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Wesson News PO Box 1028 Wesson, MS 39191

Volume 3, Number 5

"Good News You Can Use

May 12, 2015

Town moving towards bond issue for street repairs

Wesson News

Wesson's town government is moving forward with clearing the necessary legal and financial hurdles to sell bonds to fund a comprehensive street upgrade program.

The Board of Alderman gave Mayor Alton Shaw the green light to proceed with developing the preliminary paperwork required to borrow \$400,000 through a bond issue to be used to widen and repair five miles of roadway in Wesson. The Alderman will review the documents and consider approval of the bond sales in three to four months.

Since no grant funds are available for upgrading streets, there are no other realistic alternatives to borrowing

money to finance a comprehensive program, Mayor Shaw said.

proposed bond sales, however, would entail no new taxes, he stressed.

The Mayor explained that the town's goal would be to arrange a financial package in which the \$400,000 debt is paid down over 15 years at a cost of about \$35,000

per year. Approximately \$80,000 from the bond sales would pay off a note related to the town's purchase of the Highway 51 property where Sunflower grocery store once operated -- an obligation that is currently paid down at \$15,000 per year. The

> elimination of this budget item coupled with the reduction of \$20,000 per year that the town sets aside for upgrading streets would mean no new expenses for the town as a result of the bond issue.

> "With the cost of paving

streets about \$75,000 per mile, the \$320,000 available for road improvements would cover about five miles," Shaw said. "The 15-year debt pay-off period is roughly the life-time of the repairs."

Since the state pays for Highway 51 repairs and the county is responsible for maintaining Sylvarena Road, the five miles of road repairs should address town needs, Mayor Shaw pointed out.

On other financial matters, the Mayor reported the bond bill passed by the state legislature before it adjourned last month had good and bad news for Wesson. On the positive side, the town will receive \$250,000 for required maintenance and painting of the water tower on the Co-Lin campus. At the same time, it did not provide funds for ongoing renovation of the Old School Community Center and purchase of kitchen equipment for the facility.

Plant construction | Wolves at the museur to begin at Gallman

A company that will supply wood pellets to European power plants is preparing to begin construction of a \$78 million manufacturing facility at Gallman over fourteen months and start production during the third quarter of 2016.

Over the past two years, Gulf Coast Renewable Energy (GCRE) has been working with the Copiah County Economic Development District (CCEDD) and the Copiah County Board of Supervisors to bring the company to the area.

The operation will directly employ 48 people and provide indirect jobs for more than 200, says Gary Ogle, the GCRE partner who is designing and building the facility and will manage it.

"When we are at full production, we anticipate manufacturing 360,000 tons of wood pellets per year to fuel power plants in the United Kingdom, Germany, and other European countries," Ogle reports.

GCRE is taking over the formerly vacant 130,000 square foot Universal Building and surrounding property Highway 51 in the Copiah Country Industrial Park between Hazlehurst and Crystal Springs near Gallman. Its operation will include a \$10 million log yard with cranes and debarking and chipping machinery outside the building, a \$15 million mill system with dryers and pellet manufacturing equipment inside, and an exterior rail spur for shipping via the Canadian National Railroad.

cont. on page 4



Co-Lin's wolf mascots visited Marva Goodman at the Wesson history museum, which opened in a mini version at the Town Hall during Founders Day festivities. The museum continues to look for a permanent year-round home. In addition to the museum, the Founders Day celebration also featured a parade, an array of musical entertainment, a classic car show, arts and crafts vendors, games for children, class reunions at the Old School, evening street dancing, and a spectacular fireworks display. See next month's Wesson News for a picture story.



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Special to Wesson News

Mixed results for Cobras in tournaments. Chris Boyle capped a 6-5 come-from-behind victory for St. Andrew's with a leadoff homerun in the top of the eleventh inning to eliminate the Wesson High School varsity baseball Cobras from state Class 3A playoff competition in the third round. In earlier rounds, the Cobras had eliminated Forest and Collins. In the final game of the three game series against St. Andrew's, the Cobras had a 5-1 lead with six outs to go when the Saints tied the game in the sixth inning and held on to win with no-hit pitching by reliever Berrie Kirkland and the game-winning homer

Meanwhile, Raleigh eliminated the Lady Cobras from the Class 3A fastpitch softball playoffs in the first round with 11-1 and 4-0 victories.

In tennis competition, eight Wesson High School starters in the Region 7-3A Individual Tennis Tournament qualified for the Individuals State Championship at Jackson and Ridgeland: boys' and girls' singles district champions Erich Fischer and Kimber San; mixed boys' and girls' doubles district champions Logan Channell, Ray Drane, Reid Crow, and Amber Brinson; and girls' doubles second place finishers Maya Granger and Morgan Wesley.

Co-Lin men fifth in tennis match. The Co-Lin men's tennis team finished fifth in the Mississippi

Sports Shorts



Photo Special to Wesson Nev

Children from three to six years old are gaining exposure to baseball and softball through tiny and regular t-ball play in the current Wesson Athletic Foundation season. T-ball, girls' softball, boys' baseball teams compete on Tuesday, Thursdays, and Saturdays at Hiram C. Newman Memorial Fields on Grove Street (see story on page 4).

