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# Wesson News

## SPOTLIGHT:

Is there an Indian  
in your cupboard?

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PO Box 1028  
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Volume 3, Number 3

*"Good News You Can Use"*

March 10, 2015

# \$250,000 grant boosts Co-Lin health and wellness leadership

*Special to Wesson News*

Fueled by a quarter of a million dollar grant from the Blue Cross & Blue Shield of Mississippi Foundation (BCBSMF), Co-Lin is expanding its leadership in promoting health and wellness throughout the wider Wesson area as well as on its campus.

A faculty and fitness center, a student-driven health and wellness organization that will work on and off campus, redevelopment of a nature walking trail, educational programs, and community-wide participation in planning and implementing events off the Co-Lin campus are among the components of the expanded Wolfpack Wellness Initiative (WWI).

Sheila Grogan, Executive Director of BCBSMF, said her organization's new \$251,310 grant to Co-Lin sustains and expands an ongoing effort started through a \$110,000 grant it awarded



Photo by Wesson News

Blue Cross & Blue Shield of Mississippi Foundation Executive Director Sheila Grogan (third from left) presents check for \$251,310 to fund Co-Lin's Wolfpack Wellness Initiative (WWI). On hand to accept it on her right were Regan Neely, Co-Lin Student Government Association President, and Duane Burt, Co-Lin science instructor and co-writer of the WWI grant proposal. On Grogan's left were Co-Lin President Dr. Ronnie Nettles, Dr. Stephanie Duguid, the college's Assistant Dean of Academic Instruction and co-writer of the WWI grant proposal, Marilyn Phillips, Wesson Attendance Center principal, and Wesson Ward 3 Alderman Billy Ellison.

to the college in August, 2012, for creation of a walking track, purchase of exercise equipment, building health awareness, and supporting Co-Lin's choice to become a tobacco-free campus. BCBSMF funding is made available to higher education institutions throughout Mississippi with successful programs that seek to improve the health of state residents and draw on its College and University Health and Wellness Initiative model.

"We look forward to continued progress throughout the next phase of the Co-Lin program," Grogan said.

Co-Lin President Dr. Ronnie Nettles said the grant will be "far-reaching in the coming months, helping to create a positive culture of change and success related to health and wellness opportunities at Co-Lin."

"The generous support of the Blue Cross & Blue Shield of Mississippi

cont. on page 2

# Chamber unveils full events calendar

*Wesson News*

Two special events that were received well by local residents in the past are returning for encores on the Wesson Chamber of Commerce 2015 Calendar after brief respites.

Meet & Greet Taste of Wesson, featuring samples of the signature foods from menus of local restaurants and caterers, is coming back this month, and the Ole Town Christmas festivities, including open houses of town institutions and merchants and seasonal entertainment, will once again follow the annual Christmas parade

on Friday, December 4.

This year's Chamber events also include the Founders Day celebration on May 1 and 2, with a parade on Saturday, and the organization's annual banquet planned for a yet-to-be-determined date in November.

The Taste of Wesson starts at 6 p.m. next Thursday, March 19, at the Old School Community Center. Valley Foods, the Co-Lin Culinary Arts Technology class, Porches, Ashley's 51, the Country Junction Truck Stop, Los Lobos, Skeets, the Hazlehurst Piggly Wiggly, Snack Shack, and

cont. on page 2



Photo by Wesson News

The Wesson Lions Club will be Grand Marshall of the 2015 Founders Day parade. Above, Lions Club members accompanied a float in the 2014 parade.



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# Furlow to oversee Mississippi musician museums

By Bob Arnold

Wesson News arts columnist R. Shaw Furlow is retiring after 16 years as director of bands at Co-Lin to become executive director of the Mississippi Musicians Hall of Fame Museum (MMHFM).

In his new role at MMHFM, Furlow will oversee three museums that spotlight Mississippi music and its music makers, direct fundraising and promotion activities for them, and work with the MMHFM board of directors. Dr. Jim Brewer developed the concept of the hall of fame museum twenty years ago and built it into what it is today. Furlow says his job will be to “take it to the next level.”

In retirement, Furlow also plans to “keep my foot in the band business door” as band representative for Brookhaven Music & Sound. “I will call on band directors who work with beginners at the junior high level and accomplished musicians in high schools and community colleges throughout southwest Mississippi to meet their varying needs for musical instruments and other products and services,” he says. “I know most of them, and my 41 years of experience as



Photo by Wesson News

Shaw Furlow (seated left) is retiring from Co-Lin as director of the bands program to become executive director of the Mississippi Musicians Hall of Fame Museum and represent a Brookhaven music retailer to band directors throughout Southwest Mississippi. He is also taking on special projects such as production of a video series for distribution through YouTube and other media. Above, he supervises production of a video program featuring Cole Powell (right), a local musician. His crew included slate man and lighting specialist Burrell Leach (center) and his daughter Kelli Leach (second from left), a Delta State University student who did the camera work.

a band director will allow me to develop a special rapport with them.”

Furlow started his band career after graduating with Bachelors and Masters Degrees in music education from Delta

State University. He directed bands and taught in Mississippi high schools at Crystal Springs, Newton, and Yazoo City over a thirteen-year period and then at Jackson Preparatory School for

another twelve years before coming to Co-Lin in 1999.

At MMHFM, Furlow says his primary task will be selling largely “unknown products” — Mississippi music and the Hall of Fame that was established to cultivate appreciation of it. As a teacher, he has emphasized Mississippi music and musicians to his classes, and now he will move to a larger classroom that encompasses the wider public. In the process, he will employ his skills as a promoter, which he says “I have come to realize exceed my skills as a performer.”

“Mississippi is the birth place of American music,” Furlow affirms. “I love Mississippi and its musical heritage. But few people in the state know very much about this heritage. In fact, out-of-staters may be better informed.”

