

INSIDE:

Sports Shorts.....	2
Photography winners	4
Area Arts.....	5
Meet Your Neighbor	6
Chow Time	13
Living Healthy.....	16



SPOTLIGHT

Military Child Month
Page 8

Volume 12, Number 5

“Good News You Can Use”

May, 2024

5K run/walk begins Founders’ Day

Special to Wesson News

Wesson Chamber of Commerce kicked off its Founders’ Day celebration on the evening of Friday, May 3, with its annual Color Fun Run/Walk 5K.

Now in its fourth year, the race started as a memorial run for Joe Brown in 2021.

The run/walk started in downtown Wesson and followed a route around the Co-Lin campus, along the railroad track to Shop N Wash and back to the downtown starting point, with color fun along the way.

Overall running and walking winners, runners placing first, second and third in the under 21-year old, 21-year old to 35-year old and 36-year old to 50-year old age groups; and walkers finishing first and second in the 21-year old to 35-year old age groups were recognized:

- The under 21-year old winning runners were also the overall running winners: Walker Breazeale (first), Kennedi Johnson (second) and Brody Ponder (third).
- The overall walking winners were Roxanne Stegall (first), Constance Johnson (second) and Amber Hall (third).
- The 21-year old to 35-year old winning runners were Yemi Wolfe (first), Brittany Mullins (second) and Allison Nevels (third).
- Winning walkers in the 21-year old to 35-year old age group were Mary Beth Munn Smith (first) and Pollyanna Patterson (second).
- The 36-year old to 50-year old winning runners were Mandi Ponder (first), Jennifer Johnson (second) and Michael Johnson (third).



Winning 36-50 runners were (left to right) Mandi Ponder, Jennifer Johnson and Michael Johnson.



Yemi Wolfe was first place runner in 21-year old to 35-year old age group.



Overall winning walkers were (left to right) Roxanne Stegall, Constance Johnson, and Amber Hall.



Brittany Mullins and Allison Nevels were second and third place finishing runners in 21-year old to 35-year old age group.



Abbey Berch, 2024 Founders’ Day Queen helped manage the Color Run/Walk.



Under 21 year old winning runners were (left to right) Walker Breazeale, Kennedi Johnson and Brody Ponder, also the overall running winners.

Grants move hoops home forward

Special to Wesson News

A new home for Co-Lin’s basketball program moved a step closer with Federal Emergency Management Agency (FEMA) grants to the college last month.

U.S. Rep. Bennie G. Thompson (D-MS) announced that FEMA had awarded \$1,671,740 in grants to Co-Lin in advance of additional funding for a multi-use community saferoom that will also be used as an athletic facility.

The initial funding in two grants covers the phase I costs of the saferoom project. The first grant of \$1,583,753.60 covers feasibility, design, engineering and environmental and historic preservation studies for the facility on the Co-Lin Wesson campus.



The second grant — in the amount of \$87,986.33 — will fund the subrecipient management costs (SRMC) for phase I administrative duties. This award allows SRMC up to 5 percent of the total project cost, available to the recipient at a federal cost share of 100 percent. The funds come pursuant to the Disaster Recovery Reform Act of 2018.

The total estimated cost of the 36,480 square foot safe room, which will also be used for a basketball court, locker rooms and offices, is \$25,149,366.60, or \$689.40 per square foot. The full grant for the project falls under the Consolidated Appropriate Act of 2022, requiring no less than a federal cost share of 90 percent.

SULLIVAN SULLIVANFORD.COM



WHY GO ANYWHERE ELSE?

759 Magee Dr. - Exit 40 - Brookhaven - Next Door to Walmart - 601-833-7521

Lady Wolves to defend championship



Special to Wesson News

Special to Wesson News

The Co-Lin Lady Wolves are going back to the National Junior College Athletic Association (NJCAA) Division II Softball National Tournament after defeating the LSU-Eunice Lady Bengals 9-1 and also secured their spot in the Region 23 Championship.

The Lady Bengals got on the board first after Sara Roussel hit a leadoff double and later scored in the inning on an RBI groundout to take an early 1-0 lead. The Lady Wolves wasted no time with their response scoring two runs in the bottom of the first as Madison Moak (Brookhaven) needed just four pitches to tie the game with a leadoff solo home run in the bottom of the first making the score, 1-1. Abby Grace Richardson (Brookhaven) then drew a walk to put one runner on with no outs. Later in the inning, Richardson advanced to second on a single by Emeri Warren (Sebastopol) and then scored on a two-out, RBI single by Kinley Ainsworth (Brandon) giving the Lady Wolves a 2-1 lead.