Association of Community and Junior Colleges (MACJC) State Tournament with 11 points behind Itawamba (30), Gulf Coast (23), Jones (20), and Meridian (15). Highlighting the Wolves state tournament run was the doubles team of Brandon Nettles and Coleman Carraway. They defeated Hinds in the first round and number one tournament seed Mississippi Gulf Coast in an exciting second round three-set tiebreaker, but then fell in the semi-finals.

High school soccer selections. Three Wesson High School soccer players received special honors in All-District 7-3A: Dylan Ingle, Most

Valuable Offensive Boys Player; Amber Brinson, Most Valuable Offensive Girls Mid Fielder; and Fred Arzate, Most Valuable Boys Mid Fielder. Other Cobra selections were boys Fidel Mellando, Jose Bellor, Eli Hernandez, Justin Morgan, Preston Middleton, and Marcus Jones; and girls Brooke Jones, Kim San, Cheyenne Gladden, and Alisanne Hall.

Additions to cheer & tennis teams. Co-Lin has signed on a tennis star and cheerleader from Broohaven Academy. Susanna Ratcliff will take her tennis skills to the next level with the Lady Wolves, and Trent Nettles

will join the Co-Lin cheer team.

Golfer in national tournament. Co-Lin golfer Jacob Ross -- second in the state in scoring with a 72.9 average -- will participate in the National Junior College Athletic Association's (NJCAA) National Tournament May 19-22 at Goose Pond Colony Country Club in Scottsboro, Alabama. As a team, the Wolfpack golfers finished fourth in the NJCAA Region 23

Other Scores

Co-Lin baseball.

Coahoma 5-Wolves 4; Wolves 17-Coahoma 7; Pearl River 20-Wolves 14; Pearl River 13-Wolves 5; Holmes 7-Wolves 0; Wolves 8-Holmes 2; Wolves 19-Mississippi Gulf Coast 14; Mississippi Gulf Coast 8-Wolves 7; Itawamba 9-Wolves 1; Itawamba 7-Wolves 1; Wolves 8-Southwest 4; Southwest 10-Wolves 4.

Co-Lin softball.

Wolves 7-Pearl River 3; Wolves 9-Pearl River 1; Hinds 7-Wolves3; Wolves 8-Holmes 6.

Wesson High School varsity baseball.

Cobras 12-Hazlehurst 0; Cobras 15-Hazlehurst 1; Cobras 9-Magee 7.

Wesson High School Lady Cobras varsity fastpitch softball.

Cobras 11-West Marion 1; Cobras 9-Franklin County 4; Cobras 11-Salem 3.













Watch out for Crape Myrtle scale

By Guest Columnist Rebecca Bates

A new scale infesting crape myrtles has made its way into Mississippi. Crape Myrtle bark scale is a relatively new insect pest that was first reported north of Dallas in 2004. Since then, it has spread east and has been reported in Shreveport and Houma in Louisiana. Last year, infestations were reported in Mobile, Alabama. In March of this year, it was found on the Mississippi Gulf Coast.

This felt or bark scale is a close cousin of the Azalea bark scale, which has never been associated with crape myrtle. Current evidence suggests that the scale may be a migrant from crape myrtles in Japan and China.

One of the first signs of a crape myrtle bark scale infestation is a black (sooty mold) coating on the bark of the trunk and on the branches of crape myrtles. Leaves and limbs may feel sticky from byproducts of the insect's feeding.

The insects appear as white, waxy encrustations anywhere on the plant, but most likely near pruning wounds or in branch crotches. Up close, the scale insect is white to gray in color. Large female scales 'bleed' a pink liquid when crushed. Careful examination may reveal dozens of

Member FDIC

pink eggs under some of the larger white scale covers.

If crape myrtle bark scale becomes a problem in our area, there are some control strategies that can be used.

- Apply a systemic insecticide to the plant root zone during May and July. Systemic insecticides include dinotefuran (sold as Greenlight Tree and Shrub Insect Control with Safari) or imidacloprid (sold as Bayer Advanced Garden Tree and Shrub Insect Control). Allow several weeks for these insecticides to work.
- For heavy infestations, use a soft brush to scrub reachable trunks and limbs with the insecticide to remove females, crawlers, and eggs. This will improve the insecticide's effectiveness and remove a lot of the black, sooty mold

If you detect crape myrtle bark scale on your crape myrtles, please call me. We would like to track the movement of this new pest throughout the state.

EDITOR'S NOTE: Rebecca Bates is a Mississippi State University Agricultural Extension Agent based in Lincoln County at the court house in Brookhaven. Telephone: 601-835-3460. Email: rebeccab@msstate.edu.

Community Calendar

May weather forecast: The Old Farmers Almanac calls for an average temperature 73 degrees F (two degrees above average) and precipitation of 6 inches (one inch above average).

