigarette. But in the United States, millions of people who do not smoke at all are still affected by tobacco every day. These people breathe in what is called secondhand smoke, which is the smoke that comes from someone else's cigarette, cigar or other tobacco product. Even though they never chose to smoke, they still face many of the same health risks. This issue affects families, workers, children and entire communities.

About 28.8 million U.S. adults currently smoke cigarettes, representing roughly 11.6% of the adult population. If you broaden the definition to any tobacco product (including e-cigarettes, cigars, smokeless tobacco), the number rises significantly to 49.2 million adults (19.8%) used at least one tobacco product in 2022.

Secondhand smoke has been studied for many years, and health experts agree on one thing: there is no safe amount of it. Even a short time around tobacco smoke can harm the body.

Secondhand smoke is a mix of two types of smoke:

- Side stream smoke, which comes from the burning end of a cigarette or cigar

- Mainstream smoke, which the smoker breathes out into the air

Both types contain thousands of chemicals. Many of these chemicals are known to cause cancer, heart disease and breathing problems. Even though the smoke may seem to disappear quickly, the chemicals stay in the air long enough for others to breathe them in.

How Secondhand Smoke Affects Health

Breathing in secondhand smoke can cause serious health problems. People who are exposed to it regularly have a higher risk of:

- Heart disease
- Lung cancer
- Asthma attacks
- Bronchitis and pneumonia
- Irritation of the eyes, nose and throat

Children are especially vulnerable. Their lungs are still growing and they breathe faster than adults. Kids who live with smokers are more likely to get ear infections, asthma and sudden infant death syndrome (SIDS). Even pets can get sick from secondhand smoke.



Many people do not realize that secondhand smoke can harm the body in just a few minutes. The chemicals in the smoke can make blood vessels tighten, which raises the risk of heart problems. For people who already have asthma or allergies even a small amount of smoke can trigger a serious reaction.

Even though smoking rates have gone down over the years, secondhand smoke is still common in many places. People in the United States are exposed in several ways:

1. At Home

Homes are one of the most common places where people breathe in secondhand smoke. When someone smokes inside, the smoke spreads through the entire house. It gets into carpets, curtains and furniture. Opening a window does not remove the chemicals. Families who live in apartments or shared buildings may also breathe in smoke from neighbors.

2. At Work

Some workers are exposed to secondhand smoke on the job. This is especially true in places where smoking rules are weaker, such as certain bars, casinos or outdoor job sites. Workers in these environments may breathe in smoke for hours at a time, day after day.

3. In Cars

Smoking in a car creates a very high level of secondhand smoke, even if the windows are open. Children who ride in cars with smokers are exposed to dangerous levels of chemicals in just a few minutes.

4. In Public Places

Many states have laws that ban smoking in restaurants, stores and public buildings. But not all states have the same rules. In some areas, people may still be exposed in parks, sidewalks or outdoor seating areas.

Secondhand smoke does not affect everyone equally. Some groups of people are more likely to be exposed than others.

Children

Children cannot control their environment and many live with adults who smoke. They breathe in more smoke than adults because they are smaller and their lungs are still developing. Babies and toddlers are also exposed to thirdhand smoke when they touch surfaces that have tobacco residue.

LowIncome Families

People with lower incomes are more likely to live in housing where smoking rules are not enforced. They may also work in jobs where smoking is more common. This means they have fewer ways to avoid secondhand smoke.

Workers in Certain Jobs

Employees in bars, casinos and some outdoor jobs may be exposed to smoke regularly. Even if they do not smoke themselves, they may breathe in smoke from customers or coworkers.

People With Health Conditions

People who already have asthma, heart disease or lung problems are more sensitive to secondhand smoke. Even a small amount can make their symptoms worse.

The Emotional and Social Impact

Secondhand smoke does not only affect physical health. It can also affect relationships and daily life. Many people feel uncomfortable asking friends or family members not to smoke around them. Children may feel embarrassed when their clothes smell like smoke. Some people avoid visiting certain homes or public places because they know they will be exposed.

Families may also face stress when trying to help a loved one quit smoking. Quitting is difficult, and it can take many attempts. While the smoker struggles with addiction, the rest of the family struggles with the health risks.

Across the United States many communities are working to reduce exposure to secondhand smoke. Some of the most common efforts include:

SmokeFree Laws

Many states and cities have passed laws that ban smoking in restaurants, workplaces and public buildings. These laws have helped reduce exposure for millions of people.

SmokeFree Housing

Some apartment buildings and public housing units have rules that do not allow smoking indoors. This protects families who live close to neighbors who smoke.

Education Campaigns

Schools, health departments and community groups teach people about the dangers of secondhand smoke. They also offer support for people who want to quit smoking.

Support for Quitting

Many programs help smokers quit by offering counseling, support groups and other resources. When smokers quit, everyone around them benefits.

Why avoiding secondhand smoke is so important

Secondhand smoke contains over 7,000 chemicals, including at least 70 carcinogens. Even brief exposure can damage blood vessels and increase the risk of heart disease, stroke and lung cancer. Children are especially vulnerable.

What to do

1. Make your home completely

smokefree

This is the single most powerful step. No smoking indoors—ever. Smoke lingers in walls, carpets and air for hours.

- Ask smokers to go outside, several meters away from doors and windows.

- Don't rely on "smoking rooms." Smoke travels through vents, cracks and shared air systems.

- If you live in an apartment, smoke can seep in from other units; building-wide smokefree policies are the most effective protection.

2. Keep your car 100% smokefree

Even with windows open, smoke builds up quickly in cars and leaves toxic residue on seats and surfaces.