Among his initial priorities at MMHFM will be opening a third museum — the Mississippi Music Experience — on the second floor of the Iron Horse Grill in Jackson. The museum will feature multi-media presentations, interactive displays, and life-like dolls of blues artists. MMHFM’s two current museums are at the On Stage Restaurant at

cont. on page 8

cont. from front page

## \$250,000 Co-Lin grant

Foundation will increase our outreach efforts in making southwest Mississippi a healthier, happier, and more productive community through education and activity,” Nettles said.

Towards involving the wider community off-campus, the Co-Lin WWI calls for including representatives from King’s Daughters Medical Center, the Town of Wesson, and Wesson Attendance Center on the Co-Lin Wellness Committee and working with students in grades K-12 through Bike-A-Thons and physical education days for elementary students and special events that coincide with national health awareness activities.

On the Co-Lin campus, WWI will include:

- A fitness center with free weights and cardiovascular equipment where faculty and staff can track wellness goals and outcomes and work with a

nutritionist and personal trainer

- A new module in the student orientation class that focuses on the importance of health and wellness as a lifestyle choice
- Healthy cooking demonstrations implemented by the Culinary Arts program in dormitories for students with minimal resources
- Rerouting and resurfacing the Oswalt Nature Trail
- A spring health fair and expansion of educational programs focused on nutrition and healthy options

A student health and wellness organization will play a central role in promoting events, providing information, and working with community organizations off campus in programs and projects.

For information about WWI, visit [www.colin.edu](http://www.colin.edu) and the college’s Facebook page and Twitter accounts.

cont. from front page

## Chamber unveils calendar

the 51 Diner will be there with food samples. Beth King will serve a complementary sweets treat, and the Co-Lin Jazz Ensemble, under the direction of Juanita Proffitt, assistant director of bands at the college, will provide entertainment.

“This is a unique opportunity to get acquainted with the foods of Wesson and the people behind them, and have a good time with other town residents,” says Wesson Chamber of Commerce president Marilyn Britt.

The Riders, a gospel quartet, will kick off Founders Day festivities — the next event on the Chamber calendar — on the evening of Friday, May 1. The next day, there will be a parade led by the Wesson Lions Club, which has been named the Grand Marshall in honor of its seventy-fifth anniversary; a car show, a bazaar with arts, crafts, and food vendors; and an evening town

party with a street dance and fireworks at the Old School Community Center that will conclude the two-day event.

The Chamber is encouraging class reunion planning groups to consider making the town party “a tailgating-like occasion” to which they bring tents, chairs, and food and refreshments, Britt reports. The Chamber requires advance notification from reunion planners so it can assure space is available for groups.

The November banquet and Ole Town Christmas are still in the planning stages.

With its loaded calendar, the Chamber is seeking to expand its membership. Britt says “anyone who loves Wesson and wants to help promote it” qualifies. Dues are \$35.

For information about the Chamber and its 2015 events, contact Melissa Meredith at 601-643-5000.

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# News Nuggets

*Special to Wesson News*

**Cheerleader tryouts.** There's nothing simple about becoming a Co-Lin cheerleader. Candidates for the 2015-2016 squad must submit an application with a \$20 fee before Tuesday, March 31, to participate in two tryout sessions at Callender Hall — the first on Friday, April 10, from 4 p.m. to 6 p.m. and the second on Saturday, April 11, starting at 8:30 a.m. Over the two-day tryouts, they must perform personally-prepared cheers or chants; other cheers and dance routines, which they are taught; and basic partner stunts and tumbling. Male cheerleader candidates also must perform a cheer or sing part of the fight song along with basic partner stunts. An open gym at Callender Hall, held on Wednesdays through April 1, will provide an opportunity for candidates to prepare for basic skills associated with partner routines.

For information, contact Brenda Smith (601-643-8318, [brenda.smith@colin.edu](mailto:brenda.smith@colin.edu)) or Leah Greer ([leah.greer@colin.edu](mailto:leah.greer@colin.edu)). Download an application form with tryout requirements at [www.colinathletics.com/cheerleading](http://www.colinathletics.com/cheerleading).

**High-performer.** Steven Esche, diesel technology instructor, has received the Co-Lin Howell C. Garner High Performance Award.

**History book.** A group of Lincoln County Historical and Genealogical Society women are seeking photos to illustrate the history of Lincoln County between 1820 and 1960. Tammie Brewer, Bettie Bullard, Sue Dorman, and Marti Parker have a deal with Arcadia Publishing to produce a book covering the period for purchase by the 2015 holiday season. They are looking particularly for agricultural-related photos and pictures of old churches and schools. For information, contact Brewer at 601-850-1733.

**Readers recognized.** Wesson Attendance Center has named winners in its Reading Fair. First place: Olivia Nelson, Olivia Grubbs, Mary Grace Miller, Kenzie Sullivan, Katelyn Bergeron, Tyler Frederick, Jon Beeson, and Joseph Cagle. Second place: Shelly Castilaw. Third Place: C.J. Sills.

**State Senate race.** Incumbent Republican State Senator Sally Doty, who serves District 39, is facing opposition in her re-election bid this year in her own party as well as from a Democrat. Mike Campbell, a deputy sheriff and formerly a Respiratory Therapist, is her Republican challenger; and Michael Smith, a lobbyist who plans to shape a campaign around jobs and education issues, will be her Democratic opponent. Doty has served in the Mississippi State Senate four years and is seeking a third term.

**Tea time.** A Lincoln County tea farm, which is gearing up production towards becoming a viable commercial venture, welcomed field trip visitors from a recent conference on growing and cultivating tea. The U.S. League of Tea Growers (USLTG), a trade research group, brought participants to the area from one of its first collaborative meetings at Mount Vernon, Texas, to tour the fields, nursery, and other facilities of the Great Mississippi Tea Company (GMTC). They included members of the group from Texas, Nevada, Georgia, South Carolina, Alabama, and Tennessee, a tea specialist from Bedford, England, and researchers from Mississippi State University and Louisiana State University. International tea cultivation consultant Nigel Melican, who has consulted GMTC during its development, Jason McDonald, owner of the local tea farm, founded USLTG.



