# The Mississippi Link

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*The Mississippi Link Congratulates Scott Colom*

# AP declares democratic victory in Mississippi U.S. Senate Race

**By Othor Cain**
*Contributing Writer*

Mississippi has made history. Democrat Scott Colom has defeated Republican incumbent Cindy Hyde-Smith in one of the most closely watched U.S. Senate races in the state's modern political history, delivering a stunning political victory and signaling a significant shift in Mississippi's political landscape.

The Associated Press declared Colom as the winner Wednesday, November 11, with his lead reaching 4,585 votes as the remaining ballots continued to be processed.

In a major development Wednesday evening, Hyde-Smith conceded the election. According to WAPT, CNN reported that Hyde-Smith personally contacted Colom to acknowledge her defeat. The Colom campaign confirmed that the two had spoken and that the Republican incumbent had conceded the race.

The concession brings a dramatic conclusion to a contest that kept Mississippi voters watching election returns for more than a week.

Colom's victory makes him Mississippi's first Black U.S. senator since Reconstruction and the first Democrat elected to represent Mississippi in the U.S. Senate since 1982.

For Black Mississippians, the significance of this victory extends far beyond party politics. It represents a historic breakthrough in a state where generations of African Americans fought for the right to vote, demanded equal representation and challenged political systems that too often excluded their voices.



Colom, a former district attorney for Mississippi's 16th Judicial District, built his public service career around criminal justice reform, accountability and fairness. His work as a prosecutor earned him recognition beyond Mississippi and eventually led President Joe Biden to nominate him for a federal judgeship.

That nomination never advanced after Hyde-Smith refused to return the necessary Senate approval paperwork, effectively blocking his path to the federal bench.

Now, in an extraordinary political reversal, Mississippi voters have elected Colom to the very institution where Hyde-Smith helped derail his judicial nomination.

The election also brings renewed attention to Hyde-Smith's controversial 2018 statement that she would be willing to sit on the front row of a public hanging. The remark drew national condemnation, particularly in Mississippi, where the history of lynching remains an enduring and painful part of the state's racial history.

Eight years later, Black voters who once watched a sitting U.S. senator make a controversial reference to a public hanging now have a front-row seat to her losing the very Senate seat she sought to retain.

The symbolism is impossible to ignore.

Throughout the campaign, Colom presented himself as an alternative to the state's longstanding Republican leadership, focusing on economic pressures facing working families, the cost of living, access to health care and the need for leadership that places Mississippi residents ahead of partisan politics.

His victory also reflects the importance of voter participation and grassroots political organization across the state.

In Hinds County, Holmes County and other communities with significant Black voting populations, voters helped build the foundation for Colom's statewide victory. His campaign also demonstrated the importance of assembling a broader coalition capable of competing in counties traditionally dominated by Republicans.

The final days of ballot counting tested the patience of voters and placed renewed attention on Mississippi's election procedures.

Affidavit ballots, absentee ballots and questions surrounding voter registration records became central issues as election officials worked to complete the count. The prolonged process also intensified scrutiny of Secretary of State Michael Watson and the state's election administration.

For voters who waited through days of uncertainty, Wednesday's announcement provided the outcome they had been anticipating.

The election represents more than a change in political leadership. It offers Mississippi an opportunity to reconsider its political identity and its future representation in Washington.

Colom will enter the Senate carrying expectations from voters who want measurable progress on economic opportunity, education, health care, voting rights and the needs of communities that have historically struggled to receive adequate federal attention.

His election also sends a powerful message to younger Mississippians, particularly Black children who have rarely seen someone who looks like them represent their state in the United States Senate.

Earlier this week, Colom reflected on that responsibility.

"For me, it's my job to make sure I make it easier for the next Black boy or girl that has the work ethic, the vision, the values to do public service if they want to be a United States senator," Colom said.

With Hyde-Smith's concession and the Associated Press declaring his victory, Colom now stands at the center of a historic political transformation.

Official certification of the election results remains the final procedural step.

For Mississippi, the significance of this moment is unmistakable. A state whose political history has been shaped by racial division, voter suppression and decades of Republican dominance has elected a Black Democrat to the United States Senate.

Scott Colom has made history. Mississippi voters made it possible.

## A New Chapter in Mississippi History

***By H Ralph Samuels, Jr.***

A new chapter was written and published
for the Mississippi history books
and for the first time in a very long time
Our State will have a different look

While many of the old regime
Are shocked and shaking their heads
Others are echoing the immortal words
That the late great Sam Cook said

It's been a long time coming
But a change has finally come
Mississippi has a new black Senator
and his name is Scott Colom

Here's a man who took on the challenge
Against the odds and negative chatter
He ignored political and racial differences
To send a message that Mississippi Matters

He refused to buckle under pressure
Or take questionable funds or fees
He relied on his faith in God
And spent considerable time on his knees

And now the Lord has delivered
A victory for the residents of the State
Mississippi voted to pick a new Senator
Rather than pick a different protein for our plates

We now have a senator to fight for all Mississippians
And not just the rich and the wealthy
Someone who's concerned about the poor and impoverished
And make sure all Mississippi children are healthy

A Senator who will not be bullied
by the fat cats in Washington DC
A seventh generation Mississippian
With moral ethics and integrity

But here is what we need to remember
The victory just happened today
Give him a chance to get up to speed
And not expect a miracle right away

We must continue to pray for his strength
And the protection and safety of his life
And by all means don't forget his family
Because he does have children and a wife

They have been his strongest supporters
Right by his side since day one
They too have sacrificed themselves
Without them this could not have been done

So to every campaign staffer
and all who volunteered their time
For every donation that was given
Whether is was a nickel, dollar or dime

Our prayers this day have been answered
A change has finally come
But we still can't rest or get complacent
This is just change number one

More elections are coming
More work needs to be done
Remember every vote matters
I can't stress that enough

Yes a new chapter has been written
let the whole nation take heed
The first line says Mississippi Matters
A historic chapter everyone should read


*(c) 2026 H Ralph Samuels, Jr.*
*"The Name Inspires the Pen"*

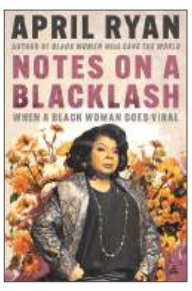

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## Mississippi receives more than $63 million in federal funding to enhance public safety



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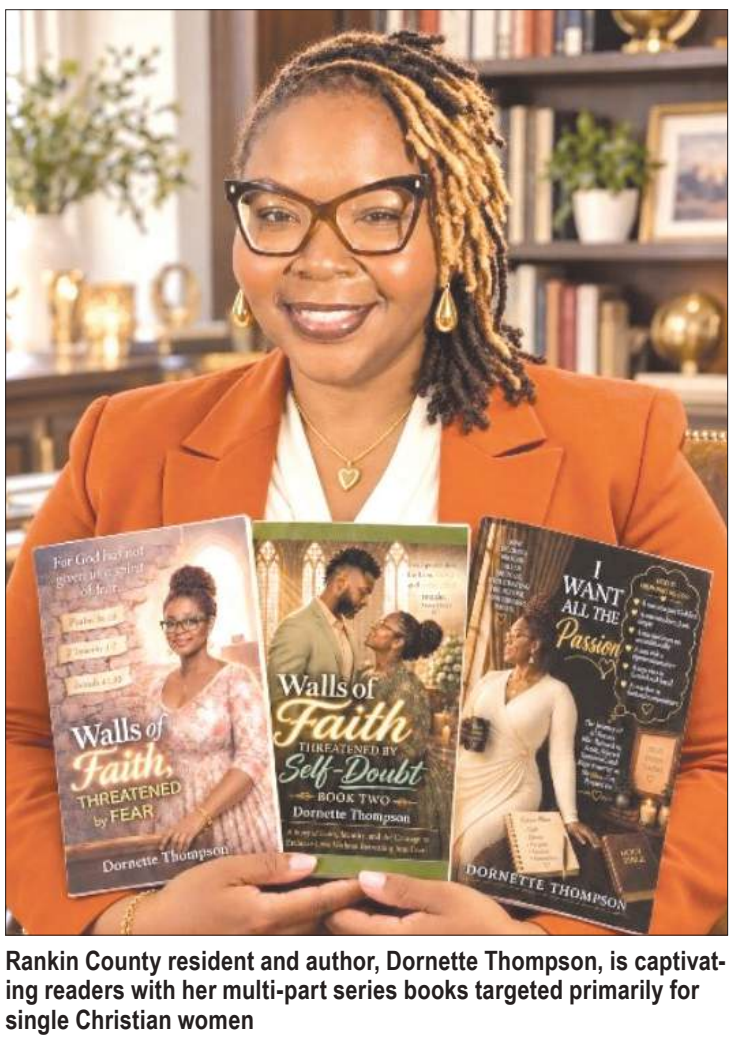
# Dornette Thompson's Message to Women who wait on God

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

For years, book author Dornette Thompson has studied her lived experiences and has learned to share her story. The Rankin County resident believes that disclosing various aspects of her inner self may allow others to feel seen, understood and less alone. Coupled with her lived experiences are the lived experiences of Christian women who – like her - are waiting on God for something meaningful. She maintains that these women in their faithfulness are connected to the church and try to live according to God's word. They may grow weary, however, as they undergo their wait on God.

Empathizing with these women, Thompson has published two

books, several months apart from each other: "Walls of Faith: Threatened by Fear" and "Walls of Faith: Threatened by Self-Doubt." These books are part of a multi-part series. Thompson's third book, "I Want All the Passion: The Journey of a Woman Who Refused to Settle, Stopped Shrinking, and Kept Believing in the Love She Prayed for," is slated for publication in 2027. It is the last book in the trilogy. Christian romance, the primary genre of these books, have a central




**Rankin County resident and author, Dornette Thompson, is captivating readers with her multi-part series books targeted primarily for single Christian women**

message, "trust in God," despite mental exertion.

What makes a person spiritually strong? According to Thompson, a woman's strength comes through "consistent prayer; studying and applying God's Word; honest self-examination; obedience; and remembering that personal worth is rooted in God." There is no other root, not marriage; not relationships; not accomplishments; and not receiving a specific answer. Says the author, "Spiritual strength does not mean ignoring disappointment or pretending that waiting is easy. It means taking grief, frustration, and unanswered questions to God while continuing to trust Him. It also means using the waiting season to heal from past wounds, develop emotionally and spiritually, serve others and live purposefully."

Thompson's books come with four central themes: faith, trust, disenfranchised grief, and passion. Charging that Christian women must move beyond fear by controlling their decisions, the author says they must not allow circumstances, disappointments or unanswered prayers to entice them to lose trust in God. Whether society acknowledges grief or not, Christian women must understand that people can grieve the loss of a life they anticipated but never experienced. Of passion, the author stresses the importance of waiting on God, rather than becoming entangled with someone "who is not right for us."

These books challenge readers to believe that an abundant life may not have just one particular outcome. Thompson specifies that readers should trust God, whether or not He grants their wishes. His response might be "totally different from what they expected."

The author confided that her perspective on life has changed as a result of writing her books. She claims to now see herself more clearly by breaking the walls she had built for protection. Her strengthened conviction is to remain single rather than settle for less than what God desires for her. "I want love, passion, joy, emotional safety and spiritual partnership. I believe that the God-fearing man being prepared for me will be capable of offering those things, and I must also continue preparing myself to receive and reciprocate them," she declared.

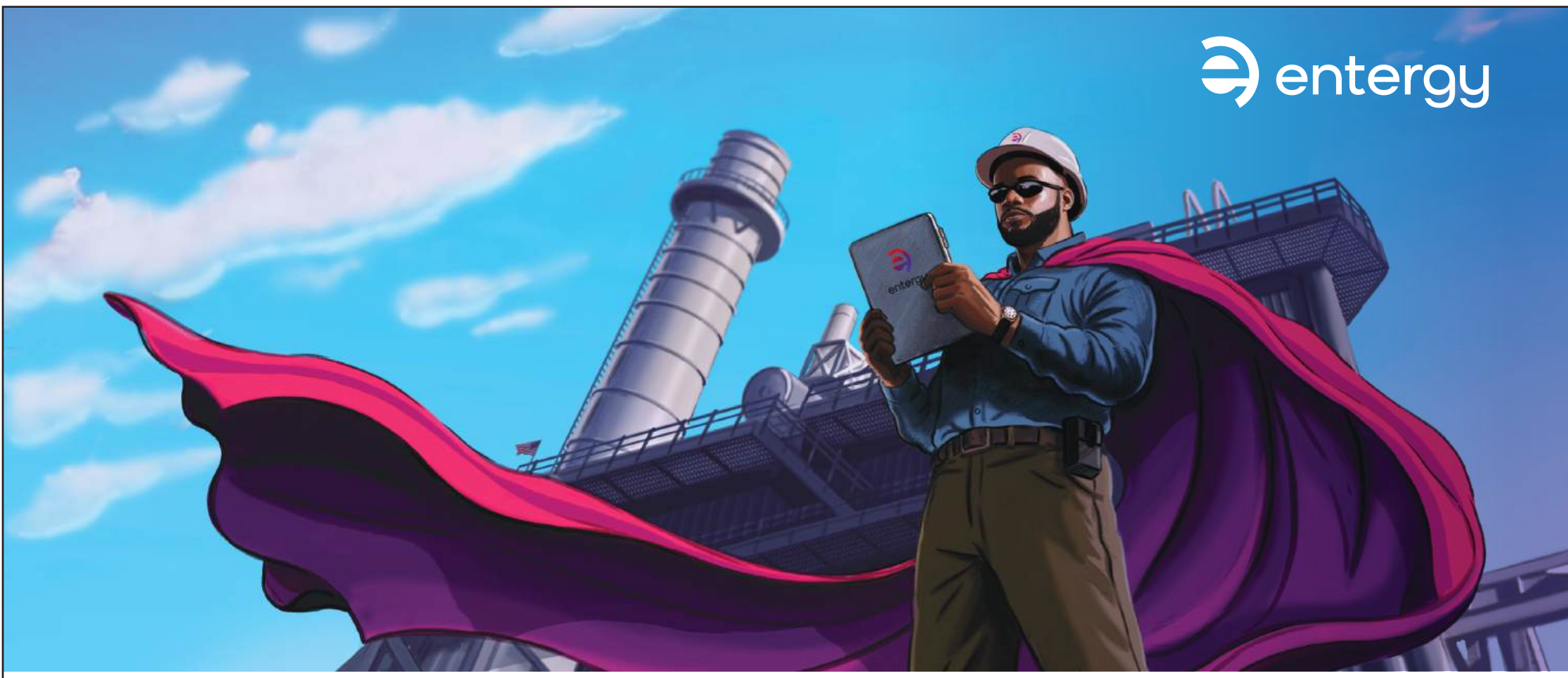
When asked "If these books were made into a movie, who would be on your dream casting list," Thompson indicated that Danielle Brooks is the powerhouse who comes packaged with emotional depth, strength, vulnerability and warmth to the character Trichelle. On the other hand, Idris Elba or Michael B. Jordan could portray Daniel. Confidence, emotional complexity and a strong screen presence would be brought forth from their superb acting.