MAY 12

"Introduce a Lady to Golf" Workshop. Limited to the first twenty persons to register. Participants will play the course, hit balls at the driving range, and socialize. PGA professional Ronny Ross, director of golf operations at Wolf Hollow Golf Club, will teach lessons. Bring golf clubs if you have them. Otherwise, they will be provided. Fee is \$15. Wolf Hollow Golf Club on the Co-Lin campus. 5:30 p.m.-7 p.m. Register with Dr. Stephanie Duguid at (601) 643-8341.

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.

MAY 14

Lunch and Learn Talk sponsored by Friends of Lincoln County Library. Free. Vernon Room at Lincoln County Public Library in Brookhaven. 11:30 a.m. to 1 p.m. For information, email modestyann@adl.com

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

MAY 15

The Experience Drama Troupe at Wesson High School presents its encore performance of A Place Like Home, a twisted spinoff of the The Wizard of Oz and The Wiz. 9 a.m. Wesson Attendance Center Old Gym.

MAY 18

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.

MAY 21

Fifty Plus Club. Co-Lin President Dr. Ronnie Nettles will speak. Crystal Springs Steak House. 10:30 a.m.

Theater Thursday at Lincoln County Public Library. Free. Bring

snacks. 1:30 p.m. For information, email Modestyann@aol

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

Brookhaven Regional Arts Guild (BRAG) meets. The theme is "Mothers" for members interested in creatively depicting it for the Artist of the Month Award. BRAG membership encompasses both artists and art lovers. Lemanedi Arts and Interiors in downtown Brookhaven. 5:30 p.m. Email modestyann@aol.com for information.

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

MAY 25

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.

MAY 26

ACT Summer Boot Camp for junior high and high school students seeking to brush up for the American College Test admissions examination. Focuses on math and science components of test. Co-Lin. Fee is \$50. Registration deadline is May 14. 9 a.m. to 12 noon. For details and forms, visit www. colin.edu.

MAY 28

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

MAY 31

Mississippi School of the Arts summer camp starts and runs through June 5. The week-long camp features intensive training for students entering grades eight to ten in creative writing, dance, theatre, vocal music, visual arts with classes taught by the MSA faculty. Residential and commuting students accepted. Students will have the opportunity to study two art forms and showcase their newly acquired skills for families at the end of camp. MSA campus, Brookhaven.

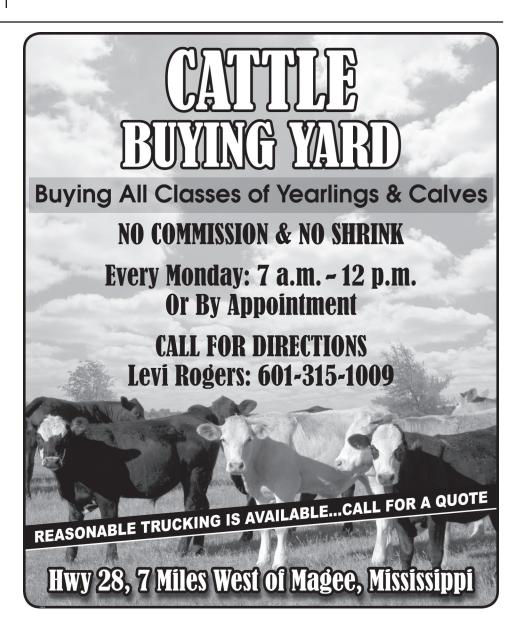
JUNE 2

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

Email Community Calendar items to bobarnold@wessonnews.com.



411 BROOKWAY BLVD



Youth baseball drives community vitality

By Bob Arnold

It may be that it takes a village to raise a child, but a strong, vital village, at the same time, is often the product of effective community development grounded in meeting needs of children and youth. Wesson Athletic Foundation (WAF) is again proving that today as it has year after year through its comprehensive T-ball, coach-pitch softball and baseball, and regular softball and baseball programs.

"When baseball season rolls around, Wesson demonstrates its community vitality at the ball park, where ordinary people come together to extraordinarily help children and youth," observes WAF board member Joe Coates. "It is the heart of Wesson's social scene. Everyone is there."

With participation of close to 400 children and youth from three- to twelve-years-old, their extended families, and 35 area profit and not-for-profit organizational sponsors, WAF again is building overall community vitality in the Wesson area in 2015 by connecting people and engaging them in common work around its sports activities.

WAF's athletic season started in late March and will conclude on the Saturday after Memorial Day at an awards ceremony at which All Star baseball and softball players are named and trophies presented to every participant in its program. Thirty-five

teams are playing T-ball, coach-pitch softball, and regular softball and baseball on Tuesdays, Thursdays, Fridays and Saturdays most every week during the current season at Hiram C. Newman Memorial Fields on Grove Street three quarters of a mile east of Wesson Attendance Center. On some Saturdays, crowds the size of more than half of Wesson's population of 2,000 show up as players, coaches, umpires, concession-stand servers, parking lot attendants and fans.