3. Improve indoor air quality (helps reduce exposure but cannot eliminate it)

- Use a HEPA + activated carbon air purifier to reduce particles and odors.

- Ventilate when possible, but remember: ventilation does not remove all toxins.

- Clean surfaces and fabrics to reduce thirdhand smoke (residue left on walls, furniture, clothing).

- Air fresheners and plants do not remove harmful chemicals.

4. Reduce thirdhand smoke exposure

Thirdhand smoke is the residue left on clothing, hair, furniture and walls.

- Ask smokers to wash hands and change clothing before holding babies or sitting on shared furniture.

- Wash bedding, curtains and soft items regularly.

- Vacuum with a HEPA filter and mop floors often.

5. Choose smokefree public places

- Pick restaurants, parks and venues with strict nosmoking policies.

- "No smoking sections" do not protect you. Smoke drifts.

6. When you can't avoid exposure

For short, unavoidable situations:

- Create distance—move to another room or outdoors.
- Wear an N95 mask to reduce particle inhalation (it won't block gases).
- Limit close contact with someone whose clothes or hair smell like smoke.

7. Encourage quitting (if someone close to you smokes)

Quitting is the best way to protect everyone's health. The CDC notes that smoke from a single cigarette can linger for hours and quitting benefits both the smoker and the household.

Older adults don't need extra protein: how too much can hurt you

By Vince Faust MA
Health Educator and Motivational Writer

For years, protein has been marketed as the magic nutrient that is essential for strength, crucial for aging bodies and impossible to get enough of. Walk into any grocery store and you'll find protein-fortified cereals, protein bars disguised as candy, shakes promising vitality and supplements claiming to fight frailty. They send the message that older adults need more protein than ever.

But the science tells a different story. While protein is undeniably important, the idea that older people need extra protein or that more is always better doesn't hold up under scrutiny. In fact, consuming too much protein can strain the body in ways that become more dangerous with age.

The push for highprotein diets didn't come out of nowhere. As people age, they naturally lose muscle mass which is a process called sarcopenia. This decline can affect mobility, balance and independence. Protein helps maintain muscle, so it's easy to assume that more protein equals more protection.

But that assumption oversimplifies how the body works. Muscle loss in older adults is influenced by many factors such as physical activity, hormone changes, inflammation, chronic illness and even medications. Protein is only one piece of the puzzle and not the most important one.



Research shows that older adults in the United States already consume adequate protein. The real issue isn't deficiency; it's distribution. Many people eat most of their protein at dinner and very little at breakfast or lunch. Spreading protein intake more evenly throughout the day is far more effective for muscle maintenance than simply eating more of it.

Protein is not a freepass nutrient. The body can only use a certain amount at a time, which is roughly 25–35 grams per meal for muscle synthesis. Anything beyond that doesn't magically build more muscle. Instead, the excess is broken down and the kidneys must filter out the by-

products. For younger, healthy adults, this isn't usually a problem. But for older adults, whose kidney function naturally declines with age, the burden can be significant.

Highprotein diets especially those heavy in animal protein have been linked to:

- Increased kidney workload, which can accelerate existing kidney disease
- Higher risk of dehydration, because protein metabolism requires more water
- Elevated levels of IGF1, a growth hormone associated with certain cancers
- Higher saturated fat intake, which can worsen heart disease

- Calcium loss, which may weaken bones over time

These risks are not hypothetical. Kidney disease affects more than one in three adults over 65. Heart disease remains the leading cause of death in older Americans. And cancer risk increases with age. In this context, pushing older adults toward highprotein diets without medical supervision is not just unnecessary, it can be dangerous.

The recommended dietary allowance (RDA) for protein is 0.8 grams per kilogram of body weight per day. That's the amount needed to meet the basic nutritional requirements of nearly all healthy adults, which includes older adults.

For a 150pound person (68 kg), that's about 55 grams of protein per day.

Some researchers argue that older adults may benefit from slightly more around 1.0–1.2 grams per kilogram but even this is far from the highprotein diets promoted in popular culture. And importantly, these recommendations assume the person is active, healthy and not living with kidney disease.

Most Americans already exceed these levels without trying. A single chicken breast contains 40–50 grams of protein. Adding in dairy, eggs, beans, nuts or grains will increase your intake. It's easy to see how quickly the numbers add up.

If older adults don't need extra protein, what do they need?

The answer is balance and va-

riety.

Plantbased proteins, such as beans, lentils, tofu, nuts and whole grains, offer protein along with fiber, antioxidants and hearthealthy fats. They place less strain on the kidneys and are associated with lower rates of chronic disease.

Animal proteins can still be part of a healthy diet, but they shouldn't dominate it. Lean poultry, fish, eggs, beef, pork and lowfat dairy provide highquality protein without excessive saturated fat.

If the goal is preserving muscle, protein alone won't do it. The body needs a stimulus such as resistance training, weight-bearing exercise or even simple strengthbuilding movements.

Studies consistently show that exercise is far more effective than increasing protein intake for preventing muscle loss. Without exercise, extra protein does little more than add stress to the kidneys, contribute to excess calorie intake and body fat.

For older adults, even light strength training using resistance bands, light weights or bodyweight exercises can dramatically improve muscle mass, balance and mobility.

One of the biggest issues with highprotein diets is what they replace. When people load up on protein, they often reduce their intake of fruits, vegetables, whole grains and fiber, which are the very foods that protect against heart disease, diabetes and cancer.

Fiber is especially important for older adults, yet most Americans consume less than half the recommended amount. Highprotein diets make this worse.