The scribe warned that readers should recognize that walls originally built for protection can eventually become walls of deflection. Although they can prevent the entrance of pain, they can also prevent genuine love, support and connection from reaching us. Emotional scars from past relationships can impact present relationships. While healing aims to protect and restore us, "we must be careful not to allow the methods we used to survive the past to restrict our future or prevent us from receiving what God has for us."

Sharing that readers have thanked her for telling her story, Thompson expresses gratitude for their identification with the books. "For me, that is one of the most meaningful parts of writing: reaching, touching and connecting with readers through a shared emotional experience," she maintained. She has learned that writing for herself and her readers are indications that "they might be experiencing something similar."

The author advises aspiring authors in her genre to not be afraid to tell their stories and to discuss the struggles of their lived experiences. Being honest, she says, is what helps others feel seen, understood and less alone. "The story inside you may have the power to reach people – possibly change the world," she expressed.

For further inquiry, email Dornette Thompson at Dornettet@yahoo.com. Contact Amazon.com for book purchases.




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More and better power at a lower cost

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# Mississippi receives more than $63 million in federal funding to enhance public safety

**By Jackie Hampton**
*Publisher*

US Attorney General Todd Blanche along with Mississippi Attorney General Lynn Fitch joined Mississippi Governor Tate Reeves, Jackson Mayor John Horhn, Jackson Chief of Police Dr. RaShall M. Brackney and Director Gadyaces S. Serralta, U.S. Marshals Service to announce at a press conference that Jackson was being awarded more than $63 million dollars to reduce violent crime, restore law and order, and strengthen public safety throughout the state.



U. S. Attorney Todd Blanche speaking at podium joined by MS Attorney Lynn Fitch, City of Jackson Mayor John Horhn, Governor Tate Reeves, Jackson Police Chief RaShall Brackney and others at City Hall. PHOTOS BY JAY JOHNSON

Mississippi was one of four jurisdictions selected to receive federal funding through the U. S. Department of Justice's Model Cities Initiative (MCI), a flagship effort to reduce violent crime, restore law and order, and strengthen public safety in communities throughout the country. It was announced that nearly $300 million dollars in federal resources is being directed to public safety strategies.

The press conference was held at Jackson City Hall. There was standing room only. Many individuals were not able to come inside City Hall, due to over-crowding. The event took place inside City Hall possibly because outside the building, directly across the street a rally was being held regarding the U.S. Senate race between DA Scott Colom and Incumbent Senator Cindy Hyde-Smith. The large group outside were singing and yelling, "Don't Interrupt our Vote" and these police have to go, Hey Hey, Hello!" The yelling would have been too loud for those attending the press conference to hear what the speakers had to say, but once inside, full attention was given to the speakers regarding the funding.



Melody Vaughn, speaking on how violence in MS has impacted her



Violent Horne speaking at the conference on how violence in MS has impacted her life

Blanche in his opening statement said, " The Model City initiative reflects the Trump Administration's commitment to reduce crime across the country and ensure the safety of every American."

In her comments Fitch stated, "We are proud to be a partner with the City of Jackson and all our local, state, and federal allies in this effort to make Mississippi's capital city stronger, safer, and more secure. A strong Jackson means a strong Mississippi."

Baxter Kruger, United States Attorney for the Southern District of MS stated, "Through the Model Cities Initiative, we will continue making strides toward a safer, stronger, and more prosperous capital city."

Reeves stated that this is a tremendous win for Jackson and all of Mississippi. " I'm grateful to President Trump and Attorney General Blanche for partnering with us to make our capital city a safer place."

Horhn extended his appreciation to the Department of Justice for its support. He said, "Funding is essential but making Jackson safer takes all of us, faith leaders, neighborhood associations, educators, businesses, and neighbors working together. We want every family to be able to raise their children, pursue opportunities, and enjoy life in Jackson without fear."

Brackney stated, " These investments are essential to building a police department that is not only better equipped to investigate and prevent crime, but also better positioned to address the complex challenges that shape public safety in Jackson.

Also speaking at the press conference were two parents that have been enduring the pain associated with violence and unsafety. Melody Vaughn and Violet Horne were grateful of the funds being awarded to not only

combat crime but also for how they could be used to identify those that are associated with crimes being committed.

In sharing her story Vaughn stated, family trauma doesn't end when the headlines fade. Vaugh's son Donald Hewitt Jr. a father of four went missing four years ago. Her son lived in Dallas, TX but came back to Jackson for the birth of his son , never to be heard of again. She said the trauma of not knowing what happened to someone you love is humongous. "Families continue to live with uncertainty, holding on to hope, and searching for answers. The City of Jackson needs this grant to help families find answers."

With tears in her eyes she said, "I cannot change the four years my family have waited for answers." Vaughn stated what was being done with the awarding of the grant could help change the spirit of a loving mother. She said no family should have to endure the years of waiting for answers when improved technology and resources can help bring answers.

Violet Horne while speaking to the crowd said her story, unfortunately reflects the pain of so many families. In March and April of 2024, she lost two sons one month apart to gun violence. One of her son's, Cameron Horne-Cook age 14 was killed March 25th, and his brother, Bryson Cortez Horne-Wash age 20 was gunned down April 23rd. "No one should have to bury a child, not one, but certainly not two children." She said her sons deserve justice, as well as other families and is hoping the federal funding will help bring justice to her sons as she continues to work with law enforcement.

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# Powerful images, untold stories: Black Arts Movement exhibit brings history into focus

**By Gail Gettis**
*Contributing Writer*

Where could Mississippians learn how photography not only documented history but also helped shape the Black Arts Movement?

In a state not always known for celebrating its complete history and the contributions of all its citizens with sensitivity and support, a recent exhibit at the Mississippi Museum of Art (MMA) embraced Black culture while educating the public about African American achievement, inclusion, and artistic expression through the power of visual documentation.




Photograph taken by Bob Fletcher - SNCC Poster On Front Porch – Rulleville, MS



Photograph taken by Roy Lewis of Margaret Walker, admiring bust of Phyllis Wheatley



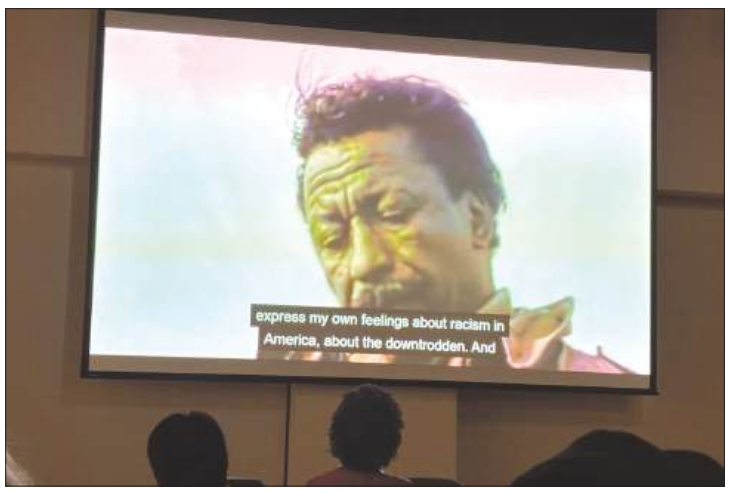
Post Screening Panel (L-R) Moderator Mark Geil, John Clark Mayden, and Roy Lewis

The exhibit, Photography and the Black Arts Movement: 1955-1985, originated at the National Gallery of Art in Washington, D.C. On view in downtown Jackson from July 25 through Nov. 8, 2026, the exhibition provided a forum for screenings, seminars, and discussion sessions related to the collection.

Kenya Rashel, an MMA employee who guided visitors through the impressive exhibition, spoke about the efforts of the museum board and supporters to secure the exhibit, which was originally slated to appear only at the National Gallery of Art in Washington, D.C., and The Getty Center in Los Angeles. Of the 162 photographs in the collection representing approximately 100 artists, 12 additional photographs were added at MMA because they were by native Mississippi photographer Roy Lewis and came from his personal collection.

According to Rashel, museum curators identified several Mississippi connections among the photographers, their subjects, and the landscapes surrounding those portrayed. A state-shaped icon denoted Mississippi references, such as Bob Fletcher's SNCC Poster on a Front Porch, Ruleville, Miss. (1965-1966). Lewis welcomed the opportunity to return to Mississippi and participate in the Wednesday night post-screening discussion of Weapons of Choice: Inspired by Gordon Parks (2021), a film derived from Parks' 1967 autobiography.

The screening of Weapons of Choice marked the exhibit's culminating event during its final week. It served as a tribute to the legendary photographer, filmmaker, author, and activist Gordon Parks and the influence he had in paving the way for others as the first Black photographer for the iconic Life magazine, a weekly publication considered to have featured some of the greatest photography of its era. After evolving into a filmmaker, Parks introduced movies by, for, and about Black culture. Becoming the first Black director of major Hollywood films, he used his published book as inspiration for the high-grossing movie The Learning Tree (1969).




In the film, Gordon Parks reflects on his feelings about needed social change. PHOTOS BY GAIL GETTIS




In a Choice of Weapons, Spike Lee holds up a Gordon Parks' photo

Not long after his directorial debut, Parks was credited with helping create the Blaxploitation genre, including the blockbuster film Shaft, which he directed in 1971. Many notable photographers and filmmakers shared what they admired about Parks and what they learned from him shaped their own careers, including Ava DuVernay and Spike Lee. Many admired Parks for using his camera to document Black life and inspire social change.

He used his camera as his weapon of choice. Yet there were also times when he was criticized for the raw honesty of his work, which often captured a more human side of Black Americans living under harsh and unfavorable realities. Parks famously said, "No one was a criminal 24 hours a day." In the film, Anderson Cooper shared how Parks was hired to photograph his renowned mother, Gloria Vanderbilt. Cooper said he would not have become a reporter had he not witnessed Parks' approach to recognizing humanity in his subjects. Spike Lee and other renowned artists also spoke of Parks' influence on their professional careers.

After the screening, Lewis sat before attendees for a discussion and question-and-answer session. Beside Lewis sat Baltimore Lives photographer John Clark Mayden. The panel discussion was moderated by Jackson State University photography professor Mark Geil, who asked the two photographers to share their thoughts on the film and provide insight into the inspiration and perspectives that guide their own work.

"I think it's important to represent my culture," said Lewis when Geil asked how he and Mayden navigate earning the trust of their subjects. "It's more than taking pictures," Lewis stated. He has respect for his subjects, and they are assured of that in his depictions of them.

Lewis, born in Natchez, grew up as the son of a sharecropper living on a plantation. He earned his high school diploma in 1956 and later moved to Chicago, where he landed a job with Johnson Publishing. After being drafted into the Army in 1960, he developed his passion and talent for photography and purchased his first camera. With his photograph of musician Thelonious Monk appearing in Jet magazine, Lewis launched his professional photography career. Among his many credits, his photographs were featured in the Academy Award-winning film When We Were Kings (Gast, 1996). The list of striking photographs captured by Lewis is extensive, including those of Nikki Giovanni and Margaret Walker featured in the exhibit.



Mark Geil, moderator (left) and John Clark Mayden, photographer



Roy Lewis holds copy of Callaloo which he photographed as a writer

Baltimore native John Clark Mayden, born in 1951, is a photographer, author, and attorney. He served in the Baltimore City Solicitor's Office for 34 years. During the 1970s, Mayden became inspired to photograph urban landscapes and members of his community. He described himself as a street photographer. His collection of portraits in Baltimore Lives (2019) depicts people encountered while walking city streets and riding buses throughout Baltimore. He said he is most comfortable taking these honest, deeply intimate photographs and helping people feel they are not invisible.

For more information on exhibits, artists, books, and resources, visit the Mississippi Museum of Art website at www.msmuseumart.org and stop by the museum gift shop.

Featuring more than 100 notable photographers:

Willis, Deborah. (2026). Photography and the Black Arts Movement, 1955-1985. Yale University Press.

Featuring Roy Lewis and other African American and local notable writers:

Lewis, Roy. (2024). The Original Festival Through My Lens. Callaloo, The Phyllis Wheatley Poetry Festival 50th Anniversary: A Special Issue, Vol. 42, pp. 122-133. Johns Hopkins University Press.

# Alpha Kappa Alpha Sorority, Inc.® Beta Delta Omega Chapter to hold Women Entrepreneurs' Pop-Up Shop Nov. 14

*Mississippi Link Newswire*

Alpha Kappa Alpha Sorority, Inc.® Beta Delta Omega Chapter invites the public to get in some early holiday shopping while supporting local businesses at its Pink Explosion Women Entrepreneurs' Expo Pop-Up Shop happening from 10 a.m. to 3 p.m. Saturday, Nov. 14, at the Beta Delta Omega Center, 5330 Executive Place, Jackson, MS 39206.