WAF's program is comparable in size to similar ones in Brookhaven, McComb, and Natchez.

"Our purpose is to offer a supportive, safe family environment where our children and youth can make lifelong friends and learn to love the national pastime, the fundamentals of the games they play, and values of teamwork and cooperation that they will need as adult citizens participating in civic life," says Coates. "In the process, we build and strengthen the Wesson community as a program that is intergenerational, connecting participating families whose children play ball, and involves local supporting groups."

Children and youth come to WAF predominantly from around Wesson, although a few participants are drawn from the wider Copiah County area, Lincoln County, and Lawrence County. Three- and four-year-old boys

cont. on page 6

cont. from page 1

Plant construction



Photo by Wesson News

May 12, 2015

A work group from Gulf Coast Renewable Energy reviews plans for a building and property at the Copiah County Industrial Park that that will be the site of new wood pellet production facilities. From left to right in the front row are Margaret Nachazel, Dan Nachazel, Ryan Leake, and Gary Ogle, who is directing design and construction and will manage the facility. Looking on in the rear is Arthur Lee (Pokey) Evans, Jr., executive director of the Copiah County Economic Development District.

Ogle says the Copiah Country plant will be the flagship and headquarters of an operation he hopes to expand to locations elsewhere in Mississippi, and possibly Alabama and East Texas.

"We believe Gulf Coast is a great fit for Copiah Country, which has a large timber industry," says Arthur Lee (Pokey) Evans, Jr., executive director of CCEDD. "We're looking for a great marriage with the company and together creating new jobs for people in the area."

The GCRE partnership group --Ogle, who has built pellet plants throughout the U.S. as head of Ogle Engineering and Construction Company in Pittsburg, Texas; Jason Doughty, a third-generation logger from near Hammond, Louisiana; and David Dunham, a financial executive based in Spencer, Massachusetts -- looked at varied Southeastern locations for its new plant over the past several years. The group settled on Copiah County as a major source of timber, where they also found an economic development agency and county government with which they built a good relationship.

"I cannot say enough about the help and cooperation we received from Pokey and the Copiah County Board of Supervisors," says Ogle. "When there were obstacles that stalled our project, they found a way to help us clear them. They are top-notch people, among the best with whom we dealt. We look forward to doing business here."

















P.O. Box 1028 Wesson, MS 39191 **601-990-3003**

ClayMansell@WessonNews.com

Volume 3, Number 5 Circulation 5,000

Publisher/Editor

Clay Mansell

Editor

Bob Arnold

Design/Production

Brad Henderson

Staff Writers & Photographers

Mike Christensen Marie Watts

Special Contributors

Dr. Stephanie Duguid Healthy Living

> R. Shaw Furlow Area Arts

> > Sales

Bob Arnold Glenda Gemelli

Wesson News is published on the second Tuesday of every month in Wesson, Mississippi.

For submission information, email ClayMansell@WessonNews.com

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Police Blotter

Special to Wesson News

During April, the Wesson Police Department activity encompassed:

Response to:

- •Two vehicle burglaries
- •Three traffic accidents
- One simple assault
- •Two telephone harrassments
- One general complaints

Citations & arrests:

- •One possession of marijuana •One possession of a controlled substance
- •One possession of paraphernalia
- One resisting arrestTwo contempt of court warrants
- Ten speeding violationsOne careless driving
- •Four driving with suspended licenses
- •Two driving with no insurance
- One driving with improper equipment
- •Two driving with no tags

On school days, the Wesson Police Department facilitates 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.

Garden club winner



Photo by Wesson News

Marilyn Britt received Best in Show Design for her entry -- "Green Country" -- in Wesson Garden Club's spring show.

Wesson garden club receives an award



Photo by Wesson New

The Wesson Garden Club received a second place award from Keep Mississippi Beautiful among civic organizations. Accepting the award at The Country Club of Jackson were (left to right) Lisa Smith, Debbie Smith, Kate Hampton (president), Debbie Hoaglin, Beverly King, and Pam Owens.



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Youth baseball program drives community vitality

and girls enter the WAF program as Tiny T-ball players, move to regular T-ball as five- and six-year-olds, and then play coach-pitch (sometimes called buddy ball) softball (for girls) and baseball (for boys) when they are seven and eight years old. At nine and ten years old, the girls start playing regular softball and the boys, regular baseball. They continue into regular softball and baseball for eleven- and twelve-year-olds.

In tiny and regular T-ball, which introduce young children to baseball and softball skills, batters hit a ball placed on an adjustable tee atop the home plate; and parents play an active in the game at the plate, on the bases, and in the field with their sons and daughters. In coach-pitch baseball and softball, coaches pitch to batters on their teams with the intent of allowing them to hit the ball.

WAF's thirty-five teams each play twelve games, except the tiny t-ball teams, which play ten games. Its All Star teams continue to play in post-season tournaments outside Wesson. During the regular season, WAF softball and baseball teams also play games with Hazlehurst teams that form the Copiah County Youth Sports



Photo by Wesson News

Association.