After a scoreless second and top of the third innings, the Lady Wolves added a single run in the bottom of the third as Warren hit a leadoff single to get the offense started. Later in the inning, Warren advanced to second as Carson Hughey (Brookhaven) drew a walk and then scored on a two-out, RBI single by Bailee Goodson (Brookhaven) increasing the lead to 3-1.

The Lady Wolves then doubled their run total with three runs in the bottom of the fourth as Richardson crushed the first pitch of the inning off a light pole in left field for a leadoff solo home run making the score, 4-1. Taylor Efferson (Holden, LA) then followed with a single to put one runner on with no outs while Emma Kate Fimiano

(Petal) was brought on as a pinch runner. Later in the inning, Fimiano was forced out as Warren reached on a fielder's choice. Warren then scored on a two-out, RBI double by Ainsworth who then scored on an RBI single by Olivia Banes (Pelahatchie) making the score, 6-1.

The Lady Wolves scored their final three runs in the bottom of the fifth as Moak and Richardson hit back-to-back singles with one out to get the offense going. Efferson was then hit-by-pitch to load the bases for the Lady Wolves. Laney Waguespack (Bayou Gauche, LA) was then brought in as a pinch hitter and drew a walk scoring Moak. Warren then ended the game with a walk-off, two-RBI single scoring Richardson and Efferson sealing the 9-1 Lady Wolves victory.

The Lady Wolves totaled 13 hits as a team with Emeri Warren leading the way going 3-for-4 while Madison Moak, AG Richardson, and Kinley Ainsworth had two hits apiece with Taylor Efferson, Olivia Banes, Carson Hughey, and Bailee Goodson had one hit each. Warren and Ainsworth led the Lady Wolves in RBIs with two apiece while Moak, Richardson, Banes, Goodson, and Laney Waguespack had one RBI each.

Cara Biswell improved to 19-3 with the complete game win allowing one run on three hits with one strikeout.

Co-Lin improves to 42-4 overall and will face off against the Bobcats of Jones for the Region 23 Championship on Saturday, May 11 at 3 p.m., at Lady Wolves Field in Wesson. With the win against the Lady Bengals, the Lady Wolves also have qualified for the NJCAA Division II Softball National Tournament in Spartanburg, South Carolina, from May 20-25.

SPORTS
SHORTS



P.O. Box 1028

Wesson, MS 39191

601-990-3003

ClayMansell@WessonNews.com

Volume 12, Number 5

Publisher/Owner

Clay Mansell

ClayMansell@WessonNews.com

Editor

Bob Arnold

BobArnold@WessonNews.com

Designer

Brad Henderson

Designer@WessonNews.com

Special Contributors

Dr. Stephanie Duguid

Healthy Living

R. Shaw Furlow

Area Arts

Rebecca Bates

Tending Your Garden

Sales

Clay Mansell

ClayMansell@WessonNews.com

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

For submission information, email
ClayMansell@WessonNews.com

Copyright © 2024 All rights reserved.

Materials may not be reproduced
in whole or in part without written
permission of the publisher.

For reprints of any article, please contact the editor.

www.WessonNews.com

CHECK US OUT ON
facebook

NEED SERVICE? PARTS? TIRES?

CALL ON SULLIVAN FORD **WHY GO ANYWHERE ELSE?**

759 MAGEE DR. • BROOKHAVEN

SERVICE

Ford and Lincoln Service and Warranty Repairs

Certified Diesel Tech

Two Senior Master Technicians

PARTS

Expert Advice

Well-Stocked Inventory

Delivery to Commercial Accounts Available



Low Price Tire Guarantee

Motorcraft and Omnicraft Parts

Friendly, Courteous Service and Attention to Detail



601-833-7521 • OPEN 7 A.M. - 5 P.M. M-F
Located next to Walmart • Take I-55 Exit 40

LEARN MORE @ SULLIVANFORD.COM

FOL recognizes pictorial library messages

Special to Wesson News

Friends of Library (FOL) recognized three local amateur photographers for their pictures taken during National Library Week to celebrate the contributions of libraries.