The free event will feature 25 local-business owners from throughout the Central Mississippi area offering a wide variety of merchandise such as candles, jewelry, home décor, clothing, baked goods, and more. The Beta Delta Omega Chapter held a similar event earlier this year, and it was such a success, the chapter decided to have another one just in time for the holidays. Attendees will also have an opportunity to win various giveaways while shopping.

"Local businesses and women entrepreneurs need and deserve our support, especially around the holidays when consumers tend to shop at national retailers or larger online businesses," said Beta Delta Omega Chapter President Michelle Guy. "We encourage everyone to come out on Nov. 14 and purchase unique items as gifts for yourself or others that are not readily available everywhere."

Promoting entrepreneurship and small business growth in the local community is a goal of Alpha Kappa Alpha Sorority, Inc.®. The Women Entrepreneurs' Pop-Up Shop is just one way to support this goal. For more information or questions, contact Beta Delta Omega Chapter President Michelle Jackson Guy at betadeltaomegachapter@gmail.com.



# Ole Miss racist incident sparks outrage, raises questions about campus safety

**By Dr. Edelia J. Carthan**
*Contributing Writer*

A disturbing video showing white students making monkey noises and gestures outside the apartment of Black University of Mississippi students has sparked national outrage, renewed concerns about racism on campus, which has prompted an investigation by university officials.

The incident occurred November 6, when three white females walked past an apartment occupied by Black students in Oxford. Ring doorbell footage captured two of the women beating their chests and making monkey-like noises toward the camera before walking away.

Jakiyra Metcalf, one of the apartment's residents, shared the recording on TikTok, where it quickly gained widespread attention. Metcalf later learned that the women were her upstairs neighbors.

The University of Mississippi condemned the behavior, describing it as inconsistent with the institution's values and commitment to maintaining a welcoming environment.

"Every student deserves to feel safe, respected, and valued at the University of Mississippi," Vice Chancellor for Student Affairs Shawnboda Mead said.

University officials confirmed that an investigation was underway and encouraged students experiencing harassment or discrimination to report incidents through appropriate campus channels.

The incident has raised questions about what protections Black students can expect when confronted with racial intimidation, particularly when those responsible live in the same residential community.

The controversy carries historical significance at Ole Miss, where James Meredith faced violent resistance when he integrated the university in 1962. More than six decades later, the institution continues confronting the legacy of racial exclusion.

Alaina Kunes, 18, one of the women identified in the video, issued a public apology describing her behavior as "insensitive, inappropriate, and deeply harmful." Kunes maintained that she did not know the apartment's residents were Black and said she never intended to cause harm. Ole Miss confirmed that she is no longer enrolled.

As the video circulated, FOX6 Milwaukee reported that Kunes was identified by two employees as the daughter of a former executive of Wisconsin-based Kunes Auto Group.

The reported connection renewed attention to previous racial incidents involving Black customers at the company's dealerships.

In 2025, Makayla Starks discovered the N-word printed on an oil-change sticker placed on her vehicle at a Wisconsin dealership. The employee responsible was terminated.

Another Black customer, Carolyn Word, reported receiving racist text messages containing animal imagery from a salesman at a different Kunes location.

The company has emphasized that Alaina Kunes has no employment or ownership affiliation with the business. No evidence has established a connection between the dealership incidents and the behavior captured at Ole Miss.

For Metcalf and other Black students, the larger issue remains whether the university can ensure an educational environment free from racial harassment.

Sixty-four years after James Meredith walked onto the Ole Miss campus, the struggle to make that promise of equality a reality continues.

# Justice is Coming

*By H Ralph Samuels, Jr.*

"Justified" is the returned verdict.
That's what the Attorney General has ruled.
But there are lingering questions that need answering.
What will the body-cam actually prove?

Were the officers really in danger?
Had a crime really been committed?
We've seen this movie played out before;
Where the guilty end's up getting acquitted.

But the real tragedy of the situation
is that a one year old child was killed;
Kohen Wiley had nothing to do with any of it.
He wasn't sitting behind the wheel.

Kohen didn't steal any diapers.
Kohen didn't steal any clothes.
Kohen had no weapon to defend himself.
Why Kohen? Only heaven knows.

Who's to blame for such a tragedy?
Apparently to some it doesn't matter.
We must do a better job than this
or the lives of more children will be shattered.

The officer has not made a personal statement.
His attorney said his client had no choice;
It's sad that the adult in question can freely speak,
and the child he killed has no voice.

Something is wrong if no one is held accountable.
No matter what the legal experts say.
No diapers or clothes that were allegedly stolen,
was worth a child being killed that day.

The whole nation should be in an uproar.
As mama would say "it's a crying shame."
Who knows what that child would have grown up to be.
Now all that's left is the memory of his name

Gone is the opportunity to go to school.
Gone is the chance to make new friends.
Gone is the potential of a little black child
whose life was over before it began.

It's been reported there are problems in Senatobia.
Serious problems of the racial kind.
I just wonder if justice was truly upheld
what would thorough investigations uncover and find?

History has shown the many acts of injustice
that both black and white have incurred;
And the Bible is true that a heart becomes sick
when justice, truth and hope are deferred.

But before we lose all faith and hope
remember what James Russell Lowell said;
In his poem entitled "This Present Crisis"
around stanza number eight I have read.

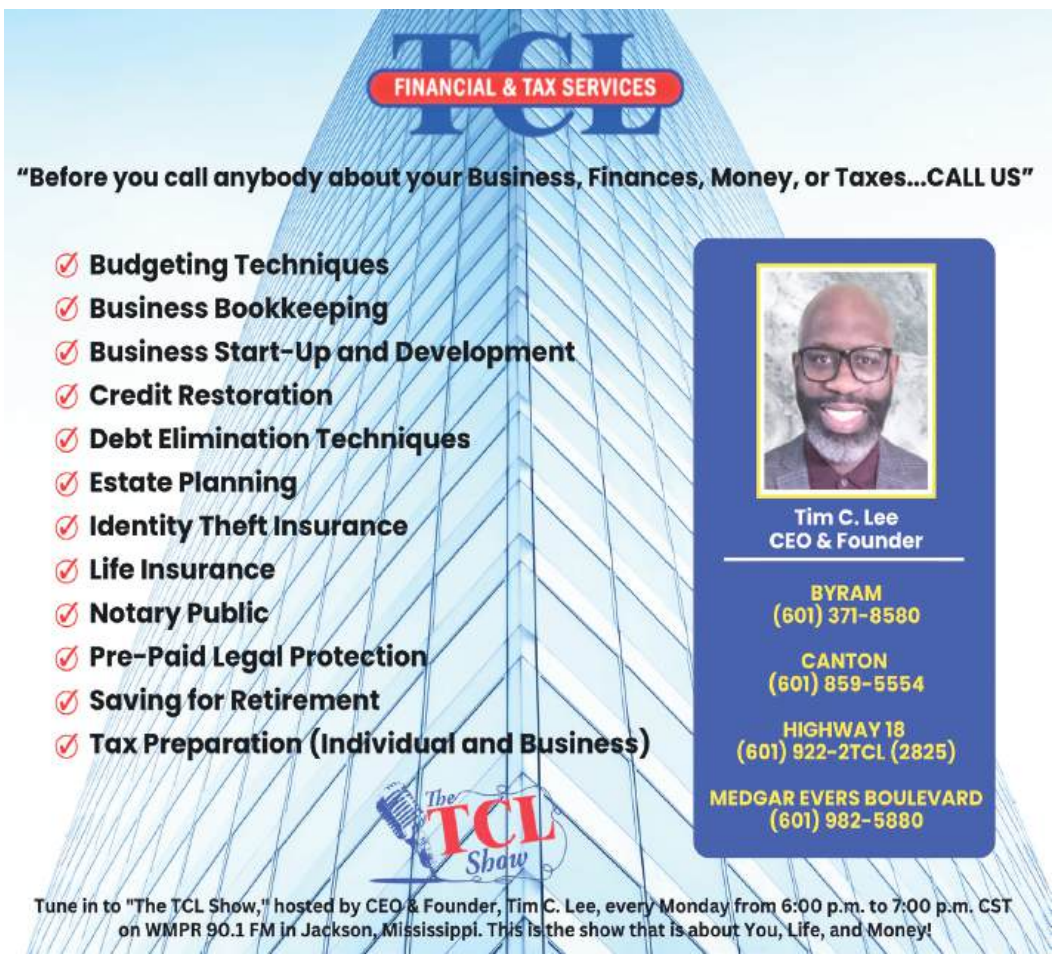
"Truth forever on the scaffold, Wrong forever on the throne,—
Yet that scaffold sways the future, and, behind the dim unknown,
Standeth God within the shadow, keeping watch above his own."

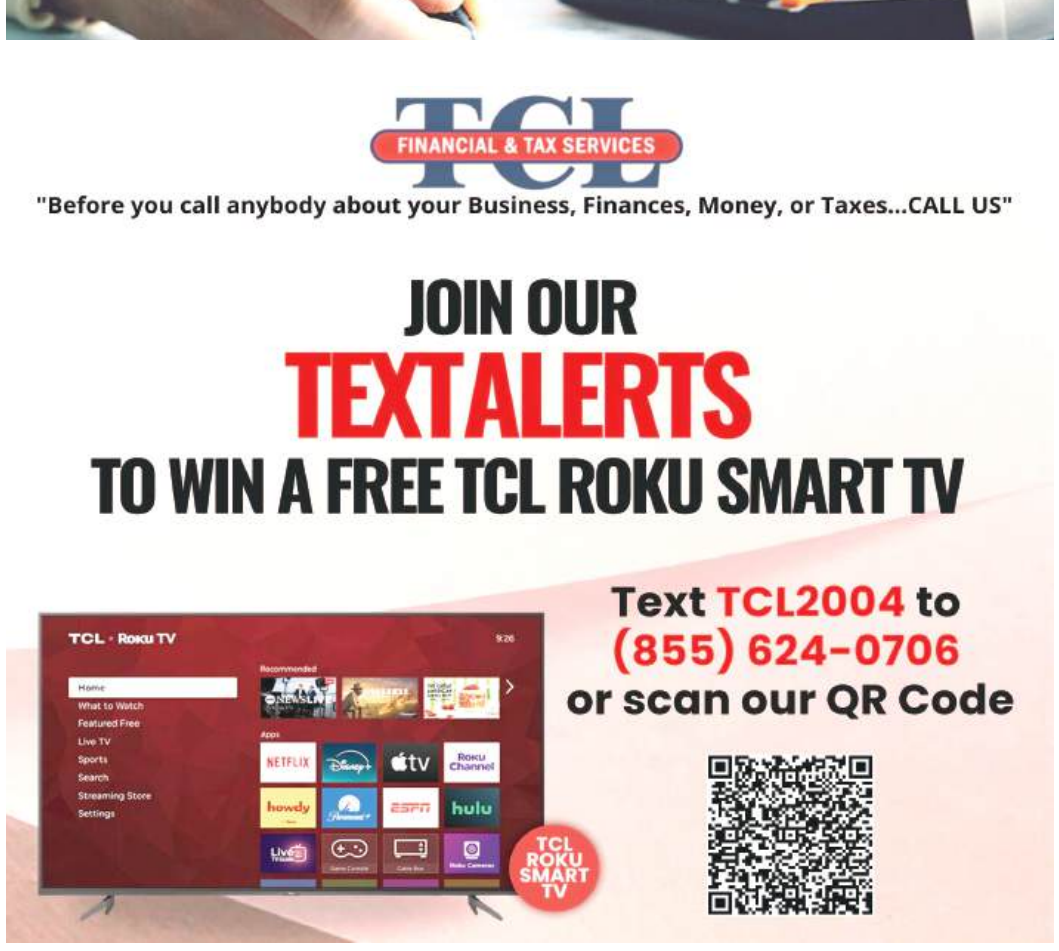
I'm glad that God is the righteous judge.
His rulings and verdicts are always true.
And one day He will right every wrong done,
in spite of what evil men continue to do.

I don't know the family of Kohen Wiley
but I'm sure this experience has been numbing;
My prayer is that God will comfort their hearts.
Trust in Him because Justice is Coming!

*(c) 2026 H Ralph Samuels, Jr.*
*"The Name Inspires the Pen"*








# HOPE for the Holidays

## *A Holiday Loan Can Add Some HOPE and Joy to Your Season!*

The holidays are a time for gathering with loved ones, celebrating traditions and creating special memories. With gifts, travel, meals and other seasonal expenses, costs can add up quickly. A HOPE loan can provide added flexibility and extra room in your budget—so you can celebrate more, worry less and focus on making the season meaningful.

Use the funds to take advantage of pre-holiday sales, plan your seasonal travel, prepare for family gatherings or cover other holiday needs.[1]

A HOPE loan offers:

- No application fee
- Competitive interest rates
- Flexible terms up to 60 months[2]
- Access to HOPE Digital Banking and electronic payments

Keep hope for the holidays and make your seasonal plans possible. Explore your options today or call 1-866-321-4673 to get started. Current HOPE members can also apply through HOPE Digital Banking.

## *Visit one of our Greater Jackson locations!*

**I-55 Jackson Branch & HOPE Economic Empowerment Center**
5471 I-55 North
Jackson, MS 39206
(601) 524-1745
Monday - Thursday 9:00AM - 4:30PM
& Friday 9:00 AM - 5:00 PM

**Medical Mall Branch**
350 Woodrow Wilson Ave.
Suite 370B
Jackson, MS 39213
(601)362-8050
Monday - Friday 8:30AM - 1:00PM
& 2:00 PM - 4:30 PM

**University Boulevard Branch**
1748 University Blvd.
Jackson, MS 39204
(601)965-7100
Monday - Thursday 8:30 AM - 4:30 PM
& Friday 9:00 AM - 5:30 PM

***Brighter Futures Begin with HOPE.***

EQUAL HOUSING LENDER

Federally Insured by NCUA | NMLS #653874
www.hopecu.org | 1-866-321-HOPE (4673)

Hope credit union

[1]Loans subject to approval.
[2]Example: A $5,000 loan for 60 months at 7.00% APR would have a monthly payment of $99.02.