WAF's unique strength in promoting community development lies in its structure as a stakeholder-supported organization, people involved in it say. Unlike similar programs that are usually funded and operated by tax-supported government departments of parks and recreation, WAF depends on members -- parents or grandparents who pay a \$65 fee for one child and \$40 for each additional child to play on teams -- and organizational sponsors. Beyond their fees, which

cover uniforms and season-end trophies and medallions for players, members provide in-kind volunteer support as coaches, maintenance staff, and concession stand personnel.

"Our organizational sponsors are particularly important," says Coates. "These businesses, clubs, and civic organizations, along with funds generated from concession stand sales, keep WAF operating by paying for lights, utilities, and umpires, among other things critical to the life of a baseball organization.

We couldn't operate without their financial support."

May 12, 2015

WAF's origins trace to the 1970s, when Co-Lin started baseball and softball programs that involved thirty to forty children. By the 1990s, Co-Lin was largely out of the picture, with a loose organization of volunteers spearheading an expanding program with ninety to one hundred participants. With land donations that allowed development of new ball fields, a concessions business that generated increasing revenues, and growing numbers of children and youth participating in the program, the volunteer group formally organized WAF in 2006 with a board, bylaws, and financial management policies. As a formal organization, WAF purchased five acres of the Hiram Newman land and received donated land for its coachpitch field and a parking lot.

Today, a board of directors from WAF's membership guides the organization. It includes Coates, Chad Woods, Kelly Boutwell, Brett Selman, Stephen Ashley, Todd Mooney, and Tim Sutton.

Join the crowds at the ball park to appreciate the impact of WAF.





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Columnist says goodbye to past life

By Guest Columnist Shaw Furlow

EDITOR'S NOTE: Wesson News arts columnist Shaw *Furlow* was going to write about local musicians with whom he will be working in life his new following his



Special to Wesson Ne

upcoming retirement as director of the bands program at Co-Lin, but asked if he could use the space instead this month to say goodbye to his life of the past 16 years. We said yes.

Packing stuff is easy. But sixteen years at my beloved Co-Lin is coming to an end. That's the hard part.

Sixteen years of memorabilia, family pictures, and framed vinyl records are packed away to go to my house and be displayed in my new office. Two euphoniums, trumpets, and a clarinent are in the guest bedroom until I decide what to do about them. The chair that Brad Johnson passed down to me is sitting in my living room, decidedly out of place with the other furniture. As I complete another music appreciation

section test, that folder goes into the box of files from the little black cabinet that was a blessing when it was in order, but seemed like it had been struck by a demon when it was not. This was all easy. It's just stuff, some important, some which can just be tossed in the can like an electric pencil sharpener whose blades are about as sharp as a dollar store disposable twin blade razor.

The hard part is walking across campus on a sunny spring day where I made a point to speak to nearly every student I passed for sixteen years. Remarkably, ninety-eight percent of them spoke back. On the first day of a ten o'clock music appreciation class one semester, a young lady said to me: "Oh, you're the good morning guy." I had spoken to her every morning one semester as our paths crossed, not knowing her name, or she mine. The "good morning guy." A moniker I gladly wear.

The hard part is driving by the rehearsal field every morning and afternoon where Stanley, Chris and I lined off every year, where Shelley brought to life a visual package that stirred people at Stone Stadium to their feet Thursday after Thursday.

I won't miss some things about marching bands after forty-one years, but driving over the big bridge and seeing a beautiful green field with freshly cut lines I will. That field always represented a new beginning, a new show, a new band, a new set of memories.

The hard part is saying goodbye to Shorty, who works in maintenance and provided funny memories every time I saw him, Coach Davis in the faculty dining hall, Coach Hemingway, who has never missed a band performance. Over forty-one years I cannot think of one coach who has not been a friend. I hear stories from other band directors and coaches about not getting along. I feel sorry for them.

The hard part is saying goodbye to a place that I first met as an eighteen-year-old student, saved my academic life, changed my direction, and laid the ground work for a successful career. Julia Guess would say, if you can't get it right three times in a row in the rehearsal hall, you don't have it. Ask any student of mine over the last forty-one years how many times they have heard that. Like all good advice someone passed it on to the one who passed it on to you. I have several

"rules" about breathing, articulating, and marching passed down to me by either Stanley Stewart, Bill Clark or the late Donald Anthony that I have also passed along to my students. The smart ones, including Mark Guion and Clint Boleware, took the advice and adapted it to fit their own bands.

The hard part is leaving students who have worked so hard to do what I asked them to do, students who have the same love and desire I did when I was their age. How many students sat in chairs opposite my desk? Some needed counseling. Some needed a friend. Some needed to just sit and talk. I have said 18,576 times (another Furlowism) school gives you knowledge but sitting with other directors teaches you how to apply that knowledge. I hope sitting with me has benefited the next generation of directors, as I benefitted from sitting with my teachers. Leaving this is hard, but it's also easy thinking back on the students who, as adults, have become great friends.