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# Local scholar explores family ties to Native Americans

By Bob Arnold

In recent years, it has become a growing national pastime for people to investigate their Native American heritage — hunting for “Indians in their cupboards” as Co-Lin professor David Higgs puts it.

Those families who have stories to tell about a Native American ancestor — often a great grandmother remembered for unique foods and recipes, dress, special skills, values, and curious customs she brought from her culture — are the focus of current research being conducted by Higgs, chairman of Co-Lin’s humanities division.

“Starting in the 1960s and 1970s, Americans started looking more and more at Indian culture and their ties to it,” Higgs says. “The attraction is psychological, sentimental, and a result of changes in perspective — people seeking to find identity in land and place, their willingness to acknowledge mixed race, and understanding Native Americans not as villains as we did in the early Twentieth Century, but as victims.”

There are a lot of bogus stories about Indians in families, but many stories ring true, Higgs says. He is delving into those that seem genuine — in which

there is evidence to support them, looking for the patterns that paint a picture of how more than a few families in the South got that Indian in their cupboard.

“My theory is that more than a century ago when Indians were forcibly removed from their homes in the Southeast and transported to reservations in the Western United States, many young Native American women stayed behind or returned and married in the white territory,” Higgs explains.

Specifically, Higgs is looking at the period between 1830 and 1838 after Congress enacted the Indian Removal Act on May 28, 1830, which authorized President Andrew Jackson to negotiate with Indian tribes in the Southern U.S. for their removal to federal territory west of the Mississippi River in exchange for their homelands. Although Jackson argued that the law was designed to preserve an Indian culture that was being absorbed by White culture in the South, non-native people in Alabama, Arkansas, Georgia, Mississippi, and Tennessee were eager to gain access to lands inhabited by the Chickasaw, Choctaw, Muscogee-Creek, Seminole, and orig-



Photo by Wesson News

David Higgs consults with participants at Institute for Learning in Retirement workshop about their Native American heritage.

inal Cherokee nations and strongly supported the Congressional action.

Some 105,000 Native Americans were affected. Many of them made the trek, transported by civilian contractors, on what has become known as the “Trail of Tears” because of the emotional upheaval of the move to lands in Oklahoma, North Texas, and Kansas and the deaths of one in four of them during their migration. But some of them stayed because of their attachment to land and place, living under the laws of the various states. Others hid as a part

of unrecognized tribal communities. Still others went West and returned, like the Indian woman who, as a story goes, missed the waters around Muscle Shoals, Alabama, which “brought songs.” It is these people, who stayed or returned, that Higgs is studying, through the stories of those who claim to be their modern-day descendants, to determine how they got in Southern family cupboards.

Higgs, who grew up near Bristol, Tennessee, where Native American and colonial cultures intermingled says that historical environment coupled with television exposure to Mingo

— Daniel Boone’s Cherokee friend — and Tonto — the Lone Ranger’s Comanche companion — fired his initial fascination with Indian culture at age six. “When I went to school at age 30 to prepare to teach history, I turned that youthful fascination into professional study,” he relates. At a family gathering ten years ago, he learned his great grandmother “could have been an Indian,” and subsequent research, which showed this to be true, planted the seeds for his current focus on Native American heritage in families.

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## Group shaping teen service and movies program

Wesson News

A program that both seeks to involve local teenagers in community service and provide an entertainment option for them in Wesson is being shaped by an ad hoc group of women, parents, and business people.

"The idea is to put interested youth groups to work in assuring the sides of major roads coming into Wesson are kept clean and providing free movies for those engaged in this service activity," explains Kate Hampton, Wesson Garden Club president, who suggested the program after a group of teenagers helped her with work at the library pavilion and told her it would make a great site for outdoor movies.

The group has already



Special to Wesson News

Kate Hampton (left front row), Wesson Garden Club president, suggested a new youth program, after teenagers Zoey Davis (right front row), Matthew Miller, and Jo Ann Miller (rear) helped her and Debbie Hoaglin (front center) clean the library pavilion, and said the site would make a great setting for outdoor movies.

scheduled the first outdoor movie at the library pavilion on the evening of Friday, April 10, and is contacting youth organizations at Wesson Attendance Center and churches about participating in the community service side of the program. At the movie, free food and drinks will be provided.

Hampton has been working with Jo Ann Miller and Katrina Castilaw to make her idea a reality. They say chaperons on movie nights are needed, along with financial support for licensing issues around outdoor movie events. Already, Ace Hardware, Trustmark Bank, the Carpenter Shop, Another Time...Another Place, and Shop and Wash have pledged to help fund the program.

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## Police Blotter

Special to Wesson News

During February, the Wesson Police Department activity encompassed:

### Response to:

- Two traffic accidents
- One report of a missing dog
- Three general complains
- Two juvenile-related complaints

### Citations & arrests:

- Twenty-seven traffic violations
- Sixteen speeding violations
- Five possession of marijuana
- One felony possession of a controlled substance (crystal ice) with intent to distribute
- One DUI first offense & failure to comply with an officer

### Two funeral escorts

On school days, the Wesson Police Department facilitate traffic flow at Wesson Attendance Center with officers on duty between 7 a.m. and 8 a.m. and 3 p.m. and 3:30 p.m.

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## The Wesson Garden Club show to usher in spring

*Special to Wesson News*

The Wesson Garden Club (WGC) will usher in the spring season with a downtown flower show on Wednesday, April 1.

The show — “A Breath of Spring” — will feature flower designs along the streets. Flowers will also be showcased in windows of merchants and in the lobbies of Trustmark and Copiah Banks. In addition, there will be special exhibits in City Hall and at the library pavilion.