A diet that prioritizes protein at the expense of everything else is not a balanced diet. It's a marketing trend.

How Much Protein Do We Really Need?

Here's a simple breakdown:

- General adult population: 0.8 g/kg/day
- Older adults who are active: 1.0–1.2 g/kg/day
- Older adults with kidney disease: Often less than the RDA, under medical supervision
- Maximum safe intake for most adults: Around 2.0 g/kg/day This is not recommended for older adults

For most people, this translates to:

- Women: 45–60 grams per day
- Men: 55–75 grams per day

These amounts are easily met through normal eating with no shakes, powders or fortified snacks required.

Older adults do not need to chase highprotein diets. They need balanced meals, regular physical activity and a focus on whole foods rather than supplements. Protein is essential, but more is not better and too much can be harmful.

The real path to healthy aging isn't found in a scoop of powder or a proteinpacked snack bar. It's found in moderation, movement and mindful eating.

Jackson Alumnae Chapter, Delta Sigma Theta Sorority, Inc. Celebrates 85th Year

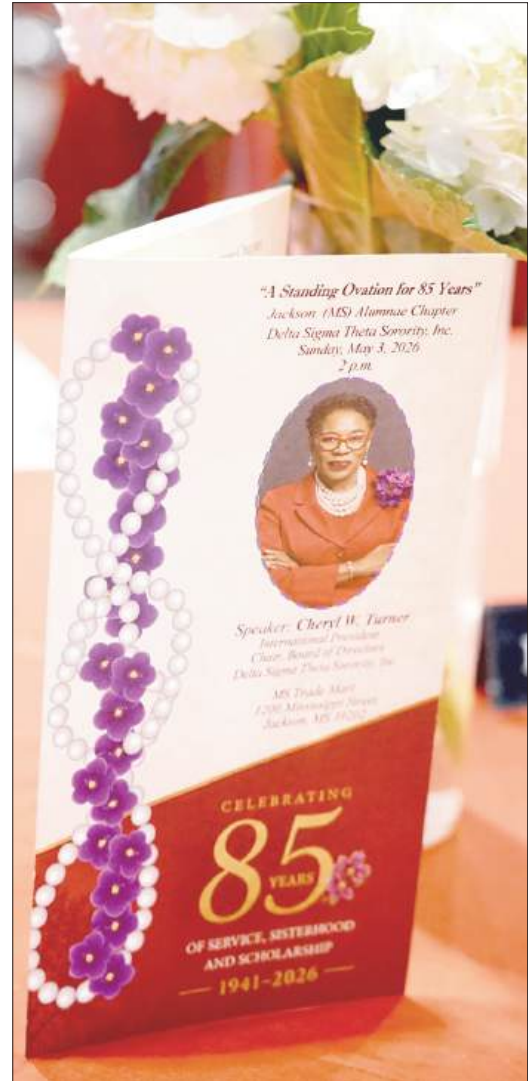
PHOTO HIGHLIGHTS BY JAY JOHNSON

"A Standing Ovation for 85 Years" was the theme for the 85th year anniversary of the Jackson Alumnae Chapter, Delta Sigma Sorority, Inc. celebration. It was held Sunday, May 3, 2026, at MS Trade Mart, 1200 Mississippi Street, Jackson, MS, 2:00 in the afternoon.

The guest speaker for the event was International President and Board Chair Cheryl W. Turner.

The evening included recognizing individuals with fifty and twenty-five years of service in Delta Sigma, Scholarship and Stipend recipients, May Week Scholars, and Outstanding Community Partners.

The 2026 community partners include Ralph Jackson, Bank Plus; Beta Alpha Chapter, Omega Psi Phi; Community Bank; Hope Credit Union; Jackson Association Development and Enterprise; Jackson MS Alumni Chapter, Kappa Alpha Psi; Jackson Public Schools; Rickey Jones, JSU College of Business; Tatum & Wade Law Firm and Kenitra Wallace, United Way of the Capital Area.





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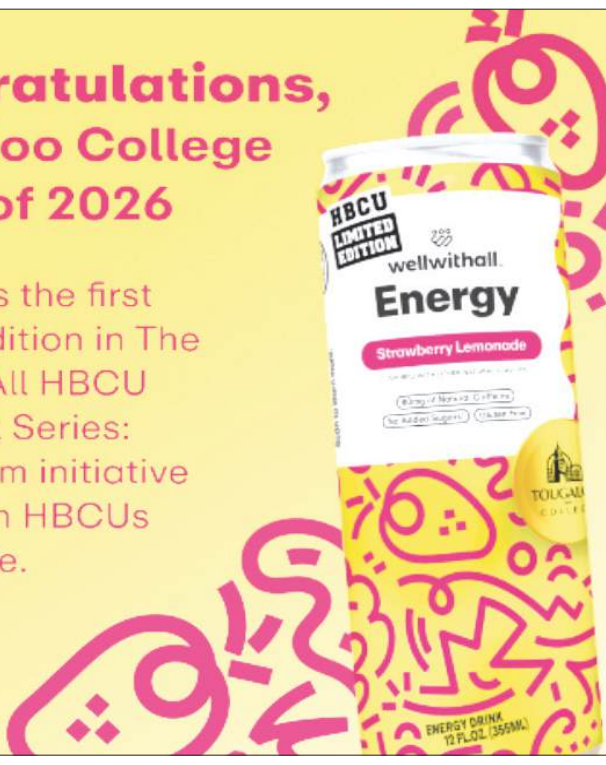
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Celebrating 20 years of service in the Greater Jackson Area.