# The magnitude of the midterm elections showed the power of the people

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



Do you remember another more important midterm election. I don't. Over the years, some midterm elections simply created a yawn.

You didn't vote with a sense of urgency. Some would say they had a ho hum attitude. Maybe they had a disposition of indifference. Yet it must be said that we went to the polls because it was our civic duty.

Our ancestors fought and died for our right to vote so we must honor them by voting in every election. We must understand that voting in the United States of America is an honor. There are people in other countries who would change places with us to have that opportunity.

Throughout the years those living in dictator-led countries have had their right to vote stifled so let's keep that in mind whenever we vote in this country.

There was unprecedented talk about the midterm elections held November 3rd. Both political parties thought they would win in the end. PAC money and big-time donors poured millions of dollars into these races.

Signs supporting candidates were in our yards and television ads about them came on non-stop. This election was about our country's direction. Was there going to be a change? Could it really happen?

As the days and hours approached, most polls showed the Democrats would win back the U.S. House of Representatives. However, winning back the U.S. Senate might be a stretch.

Well, you and I know what happened on November 3, 2026. The Democrats won the midterm elections in convincing fashion. It was for the Republicans a truly woodshed experience. They lived a real time nightmare. With this thrashing, the GOP is trying to figure out what the next steps will be.

The analogy for the Democrats is like you have found a long-lost cousin who has returned home. Everyone is overjoyed to see them. In fact, the cousin is going to be around for a good bit of time.

The Democrats stampeded the Congress and will have a significant majority of the 435 seats in the 120th Congress which begins January 3rd. The new speaker of the House of Representatives according to reports will be Hakeem Jeffries (D-NY).

According to PBS News, current House Democratic Leader Hakeem Jeffries said, "We hear you. We're going to work hard to deliver on the dramatic change that you deserve." He will make history as the first African American speaker of the House if his colleagues elect him.

People with views about this election have made some definitive comments about it. Lisa Sachs, director of the Columbia Center on Sustainable Investment said, "The vote was for affordability and opportunity. Democrats now need to be clear about which policies deliver them."

There is wholesale agreement about the need to change economic policies for the American people as they currently have us tangled up in higher costs for everything. Prices have skyrocketed and we have been held as financial hostages.

The Senate was also in the win column for the Democrats as they now have 54 confirmed seats. The senate races in Alaska and Mississippi are still too close to call. It has been reported that the Democratic nominee Scott Colom has about a 2500 vote lead over the incumbent Cindy Hyde-Smith. Mr. Colom is African American.

In Louisiana, Jamie Davis, Democratic senate candidate received 49 percent of the vote and came up just short. Angie Nixon, Democratic senate candidate from Florida was denied her bid as well. Both of these African American candidates have bright political futures, and we will be on the lookout for them.

Democratic victories also extended to races for governor in Georgia and Ohio. The residents of Georgia voted for Keisha Lance Bottoms making her the first African American woman to become governor in the United States. While in Ohio, Amy Acton became the first woman to be elected governor.

The takeaways from this election are that our votes count and that power truly rests with the people.

# What type of house do you have?

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



One of my favorite networks to watch is HGTV. My favorite HGTV Shows are as follows: House Hunters, of course the Property Brothers, our very own Mississippian's, Ben and Erin Dampier of Hometown, and 100 Daydream Home. I love watching HGTV because it provides insight about various matters regarding houses ranging from real estate, home improvement, exterior/interior designs, landscaping and so much more. I have learned that based on watching HGTV, there are various styles of houses across America. Some of the most popular styles of houses include the following: Cape Cod, Victorian, Colonial, American Craftsman, Prairie, Ranch, Tudor, Mediterranean, Modern, Contemporary, Farmhouse, Cottage, and many more. Yes, I love learning about how we can improve our home on the exterior and interior, but I am more concerned about the heart of the home.

What type of house do you have? Do you have a healthy and loving home? Or do you have an unhealthy and contentious home? It's not the building structure, architectural design, whether it is a Cape Cod or Colonial style home, or the exterior/interior, not the size of the house, not the zip code, not the mortgage/rent payment, and the items in a house that determines if you have a loving and healthy home. In other words, things don't make your house a home – at the end of the day it is just, "STUFF!" Unfortunately, there are many living in single- family homes, two-story homes, duplexes, multilevel homes, condos, apartments, and Manufactured Homes, etc. that are cold and filled with animosity, unforgiveness, division, nagging, abuse, and little to no love!

One of the most effective practices for having a healthy and happy home is investing in love.

How Can One Invest Love in Their Marriage?

- Pray together daily
- Hold each other accountable
- Don't sweat the small stuff
- Forgive – let it go and if you can't let it go, seek marriage counseling and if that doesn't help – pray for direction regarding if divorce is the best solution
- Communication
- Work together like with parenting, finances
- Spend Quality Time together
- Date – keep the spark/fire going
- Wives don't constantly nag your husbands
- Husbands live with your wives in an understanding way
- Find out each other's love language – check out Dr. Gary Chapman, book "The Five Love Languages"
- Show appreciation – illustrate your gratitude to your spouse often
- Take short trips/vacations just the two of you – yes, you can go somewhere without your babies
- Woo Woo Woo – woo each other with love, romance, and intimacy
- Continue being a paid subscriber of the Link and read these weekly articles

How Can One Invest Love in Their Children?

- Pray for and with your children
- Teach them the Word of God
- Keep them in church – they should be there every time the doors open
- Hold your children accountable – address the wrongs, offenses, don't reward bad behavior, don't be an enabler, don't justify their wrong
- Hug and love especially when they are babies and are young – harder to hug when they become tweens/teens, but it is never too late to try
- Don't buy your children – this eventually negatively plays out – what if you go broke?
- Don't let technology be the parent so that you can have your own time, etc.
- Spend quality time with your children
- Communication
- Support your children especially when they are doing positive activities
- Listen
- Forgive them too
- Play games
- Express your love and how proud you are of them
- Don't be their friend – they think already have friends – they need parents
- Compromise some – this one is hard for me at times, but I am learning – try to say yes more than no, yet be very cautious
- Admit your parental errors/mistakes
- Discover their love language – Dr. Gary Chapman has a Five Love Language Book for Children too
- Take family vacations

Overall, your house needs love based on First Corinthians 13!

In conclusion, spouses please go out your way to ensure that your house is filled with love, unity, compassion, peace, empathy, and patience, especially when your children are below 20. Now, for 20 plus if they are creating issues -it's time for them to get their own keys – this is an article in the making. The overall return from investing love in your marriage and children can include the following: grow as one/family, bonding increases, build trust, love grows, decrease the chances of having toxic relationships, less separation and divorce, and you won't have a house but you will have a healthy and happy home.

*Contact Dr. LaShunda Calvert for speaking engagements (Motivational, Ministering, Marriage Counseling, Marriage Workshops, Marriage Seminars, Marriage Conferences, etc.) Marriage Ministry: The Restoration Church, 3931 Hanging Moss Road, Suite H, Jackson, MS. 39206, on: Instagram: letsstay2gether4ever (Dr. LaShunda Calvert) Facebook: Dr. LaShunda Calvert Email:letsstaytogether4eva@gmail.com Contact # 601-596-2528*

# Texas Guidelines Show the Country What Well-Rounded Nutrition Guidance Can Look Like

**By Dr. Maya Maroto**
*Registered Dietitian*



**Dr. Maya Maroto, a registered dietitian with 20 years of nutrition and health policy experience**

Washington spends a lot of time debating what Americans should eat. Texas just showed the country a better way to have that conversation.

The Texas Nutrition Advisory Committee released the state's first nutrition guidelines. They translate nutrition science into actionable advice: eat more whole and minimally processed foods; prioritize protein, vegetables, fruit and healthy fats; drink water; and reduce or avoid sugar-sweetened beverages and highly processed foods.

The guidelines offer a practical framework for eating well, rather than a rigid prescription for every person.

That is exactly the kind of approach our national nutrition policy needs.

The Dietary Guidelines for Americans are the cornerstone of federal nutrition policy, shaping everything from nutrition programs to public health education. As policymakers consider how future guidelines should be developed, Texas offers a useful example: guidance grounded in scientific consensus, practical for everyday life, responsive to new evidence and focused on helping people improve their health.

The need is urgent. More than 90% of U.S. adults show signs of suboptimal cardiometabolic health. Millions are living with obesity, insulin resistance, prediabetes, type 2 diabetes, and other chronic conditions closely connected to metabolic health.

Our nutrition guidance needs to reflect that reality. Texas is right to emphasize nutrient-dense and minimally processed foods, adequate protein, vegetables and fruit, healthy fats, water, and reducing highly processed foods and added sugars. But effective guidance must also recognize that not everyone is starting from the same place.

Someone living with insulin resistance or type 2 diabetes may have different nutritional needs than someone who is metabolically healthy. Medications, genetics, underlying conditions, cultural food traditions, personal preferences, and individual responses can all influence which dietary approach is most appropriate and sustainable.

Good nutrition guidance should give people and their health care providers evidence-based options—not assume that one dietary pattern will work equally well for everyone.

The latest federal Dietary Guidelines recognize that people living with certain chronic diseases may benefit from a lower-carbohydrate diet and encourage them to work with health professionals to determine an appropriate dietary path.

That marked meaningful progress—and Texas is building on it.

Texas has created a framework that puts science into practice while leaving room for individual needs and new evidence.

The rest of the country should pay attention. Nutrition policy should provide people with reliable information, make nutritious foods more accessible and equip them—and their health care providers—with evidence-based options.

That requires continuing to study what works, revisiting long-standing assumptions, and understanding that the right dietary approach may look different for someone trying to prevent disease than for someone already living with it.

When developing the next generation of federal guidance, policymakers should look to Texas—not only for its recommendations, but for its approach: follow the evidence, offer practical advice, acknowledge individual differences, and adapt as research evolves. That is how nutrition guidance can reflect America's health today and help build a healthier tomorrow.

Maya Maroto, EdD, MPH, RD, is the executive director of the Coalition for Metabolic Health.

Editorials and Letters to the Editor may be e-mailed to editor@mississippilink.com or mailed to 2659 Livingston Road, Jackson, MS 39213. The views and opinions expressed on the Op/Ed pages are not necessarily the views and opinions of *The Mississippi Link*. *The Mississippi Link* also reserves the right to edit all material for length and accuracy.

# 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.autura.com/auctions/jac-ms/ on November 24th 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 (11/3/2026)

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8840443 • 2022/CHRYSLER/PACIFICA/BLUE • 2C4RC1BG4NR218020

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8847337 • 2001/YAMAHA/YZF-R1/SILVER • JYARN05EX1A008384

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8847355 • 1999/SUZUKI/OTHER/RED • JS1VP52A9X2100790

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8847395 • 2003/SUZUKI/OTHER/WHITE • JS1GN7BA732101733

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8847659 • 2010/DODGE/CHALLENGER/SILVER • 2B3CJ4DV5AH320498

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8847880 • 2010/DODGE/CHALLENGER/SILVER • 2B3CJ4DVXAH151773

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8847926 • 2018/GENESIS/G90/WHITE • KMHG34JA6JU039668

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8848378 • 2015/HYUNDAI/ELANTRA/WHITE • 5NPDH4AEXFH558297

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8848461 • 2007/HONDA/ACCORD/RED • 1HGCM56377A053512

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8851121 • 2001/TOYOTA/TUNDRA/BLACK • 5TBRN34121S154441

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8851198 • 2008/INFINITI/G37/WHITE • JNKCV64E78M131422

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8851298 • 2015/KIA/OPTIMA/WHITE • 5XXGM4A76FG431195

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8851319 • 2017/NISSAN/SENTRA/SILVER • 3N1AB7AP1HY376245

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8851509 • 2015/FORD/TAURUS/GRAY • 1FAHP2J86FG183182

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8851778 • 2018/HYUNDAI/SONATA/OTHER • 5NPE24AF5JH614797

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8852331 • 2017/HYUNDAI/SONATA/BLUE • 5NPE24AFXHH580043

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8855260 • 1978/CHEVROLET/CHEYENNE/WHITE • CKL148Z122214

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8855642 • 2005/CHEVROLET/MALIBU/SILVER • 1G1ZT52845F336360

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8865138 • 2015/NISSAN/ALTIMA/SILVER • 1N4AL3AP6FC149907

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9638643 • 2010/HONDA/CRV/TAN • 3CZRE3H30AG706286

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9644783 • 2010/TOYOTA/CAMRY/WHITE • 4T1BF3EK8AU516843

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9653641 • 2005/BUICK/TERRAZA/TAN • 5GADV33L85D173793

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9661797 • 2020/NISSAN/VERSA/BLUE • 3N1CN8DV0LL914939

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11/5/2026, 11/12/2026

## LEGAL

**NOTICE OF REQUEST FOR PROPOSALS**
**Timekeeping Hardware for UKG Pro Workforce**
City of Jackson, Mississippi
**RFP No. 19567-121526**

Notice is hereby given that the City of Jackson, Mississippi, acting through its Department of Administration—Purchasing Division, will receive proposals from qualified vendors to provide Timekeeping Hardware for UKG PRO WORKFORCE MANAGEMENT(KRONOS)

The requested includes timekeeping hardware, implementation & Support for the City's Existing UKG Pro Workforce Management. The selected vendor will provide related implementation, installation, configuration, integration, training, warranty, maintenance, and Techical support services.

Sealed Proposals shall be submitted to the City Clerk's Office, P.O. Box 17, Jackson, MS 39205, or hand-delivered to the City Clerk's Office, 219 South President Street, Jackson, MS 39201, no later than 3:30 PM Central Time on December 15, 2026. Electronic bids may be submitted through the City of Jackson's official procurement portal at www.jacksonmsbids.com. Late proposals will not be accepted. The technical proposal and cost proposal must be uploaded as separate files, and all required forms, certifications, references, functional-requirements responses, and addendum acknowledgments must be included.