“We’re calling it a ‘strolling flower show,’ because it is designed to bring people into historic downtown Wesson to walk the streets and enjoy the beginning of the spring season in the midst of the color and scents of floral designs created by Wesson Garden Club members,” says WGC’s Jean Ricks.

Horticulture displays will also be at City Hall; and another featured exhibit, “Birds and Butterflies,” will be at the library pavilion.

The free show will run from 2 p.m. until 5 p.m.

## Police investigating local armed robberies

*Wesson News*

Area law enforcement agencies are seeking information that will assist them in their investigations of January armed robberies -- two in the Lake Lincoln area and one on Old Highway 51 near the Co-Lin campus.

The robberies were similar, with three men who stole cash, personal items, and vehicles that were later abandoned and recovered by law enforcement authorities.

In the Lake Lincoln area incidents,

under the investigation of the Lincoln County Sheriff’s Office, the perpetrators robbed fishermen on the Beards and Sunset Roads bridges and stole their vehicles. In the Old Highway 51 incident, under the investigation of Wesson police, a Canadian truck driver was assaulted and robbed at a stop sign.

Anyone with information about the incidents should call John Whitaker (601-833-5231) at the Lincoln County Sheriff’s Office or Wesson Police Chief Chad O’Quinn (601-643-2211).



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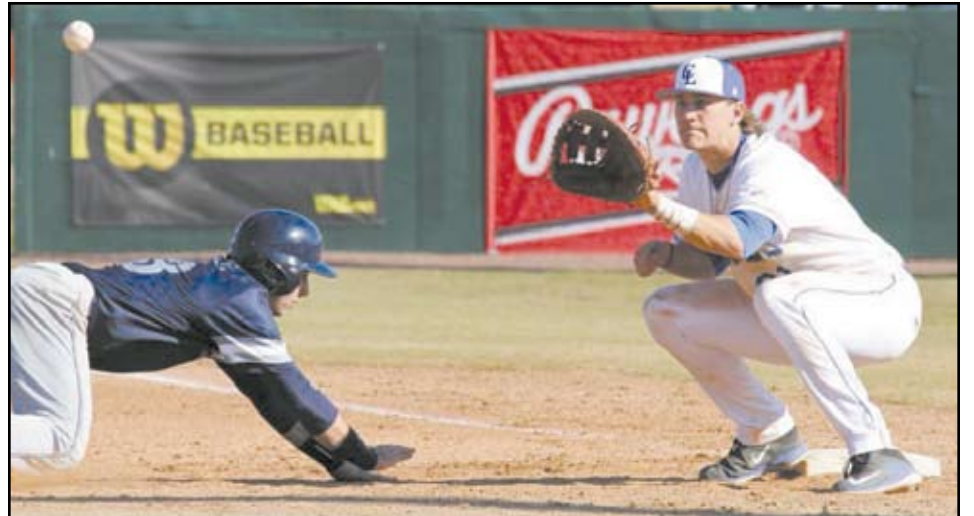


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# Sports Shorts



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First baseman Austin Resser, a transfer from Pratt (Kansas) Community College is one the reasons Co-Lin baseball coach Clay Smith believes the Wolfpack can improve on its 12-32 record a year ago. Other reasons are returning players: Second baseman Wesley Watts, who also pitched 11 innings to post a 2-1 record; infielders Tanner Parvin and Matthew Evans (also a pitcher); outfielders Adrian Brown and Stevie "Choc" Hubbard; catcher and designated hitter Logan Smith; and pitchers Shane Brown and Alex Smith, a Wesson high school graduate. Freshmen outfielders Austin Irby (also a pitcher), Kewaun May, Jeremy Moore (redshirted in 2014 due to an injury), and Britton Johnson should also make a difference.

Special to Wesson News

**Lady Wolves Hoopsters Upset.** Co-Lin's women's basketball team, undefeated and ranked fifteenth nationally, lost to Itawamba 82-75 in the semifinals of the National Junior College Athletic Association Region 23 Tournament at Mississippi College. The upset followed its 78-60 victory over Meridian to capture the Mississippi Association of Community and Junior Colleges state championship and a first round 69-68 win over Holmes in the regional.

**New tennis coach.** Ashley Matthews Windom, part of some of the greatest Co-Lin women's tennis teams, debuts this year as the team's head coach and will try to improve on its 4-8 2014 record with returning sophomores Caroleah Brister, Allie Dear, Carly Riley, and Carlianne Alderman and freshmen Brandy McInnis of Wesson and Madison Warren of Brookhaven, who will bring high-level high school experience and athleticism to 2015 competition.

**WAC grid stars accept scholarships.**

Wesson High School quarterback Tyler Christmas and receiver-running back Farrod Green have accepted scholarships to continue their gridiron careers at the college level. Christmas is going to Holmes Community College and Green is taking his football skills to Mississippi State.

**Second place finishes.** The Wolfpack golf team placed second in its first two matches — the Mississippi Gulf Coast Invitational (MGCI) played at Grand Bear Golf Course (Saucier) and Pine Burr Country Club (Wiggins) and the Hinds/Co-Lin Invitational (HCLI) played at Eagle Ridge Golf Course (Raymond) and Wesson's Wolf Hollow Golf Course. In the MGCI match, the Wolfpack shot a two-day total of 606 behind Mississippi Gulf Coast's 587. In the HCLI match, the Wolfpack, with a 603 two-day total, again placed behind Gulf Coast's 595. In both matches, Wolfpack red-shirt freshmen Jacob Ross captured second place individually with a 143 and 146.

## Scores:

**Co-Lin basketball.** Men. Wolves 65-East Central 63; Wolves 58-Southwest 55; Wolves 67-Meridian 52; Gulf Coast 73-Wolves 64. Women. Wolves 101-East Central 99; Wolves 67-Southwest 50; Wolves 98-Meridian 85; Wolves 80-Gulf Coast 45. Women's MACJC State Tournament. Wolves 71-East Mississippi 48; Wolves 76-Jones County 68; Wolves 78-Meridian 60.