FOL awarded the \$100 first prize to Aubree Williams, the \$50 second prize to Tabatha Ragan, and cited Lexis Ryan for an honorable mention.

Williams photographed a young lady carrying a globe and holding up her library card at Wesson Public Library. Photography contest judge Bob Arnold, editor of *Wesson News*, said it “pictorially communicated that you can capture the world if you use the library -- the National Library Week message.”

Ragan photographed her two sons -- AJ and James -- positioned to run a race, starting at a “ready, set, library” sign with Co-Lin's sports stadium in the background. Arnold said it “pictorially communicated that the two prospective runners were set to race from a venue of physicality -- the sports stadium -- to a venue of the mind and soul -- the library.”

Ryan's photograph was a work of art full of symbolism, Arnold said. A shade of purple radiated comfort and a sense of royalty from a

blanket to the subject matter -- fountain pens, two Christian Bibles, a book -- *Happiness is Not an Hallucination* . . . *It Is a Way of Life*, a basket with an encyclopedia. The scene, Arnold observed, provoked thought: “Fountain pens and a basket -- old, but convenient technologies for recording and storing ideas and knowledge; Bibles -- sources of classic stories, timeless wisdom, guidance for living; a book about exploring the reality of happiness -- a lesson on living a meaningful and satisfying life; an encyclopedia in a basket -- ideas and knowledge neatly stored and readily available.”



First prize

Special to Wesson News




Second prize

Special to Wesson News



Honorable mention

Special to Wesson News




Methodist
Senior Services
Celebration. Innovation. Hope.

Riggs Manor

Retirement Community





62 and BOLDER?



Our campus offers senior living with your choice of

- Apartments & Garden Homes for Independent Lifestyles
- Assisted Living Studios & Apartments
- Memory Support Living in Green House® Homes

Call today for your personal tour!

  **(601) 857-5011**  

2300 Seven Springs Road • Raymond, MS 39154



WESSON ACE HARDWARE

2057 Hwy. 51 South • PO Box 547
Wesson, Mississippi 39191
wessonacehardware.com

TIM SUTTON - owner
601-643-2636
601-643-9906 fax
601-695-4144 cell



in Beauregard

Skeetburger

Best Burger in Town

Salads, Baskets, Plates lunches,
PoBoys & Beverages

Wednesday - Saturday 11am - 6pm

601-643-0048

Checks and all major credit cards

Become an **AVON** Independent Sales Representative!

Only \$25 to start!

THE COST OF LUNCH COULD CHANGE YOUR LIFE

Set your own hours! Unlimited earnings!

Work from home! No inventory to keep!

For more information, contact Julia at

601-643-2704

www.youravon.com/juliaarnold • 113streetman@msn.com

TOP QUALITY MEMORIALS

WHEN IT'S PERMANENT, TRUST THE PROFESSIONALS
CHECK OUT OUR HUGE SELECTION
REMEMBER THE PEOPLE YOU LOVE

WITH A TOP QUALITY MEMORIAL FROM BROOKHAVEN MONUMENT COMPANY.
SPRINGTIME MEANS NEW INVENTORY ARRIVING WEEKLY

BROOKHAVEN MONUMENT COMPANY, INC.

YOUR FIRST CHOICE FOR OVER 70 YEARS

807 HIGHWAY 51 NORTH • P.O. BOX 727 • BROOKHAVEN, MS 38602
601-833-5701

DAVE PACE KEVIN LAIRD 

Painter & author captures landscapes & life

Special to Wesson News

For more than four decades, while pursuing a career as a lawyer, state trial judge and federal judge, Alfred Nicols has been painting southern landscapes, and has achieved recognition as a premier Mississippi artist with a unique style and vision and, most recently, as a novelist.

After receiving undergraduate and law degrees from the University of Mississippi and serving in the military, he started his legal career, while creating his legacy in his art.

His paintings hang in the Federal Court House at Jackson, the Mississippi Supreme Court, The Mississippi Bar Center, the University of Mississippi, Mississippi College School of Law, University Medical Center, several hospitals, schools, banks and other private businesses and homes throughout the state. The artist and his works have also been the focus of numerous magazines and exhibits, and Mississippi Educational Television's *Mississippi Roads* featured him in a 2002 program.