Tougaloo College receives \$100,000 investment in student mental health from WellWithAll

Congratulations, Tougaloo College Class of 2026

This can is the first Limited Edition in The WellWithAll HBCU Pour Back Series: A long-term initiative to invest in HBCUs nationwide.



The Mississippi Link Newswire

For the students of Tougaloo College, the challenges of earning a degree have never been limited to the classroom. In a city where ZIP code can determine life expectancy and where Black residents have long faced disproportionate barriers to mental health care, the pressure carried by students is real, layered, and too often invisible. This week, during Mental Health Awareness Month, that changed.

Tougaloo College has been named the inaugural partner of the WellWithAll™ HBCU Pour Back Series — a multi-year, \$100,000 commitment to scale mental health services, expand counseling access, and build strategic wellbeing partnerships for Tougaloo students beginning with the 2026–2027 academic year. The investment represents one of the most significant dedicated mental health commitments in the College's recent history and arrives at a moment when HBCUs across the country are facing mounting financial pressures and growing student need. For Tougaloo — a 157-year-old institution that has anchored the Jackson community through civil rights struggles, economic shifts, and generational change — the partnership is both timely and transformative.

The announcement was made on May 3 by WellWithAll™ CEO and Co-Founder Demond Martin during his commencement address to Tougaloo's Class of 2026. Martin, a nationally recognized investor, philanthropist, and entrepreneur who co-founded WellWithAll™, chose Tougaloo deliberately and publicly as the company's first HBCU investment.

"HBCUs have always done more than educate students. They have built pathways to leadership, economic mobility, and stronger communities," Martin said. "Tougaloo represents that legacy in a profound way. Launching this platform here, and beginning with an investment directly into mental health, reflects our belief that if we want generational wellness, we have to invest in the institutions that make it possible."

The need is urgent and well-documented. According to recent research from the University of Michigan School of Public Health, 54% of

HBCU students report unmet mental health needs — significantly higher than the national average of 41%. In Mississippi, where access to mental health providers ranks among the lowest in the nation, that gap is even more acute. The WellWithAll™ investment will directly address this reality for Tougaloo's students by expanding the resources, counselors, and culturally competent care available on campus.

"We see every day how much our students are carrying — often in silence," said Dr. Donzell Lee, President of Tougaloo College. "This partnership allows us to respond holistically by building an environment where students can do more than succeed academically so they can feel well, whole, and prepared for what comes next."

As part of the Commencement celebration, WellWithAll™ gifted each graduating senior a commemorative Limited-Edition Tougaloo College Strawberry Lemonade Energy Drink and access to a clinically validated mental health wellness guide. The limited-edition 12-pack is now available to the public exclusively at wellwithall.com, with proceeds helping fund future investments through the HBCU Pour Back Series. WellWithAll™'s \$100,000 HBCU Pour Back commitment to Tougaloo College reflects the full scope of the inaugural partnership investment. The HBCU Pour Back Series reflects WellWithAll™'s broader commitment to reinvest 20% of profits toward closing health gaps in underserved communities, with plans to expand the model to include additional HBCU partner institutions over time.

WellWithAll™ is also inviting the public to nominate the next HBCU partner via social media, with a second partnership set to be announced this fall.



JSU on target with Residence Hall renovation slated for Fall 2027 opening



JSU will be adding 355 beds to its housing inventory when the McAllister-Whiteside renovation is completed. The residence hall is slated to open in the fall of 2027.

By Kelli Sharpe
Jackson State University

Jackson State University's (JSU) commitment to modernizing campus living is hitting a major milestone. The McAllister-Whiteside Residential Complex, currently undergoing a comprehensive transformation, has officially transitioned from interior demolition to the exterior demolition phase. This marked significant progress toward its scheduled reopening in Fall 2027.

Once completed, the newly renovated complex will serve as a premier residential facility for female students, offering a total capacity of 355 beds.

For JSU leadership, this project is more than just a renovation; it is a vital component of the university's long-term housing strategy.

"The revitalization of McAllister-Whiteside is a cornerstone of our efforts to provide high-quality, modern living environments for our students," said JSU President Denise Jones Gregory, Ph.D. "By increasing our housing inventory, we are directly addressing the challenges we've faced with capacity. This project demonstrates our unwavering commitment to investing in our infrastructure as funds become available, ensuring that we provide the safe, comfortable and supportive housing our students deserve."

The project represents a fundamental shift in the student living experience, moving away from traditional community-style bathrooms and double-occupancy rooms to a modern, suite-style layout. Each suite will house four students and feature shared bathroom facilities, responding directly to student feedback and evolving housing standards. The renovation is being managed with an eye toward both durability and student comfort.

Vance Siggers, vice president of Campus Operations, emphasized the complexity and the benefits of the current construction phase.

"We have successfully cleared the interior, and now the building is undergoing exterior demolition to prepare the structure for construction,



JSU President Dr. Denise Jones Gregory PHOTO SPECIAL TO JSU



Vance Siggers, vice president of Campus Operations PHOTO SPECIAL TO JSU

its new facade and systems," said Siggers. "When students return to McAllister-Whiteside, they will be walking into a renovated facility designed for 21st-century campus life. We are integrating updated mechanical, electrical, and plumbing systems, along with modern finishes that will significantly enhance the quality of life for our residents."

Beyond the physical upgrades, the project is expected to have a tangible impact on the student experience, fostering a sense of community and pride.