**Co-Lin baseball.** Wolves 9-Bishop State 4; Wolves 10-Bishop State 3; Delgado 4-Wolves 3; Delgado 14-Wolves 0; Wolves 4-Kaskaskia 3; Kaskaskia 7-Wolves 0; Wolves 11-Mississippi Delta 0; Mississippi Delta 10-Wolves 9; Wolves 4-Panola 3; Panola 12-Wolves 2; Northwest 14-Wolves 1; Wolves 6-Delgado 4; Wolves 10-Southwest 6; Delta 12-Wolves 3; Delta 12-Wolves 2.

**Co-Lin softball.** Wolves 12-Mississippi Delta 11; Wolves 13-Mississippi Delta 0; Wolves 9-Lincoln Land/Illinois Central 3; Wolves 9-Lincoln Land/Illinois Central 1; Gulf Coast 3-Wolves 1; Gulf Coast 6-Wolves 4; Wolves 6-Southwest 1; Wolves 10-Southwest 4; Jones County 15-Wolves 0; Jones County 5-Wolves 4; Meridian 4-Wolves 3; Wolves 7-Meridian 3.

**Co-Lin Tennis.** Men. Wolves 6-East Central 3; Wolves 7-East Central 2. Women. East Central 6-Wolves 3; East Central 5-Wolves 4.

**Wesson High School varsity basketball.** Men. Cobras 81-Crystal Springs 75; Wilkinson County 72-Cobras 62. Men's Regional Tournament. Cobras 64-Franklin County 55; Crystal Springs 70-Cobras 59. State Playoffs. Cobras 80-St. Andrews 59; Tylertown 68-Cobras 43. Women. Cobras 46-Crystal Springs 24; Wilkinson County 44-Cobras 37. Women's Regional Tournament. Wilkinson County 52-Cobras 45.

**Wesson High School varsity baseball.** Natchez Cathedral 3-Cobras 0; North Pike 7-Cobras 1; Cobras 5-Brookhaven 2; Natchez Cathedral 8-Cobras 3.

**Wesson High School Lady Cobras varsity fastpitch softball.** Cobras 6-Columbia 5; Cobras 4-Tylertown 0.

cont. on page 9



cont. from page 2

## Furlow to oversee museums

Jackson's Medgar Evers International Airport and in a former railway depot at Hazlehurst. The airport museum displays memorabilia, photos, manuscripts, and records in traditional style, and the Hazlehurst museum focuses on the lives and music of blues musicians Tommy Johnson, from Terry, and Robert Johnson, from Hazlehurst, in a rustic setting.

Furlow will maintain his current residence in Brookhaven, which he has called home since he was five years old when his father, a sporting goods retailer, and mother, an English and theater instructor, settled there. There his parents set him on his career path, nurturing him, his two brothers, and one sister in all of the arts. He recalls piano and dance lessons in his childhood. "My father wanted me to learn dance to en-

hance my coordination and balance for participation in sports," he suspects.

Except for his older brother Bill, who worked for several newspapers, including the *Los Angeles Times*, and is now a crisis management consultant, Furlow's siblings directly pursued arts careers as he did. His younger brother Brown went to New York City, where he pursued a dream of working in theater in "off off off" Broadway productions, later taught school, and now sings in neighborhood bars. His sister, a school teacher in Jones County, is a pianist and singer. Furlow's son Cole is a professional singer-musician and composer based in Oxford.

Furlow plans to continue his connection to the broad spectrum of the arts through ongoing reporting and commentary in the *Wesson News*.

While Shaw Furlow will be promoting the Magnolia State's musical heritage and musicians from the past in his new job as executive director of the Mississippi Musicians Hall of Fame Museum, his interests also encompass new musicians who aren't yet widely known — particularly singers-songwriters in this area.

To help boost the musical careers of the locals, he is producing a video series — Music from the Shadyside (Furlow lives on Shadyside Street in Brookhaven) — that will soon debut on YouTube and he hopes will capture the interest of distributors who use cable television and other media. The programs in the series feature Furlow in his living room interviewing the musicians about their work followed by their performances. The local musicians spotlighted in the inaugural programs are Tony Norton, Andi Cotten, Cole Powell, and Sam Mooney.

## A testimonial from a former student!

My Dear Miss Nena,

Thank you for the wonderful trip and amazing adventure we had to Disney World last summer to perform. I enjoyed every bit of it from the planning, practicing, being in the Electric Light Parade in Downtown Disney and performing on that awesome stage in Hollywood Studios. I also enjoyed the gala at the end of the week. This was just such a wonderful experience for all of us who went.

Thank you for allowing me to be Kayla's big sister for every step of the way. I think it is so helpful and fun how you are always pairing us up for events and also in Fellowship of Christian Dancers to have a "dance big sister" who is a mentor and becomes a great friend. I've been the "Little" before and I have been the "Big" before and on either side it is a very rewarding thing to be part of.

I just want to thank you for all you do to help us grow to be stronger and more confident dancers and just girls in general. I know that you and "Miss" Marsha and "Mama T" plan to make this Disney Performance Adventure available every other summer for a long time to come. I will be a Senior Dancer before long and going on to college, but I get excited to think about all the dancers, younger than me, who will one day get this Disney opportunity too. (Along with all the dance workshops and summer camps and NEW YORK CITY!) I love you all to the moon and back and appreciate all the teachers who are so kind and talented.