Packing is easy. Leaving is the hard part.

Until next time, my friends, support live music.



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(May 15 - 29, 2015)

SUMMER First Term Classes

(June 1-25, 2015)

Second Term Classes

(July 1-28, 2015)



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Take control of your blood pressure

Bv Guest Columnist Dr. Stephanie Duguid

For the one in three adults in the U.S. affected by high blood pressure, also known as hypertension, May -- National Blood High Pressure Education



Special to Wesson News

Month -- is as good a time as any to check to see if you are one of them and get it under control if you are.

The force of blood pushing against the wall of the arteries as the heart pumps it is your blood pressure. If it rises and stays high, it can damage the body in many ways over time, including your heart, blood vessels, and kidneys. You may develop it if you are overweight, drink alcohol excessively, smoke, or have a family history of hypertension.

Hypertension increases the risk of heart disease and stroke. Because hypertension has no signs or

symptoms, the condition is sometimes called the "silent killer."

It can affect you for years and not

How can you find out if you are at risk? "Know your numbers," health authorities say. When your blood pressure is measured, it is presented as two numbers such as "120/80." The top number is known as "systolic," or the blood pressure when the heart beats. The bottom number is the "diastolic," or the blood pressure when the heart is at rest.

A systolic pressure of 120 or less and a diastolic of 80 or less is normal. A systolic pressure between 121 and 139 and a diastolic of 81 to 89 is considered "pre-high." When your systolic blood pressure is 140 or more and your diastolic blood pressure is 90 or greater, it is high. Blood pressure does not stay the same all the time. It fluctuates with your activity levels, excitement levels, and health issues. But it's easy to monitor regularly as you can check it at drug stores, Wal-Mart, and other convenient locations.

If you are in any category other than "normal" on a regular basis, you



should consult your physician. High blood pressure is highly treatable with many medication options available. Sometimes a few changes in your lifestyle can even make a difference without medication. Here are some ways to take control of your blood pressure:

- If you have hypertension, set a goal to lower your pressure with your doctor and work with your health care team to achieve it.
- Take your blood pressure medication as directed.
- Quit smoking -- or don't start.
- Reduce your consumption of sodium, which raises blood pressure

in most people.

- · Achieve and maintain a healthy body weight.
- Participate in 30 minutes of moderate physical activity on most days of the week.
- Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- · Manage stress.
- Limit the amount of alcohol you drink (no more than one drink each day for women and two for men).
- Check your blood pressure regularly.

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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Special to Wesson News

Wesson police using body cameras. On-duty Wesson police officers are now testing the use of body cameras at incidents to which they respond and will soon be required to wear them. The mini three-inch-long-by-oneinch-wide audio recorders made by Vevo clip on a shirt collar or coat lapel. Although the cameras can be voiceactivated, Wesson Police are turning them on manually to conserve their limited data storage capacity. Wesson Police Chief Chad O'Quinn says he is in the process of making the body cameras mandatory equipment for on-duty officers. In verifying police reports, they protect both the officers and persons with whom they interact at incidents, studies demonstrate. Police departments which use the devices report substantial reductions in complaints about the conduct of their officers.

Bad bad-weather contractors. If bad weather damages your property this summer, be wary of unscrupulous contractors seeking to rip you off. The National Center for the Prevention of Home Improvement Fraud cites these red flags: He "happens to be in theneighborhood" and is going doorto-door. He wants to inspect your property when you are not at home. He wants you to acquire the building permits. He can give you a discount because he has leftover materials. He only accepts cash and wants you to pay for the entire job up front. He claims he is giving you a great rate as a demonstration project. He offers exceptionally long guarantees or warranties. He tries to scare you into repairs because they are urgent. He

News Nuggets

asks you to deed or transfer title of your property or wants a promissory note secured by your home.

Co-Lin to honor board member following death. The life and service of Wesson's Ricky Smith as a 10-year member of the Co-Lin Board of Trustees will be honored posthumously by presentation of a plaque to his surviving family members. The Copiah County Board of Supervisors appointed Smith to the Co-Lin post. Co-Lin President Dr. Ronnie Nettles said Smith was a "very engaged" Board member "who would call me and ask me questions." "I'm really going to miss him," Nettles

Eagle Scout. Wesson Boy Scout Troop 125 formally recognized David Thames at a Court of Honor this past Saturday for achieving the Eagle Scout rank. On his way to the highest attainable rank in Scouting, Thames earned a variety of merit badges, including ones for traditional outdoor skills and special ones for veterinary medicine, emergency preparedness, and citizenship in the world, nation, and community. For his required community service project, the Wesson High School (WHS) senior spearheaded a restoration project at Franklin Chapel Cemetery on Stegall Road in Copiah County. Family and friends helped him remove dead trees, mow and clean, and reseat fallen and leaning headstones. Thames, the son

of Nelson and Claudeann Thames, is a member of the National Honor Society and band at WHS and served as captain of its academic team. He was a senator at Mississippi Boys State and is a member of Zion Hill Baptist Church, where he participates in the Youth Leadership Team.