"This renovation is a game-changer for our student body," said Jonas Vanderbilt, vice president of Student Affairs. "Quality housing is a critical factor in student success. When our students live in environments that feel modern, safe, and comfortable, it boosts their sense of pride in the university and supports our retention efforts. Furthermore, offering high-quality suite-style living is a powerful tool for recruitment, showing prospective students that JSU is dedicated to

their holistic well-being."

The McAllister-Whiteside project is part of Jackson State University's broader, proactive strategy to expand and improve housing capacity. In addition to this major renovation, the university is actively working on long-term planning to meet growing demand.

As part of these efforts, the university has announced plans for the University Pointe Apartment Complex. Slated for a phased reopening in Spring 2027 following necessary remediation and repairs, University Pointe will provide a significant boost to campus capacity. The complex will include Buildings 100, 200, and 300 (36 beds each) and Buildings 400 through 1000 (48 beds each), adding a total of 444 beds to the university's housing portfolio.

As construction continues at McAllister-Whiteside, JSU remains dedicated to transparency and progress, ensuring the campus evolves to meet students' needs today and in the future.



BOOK REVIEW: BOOKS FOR COLLEGE-BOUND STUDENTS

BY VARIOUS AUTHORS
C.2026, VARIOUS PUBLISHERS
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By Terri Schlichenmeyer
Columnist

The videos and news reports were inspiring.

In them, a hesitant prospective-college student turned into a happy new college-bound student with the click of a key. They were accepted into the college of their dreams - so how can you get the same feeling next spring, when you're the one with the highest of hopes?

You can start by reading these great books and sharing them with your family...

You probably already know

that getting into the college of your choice is not something you do last-minute. In "The People's Guide to College Applications: A Week-by Week Approach to Writing, Connecting, and Getting in" by Jill Constantino (Prometheus Books, \$21.95) takes you through each step, but not in a frantic way. There's no pressure here, just easy-to-grasp, makes-sense methods to apply for the college you want. There are reminders here, things you can't forget and things you can, hints on asking for referrals and writing essays, and plenty of re-

mindings to take a deep breath. Bonus: it's also a book for parents, who may feel just as much pressure as does their child.

Okay, but let's say that you're an adult, a parent who's sweating those college applications, classes, and the FAFSA for yourself, ugh! Then you'll want to read "Student Parent: The Fight for Families, the Cost of Poverty, and the Power of College" by Nicole Lynn Lewis (Beacon Press, \$26.97). an urgent call meant for nontraditional students who are also Black, Latinx, gay, Moms, or Dads.

Inside this book, you'll find stats and stories that may already sound familiar, tales of not enough money, not enough support, not enough arms or sleep or resources. If you're looking for a book of advice, this isn't it, though. It's more of a resource that you'll want to take to your guidance counselor or any local politician.

Alright, but what if you've decided that college can wait? Is that okay? Look for "The Mission Generation: Reclaim Your Purpose, Rewrite Success, Rebuild Our Future" by Arun Gup-

ta and Thomas J. Fewer (Wiley, \$29.00) because - guess what? - you have many options for your future.

The kind of workday your Grandpa had is probably over, and you can't count on toiling at the same place for 40 years for a pension and a gold watch. You already know that, and this book will help you decide your next step. You'll learn what kind of worker you are, what's stopping you from finding a job or occupation you'll love, how to determine the purpose you envision for your future, and how to get

where you need to be. This book isn't just for high-schoolers, but for anyone ages 16 and beyond who's feeling restless, ready for change, or who's thinking about some kind of purposeful retirement.

And if these aren't the college-based or not-college-bound books you need, then be sure to ask your favorite bookseller or librarian for help on ideas, how-to's, test prep books, or study guides. They'll have books for you, and maybe a little inspiration, too.



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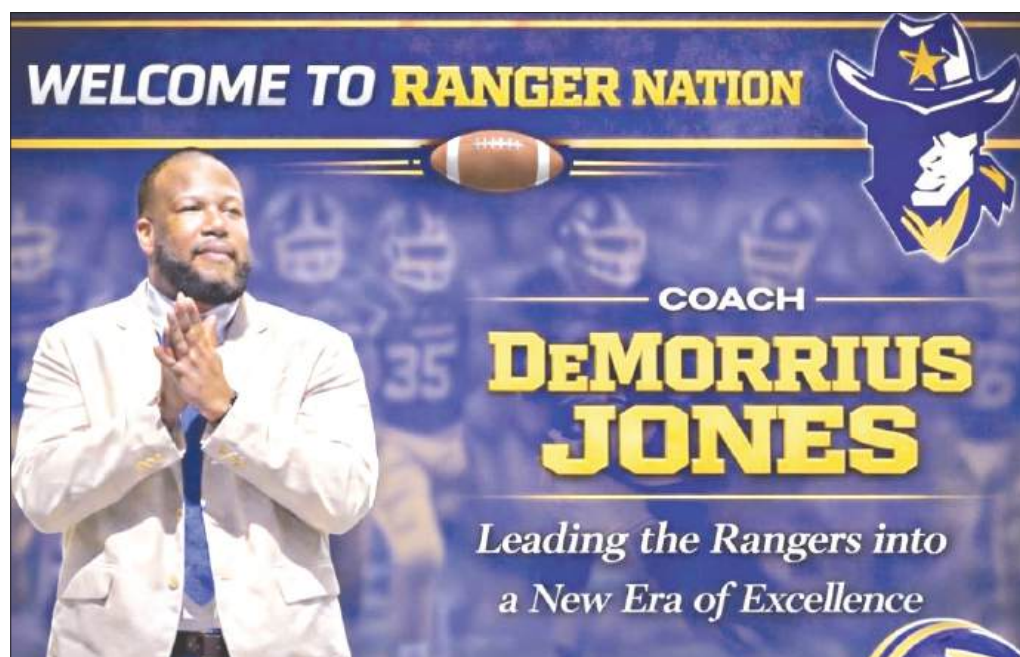
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HINDS COUNTY SCHOOL DISTRICT WEEKLY UPDATE

WELCOME COACH JONES



It is with great pride and excitement that we announce the hiring of Coach DeMorrius Jones as the new Head Football Coach at Raymond High School.