Ashlyn Banes

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cont. from page 7

# Sports Shorts

Upcoming events & games:	
March 12	Wesson High School varsity baseball Cobras play Brookhaven at Lawrence County. 1:30 p.m.
March 13	Wesson High School varsity baseball Cobras play South Pike and West Lincoln at Lawrence County. 11:30 a.m. & 2 p.m.
March 14	Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play in Wesson Tournament. 9 a.m. & 5:45 p.m. Co-Lin baseball Wolves play double header with Meridian. 2 p.m.
March 16	Co-Lin softball Wolves play double header at Coahoma. 1 p.m.
March 17	Wesson High School junior varsity baseball Cobras play at Crystal Springs. 3:30 p.m. Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play Bogue Chitto. 5 p.m. & 6 p.m.
March 18	Co-Lin softball Wolves play double header at East Central. 3 p.m.
March 19	Wesson High School varsity and Wesson Junior High School fastpitch softball Lady Cobras play at St. Andrews. 4 p.m. & 5:30 p.m.
March 20	Wesson High School junior varsity & varsity baseball Cobras play Crystal Spring. 5 p.m. & 7 p.m.
March 21	Wesson High School junior varsity baseball Cobras play Brookhaven & Terry at Terry. Time TBA. Wesson High Junior High School and High School junior varsity, and varsity fastpitch softball Lady Cobras play in Brookhaven Tournament. 9 a.m., 10:40 a.m. & 2 p.m. Co-Lin baseball Wolves play double header at East Mississippi. 2 p.m. Co-Lin softball Wolves play double header with Pearl River. 12 noon.
March 24	Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play at West Lincoln. 5 p.m. & 6 p.m. Co-Lin softball Wolves play double header at Hinds. 2 p.m.
March 25	Co-Lin baseball Wolves play double header at Jones. 3 p.m.
March 26	Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play Bogue Chitto. 5 p.m. & 6 p.m.
March 27	Co-Lin softball Wolves play double header at Gulf Coast. 2 p.m.
March 28	Wesson High School junior varsity and varsity baseball Cobras play at North Pike. 1p.m. & 3 p.m. Co-Lin baseball Wolves play double header at Northwest Mississippi. 2 p.m.
March 30	Wesson High School junior varsity & varsity baseball Cobras play Franklin County. 5 p.m. & 7 p.m. Co-Lin softball Wolves play double header with Southwest. 3 p.m.
March 31	Wesson High School junior varsity & varsity baseball Cobras play at Franklin County. 5 p.m. & 7 p.m. Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play Tylertown. 5 p.m. & 6 p.m. Co-Lin baseball Wolves play double header with East Central. 4 p.m.
April 1	Co-Lin softball Wolves play double header at Jones. 3 p.m.
April 2	Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play at Bogue Chitto. 5 p.m. & 6 p.m. Co-Lin softball Wolves play double header at Coahoma. 1 p.m.
April 3	Co-Lin baseball Wolves play double header at East Mississippi. 3 p.m.
April 7	Wesson High School varsity baseball Cobras play Jefferson County. 5 p.m. Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play Puckett. 5 p.m. & 6 p.m.
April 8	Co-Lin baseball Wolves play double header at Hinds. 3 p.m. Co-Lin softball Wolves play double header at Meridian. 3 p.m.
April 9	Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play at Franklin County. 5 p.m. & 6 p.m.
April 10	Wesson High School varsity baseball Cobras play Jefferson County at Alcorn University. 5 p.m. Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play West Lincoln at Co-Lin. 5 p.m. & 6 p.m.
April 11	Wesson High School junior varsity & varsity baseball Cobras play Terry. 11 a.m. & 1 p.m. Co-Lin baseball Wolves play double header with Coahoma. 4 p.m. Co-Lin softball Wolves play double header with East Central. 1 p.m.
April 14	Wesson High School varsity baseball Cobras play Hazlehurst. 6:30 p.m. Wesson High School junior varsity and varsity fastpitch softball Lady Cobras play West Marion. 5 p.m. & 6 p.m. Co-Lin baseball Wolves play double header with Pearl River. 4 p.m. Co-Lin softball Wolves play double header at Pearl River. 3 p.m.



# 'Pursuit of happiness' frames Black history fete

Wesson News

Calling out by name students of Wesson High School, a former Wesson Attendance Center (WAC) teacher who made her dream of becoming a school principal, earning a PhD, and having a family a reality asked her audience at WAC's ninth annual celebration of African American History Month: "What is the beat of your heart crying? How will you change in the world? How will you pursue your happiness?"

Dr. Alisa Welch Walker, the event's inspirational keynote speaker, drove home the theme around which this year's program was shaped — "Celebrating the Enduring Pursuit of Happiness" — in citing "vision power" as the beginning of the "true pursuit of happiness" and pointing to hip hop artist Dr. Dre (Andre Young); President John F. Kennedy, who inspired America's space journey to the moon; Sojourner Truth, who worked to defeat slavery and segregation in America; comedian, actor, and author Steve Harvey; and John H. Johnson, founder of *Ebony* magazine, as models to follow in pursuing happiness.

Walker also reflected on her personal pursuit of happiness driven by her passion for education — "taking control and responsibility for my lessons" — and inspired by Steve Harvey's prescription for achieving happiness — "be the Best, adopt an unbeatable work ethic, and bounce back from failure."

This year's African American History Month celebration in the Old Gymnasium at WAC also included song, dance, and readings around the theme, which was inspired by the Pharrell Williams song, "Happy," according to Wesson High School English and drama instructor Albert Brown, who orchestrates the annual program. Brown, who worked with WAC high school librarian Kendra Armistad in producing the multi-media program, said a broad cross section of students and organizations participated, surrounded by visual art — posters on the walls of the gym that celebrate people and events in African American history — which created an appropriate setting and ambiance for their performances. Among them were:

- The Wesson High School Dance Team, directed by Sharon Speights. Its dance

was choreographed around Tasha Cobbs' "For Your Glory." The dancers were Brittany Moore Libby Knight, Mary Beth Munn, and Lindsey Alford.