This RFP does not commit the City to award a contract, pay any costs incurred in the preparation of proposals, or procure or contract for services. The City reserves the right to reject any or all proposals, waive informalities or irregularities, request clarifications, conduct interviews or demonstrations, negotiate with one or more proposers, cancel or reissue the RFP, and make an award in the manner deemed most advantageous to the City and consistent with applicable law.

This procurement is subject to the laws of the State of Mississippi, the City of Jackson Code of Ordinances, and applicable federal regulations. Minority- and women-owned business enterprises (MBE/WBE) are encouraged to participate.

**CITY OF JACKSON**

Monica Oliver, Purchasing Manager

11/5/2026, 11/12/2026

## LEGAL

**NOTICE TO BIDDERS**
**City of Jackson**
**Jackson, Mississippi**

**Sealed, signed bids are invited and will be received by the City of Jackson, Mississippi, until 3:30 P.M. in the City Clerk's Office of Jackson, the bid must be stamped in by 3:30 P.M. Tuesday, December 22,2026, at which time said bids will be publicly opened at the City Hall located at 219 South President Street (City Council Chambers) in City Hall for the following:**

**20857-122226 RFP for Computer Aided Dispatch (CAD), Records Management System (RMS), Fire Services (CAD), Jail Management System (JMS), and Mobile Filed Reporting System for the City of Jackson, Mississippi**

**The above must comply with the City's specifications. Copies of proposal forms can be obtained from the Purchasing Division, 200 South President Street, Room 604, Hood Building, Jackson, Mississippi 39201. Copies of bid specifications are filed with the City Clerk for public record in accordance with House Bill No 999, 1986 Regular Session of the Mississippi Legislature.**

**The City reserves the right to reject any and all bids. The City also reserves the right to waive any and all informalities in respect to any bid submitted. Bid awards will be made to the lowest and best bidder quoting the lowest net price in accordance with specifications. The award could be according to the lowest cost per item; or to the lowest total cost for all items; or to accept all or part of any proposal. Delivery time may be considered when evaluating the bid proposal. In those cases, where it is known prior to advertising that the City's intention is to award according to the lowest total cost for all items, or in some variation thereof, statements to this affect will be included on the proposal form. Absence of such statement means the City will make that determination during the bid review.**

**Monica Oliver, Manager**
**Purchasing Division**
**(601) 960-1028**

11/12/2026, 11/19/2026

## LEGAL

**NOTICE OF INVITATION TO BID ON CITY OWNED PROPERTY**

**CITY OF JACKSON**

Notice is hereby given that sealed bids will be received by the City Clerk of the City of Jackson, Mississippi before 3:30 p.m. on Tuesday, December 1st, 2026, for the purchase of certain City-owned property, parcel 135-39, located on Robinson Street in Jackson, Mississippi. Bidding for the property will start at $500.00. The City will retain all mineral rights it owns, together with the right of ingress and egress to remove same from said property. For additional information or for a "bid form", contact Vic Sexton at (601) 960 1055 or e-mail vsexton@city.jackson.ms.us.

BID INSTRUCTIONS: All bids must be placed in a sealed envelope and delivered to the City Clerk of the City of Jackson, (located in City Hall at 219 S. President St. Jackson, Mississippi 39201), or submitted through PH Bidding Group bid@phbidding.com. If submitted to the clerk, the outside of the envelope must be plainly marked to identify the parcel number being bid on, along with the bidder's name. Enclose one (1) original and one (1) copy of the bid. Bids will be opened on Tuesday, December 1st, 2026, at 3:30 p.m. in the Council Chambers at City Hall, 219 South President Street, Jackson, Mississippi.

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

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

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

City reserves the right to reject any and all bids

CITY OF JACKSON, MISSISSIPPI

11/12/2026, 11/19/2026

## LEGAL

**SECTION 901**

**ADVERTISEMENT**

City of Jackson
Hinds County, Mississippi

Federal Aid Project No. STP-7287-00(001) LPA / 109860-701000

The City of Jackson will receive bids for the reconstruction of the McClure Road Bridge at Cany Creek Tributary, Federal Aid Project No. STP-7287-00(001)LPA / 109860-701000 no later than 3:30 PM local time on December 15, 2026, at the Municipal Clerk's Office located at 219 South President Street, Jackson, Mississippi. All bids so received will be publicly opened and read aloud.

The work shall consist essentially of the following items:

Replace the bridge on McCluer Road at Cany Creek Tributary, and all other related items of work required to complete the project as shown and specified in the Contract Documents.

The above general outline of features of the work does not in any way limit the responsibility of the Contractor to perform all work and furnish all plant, labor, equipment and materials required by the specifications and the drawings referred to therein.

The attention of bidders is directed to the Contract Provisions governing selection and employment of labor. Minimum wage rates for Federal-Aid projects have been predetermined by the Secretary of Labor and are subject to Public Law 87-581 Work Hours Act of 1962, as set forth in the Contract Provisions.

The City of Jackson hereby notifies all Bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, disadvantaged and women's business enterprises will be afforded the full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex, age, disability, religion or national origin in consideration for an award.

The Contract Documents are on file and may be examined at the following locations:

City of Jackson Engineering Division, 200 S President Street, Suite 424, Jackson, Mississippi 39205.

Pickering Firm, Inc., 2001 Airport Road, Suite 201, Flowood, Mississippi 39232

All documents required for bidding purposes may be obtained from Pickering Firm, Inc. located at 2001 Airport Road, Suite 201, Flowood, Mississippi 39232 upon payment of $100.00 for each set, which will not be refunded. These documents can also be obtained through PH Bidding at www.jacksonmsbid.com upon payment for each set, which will not be refunded.

Each bid shall be accompanied by a Cashier's check, Certified Check on a solvent bank or a Bidder's

Bond issued by a Surety Company licensed to operate in the State of Mississippi, in the amount of five percent (5%) of the total bid price, payable to the City of Jackson as bid security. Bidders shall also submit a current financial statement, if requested by the City. The successful bidder will be required to furnish a Performance Bond and a Payment Bond each in the amount of one hundred percent (100%) of the contract amount.

The proposal and contract documents in their entirety shall be submitted in a sealed envelope and deposited with the Chancery Clerk, 219 South President Street, Jackson, Mississippi prior to the hour and date above designated. No stripped bids will be accepted. Bidders choosing to submit electronically shall submit their bids at www.jacksonmsbid.com. For any questions related to electronic bidding, please call PH Bidding at 662-407-0195.

Work to be performed shall be in accordance with the "Mississippi State Highway Standard Specifications for Road and Bridge Construction, 2017", together with all amendments and/or special provisions and/or addenda to the standards duly approved and adopted, unless otherwise noted in these specifications.

The attention of Bidders is directed to the provisions of Subsection 102.07 pertaining to irregular proposals and rejection of bids.

Published by order of the Jackson City Council.

Henry Chia, Project Manager
City of Jackson

11/5/2026, 11/12/2026

## LEGAL

**City of Jackson, Mississippi**

**Bid Specifications for Legal Publications 2027**

Scope

The City of Jackson, Mississippi ("City of Jackson"), seeks competitive bids for the City's annual contract for legal publication.

Bidder Requirements

Sealed bids will be received in the Department of Municipal Clerk at City Hall in the City of Jackson, until 3:30 p.m., Tuesday, December 1, 2026. Each bidder shall submit an original and two (2) copies of the bid using the bid form supplied by the City of Jackson. Additionally, each bidder must submit documentation that shows its qualifications and compliance with all criteria set forth in Section 13-3-31, Mississippi Code of 1972, as amended. All bids must be sealed and plainly marked "Bid for Publication" on the outside of the envelope.

The bidder must use the bid form provided by the City of Jackson. The bid form must be signed by an authorized representative. Failure to submit the signed bid form and failure to submit documentation that shows qualifications and compliance with all criteria set forth in Section

13-3-31 will result in rejection of the bid.

Bid Price

Bidder shall quote a per word rate advertisement to the nearest dollar, e.g. 0.999999. The quoted per word rate will be for a first, second, and third publication. Bidders shall also include a flat rate for supplying a proof of publication.

All prices quoted shall be firm and fixed for the specified term period. The bid will be used for a period of January 1, 2027 through December 31, 2027.

Term of the Agreement

The term of the agreement is for a one-year period: January 1, 2027 through December 31, 2027. Publications will be made on an as needed basis. The method of requesting ads shall be by email.

Award

The determination of the low bidder will be used on a "per word" rate advertisement, published three (3) times and a single proof of publication. The quoted per word rate will be for a first, second, and third publication, and evaluated to the nearest one millionth of a dollar (e.g., $0.999999).

Order of Communications

Questions regarding this bid shall be in written format. Written responses to the questions submitted shall be issued. Bidder questions and responses will be made a part of the bid file.

All questions regarding the Specifications for Legal Publications 2027 should be forwarded, by U.S. mail, to Angela Harris, Municipal Clerk, City of Jackson, P.O. Box 17, 219 South President Street, Jackson, Mississippi, 39205, or to https://www.jacksonmsbids.com.

11/12/2026

## LEGAL

**NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN THAT A PUBLIC HEARING IS SET FOR TUESDAY, DECEMBER 1 , 2026, AT 10: 00 A .M. IN THE COUNCIL CHAMBERS OF CITY HALL, 219 S. PRESIDENT STREET, JACKSON, MISSISSIPPI 39201. IT IS HEREBY SCHEDULED TO DISCUSS THE HONORARY RENAMING OF MEDGAR EVERS BLVD. AT THE INTERSECTION OF MARTIN LUTHER KING JR. DRIVE. (FREEDOM CORNER) TO POCAHONTAS AVE TO KOLEN WILEY STREET

IN CONSIDERATION OF THE FOLLOWING:

ORDINANCE OF THE CITY COUNCIL OF JACKSON, MISSISSIPPI HONORARY RENAMING MEDGAR EVERS BLVD. AT THE INTERSECTION OF MARTIN LUTHER KING JR. DRIVE. (FREEDOM CORNER) TO POCAHONTAS AVE TO KOLEN WILEY STREET.

11/12/2026

## LEGAL

**ORDINANCE AMENDING CHAPTER 74 OF THE JACKSON CODE OF ORDINANCES TO ESTABLISH A JACKSON POLICE DEPARTMENT CANINE COMMUNITY AMBASSADOR PROGRAM.**

WHEREAS, it is the express intent of the Mayor and City Council for the City of Jackson, Mississippi (the "City") and of this Ordinance, to establish a Community Canine Ambassador Program; and

WHEREAS, Chapter 74 of the Jackson Municipal Code pertains to "Law Enforcement," including special events; and

WHEREAS, Miss. Code Ann. § 21-21-5 authorizes municipalities to acquire, maintain, and care for law enforcement canines used in the enforcement of the laws of the municipality, and the governing authorities may appropriate and pay monthly such amounts as may be necessary to maintain and care for said law enforcement dogs; and

WHEREAS, pursuant to § 21-19-1 et. seq., the City Council of the City of Jackson has authority to enact such ordinances for public safety, order, and welfare within municipal boundaries as necessary and in the best interest of the public; and

WHEREAS, community policing, public education, animal welfare, and responsible pet ownership are recognized municipal purposes; and

WHEREAS, the City of Jackson Police Department's traditionally-assigned law enforcement canines may remain capable of serving the public by reassignment from specialized detection or patrol assignments to educational and community engagement activities; and

WHEREAS, it is in the best interest of the City to establish the "Community Ambassador Canine Program" to strengthen relationships between the Jackson Police Department and the public while promoting responsible pet ownership, animal welfare, crime prevention, and public safety education.

THEREFORE, BE IT ORDAINED BY THE CITY COUNCIL OF THE CITY OF JACKSON, MISSISSIPPI, THAT CHAPTER 74, ARTICLE IV OF THE JACKSON MUNICIPAL CODE – COMMUNITY CANINE PROGRAM BE CREATED AND READ AS FOLLOWS:
Section 74-120 Definitions.

A. "Community Ambassador Canine" means a City-owned law enforcement canine assigned to the Jackson Police Department for community engagement duties.

B. "Community engagement duties" include but are not limited to:
(1) educational demonstrations;
(2) school presentations;
(3) community festivals;
(4) neighborhood events;
(5) public safety campaigns;
(6) responsible pet ownership education;
(7) fundraising activities authorized by this Article.

C. "Handler" means the certified law enforcement officer or other City employee designated by the Chief of Police to have primary responsibility for the care and control of a Community Ambassador Canine.

D. "Program" means the Community Ambassador Canine Program established by this Article.

Section 74-121 Establishment and Administration.

A. There is hereby created the Jackson Police Department Community Ambassador Canine Program. The purpose of the Program is to:
(1) Promote public trust in law enforcement;
(2) Provide public education regarding animal welfare;
(3) Encourage responsible pet ownership;
(4) Support community policing initiatives;
(5) Assist with lawful fundraising activities supporting the City's animal welfare and public safety initiatives.

B. The Community Ambassador Canine Program will be administered by the Jackson Police Department under the direction of the Chief of Police or his or her designee.

Section 74-122 Eligibility.

A. A canine may be designated as a Community Ambassador Canine when:
(1) The Chief of Police determines when it is in the best interest of the canine and the Department to reassign the canine from its previous specialized assignment, e.g. apprehension, narcotics detection, explosives detection, or patrol duties;
(2) The canine remains medically capable of safely participating in community engagement activities;
(3) The canine remains under the supervision of the Jackson Police Department.
B. The designation constitutes a reassignment of departmental duties and shall not, by itself, constitute retirement from law enforcement service.

Section 74-123 Status.

A. A Community Ambassador Canine:
(1) Remains an active departmental canine;
(2) Remains under the ownership and control of the City;
(3) Remains assigned to the Jackson Police Department;
(4) May continue to wear departmental identification or equipment approved by the Chief.

Section 74-124 Authorized Activities.

The Community Ambassador Canine may appear at:
(1) Schools;
(2) libraries;
(3) Community centers;
(4) Parks;
(5) Neighborhood meetings;
(6) Public festivals;
(7) City-sponsored events;
(8) Animal adoption events;
(9) Public safety demonstrations;
(10) Charitable events;
(11) Other educational events consistent with the Program.