Coach Jones brings a wealth of experience, a championship pedigree, and a deep commitment to developing student athletes both on and off the field. A native of Laurel, Coach Jones credits his upbringing for instilling the values of discipline, accountability, and perseverance that have defined his life and career. A graduate of Laurel High School Class of 2004, he continued his football journey at Jones Junior College, where he played for the Bobcats, and later at Belhaven University, competing at the collegiate level and further developing his passion for the game.

Coach Jones began his coaching career at Jackson Preparatory School, where he served as a junior high and varsity assistant defensive coach from 2012 to 2014. During that time, he was part of three state championship teams, gaining valuable

insight into building and sustaining excellence. He later expanded his experience at Southwest Mississippi Community College, coaching at the collegiate level from 2015 to 2018.

In 2019, Coach Jones returned to his hometown to join the Laurel Golden Tornadoes as Special Teams Coordinator before being promoted to Defensive Coordinator in 2020. During his tenure, his leadership helped produce multiple 5A Region Championships in 2020 and 2023, South State appearances in 2021, 2023, and 2025, and a 5A South State Championship in 2023, culminating in a State Runner up finish. His 2025 defense set a remarkable standard, allowing just 33 points in region play, an achievement that reflected discipline, unity, and relentless effort. Coach Jones is known for building defenses that are fast, physical, and fundamentally sound. His philosophy centers on preparation, accountability, and trust, with a strong emphasis on developing young men of character. He believes the lessons learned through football such as teamwork,



resilience, and leadership extend far beyond the game.

"I am honored and excited to join Ranger Nation," said Coach Jones. "Football has always been a platform for growth and opportunity in my life, and I look forward to building a program rooted in discipline, hard work, and pride. My

goal is to develop not only great athletes, but great young men who are prepared for success in all areas of life." At Raymond High School, we are confident that Coach Jones will lead our football program with excellence and integrity. His vision aligns with our commitment to ensuring all students are respectful, responsible, and ready.