- Poetic recitations of Paul Laurence Dunbar's "We Wear the Mask" by Jacob Kelly and an original piece presented by DeMarkeyus Combs.
- The Gospel Ensemble, a group assembled and conducted by Brown, which interspersed selections throughout the program, including Rev. Timothy Wright's "Trouble Don't Last," John P. Kee's "Rain On Us," and Edward Hawkin's "Oh Happy Day." The singers, accompanied by DeShawn Arnold, included Alyshia Hall, Aysha Thomas, Deanna Young, Mercedes Neal, Aurianna Vaughn, Alayshia Vaughn, Arevica Cameron, Arthur Harris, Tavontae Crosby, Dakota Harris, and Lillie Grace McLendon.

- Stepping With Our Hearts, under the direction of Kendra Armistad. The group — Arthur Harris, Kimberly San, Rebecca Shirley, Brandi Wages, Cheyenne Brown, Dontrel Brown, Samiyah McCollough, Latavia Jackson, Dakota Harris, Abby Smith, Alissa Coone, Tavontae Crosby, Cabe Stephens, and Carly Fleming — presented a show drawing on an African tradition of rhythmic foot movements, hand clapping, and voice.
- Soloists, including Mrs. Qwen Shannon, the high school receptionist, a familiar face with a well-hidden musical gift, who roused the audience in singing the national anthem and Alyshia Hall, who sang Michelle Williams' "When Jesus Says Yes."

The poster display came from Brown's English I and III classes. "Over the past nine years, I have asked my students to research a person or event important in the history of African Americans," Brown said. "They report to their classes on the research orally with posters and other visuals that support their narrative. Over nine years, no research has focused on the same person or event. I archive the posters and display them at the Black History celebration every year." This year, he hung 630 posters on Old Gym walls.

Brown's theater classes in grades nine through twelve did the stage and production work for the program.



Photo by Wesson News

The Wesson High School dance team performed to Tasha Cobbs' "For Your Glory" at ninth annual Wesson Attendance Center African American History Month celebration.



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# A farewell to Ashley



Photo by Wesson News

Wesson Mayor Alton Shaw presents plaque to former Deputy City Clerk Barbara Ashley, which commended her service to the Town from February, 2014, to February, 2015. She took the job on a part time basis, but it became full-time in September when City Clerk Linda Dykes broke her hip and could not come into City Hall to work. Dykes said Ashley is "knowledgeable and has a good business sense," which enabled her to pick up on her duties. "We worked closely together through my recovery," Dykes said. "We will miss her."

# Community Calendar

March weather forecast: *The Old Farmers Almanac* calls for an average temperature of 53 degrees F (three degrees below average) and precipitation of 5 inches (one inch below average).  
**MARCH 10**

Veterans of Foreign Wars (VFW) and VFW Auxiliary Post 2618 meet. \$5.00 for meal. VFW Hall on Industrial Park Road, Brookhaven. 5:30 p.m.

The Art of Rick Anderson. Mutton Gallery on the Co-Lin campus. Runs through March 27. Monday-Friday 8 a.m.- 4 p.m.. For information, contact Janet Smith at [janet.smith@colin.edu](mailto:janet.smith@colin.edu) or (601) 757-0194.

## MARCH 12

Lunch and Learn Talk sponsored by Friends of Lincoln County Library. John Heard, a retired attorney, will speak about "Getting Your Affairs in Order." Vernon Room at Lincoln County Public Library in Brookhaven. 11:30 a.m. to 1 p.m. For information, email [modestyann@aol.com](mailto:modestyann@aol.com).

Wesson Lions Club meeting. Conference Room at Co-Lin student cafeteria building. 6:30 p.m.

## MARCH 14

The Miss-Lou Honor Ride to the New Orleans National World War II Museum sponsored by Home With Heroes Foundation of Mississippi. The ride honors World War II veterans, who can travel free if accompanied by an able-bodied escort. Sign-up deadline was March 5. Cost for members of the general public: \$115 per person. Cost for escorts: \$100 per person. Excursion transportation departs Natchez at 7 a.m. and returns at 7 p.m.

## MARCH 16

Beginner clogging classes for persons of all ages beyond age 5 are held every Monday night. A small fee is charged each month. Brookhaven Recreation Department on Highway 51. Call 601-833-3791 for information.

J.M. Wesson Masonic Lodge # 317 meeting. Masonic Lodge building on Highway 51. 6 p.m.

## MARCH 17

Institute for Learning in Retirement. Dr. Pat Bufkin will demonstrate how he makes specialized fishing gear followed by board games. \$3.00. Co-Lin Thames Center. 9 a.m.

## MARCH 19

Fifty Plus Club. Mike McIntyre, retired economics instructor and former tennis coach at Co-Lin will discuss the benefits of juggling, demonstrate the art, and begin to teach it to those who want to learn. Anderson Building on Co-Lin campus. 10:30 a.m. Brookhaven Regional Arts Guild (BRAG) meets. Lemanedi in downtown Brookhaven. 5:30 p.m.

I 55 Cruisers Club. An antique car & truck club in its formative stages. Wesson Fire Department. 6:30 p.m.

American Legion Post #79 meets. American Legion Lodge on Main Street, Wesson. 6:30 p.m.

## MARCH 23

Blood drive every second and fourth Monday. King's Daughters Medical Center Hospital Annex. 1 p.m. to 6 p.m. Call 800-817-7449 for information.

## MARCH 24

Pathways 2015 Job Fair sponsored by the Co-Lin Career, Technical, and Workforce Education division. Meet prospective employers and discuss career possibilities. Co-Lin Thames Center. Transportation, engineering, and industrial employers from 9 a.m. to 11 a.m. Computer, office, service, and healthcare employers from 1 p.m. to 3 p.m.

## MARCH 26

Institute for Learning in Retirement. Sylvia Rutherford will demonstrate eggshell art followed by lunch and a movie (*When the Game Stands Tall* about a successful high school football coach who overcomes his obsession with winning and rediscovers that teamwork outshines personal glory). \$8.00. Co-Lin Thames Center. 10:30 a.m.

Theater Thursday sponsored by the Lincoln County Friends of the Library. Movie at Lincoln County Public Library in Brookhaven. 1:30 p.m. & 4:30 p.m.