The Chief may prohibit attendance at any event deemed inconsistent with public safety or the City's interests, but no Community Ambassador Canine shall appear at any public or private event unless authorized by the Chief of Police or his or her designee.

Council Member Stokes moved adoption; Vice President Parkinson seconded.

Yeas – Brown-Thomas, Clay, Foote, Grizzell, Hartley, Parkinson and Stokes.
Nays – None.
Absent – None.

ATTEST:
Angela Harris
Municipal Clerk

I, Angela Harris, the duly appointed qualified Municipal Clerk and lawful custodian of records and seal of said City of Jackson, Mississippi, certify that the foregoing is a true and exact copy of an Order passed by the City Council at its Regular Council Meeting September 8, 2026 and recorded in Minute Book "7D, Pgs. 1291-1292".

WITNESS my signature and official seal of office, this the 9th day of November 2026.

Angela Harris, Municipal Clerk

11/12/2026

PRESERVED

# Whenners and Winners in the Election

**By Shewanda Riley**
*Columnist*



Like many of you I watched the election results last week and I was transfixed by the results. I thought it's not just that surprisingly Democrats won in places like Texas or even my home country of Tarrant County. The election results appeared to be a repudiation of the current administration's policies. There were multiple examples of what I like to call the footstool ministry. The Bible says in Psalms 110:1-4 that "The LORD says to my lord: "Sit at my right hand until I make your enemies a footstool for your feet." What does that mean? People that have targeted you will eventually have to deal with consequences for their actions.

Tarrant County Democrat Alisa Simmons, who is now the incoming Tarrant County Judge, endured a vicious campaign of disrespectful and unprofessional behavior by outgoing Judge Tim O'Hare. As often happens with passionate politicians, there were times when they would go back and forth during the Tarrant County Commissioner Court meetings. However, there were also times when he would just be openly hostile to Simmons simply because no one seemed to be able to stop him. He even introduced a measure to redraw the boundaries of her district so that it would be difficult for her to win reelection. It eventually passed.

In response, she ran for County Judge against him and won decisively by a margin of 13 points. Ironically, the man who did everything in his power to make her miserable up to and including trying to get her voted off the commissioner's court was himself voted out of office. Through my faith-based eyes I just said looks like God is making her enemy her footstool. In biblical times, the footstool symbolized a place of public humility. Where he once relished his place of authority, O'Hare now has to deal with the public shame of losing to the woman that he seemed to enjoy bullying. A similar situation is happening in Mississippi. At the time of my writing this column, the Mississippi Senate race has yet to be called. However, Scott Colom is in the lead over his opponent who denied him a chance to serve as a District Judge. Now, she too will likely lose to Colom.

Both Simmons and Colom were "Whenners" who waited patiently during a difficult season of "when" for God to move. When is my promotion coming? When will I be completely healed? are questions they often answer. For the WHENNERS who are now the winners, the question is what do you do now that you've got what you prayed for? We sometimes spend so much dealing with unanswered prayers that we do not know how to respond when our prayers get answered. Responding in gracious humility is vital. Hannah did so as was described in the Old Testament book of I Samuel. She prayed fervently for a child and when God answered her prayer, she dedicated him back to God.

I see an opportunity for the Democrats to do a few thing – pass compassionate and thoughtful laws and at the same time show what real winners looks like. For the last few years, we've had very ungracious maga republican election winners with the attitude "I won! I'm going to do whatever I want to do and you can't stop me!" I think part of the reasons that the Republicans lost was because people were tired of them being sore winners and forcing their ideologies on others because they believed they had a mandate. Even as they push forward with an ambitious a legislative agenda, Democrats have an opportunity to hold folks accountable, pass legislation as well as unify people and show what a true gracious winner looks like. Time will tell.

*Shewanda Riley is a Texas based author of "Love Hangover: Moving From Pain to Purpose After a Relationship Ends" and "Writing to the Beat of God's Heart: A Book of Prayers for Writers." Email her at preservedbypurpose@gmail.com or follow her on Instagram @shewandawrites.*

True Light Baptist Church
224 E. Bell Street | Jackson, MS 39202
Phone: 601.398.0915
WWW.TRUELIGHTJACKSON.ORG

@TRUELIGHTMBCHURCH
TRUE LIGHT BAPTIST CHURCH

THE Light Line PRAYER

JOIN US EACH WEDNESDAY MORNING AT 6:00 AM
CALL: 559-671-2546

VIRTUAL SERVICES AVAILABLE
SMALL GROUP STUDY 9:00 AM
WORSHIP SERVICE | SUNDAY 10:30 AM
BIBLE STUDY | WEDNESDAY 6:30 PM

REV. MARCUS E. CHEEKS, PASTOR

Farish Street
Missionary Baptist Church
619 N. Farish St. • Jackson, MS 39202
"An Extraordinary Church Doing Extraordinary Ministry"

Sunday School
9:30 AM
Sunday Morning Worship
11:00 AM
(in person and online)

facebook.com/FSBCMedia youtube.com/@fsbcmedia/live

Reverend Eric D. Williams
Pastor

Email: info@farishstreetbaptistchurch.org
Website: farishstreetbc.org
Phone: 601.355.0636

Moving the Masses Toward the Mission of the Master

1600 Florence Avenue
Jackson, Mississippi 392024
601-3552670 ~ 601-355-0760 (Fax)
www.collegehillchurch.org
Chmbc@collegehillchurch.org

COLLEGE HILL
MISSIONARY BAPTIST CHURCH

SUNDAY
Worship Services
9 a.m. Sunday School
10 a.m. in person

Or you may worship with us via Facebook or our YouTube channel at CHMBC

Bible Study
Wednesday at 6:30 p.m.

Pastor
Chauncy L. Jordan

New Bethel Missionary Baptist Church
Pastor, Dr. F. R. Lenoir

Sunday School - 9:15 a.m.
Sunday Morning Worship - 10:30 a.m.
Live Radio Broadcast
WOAD AM 1300 - 11:00 a.m. - 12:00 p.m.

"A Church Preparing for a Home Not Built by Man"

New Bethel M. B. Church • 450 Culberston Ave. • Jackson, MS 39209
601-969-3481/969-3482 • Fax # 601-969-1957 • E-Mail: Serenitynbc@aol.com

Crossroads Church of God
Sharing The Love Of Christ With Others

Sunday Morning
Sunday School:
9 a.m. - 9:45 a.m.

Sunday Worship
Service: 10 a.m. - 12 p.m.
(Fellowship following worship service 1st Sundays)

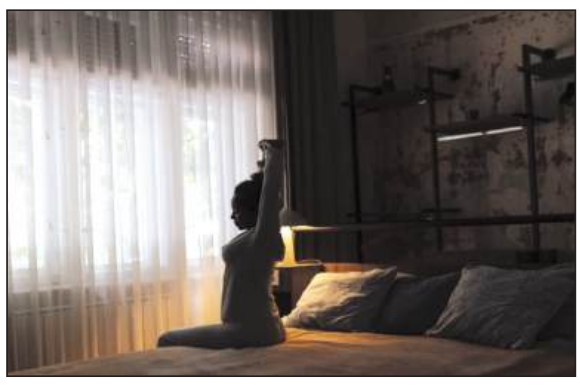
Wednesday
Prayer/Bible
Study:
7 p.m. - 8 p.m.

231-A John Day Road • Off Hwy 16 East • Canton, MS 39046
Church: 601-859-2858

# Tired of Being Tired? 7 Science-Backed ways to sleep Better

**By Jennifer Porter Gore**
*Word In Black*





**Beginning the day with a gentle stretch in a comfortable bedroom, can boost wellness, relaxation, and energy.**

Daylight saving time has started, ushering in the longer nights and shorter days associated with winter. But for many people, the extra hours of darkness aren't necessarily more restful.

Experts say sleep deprivation is on the rise in the U.S. And the combination of stress, shift work and the false bravado of "toughing it out" isn't helping.

A 2024 Gallup poll found that only 42% of adults said they get as much sleep as they need, while 57% said they would feel better if they got more sleep. Researchers at Yale University have found a greater number of U.S. adults sleeping less than the recommended seven hours per night, with Black adults missing out on sleep even more.

Disparities were greatest among Black women, Black adults with middle or high incomes, and young and middle-aged Black adults. Work schedules and employment conditions, particularly shift work, were likely contributors.

"As an ER physician, I had to learn to value sleep differently," says Dr. Pamela Buchanan, a board-certified emergency physician, founder of Strong Medicine and a healthcare influencer. "For years, working nights was simply part of the job. We almost wear sleep deprivation like a badge of honor in medicine."

As she aged, "I began watching what chronic sleep disruption was doing to people around me — and to my own health," Buchanan says. "I had colleagues and friends develop serious health problems while living on chronically inadequate sleep. Eventually, I had to ask myself: 'Why am I sacrificing my health to take care of everyone else's?'"

Sleep is also deeply connected to mental health. A 2024 meta-analysis involving more than 5,700 participants found that sleep loss increased anxiety symptoms and reduced positive emotions. Another analysis found that improving sleep also improved symptoms of depression, anxiety and stress.

"When I talk to people about protecting their mental health, sleep is not an afterthought. It is part of the treatment plan," Dr. Buchanan added.

Improve Your Sleep, Starting Tonight

(DISCLAIMER: This guide is informational and is not medical advice. If you have persistent trouble falling or staying asleep, talk with a healthcare provider.)

1. Keep a consistent sleep–wake schedule

• Go to bed wake up within roughly the same 30- to 60-minute window every day, including weekends.

• Set a fixed wake-up time first; bedtime tends to follow

• Avoid trying to play catch-up on weekends, which only shifts your body clock.

• Give your stress a place to land before bedtime.

• Don't lie in bed fighting for sleep.

"Stress isn't the enemy of sleep. Unprocessed stress is," Dr. Buchanan said, adding that it can be helpful to write down:

"Take five minutes before bed to write down what's on your mind and tomorrow's to-do list. When it's on paper, your brain can stop rehearsing it at 2 a.m. Then dim the lights and put the phone away. You're signaling to your nervous system that the shift is over.

If sleep doesn't come, however, and "you've been awake for about 20 minutes, get up," Dr. Buchanan says. "Go to another room, keep the lights low and do something calm until you feel sleepy. Lying there frustrated teaches your brain that the bed is a place for worry.

"Protect the bed for sleep."

2. Get bright daylight during the day

Light is the main signal that sets the circadian clock. A study of almost 90,000 adults found that greater daytime light exposure was associated with lower risk of depression, PTSD, psychosis, and self-harm.

• Spend time outdoors soon after waking. Even on cloudy days, outdoor light is far brighter than indoor lighting.

• Take walks, calls or breaks outside during the day.

• Work near a window when possible.

FOR NIGHT-SHIFT WORKERS

• Recreate nighttime, even at noon.

• Treat daytime sleep as optional.

"Wear sunglasses on the drive home so morning light doesn't flip your internal 'wake up' switch," Dr. Buchanan advised.

"Then make your bedroom a cave: Blackout curtains, an eye mask, a cool room and a fan or white noise to drown out the daytime world. Put your phone on 'Do Not Disturb' and let your household know that your sleep hours are protected time."

3. Sleep in a dark bedroom

A controlled laboratory study found sleeping in a room with too much light kept the nervous system more alert and reduced the participants' deep sleep. The results also found links to increased insulin resistance the next morning compared with sleeping in dim light.

• Turn off overhead lights and lamps before sleep; use blackout curtains or an eye mask if outdoor light enters.

• Cover or remove glowing electronics and clocks.

• If you need a night light, keep it dim, low to the floor and use amber or red light rather than white or blue.

4. Set a caffeine cut-off time

Caffeine has been found to increase the time it takes to fall asleep and, once asleep, to decrease total sleep time by about 45 minutes.

• For a 10:30 p.m. bedtime, finish your last 8-oz. coffee by about 1:30 to 2 p.m.

• Remember hidden sources of caffeine: Energy drinks, preworkout powders, some teas, sodas and chocolate.

• Caffeinated beverages larger than 8-10-oz. need an even earlier cut-off.

5. Limit alcohol, especially close to bedtime

Avoid the temptation to have a "nightcap" before bed. Just two standard-sized drinks, which vary by type of alcohol, have been found to reduce REM sleep. While a greater amount of alcohol may shorten the time needed to fall asleep, it can interrupt deep sleep.

• Treat alcohol as a sleep disruptor, not a sleep aid.

• If you drink, keep it to small amounts and finish well before bedtime.

• Notice how you feel after alcohol-free nights versus nights with a drink.

• Don't use a glass of wine to wind down.

"Alcohol may help you fall asleep, but it fragments your sleep later in the night," Dr. Buchanan said. "You wake up feeling like you never really rested."

6. Exercise regularly - and finish vigorous workouts at least two hours before bed

Exercising intensely less than two hours before bedtime has been linked to trouble falling asleep and shorter periods of sleep. Exercising for 30- to 60 minutes, and more than two hours before bedtime, was associated with the best outcomes.

• Build regular physical activity into most days; morning, afternoon and early evening all work.

• Schedule hard workouts (running, HIIT, heavy lifting) to end at least two hours before bed.

• Keep your exercise schedule consistent from day to day.

7. Create a screen-free wind-down before beD

Using electronic media too close to bedtime has been consistently linked to poorer sleep quality.

• Stop scrolling, gaming and emailing 30- to 60 minutes before lights out.

• Charge your phone outside the bedroom or set it to "Do Not Disturb."

• Replace screens with a calming routine such as reading a paper book, stretching, a warm shower or journaling.

FOR WOMEN IN MENOPAUSE:

• Cool the room and your body.

"Hot flashes and night sweats are among the biggest sleep thieves in midlife. Keep the bedroom cool, around 65 degrees. Layer your bedding so you can adjust it during the night and choose moisture-wicking sleepwear. Cut back on alcohol and late-day caffeine, because both can trigger symptoms," Dr. Buchanan adds.

DON'T SUFFER IN SILENCE:

"Poor sleep [during] menopause is common, but you don't have to accept it as normal. Talk to your doctor. Hormone therapy, non-hormonal medications and cognitive behavioral therapy for insomnia, called a CBT-I, all help.