Expanded autism services. Under a new state law, Mississippi is seeking to expand treatment of autistic children. Health insurance policies in the state will be required to cover screening, diagnosis and treatment for autism spectrum disorder effective in January, 2016, and licenses will be issued to applied behavioral analysts (ABAs), who will provide wide-ranging services to autistic children. The University of Southern Mississippi is also launching an ABA Master's Degree program that will train students to help autistic children with social skills, language, cognitive development, adaptive behavior and academic performance.

KDMC recognized for quality. Highgrades, which evaluates hospital performance, has recognized Kings Daughters Medical Center for superior performance as one of 93 out of 3,558 hospitals to receive its 2015 Patient Safety Excellence and Patient Experience Awards, among two per cent of hospitals nationwide. Patients treated in hospitals receiving the Patient Safety Excellence Award were less likely to experience accidental

puncture or laceration during a procedure, a collapsed lung due to a procedure or surgery, catheter-related blood stream infections, and pressure sores or bed sores. The Patient Experience Award, based on patient answers on a 27-question survey, recognizes superior cleanliness and low noise levels in rooms and such factors as pain management and responsiveness to needs.

Wesson student in elite honor fraternity. The Phi Kappa Phi (PKP) honor society has inducted Mississippi State University accounting student Josh Smith of Wesson -- one of 32,000 students, faculty, professional staff and alumni to be brought into the organization each year. PKP is the most selective collegiate honor society for all academic disciplines. Membership is by invitation and requires nomination and approval by a chapter. Only the top ten percent of graduate student degree candidates and college seniors, 7.5 percent of college juniors with at least 72 semester hours; and faculty, professional staff, and alumni who have achieved scholarly distinction qualify. Founded in 1897 at the University of Maine to recognize and promote academic excellence in all fields of higher education and engage the community of scholars in service to others, the Baton Rouge-based honor fraternity has chapters on more than 300 college and university campuses in North America and the Philippines. Its 1.25 million members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist David Baldacci, and YouTube cofounder Chad Hurley.



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Wesson, Mississippi









Recitals mark anniversary

Special to Wesson News

The 2015 senior class at Nena Smith's School of Dance and two Fellowship of Christian Dancers classes from the studio will be featured in dance recitals on May 16 and 18 at Co-Lin, which will also help celebrate the fortieth anniversary of the Wessonbased school.

The thirteen seniors include varied dancing students at the Nena Smith School who have been honored as class captains, scholarship winners, and for their roles at the studio. Most of them have been involved with the studio since their pre-school days. All of them have been active in dance and the arts, participating in an array of dance workshops and concerts throughout their years under Nena Smith's tutelage.

The Fellowship of Christian Dancers are high school dancers who meet at the Nena Smith school on Monday and Wednesday evenings for mentoring/ devotional time and classes in Christian interpretive movement.

At the recital, the Salt and Light Monday night class, which derives its name from Matthew 5:13-16, will perform to "Oceans" by Hillsong United. The Wednesday evening Fruit and Spirit class, the name of which is inspired by Galations 5: 22-23, will perform to "Jesus He Loves Me" by Chris Tomlin. Salt and Light class captain Kaylen Boyte, the daughter of of Kathy and Ken Boyte of Loyd Star, and Fruit and Spirit class captain Abigail Hynum, daughter of Terri Hynum of Hazlehurst, assist Nena Smith in leadership of the two Fellowship of Christian Dancers teams.

cont. on page 12

Summer camps cover arts, sports & academics

Special to Wesson News

Co-Lin is offering twenty-eight camping opportunities for area children and youth this summer on its Wesson, Simpson County, and Natchez campuses. Some are just for fun. Others provide experience, build skills, and prepare participants for academic and athletic pursuits, and are about exploring new things. Specific camps include instruction and coaching in:

Preparing for college admission tests. Registration deadline is May 14 for the May 26 ACT Summer Boot Camp (9 a.m.-12 noon, \$50 fee) for junior high and high school students seeking to brush up on their math and science for the American College Test admissions examination. June 1-4 ACT Camp at the Simpson Center (9 a.m.-4 p.m., \$175 fee) will cover a wider area of subject matter. Registration deadline is May 25.

Visual arts, music and theater. An Art Camp for high school juniors and seniors at Wesson June 1-5 (1 p.m.-4:30 p.m., \$125 fee) covers ceramics, drawing, painting and filmmaking. The Natchez campus summer Kids College will offer similar arts experiences through Art Explosion I for first and second graders (June 15-18, \$45 fee), Art Explosion II for third to fifth graders (June 20-23, \$45 fee), and The Art Cafe for students in grades six to eight (July 13-16, \$50 fee).

The Explore Music Camp for Kids at Wesson (June 15-18, \$100 fee) is for first to third graders (8:30 a.m. to 11:30 a.m.) and fourth and fifth graders (1:30 p.m.-4:30 p.m.). The Natchez Kids College Storybook Theater Camp will teach theater basics to first and second graders, including prop-making, improvisation and play acting based on fairy tales and fables (June 20-23, \$45 fee).