Wesson Lions Club meeting. Conference Room at Co-Lin student cafeteria building. 6:30 p.m.

## MARCH 31

Institute for Learning in Retirement day trip to Monroe, Louisiana. Tour includes the Duck Commander Store, Antique Alley, the Cottonport Historic District, and the Briedeharn Museum & Gardens. The \$40 tour is fully booked. Bus departs the Co-Lin Thames Center at 7 a.m.

## APRIL 7

Institute for Learning in Retirement. Rebecca Bates from the Lincoln County Extension Service provides tips on spring gardening followed by afternoon refreshments and a movie (*Mom's Night Out* about what can go wrong when mothers, who want to socialize together outside the home, leave their husbands to watch the kids for three hours). \$3.00. Co-Lin Thames Center. 11:30 a.m.

Wesson Board of Aldermen meet. 6 p.m. Wesson City Hall.

## APRIL 11

The sixteenth annual Race for the Cure of the Central Mississippi Steel Magnolias Affiliate of Susan G. Komen. A walk/run fundraiser for cancer research. 6 a.m. registration (\$30 for one-mile and 5K walk; \$35 for timed 5K walk/run; \$40 for 10K run; \$20 for kids/youth/students fun run; and \$30 for motorcycle for mounds ride). Old Capital Museum in downtown Jackson. 8:15 a.m. starting time.

Email Community Calendar items to  
[bobarnold@wessonnews.com](mailto:bobarnold@wessonnews.com)

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# Biting into a healthy lifestyle through proper nutrition

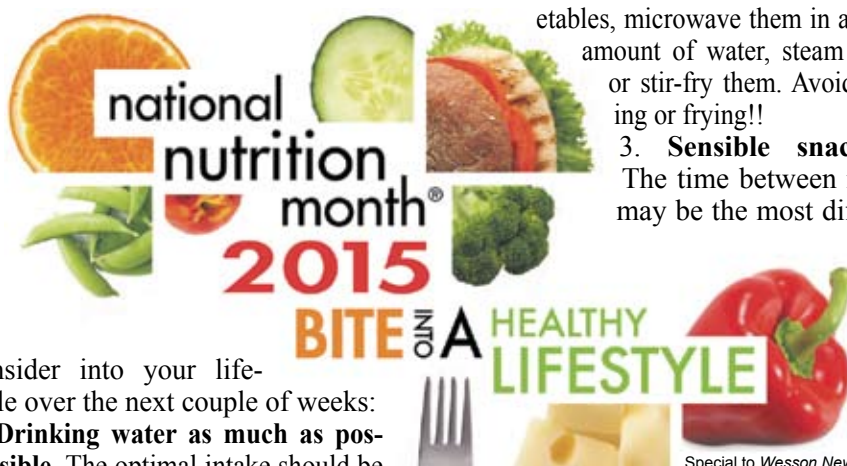
By Guest Columnist  
Dr. Stephanie Duguid

There is no one food, drink, pill, or machine that is the key to achieving optimal health, says the Academy of National Nutrition and Dietetics. Rather, it is achieved through a daily routine focused on consuming fewer calories, making informed food choices, and getting daily exercise. A healthy lifestyle is based on regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits. It's about setting goals that are life-long commitments and not geared to achieving limited change.

The thematic focus of the Academy of National Nutrition and Dietetics' National Nutrition Month — "Bite into a Healthy Lifestyle" — encourages us to look at the nutritional side of healthy living and start making commitments during March to the life-long eating patterns that meet our particular nutritional needs. Here are a few bites to



Special to Wesson News



consider into your lifestyle over the next couple of weeks:

- 1. Drinking water as much as possible.** The optimal intake should be half your body weight in ounces. For instance, if you weigh 200 pounds, your daily water intake goal should be 100 ounces. That may sound like a lot, but the key is to start somewhere. If you do not consume any water, begin with one bottle this week, and work your way up to two next week.
- 2. Eating fruits and vegetables in a variety of colors throughout the week.** Fruits and vegetables contain essential vitamins, minerals, fiber, and other natural substances that boost your health. When you plan a meal, try to fill half your plate with fruits and vegetables with your focus on plenty of dark green, orange, and red vegetables. To retain the most nutrients in your cooked veg-

etables, microwave them in a small amount of water, steam them, or stir-fry them. Avoid boiling or frying!!

- 3. Sensible snacking.** The time between meals may be the most difficult

for eating properly. If that's your challenge, make sensible snacks part of your healthy eating plan. Snacks can add unneeded calories, sugar, sodium, and fat if you are not careful. But sensible snacking can be fun, and is an essential part of a healthy eating plan in helping you prevent overeating at meal-times and throughout the day.

Snacks can supplement meals, offering a great way to eat more fruits, vegetables, whole-grains, and low-fat dairy. When children are active and are still growing, they should eat more often to get the calories they require. For adults, healthy snacks can provide an energy boost and

satisfy mid-day hunger. For some, snacks can help bring blood sugar levels to the appropriate level for optimal energy.

Some snack tips:

- Plan your snacks. Have fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, or fat-free yogurt available.
- Make snack calories count. Find nutrient rich snacks.
- Go easy on high calorie snacks. Avoid chips, candy and soft drinks.
- Snack when you are hungry, not because you are bored, stressed, or frustrated.
- Watch the portions. Use single-serve containers.
- Quench your thirst. You may feel hungry when your body is actually dehydrated and thirsty. Reach for water first.

For more information and suggestions about eating healthy, visit [www.eatright.org](http://www.eatright.org).

*EDITOR'S NOTE: Dr. Stephanie Duguid is Assistant Dean of Academic Instruction and the Health, Physical Education, and Recreation Division Chair at Co-Lin. She is also an athletic trainer and nutrition specialist and has been teaching courses related to those two areas as well as practicing what she preaches for more than 20 years.*

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