Ask about sleep apnea, too. A woman's risk rises after menopause, and it often goes undiagnosed because the symptoms don't look like the textbook," Buchanan notes.

*Jennifer Porter Gore is a writer living in the Washington, D.C., area.*

# Why spitting puts Communities at Risk

## *Why Mucus Matters: What It Says About Our Health*

**By Vince Faust**
*Health Educator and Motivational Writer*

Mucus is something most of us try not to think about. It can feel unpleasant, sticky and annoying especially when we have a cold or allergies. But mucus is one of our body's most important defenders. It protects our nose, throat, lungs and even our stomach. It traps germs, keeps tissues moist and helps us breathe comfortably. Because mucus plays such a big role in our health, changes in mucus and how we handle it can affect the people around us too.

In recent years, public health experts have been paying more attention to how mucus spreads disease. Many cities, including Philadelphia, have rules discouraging or banning spitting in public places. These rules are not just about cleanliness. They are about safety. When mucus leaves the body, it can carry germs that make other people sick. Understanding why mucus matters, what changes in mucus mean and why spitting is unsafe can help us protect ourselves and our communities.

Mucus is a slippery substance made mostly of water, proteins and special cells from the lining of our airways and digestive system. The average person produces one to two quarts of mucus every day. Most of it moves through the body quietly and we swallow it without noticing.

Mucus has several important jobs:

• It traps germs and particles. Dust, pollen, bacteria and viruses get stuck in mucus before they can travel deeper into the body.

• It keeps tissues moist. Without mucus, our nose and throat would dry out and crack.

• It helps the immune system. Mucus contains antibodies and enzymes that fight infections.

• It supports breathing. In the lungs, mucus helps keep airways flexible and protected.

When we are healthy, mucus is thin and clear. But when the body is fighting something like an infection or irritation mucus can change.

Many people notice mucus changes when they are sick. Color changes can offer clues about what is happening inside the body.

• Clear mucus is normal. It can also appear during allergies.

• White mucus often means congestion. It becomes thicker when the nose is swollen.

• White mucus often shows up when the nose is swollen or congested. When mucus moves more slowly, it becomes thicker and looks cloudy or white. This can happen with a cold or mild sinus irritation.

• Yellow mucus suggests the immune system is active. White blood cells can give mucus a yellow tint.

• Green mucus may appear when the body has been fighting an infection for several days. It can signal a stronger infection, like sinusitis.

• Brown mucus can come from dried blood or inhaling smoke or dirt.

• Red or pink mucus usually means there is blood in the mucus. This can happen when the nose is dry or irritated.

• Black mucus can come from heavy smoking or breathing in soot. It can also be a sign of a fungal infection and should be checked by a doctor.

Color alone cannot diagnose a disease, but it can help us understand when something is changing.

The body produces mucus all the time, but we usually do not notice it. You may have "too much" mucus if you constantly clear your throat, feel mucus dripping down the back of your throat, cough up mucus often or feel congested for several days.

Too much mucus can come from:

• Colds or flu
• Allergies
• Sinus infections
• Smoking
• Dry air
• Irritants like pollution or chemicals

If mucus lasts longer than two weeks, becomes very thick, or makes breathing difficult, it is important to pay attention and consider calling a doctor.

Hydration plays a major role in your mucus health. Because mucus is mostly water, the body needs enough fluids to keep it thin and easy to move. When we are dehydrated, mucus becomes thick and sticky. This makes it harder to clear from the nose, throat and lungs. Thick mucus can lead to coughing, congestion and irritation.

Drinking water throughout the day helps keep mucus at the right consistency. Warm liquids, like tea or broth, can also help loosen mucus. Humidifiers add moisture to the air and prevent nasal passages from drying out.

Staying hydrated is one of the simplest ways to support your body's natural defenses.

It is not safe to spit mucus in public places. Spitting may seem harmless but it can spread germs that make other people sick. When mucus lands on sidewalks, streets or floors, it does not disappear. It can carry viruses and bacteria that survive for minutes, hours or even days.

Public health experts warn that spitting is a high-risk behavior because mucus can contain infectious droplets similar to those released when coughing or sneezing. Even if you feel "just congested," your mucus can still carry germs.

Spitting in public can spread illness in several ways:

• Direct contact: Someone touches the mucus and then touches their face.

• Indirect contact: Germs transfer from shoes to floors then to hands.

• Airborne particles: Dried mucus can break into tiny particles that become airborne.

• Shared surfaces: Germs spread to benches, bus seats, railings or door handles.

This is why many communities discourage spitting. It is not just about manners. It is about protecting public health.

Mucus can spread disease when it contains infectious organisms. Many respiratory illnesses live in mucus, including:

• Cold viruses
• Influenza
• RSV
• COVID-19
• Strep throat
• Pneumonia-causing bacteria
• Tuberculosis

When mucus leaves the body, it becomes a vehicle for disease transmission. Germs in mucus can infect others who breathe them in or touch contaminated surfaces.

This is especially important in crowded neighborhoods, public transportation, schools and community centers. A single spit can expose dozens of people.

If you need to clear mucus, there are safe alternatives to spitting:

• Use a tissue and throw it away immediately.

• Cough into your elbow if a tissue is not available.

• Wash your hands or use sanitizer afterward.

• Carry pocket tissues during cold or allergy seasons.

• Stay hydrated to reduce thick mucus.

These small steps protect you and everyone around you.

Frequent spitting can be a sign of:

• Excess mucus from allergies or infection
• Postnasal drip
• Chronic sinus problems
• Acid reflux
• Lung conditions such as asthma, bronchitis or COPD
• Smoking cigarette, marijuana and other inhaled substances.

If you feel the need to spit often, it may be worth discussing with a doctor.

You should contact a healthcare provider if:

• You spit large amounts of mucus daily
• Mucus is green, brown, or bloody
• You have fever, chest pain or trouble breathing
• Mucus has a foul odor
• You cough up mucus for more than three weeks
• You have risk factors for lung disease

These symptoms may signal infection or a chronic condition that needs medical attention.

Remember mucus may not be pleasant, but it is an important part of our health. Paying attention to changes in mucus and how we handle it can help us stay healthy and protect our communities. Spitting in public is more than a bad habit. It is a public health risk. By using tissues, practicing good hygiene, staying hydrated and seeking medical care when needed, we can keep mucus working the way it should and reduce the spread of disease.

# HINDS COUNTY SCHOOL DISTRICT WEEKLY UPDATE

## Utica Celebrates House Pride

House pride was loud and proud at UEMS! Our Achievers learned about their Ranger Houses, brought the energy to our chantoff, and got Slide Certified! Building friendships, celebrating belonging, and making memories; eight houses, ONE Ranger family!

Special thanks to our champion supporters in our community for coming to the "U" and making our day EPIC!













At Blue Cross & Blue Shield of Mississippi, we're not just about providing health insurance. We're creating a strong, supportive community that empowers every Mississippian to live their healthiest life. We make managing your health easier by empowering you with the tools and support you need to take proactive steps toward maintaining and improving your health. Working together, we're ensuring quality healthcare and wellness opportunities are within reach for all. Because when you are at your best, Mississippi is too.

A healthy community begins with the health of its people — and when you thrive, we all do.

It's good to be blue.

MISSISSIPPI




# Mississippi journalism events unite to strengthen the future of local news

## *Press Forward workshop, MSPA convention spotlight AI, investigative reporting and the next generation of journalists*

*Special to The Mississippi Link*

Enhancing Mississippi's local news industry while preparing the next generation of journalists took center stage in Hattiesburg, MS, known as the Hub City, Oct. 28-29.

Press Forward Mississippi's 2026 Community Journalism Workshop and the Mississippi Scholastic Press Association's fall convention brought together journalists, educators, media professionals and aspiring high school journalists at the University of Southern Mississippi. Press Forward Mississippi is a statewide coalition of foundations, led by the CREATE Foundation, working to strengthen communities through sustainable, trustworthy local journalism.

More than 550 students attended the scholastic press convention. The event energized educators as well.

"It was my first year to attend this MSPA convention, and I enjoyed everything as if I were a student," said Roishina Henderson, journalism teacher and student publications adviser at Amanda Elzy High School in Greenwood, one of 18 schools participating in the Mississippi High School Journalism Project.

The two-day gathering emphasized journalism education while exploring artificial intelligence, investigative reporting, community engagement and innovative strategies for sustaining local news.

Exploring the future of local journalism

According to organizers, Peter Imes, fourth-generation publisher of The Commercial Dispatch and president of the Mississippi Press Association, delivered the keynote address, "Leading Local News in Your Hometown."

Other featured participants included Toby Barker, mayor of Hattiesburg, and Melissa Milios Davis, director of grantmaking for Press Forward, who discussed journalism's evolving role amid the growth of social media and digital platforms.



One of the participating groups in the roundtables' interactive session, poses for a selfie.




Emily Caballero, assistant news director at WLBT News (rt) and Marisa Kwiatkowski, director of journalism for the Knight Foundation (lt) present Session 2 on "Audience-Centered Reporting."

and solutions editor for the Mississippi Free Press, facilitated an interactive session envisioning Mississippi communities in 2036 and the role quality journalism could play in strengthening them.

Using sticky notes and solution boards, participants shared ideas during roundtable discussions that included journalism professionals, educators and students.

"I found this session to be highly engaging and effective," said Gail Marshall Brown, Ph.D., assistant professor of journalism and public relations at Mississippi Valley State University.

"At our table, it was refreshing to witness the collegiate passion, interest and concern for higher-quality and trusted community journalism in Mississippi."

Brown recalled a discussion with a student from Petal who noted that many young people receive their news primarily through social media rather than newspapers. Several media professionals agreed.

Brown, who also advises the Delta Devils Gazette, emphasized the importance of recognizing diverse news preferences.

"While many people today turn to social media and digital platforms for news, there are, no doubt, a significant number who still seek to read the printed newspaper with their morning coffee," she said.



Amanda Elzy H.S. Journalism Teacher Roishina Henderson



MPA Executive Director Layne Bruce giving a history of the MPA and sharing information on new business models for community journalism.

Practical takeaways for local news

Welcomed by Mike Clayborne, president of the CREATE Foundation, and Edgar Simpson, director of the USM School of Media and Communication, attendees explored audience-centered reporting, newsroom sustainability, investigative journalism and artificial intelligence.

High school journalism expansion

Attendees also learned about efforts to expand the Mississippi High School Journalism Project in the Mississippi Delta, a region where many communities face limited local news coverage.

The project, led by nonprofit organization The Bell and supported by Press Forward Mississippi, provides training, resources and mentorship to help public high schools establish journalism programs and student newsrooms.

The Bell was founded in 2017 by former teachers and journalists Adrian Uribarri and Taylor McGraw to expand opportunities for youth journalism and student storytelling.

AI and investigative reporting

One of the event's most compelling demonstrations showed how AI tools can assist journalists covering public meetings.

Presenter Sean Mussenden, director and executive editor at the Howard Center for Investigative Journalism, demonstrated how ChatGPT can transcribe, summarize and identify potentially newsworthy topics from government meeting recordings.

Using footage from a school board meeting, the AI generated a list of issues that could warrant further reporting. The exercise illustrated how AI can help journalists identify story leads while reinforcing the need for verification, accuracy and editorial judgment.

Audience-centered reporting, newsroom sustainability, and a tangible MSPA takeaway

Another highlight was "Inside Audience-Centered Reporting," presented by Emily Caballero, assistant news director at WLBT News, and moderated by Marisa Kwiatkowski, director of journalism for the Knight Foundation.

Caballero used WLBT's award-winning yearlong Fight the Blight project as an example of audience-centered reporting, a strategy that begins by listening to community concerns and then investigating issues that affect residents' daily lives.

She explained how viewers continue to contact award-winning reporter Roslyn Anderson and the WLBT investigative team about neglected and dilapidated properties, particularly in the Jackson area. Some investigations prompted property cleanups and other positive community outcomes.

Other sessions explored journalism research, future opportunities for collaboration and practical newsroom tools.

During the session, "What's Next and How You Can Get Involved," Bruce, executive director of the Mississippi Press Association, discussed new business models for sustaining local news organizations.

A central priority of Press Forward Mississippi is developing new models for trusted local news. The message throughout the workshop was clear: Mississippi media organizations must adapt to the digital age through innovation, collaboration and sustainable business practices while maintaining public trust.

"I learned some great tips and techniques in the [MSPA] photography and yearbook design sessions that I will be implementing in our student publications," Henderson said.

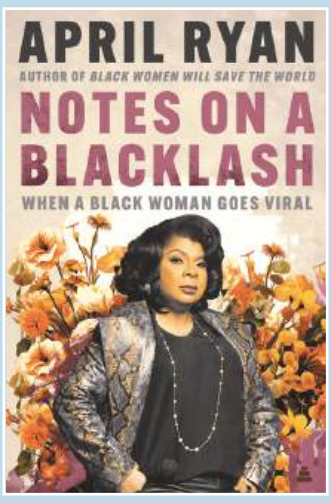
"I was also impressed with the students from across the state and their knowledge of layout design and professional photography. It feels good to know we're in good hands with the next generation of journalists and photojournalists."

Partners in the 2026 Community Journalism Workshop included Press Forward Mississippi, the Roy Howard Community Journalism Center at the University of Southern Mississippi, the Mississippi Press Association, the Mississippi Association of Broadcasters, the Mississippi Scholastic Press Association, and participating journalism programs from the University of Mississippi, University of Memphis, University of Maryland, and Arizona State University.





More than 550 high school students attended the 2026 MSPA Convention COURTESY PHOTOS




# BOOK REVIEW: NOTES ON A BLACKLASH: WHEN A BLACK WOMAN GOES VIRAL

## BY APRIL RYAN
## C.2026, AMISTAD
## $28.00 • 272 PAGES

**By Terri Schlichenmeyer**
*Columnist*

The job description was clear.