Cheerleading. Camps for would-be cheerleaders from three-year-old kindergartners to sixth graders will be held at Natchez (June 8-11, \$45 fee), Wesson (July 13-15, \$40 fee), and the Simpson County Center (July 15-19, \$75 fee). Campers, divided by grade and ability, will learn dance, cheers, chants and jumps and perform for their parents.

Sports. A softball camp (\$80 fee) is June 15-17 for grades one to five (9 a.m.-12 noon) and grades six to twelve (1 p.m. to 4 p.m.). A baseball camp for six to twelve year-olds (\$80 fee) is June 15 to 18. A Junior Golf Camp for eight to fifteen year-olds (\$50 fee) is July 20-22. There will be five basketball camps (\$85 fee) -- a general one for girls and boys in grades one to nine on May 27 and 28 (girls in the morning, boys in the afternoon) and specialty camps for players on girls high school teams (May 31-June 3), girls junior high teams (June 3-5), boys high school teams (June 7-10), and boy junior high teams (June 10-

Recreation and physical fitness. Wolfpack Initiative's Recreational Summer Day Camp for children six to eight years old will offer structured indoor and outdoor activities June 22-25 (\$75 fee) at Wesson. Each day (9 a.m.-3 p.m.), campers will participate in age and developmentally appropriate activities -- baseball, softball, basketball, soccer, bowling, disc golf and golf, dodge ball, flag football,

hoola hoops, juggling, jump ropes, nutrition bingo, scooter derby and frisbee, among other games and recreational opportunities.

For children in kindergarten through the sixth grade, the Kids College at Natchez will also offer an Agility Camp (June 8-10, \$45 fee) to develop speed, coordination, balance and selfconfidence of participants through a fun activities. On June 12, the Kids College will also hold a Bike Rodeo (\$10 fee) for five to fourteen yearolds that teaches bike-handling skills, safety and appreciation of bicycle mechanics.

Science and technology. Natchez, first and second graders will explore the world of science and mathematics in the Physics Fun! I Camp (June 8-11, 45 fee), and older students in the third through fifth grades will take this exploration further in the Physics Fun! II Camp (June 15-18, \$45 fee). Students in grades six through eight will discover how archaeologists uncover mysteries of the past in the Dig It! Archaeology Camp (June 15-18, \$50 fee) and children in the third through fifth grades will learn about computer technology, the internet and online games in the Cyber Camp (July 13-16, \$45 fee) at Natchez. At Wesson, children in grades four through six will search for bugs along the Co-Lin Nature Trail, learn about collecting insects and work with microscopes in the Summer Entomology (Bug) Camp (July 20-22, \$55 fee).

For detailed information about the camps and to download registration forms, visit www.colin.edu.



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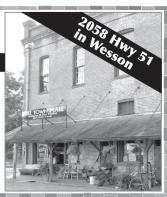
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Dance recitals



Special to Wesson New

The 2015 senior class of Nena Smith's School of Dance includes (front row from left) 2012 Shine Scholarship winner, 2014 Disney Dancer, Fruit of the Spirit class captain, and studio assistant teacher Abigail Hynum; Khloe King, Holly Steen, Madison Mosley, (middle row from left) Ad Sales Princess Natalie Jo McKenzie, 2013 Brandy Sanders Scholarship winner Brianna Savage, Shelby O'Neal, Morgan Acy, (back row from left) Kelsey Pell, Dance Teachers United College Scholarship winner Anna Frances Speights, class captain Megyn Rhoads, Carly Fleming, and 2014 Jason Counts Memorial Scholarship winner Rebekah Shirley.



Special to Wesson News

Nena Smith studio's Salt and Light dance team includes (front row from left) Summer Roberts, Selena Ross, 2014 Disney Dancer Ashlyn Banes, 2014 Disney Dancer Jayme Whittington, 2014 Disney Dancer Brianna Hynum, studio assistant teacher Lindsey Alford, studio teacher Marsha Raiford, (middle row from left) 2014 Brandy Sanders Scholarship winner Cierra Santos, 2014 Disney Dancer Hailee Thompson, studio teachers Kaitlyn Rhoads and Taylor Crane Berry, (third row form left) 2014 Disney Dancer Carly Stanley, studio teacher Jessica Bueto Breazeale, freshmen class captain and Disney Dancer 2014 Madalyn Oglesby, Aysha Thomas, Disney 2014 Dancer Laina Thames, Anna Paige Verdecchia, 2012 Crystal Gooch Memorial Scholarship winner and junior class captain Jashia Smith, Belle Case, 2014 Disney Dancer Emily Catherine Graves, (back row from left) Alyshia Hall, 2013 Shine Scholarship winner, Salt and Light class captain and studio assistant teacher Kaylen Boyte, studio owner and teacher Nena Smith, and 2014 Disney Dancer Anne Caroline Donahoe.

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