MISSISSIPPI INSURANCE DEPARTMENT

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Abstract of the Annual Statement
 as of December 31, 2025
 Stillwater Property and Casualty Insurance Co.
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 Total Assets \$ 162,144,571
 Total Liabilities \$ 26,984,674
 Capital Stock \$ 4,200,000
 Surplus Funds \$ 131,694,333
 Total Capital & Surplus \$ 135,159,897
 Total Liabilities, Surplus & Other Funds \$ 162,144,571
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Stonetrust Commercial Insurance Co.
 5615 Corporate Boulevard, Suite 800
 Baton Rouge, LA 70808
 Total Assets \$ 278,837,843
 Total Liabilities \$ 112,721,378
 Capital Stock \$ 2,500,000
 Surplus Funds \$ 163,616,465
 Total Capital & Surplus \$ 166,116,465
 Total Liabilities, Surplus & Other Funds \$ 278,837,843
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Stonetrust Premier Casualty Insurance Co.
 5615 Corporate Blvd., Suite 800
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 Total Assets \$ 7,311,409
 Total Liabilities \$ 1,380,902
 Capital Stock \$ 2,500,000
 Surplus Funds \$ 3,430,507
 Total Capital & Surplus \$ 5,930,507
 Total Liabilities, Surplus & Other Funds \$ 7,311,409
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Stonewood Insurance Co.
 P.O. Box 27648
 Richmond, VA 23261
 Total Assets \$ 386,290,239
 Total Liabilities \$ 285,484,388
 Capital Stock \$ 4,200,000
 Surplus Funds \$ 96,605,851
 Total Capital & Surplus \$ 100,805,851
 Total Liabilities, Surplus & Other Funds \$ 386,290,239
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Stonington Insurance Co.
 One General Drive
 Sun Prairie, WI 53596
 Total Assets \$ 19,352,638
 Total Liabilities \$ 1,636,432
 Capital Stock \$ 3,500,000
 Surplus Funds \$ 14,216,206
 Total Capital & Surplus \$ 17,716,206
 Total Liabilities, Surplus & Other Funds \$ 19,352,638
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Stratford Insurance Co.
 300 Kimball Drive, Suite 500
 Parsippany, NJ 07054
 Total Assets \$ 56,121,044
 Total Liabilities \$ 4,334,621
 Capital Stock \$ 4,200,000
 Surplus Funds \$ 47,586,423
 Total Capital & Surplus \$ 51,786,423
 Total Liabilities, Surplus & Other Funds \$ 56,121,044
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 SU Insurance Co.
 9667 South 20th Street
 Oak Creek, WI 53154-4931
 Total Assets \$ 39,352,160
 Total Liabilities \$ 22,289,189
 Capital Stock \$ 5,000,000
 Surplus Funds \$ 12,062,971
 Total Capital & Surplus \$ 17,062,971
 Total Liabilities, Surplus & Other Funds \$ 39,352,160
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Sun Surety Insurance Co.
 P. O. Box 2373
 Rapid City, SD 57709
 Total Assets \$ 27,566,364
 Total Liabilities \$ 13,410,187
 Capital Stock \$ 2,500,225
 Surplus Funds \$ 11,655,952
 Total Capital & Surplus \$ 14,156,177
 Total Liabilities, Surplus & Other Funds \$ 27,566,364
 Mississippi Insurance Department
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 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 SUNZ Insurance Co.
 1301 6th Avenue West
 Bradenton, FL 34205
 Total Assets \$ 743,252,702
 Total Liabilities \$ 547,901,371
 Capital Stock \$ 3,000,000
 Surplus Funds \$ 192,351,331
 Total Capital & Surplus \$ 195,351,331
 Total Liabilities, Surplus & Other Funds \$ 743,252,702
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 SureChoice Underwriters Reciprocal Exchange
 Three Chasewood
 Houston, TX 77070
 Total Assets \$ 754,150,732
 Total Liabilities \$ 499,367,900
 Capital Stock \$ 0
 Surplus Funds \$ 254,782,832
 Total Capital & Surplus \$ 254,782,832
 Total Liabilities, Surplus & Other Funds \$ 754,150,732
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 SureTec Insurance Co.
 2103 CityWest Blvd. # 1300
 Houston, TX 77042
 Total Assets \$ 792,578,314
 Total Liabilities \$ 602,843,365
 Capital Stock \$ 5,000,000
 Surplus Funds \$ 189,734,949
 Total Capital & Surplus \$ 189,734,949
 Total Liabilities, Surplus & Other Funds \$ 792,578,314
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Sutton National Insurance Co.
 110 E. Atlantic Avenue, Suite 330
 Delray Beach, FL 33444
 Total Assets \$ 298,128,830
 Total Liabilities \$ 203,318,457
 Capital Stock \$ 4,500,000
 Surplus Funds \$ 90,310,373
 Total Capital & Surplus \$ 94,810,373
 Total Liabilities, Surplus & Other Funds \$ 298,128,830
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Swiss Re Corporate Solutions America Insurance Corporation
 1200 Main Street, Suite 800
 Kansas City, MO 64105
 Total Assets \$ 3,722,982,223
 Total Liabilities \$ 2,491,257,989
 Capital Stock \$ 3,500,000
 Surplus Funds \$ 1,226,924,234
 Total Capital & Surplus \$ 1,231,724,234
 Total Liabilities, Surplus & Other Funds \$ 3,722,982,223
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Swiss Re Corporate Solutions Elite Insurance Corporation
 1200 Main Street, Suite 800
 Kansas City, MO 64105
 Total Assets \$ 386,682,517
 Total Liabilities \$ 246,066,872
 Capital Stock \$ 3,500,000
 Surplus Funds \$ 137,115,645
 Total Capital & Surplus \$ 140,615,645
 Total Liabilities, Surplus & Other Funds \$ 386,682,517
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Property & Casualty Companies
Abstract of the Annual Statement
 as of December 31, 2025
 Swiss Re Corporate Solutions Premier Insurance Corporation
 1200 Main Street, Suite 800
 Kansas City, MO 64105
 Total Assets \$ 84,982,301
 Total Liabilities \$ 11,133,554
 Capital Stock \$ 4,200,000
 Surplus Funds \$ 69,648,747
 Total Capital & Surplus \$ 73,848,747
 Total Liabilities, Surplus & Other Funds \$ 84,982,301
 Mississippi Insurance Department
 I hereby certify that the above is a true and correct abstract of the above-name company filed with the Mississippi Insurance Department showing the condition of said company on December 31, 2025.
 Mike Chaney
 Commissioner of Insurance

Native Mississippian Dana Rice holds “Big Dreams” concert 2026 - setting long-term goals and resonating at Red Clay Theater

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

Aspiring to venture, to reach, to succeed, and to become are the tools we need to fulfill our dreams. Investing our thoughts, our time, our abilities, and our energy are the cornerstones we need to reach our goals. Big Dreams Concert 2026 brought these things to mind as Dana Rice, Founding Director and owner of Dana Rice Music's Fame Studio showcased her students before a packed house at Red Clay Theater (3116 Main Street, Duluth, GA) at 5:00 p.m. on Sunday, April 26th. That concert was the 13th year celebration of Big Dreams and the 9th year at the Red Clay Theater.

In their artistry, students skillfully demonstrated singing and musical abilities with excellence, purpose, compassion and integrity - tools that led them to rise and shine while keeping viewers on edge for phenomena yet to come. “True artistry requires courage. It demands a deep commitment to authenticity. The most impactful artists are not the ones who follow every trend, but the ones who remain grounded in who they are, unwavering and unapologetic,” said Rice.

Rice knew that once the artists were onstage, they would “change the atmosphere in the room.” A prediction that did not come back null and void flowed from the elementary school class to the middle school class to the high school class. The artists made their director and their supporters proud - not only by adhering to the theme: “Be Yourself” - but also by bringing to life the works of national and international vocalists and musicians of yesteryear and today.

For four years, Dhakiyah Loggins (8) has been in Big Dreams Concert. Not audience-shy, the elementary schooler took to the mic with sincerity, dignity, and finesse. She graced the stage with two songs, “Con Brio” by Faber and “Golden” from K-Pop Demon Hunters.

Artists from the Middle School Class also came with their uniqueness. Kevin Andre celebrated his 7th year. “Your Way’s Better” by Forrest Frank and “You Brought the Sunshine” by The Clark Sisters (backed by artist Skylar Ebron) were his picks. Ebron’s performance demonstrated 4 years of studying at FAME Studio. She sang George Benson’s “On Broadway” and Jordyn Sparks’ “One Wing.” Tabitha Barnett celebrated 5 years while singing “Almost There” from The Princess and The Frog. Then Londyn Hill demonstrated 5 years at FAME Studio with Angie Stone’s “Brotha” and Michael Jackson’s “Man in the Mirror.”