You understood the tasks and what would be expected of you, where to show up and when, and you knew what you'd get in exchange for performance. Obviously, you could handle the job when you took it and now, you're just trying to actually do it. But as in the new memoir "Notes on a Blacklash" by April Ryan, it's not going to be so simple.

April Ryan is just trying to do her dang job.

She's a journalist, the "longest-serving Black White House correspondent in American History," a job she wanted since she was influenced by a small handful of Black women anchors and reporters on television as a ten-year-old.

She had a lot of mentors to get where she is today, including performer Stevie Wonder. His activism, and her desire to help a cause dear to his heart (and hers) led to an injustice in the Biden White House briefing room that still stings. It was, she says, a blatant example of bias that the press corps still won't admit.

That was only one slight she's endured. Sometimes, she gets apologies; more often, she doesn't. Mostly, she keeps doing her job, despite the racism she sees and that which she experiences as a Black journalist. It's "not new," she says.

Here, she mourns the casualness displayed for Black artifacts, writing about the loss of precious historical items. Ryan examines a long line of Black women leaders and their perseverance, tells what it was like to know Joe Biden, and she mourns what happened in the 2024 election and what could have been. She writes about her life as a Black journalist in the Trump White House, his social media presence, and the dismissiveness of many of the President's staff.

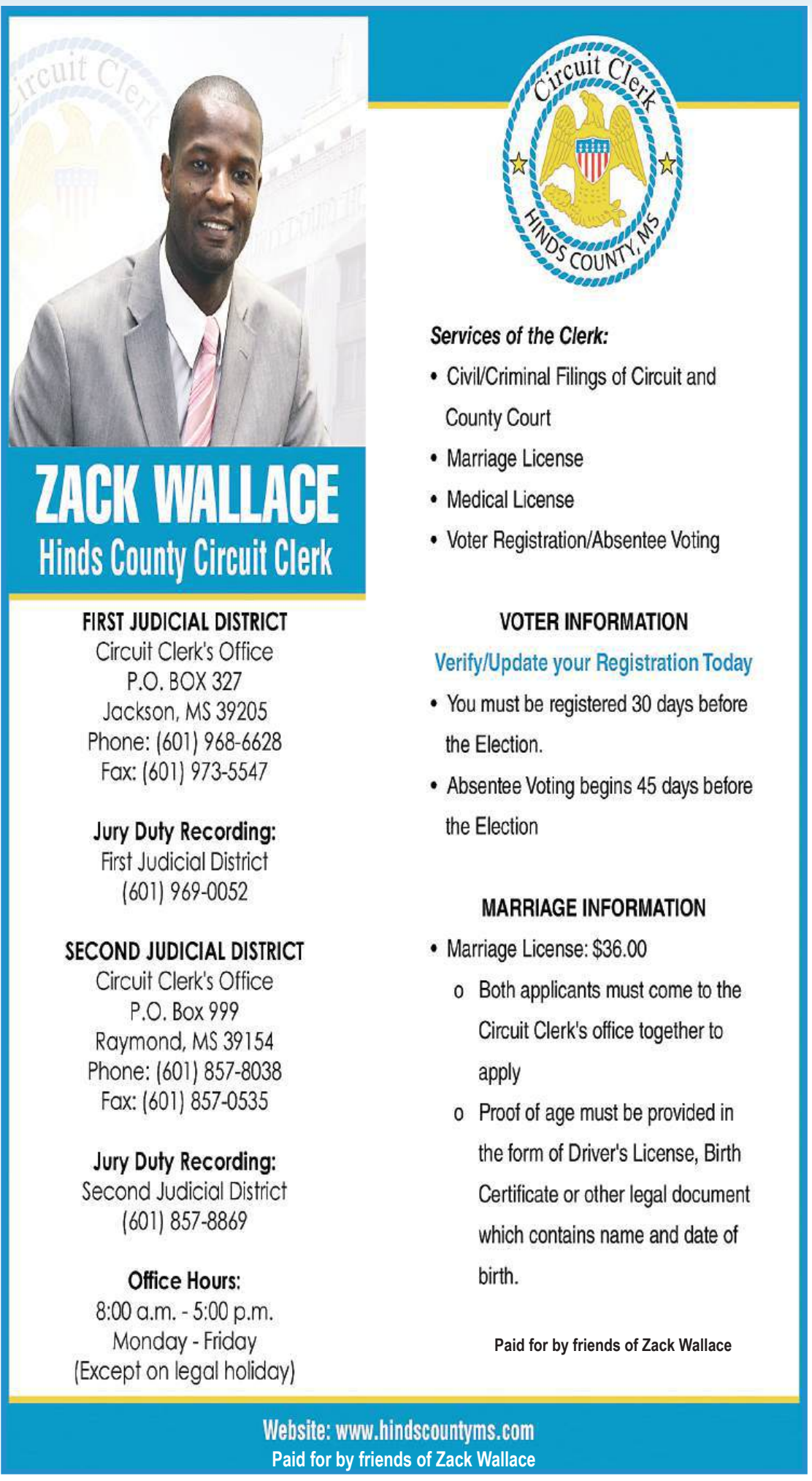
"The truth is that some people fear your presence when it's rooted in purpose, " she says. "They recognize the power in your voice and try desperately to silence it, but I will never stop using mine."

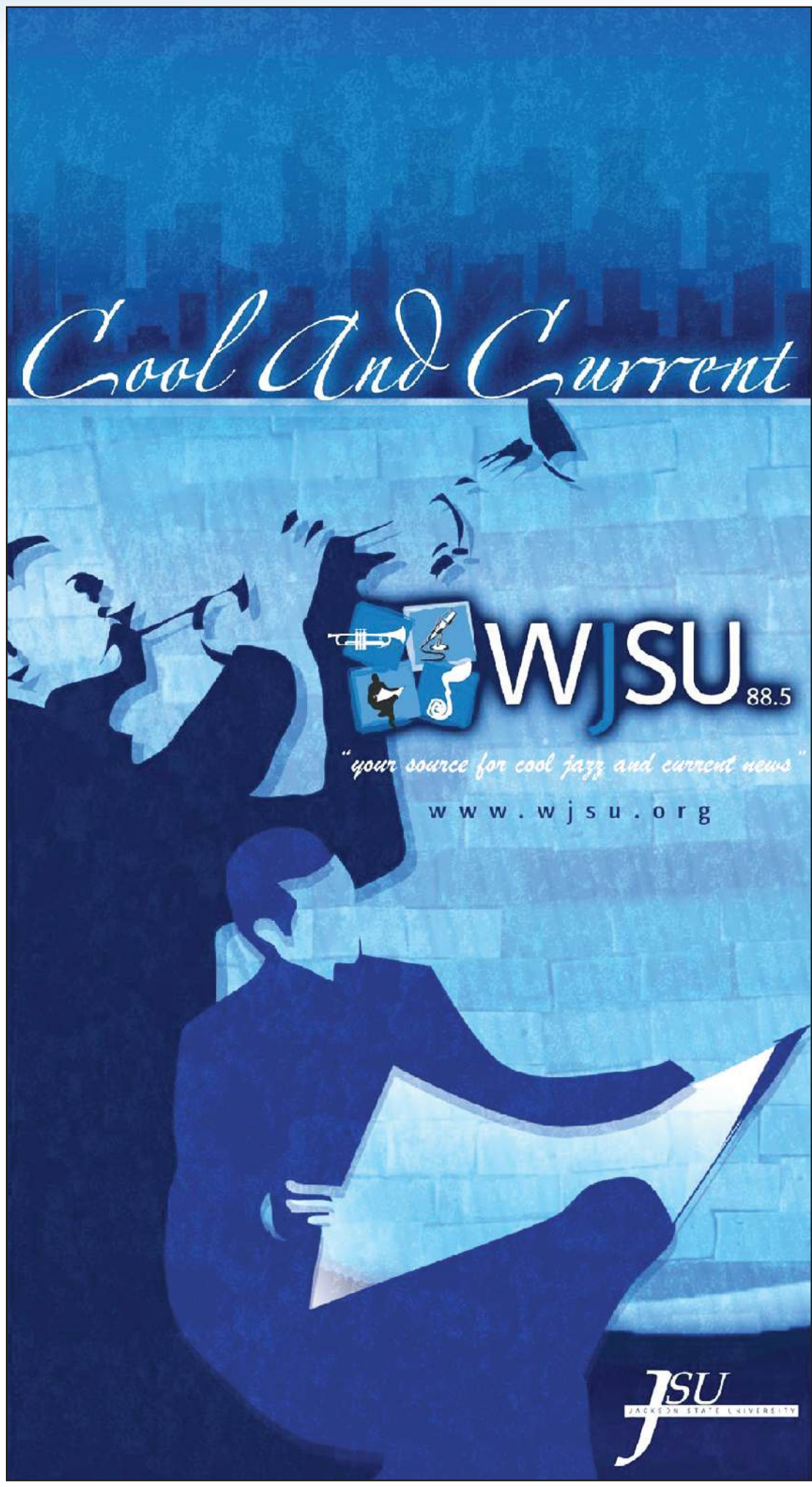
It's safe to say that nobody likes gaslighting, half-truths, or glossed-over facts. Which makes it easy to like "Notes from a Blacklash," because author April Ryan isn't willing at all to give anybody any nonsense here.

No, this book is blunt and true, righteously angry but also celebratory. If you missed any of her work in the White House lately, she lets you know what she's seen and how people have acted there, good, bad, and biased. In the telling, Ryan doesn't just present the stories; she seems to be waiting for resolution but she also seems to admit that things don't change – especially in the life of an outspoken woman, and especially in current politics.

Curiously, that's where Ryan's book is most interesting: in tales of her work life. Readers will enjoy all of what's here, but her work life is what shines.

"Notes on a Blacklash" is for political watchers, yes, but it's also a good pick for feminists and historians. If that's you, you'll like it, that's clear.




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# Jackson State takes care of the Delta devils, reclaim first place

**By Tim Ward**
*Sports Writer*

Tiger Nation showed up to "The Vet" this past Saturday to send the seniors off the right way. JSU ran Mississippi Valley State out of the Stadium 38 to 7. Coming off a bye and a 3 point loss at Bethune-Cookman before that, JSU needed this one bad. They got it.

Didn't take long either. On the opening drive Jared Lockhart hit Nate Rembert, yes the same Nate Rembert who came over from Valley, and Rembert slipped a tackle and weaved up the field for a big gain. Next, Lockhart keeps it on the read option, jukes a defender and he's gone. 38 yard touchdown run. 3 plays, 60 yards, 1:06 off the clock. 7 to 0 Tigers with 12:32 still left in the first.

Crowd goes crazy. Andrew Ivaniciuc tacked on a 44 yard field goal later in the quarter and it was 10 to 0 going into the second. The Delta Devils punched back. Dezmond Ray capped a 9 play, 73 yard drive with a 5 yard touchdown run early in the second quarter and just like that it was 10 to 7. Ray was honestly the one bright spot for Valley all day, finishing with 16 carries for 65 yards and the score. That would be all the points the Delta Devils got.

JSU answered before the half. Li'Darius Pryor punched it in from 2 yards out with 1:35 left to cap a 7 play, 73 yard drive, and the Tigers went to the locker room up 17 to 7. JSU in control, but Valley still had a shot. Then the third quarter happened.

The Darkside Defense got after it. Jalen Foster picks off Valley quarterback Josh Brown for the second time on the day, and on the very next snap Lockhart drops back and finds tight end Jency Riley. Riley races down the sidelines, 81 yards to the house. One play. 24 to 7.

Lockhart came right back later in the quarter and found Pryor on an 11 yard touchdown pass. 31 to 7, and at that point the only question left was how many seniors would get one more run out there. Lockhart closed it out in the fourth with a 10 yard touchdown pass to Joanes Fortilien, finishing a 9 play, 86 yard drive at the 2:27 mark. 38 to 7. Ballgame.

Final Stats for the game. Sophomore JSU Quarterback Jared Lockhart, completed 22 of 33 passes for 299 yards, 3 touchdowns and 1 interception, plus that 38 yard rushing score for 4 total touchdowns. He spread it around too, with four receivers over 50 yards: Riley Jr. with 95 yards and a touchdown, Fortilien with 81 and a touchdown, Rembert with 62 against his old team, and Jabari Jones with 50. Running back Li'Darius Pryor led JSU on the ground with 63 yards on 14 carries. The Tigers put up 418 total yards, 299 through the air and 119 on the ground. Senior Quarterback Joshua Brown completed 8 of 15 passes for 31 yards. Running Back Dezmond Ray carried the ball 16 times for 65 yards.

The Darkside Defense held Valley to 171 total yards, 2.8 yards a play. Foster had 2 interceptions and Carmello Jones led the team with 6 tackles, including a sack. For Valley, Brown went 8 of 15 for 31 yards with 2 interceptions, and Joel Queisser had 5 tackles and a sack.

That's 12 straight wins over Valley for JSU. The Delta Devils haven't beaten Jackson State since October 11, 2014. Valley falls to 3 and 7, 2 and 4 in the SWAC.

How do the standings look? With the win JSU moves to 7 and 2, 4 and 2 in the SWAC, and with Alabama A&M and Bethune-Cookman both losing Saturday, the Tigers are tied with the Bulldogs for first in the SWAC East. JSU owns the tiebreaker after beating Alabama A&M 31 to 28 back on October 3rd, so it's simple. Win out and the East is theirs. Thing is, both of those games are on the road, and that road runs through Montgomery and Lorman. Both are winnable games, but the games are just as important to their opponents as they are to JSU.

This Saturday, November 14th, Jackson State heads to Montgomery to take on Alabama State. Kickoff is scheduled for 2 pm on the ESPN networks. Then it's the Soul Bowl against the Braves in Lorman on the 21st to close out the regular season.

Valley travels to Florida A&M on the 14th. That one will be on SWAC TV.



Lockhart drops back to pass



Jency Riley scores 81 yard touchdow

PHOTOS BY TIM WARD



Valley QB Joshua Brown



RB Pryor breaks loose



JSU and Valley Cheerleaders



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