Four artists were showcased from the High School Class. Pianist Sarai Cunningham played “Ruler of My Heart” from the musical web series Alien Stage. Aaron Walker played Old School New School Medley: “Song for You” (Donny Hathaway); “Love Me in a Special Way” (DeBarge), “If I Ain’t Got You” (Alicia Keys), “Just the Two of Us” (Bill Withers); and “The One who Runs the Show” (from a web series). Soulandi Loggins strummed piano notes of “Hello” (Lionel Richie) and “Someone Like You” (Adele) while Rice served as vocalist. Peyton Evans sang “Opportunity” (Sia) and “Goodbye Yellow Brick Road” (Elton John).

In addition to the above, Big Dreams Concert 2026 featured



Dana Rice, Director & Owner PHOTOS BY SOFT HUES



Dr. Janice K. Neal-Vincent dramatizes Jesse Jackson's I Am Somebody in audience call-response.



Aaron Walker



Kevin Andrea



Gerald Freeman, Guest Artist



Front Row, Ir Londyn Hill, Kevin Andre, Tabitha Barnett, Dhakiyah Loggins, Skylar Ebron, Peyton Evans; Reign Webb.



Left to right Gerald Freeman, Peyton Evans, Dana Rice, Skylar Ebron, Tabitha Barnett, Kevin Andre, Dr. Patrice Little

a vocal ensemble composed of Dr. Patrice Little; Andre; Ebron; Evans; Barnett; Freeman; and Rice. The ensemble rendered a wakeup call with Delta Rae’s song, “All Good People” (a protest song written in response to the 2015 Charleston church massacre, urging white allies to speak out against racism and systemic violence. Calling for active

allyship, “All Good People” emphasizes that silence is complicity because failure to speak up makes you part of the problem.

With deep, running roots, Walker, Loggins, and Cunningham have MS lineage. Ebron’s family is from Grenada. Walker’s grandmother’s family hails from Starkville. Loggins’ grandfather was born

in MS. Cunningham’s family also hails from the Magnolia State.

This year’s Guest Artist in Residence Gerald Freeman came cultivated with his impersonator skills as pianist/vocalist. He drew the listeners in with his moves, sounds and charismatic qualities. The audience latched onto an unforgettable moment when

Freeman impersonated Louis Armstrong as he sang Armstrong’s famous song, “What a Wonderful World.”

The writer served as guest spoken word artist. Paying tribute to the Rev. Jesse Jackson (civil rights activist, former Shadow US Senator, DC, and two-time US Presidential Candidate), she led the audience in a dramatic rendition

of Jackson’s call-response, “I Am Somebody.” Noted musician Zac Denton, commented to Rice, “...It was cool to see and hear your mother speak. That was a poignant part of the show.”

Several student artists vocalized their history with Big Dreams. Evans was 8-years-old when she started lessons. “Dana Rice has inspired me so much that even when I took a break from music, I decided to come back senior year with the woman and the concert that started it all – My Big Dream,” she stated.

“Big Dreams has shown me that it’s important to believe in yourself and others. It taught me that community for artists is super important. It also taught me to never be selfish when it comes to sharing your gifts,” said Reign S. Webb, standing near her mother Dr. Renita Webb.

Gerald Freeman said, “Big Dreams impressed me last year when I was in the audience. I met Dana five years ago when I tuned her piano, and she told me about Big Dreams. I’ve been inspired by Big Dreams to keep using my gifts through the arts to comment and encourage others to soar and use their dreams and inspirations for the better.”

Big Dreams Concert 2026 wooed audience members not only from Metro Atlanta, but from all over the country, including MS and as far as The Philippines. Vernon Taylor and his wife, Alma Taylor were honored guests. “Among the many meaningful moments of our visit from the Philippines to the United States, this performance stands as one of the most memorable and inspiring. The Big Dreams Concert was a moment of great pride for our family and a powerful example of what dedicated mentorship can achieve. Exceptional, it stands out not only for its artistic quality, but for its deeper purpose and lasting impact. The concert was a living expression of vision, discipline, and aspiration. What distinguishes this concert most profoundly is its investment in young people. Ms. Rice is guiding young people toward becoming not only skilled performers, but well-rounded, professional individuals. Creating a clear and positive pathway is one that leads to meaningful careers, personal discipline, and responsible citizenship. These young performers are being shaped into future leaders, role models, and contributors to society. This is not just a show – it is a legacy in the making,” voiced Vernon Taylor.

A native of the Bahamas, Rosalind Hepburn commented: “Big Dreams Concert spoke to its audience. The talented young people did it. If you were not there, you missed a wonderful concert.”

Big Dreams Concert 2026 was hosted by Reign Selah – Miss Activist USA Jr. Teen and recipient of the Gold Presidential Volunteer Service Award. Sponsors included @RiceLegacyBuilder; www.MoreToSeeProductions.com; @SoundsOfAtlantaShow; CAMM’S T-Shirts and Custom Gifts; Dana Rice Music’s FAME STUDIO; Wendy & Otto Tucker; Dr. Janice Neal-Vincent; Preston & Beatrice Powell; Carol Tolbert; Ramona Jones; Darlene King; Harold Lockett; Ivory Hoffman; and the FAME Studio Parents. For further inquiry, contact Dana Rice at danaricemusic@gmail.com.