Nicols authored *Lost Love's Return*, a book written to leave his children, grandchildren and others insights into life's issues and the value of family ties.



Al Nicols
Special to Wesson



“With a long and blessed life in my law office, in the court room, in social settings and family environments, I have experienced constant opportunity to observe humanity in all its dimensions -- love and hate, good and evil, faith and doubt, pain and pleasure, wealth and poverty, our potential for jealousy, selfishness, resentment and oppression, as well as our potential for selflessness,

concern, support and love,” he said in describing the book’s intention. “Approaching 80, I felt I had learned much about the choices we make in life and their consequences. Jesus taught us so well with his parables. Perhaps I could create a novel with a plot, characters and scenes that could pass what I’ve learned on to my children and grandchildren -- and maybe even to others -- to read when they were old enough.”

Nicols and his wife Mary live in rural Mississippi.

Municipal park improvements continue

Special to Wesson News

Wesson’s Board of Aldermen is continuing to allocate funds from the Blue Cross Blue Shield \$100,000 Home Town grant for municipal park improvements, including, most recently, lighting and extension of the walking track, while work on the war memorial and garden in the park remains on hold pending additional donations.

In other recent actions, the Aldermen:

- Increased fees for water and sewage taps from \$500 to \$750 per tap.

- Approved sale of the former Police Department headquarters building to Carlos and Abbey Garcia for \$45,000.



Wesson News

- Commended graduation of Police Officer Brandon O’Quinn from the Mississippi Law Enforcement Officers’ Training Academy (MLEOTA), which provides basic and advanced classes for state, county and municipal law enforcement agencies.

- Accepted resignation of Police Officer Andrew Reactor and approved hiring of Norma Cohn as a full-time police officer in training.

- Authorized emergency work on the town water tower by Dungan Engineering for \$7,500.

- Approved attendance of the Mayor, Town Clerk, Public Works Director and Aldermen at the June 24-27 Mississippi Municipal League conference.

For upcoming meetings, Mayor Alton Shaw placed two items on the agenda of the Aldermen:

- Review of current election maps and required redistricting.
- Need for a code enforcement officer.

WESSON AREA DINING GUIDE

Takeout Food & Groceries
Monday - Saturday 4 a.m.- 9 p.m. Sunday 4 a.m.- 6 p.m.

CHICKEN ON A STICK • SWEET TEA • **HUNT BROTHERS PIZZA**
Whole or By the Hunk

SHOP 'N WASH
510 Main Street • Wesson
601-643-5676 • Open Everyday

MAGNOLIA Blues Sports Bar & Restaurant

Rated by *Mississippi Magazine*:
- Top 5 for Steaks, BBQ Specials & Burgers
- Number 1 for French Fries

Enjoy Our Bourbon Bar Selections
Watch Sports on Our Wide-Screen TVs
Live Music Friday & Saturday
Open Mic Wednesdays
Hours: 3 p.m.- 9 p.m. Tuesday-Thursday
3 p.m.-10 p.m. Friday & Saturday
Happy Hour 3 p.m. - 6 p.m.
Deliveries to Your Door

218 S. Whitworth Avenue, Brookhaven 601-990-2366

Getting lost & coming back home

By Bob Arnold

When the National Guard deployed her to Brookhaven between 2013 and 2018 to manage human resources and work in equipment maintenance, Misty Floyd says “I found the place where I should have been born, and I now call ‘home.’” She easily made friends there, married and “I even found shopping at Walmart a pleasant experience.” The area became “my secret happy place,” she says.

Today, Floyd is back home after an unwanted and unexpected medical discharge from the military in 2019 and “getting lost in the unregulated, unregimented real world” in which she struggled to operate a business, succumbed to a nervous breakdown, fought drug addiction and served a brief jail term. Floyd is not only back home, now living in the Lake Lincoln State Park area, but back home in a new post-military life and seeking to help other people find new homes after getting lost in the world.

Her story starts in northern Mississippi, where Floyd once called the Tupelo area, her birth place on June 6, 1987, “home.” She doesn’t know what it means, but her grandmother, grandmother’s sister, aunt and husband all share June 6 as their birth date. Her family includes two half sisters -- one her mother’s and one her father’s -- and one step sister and two step brothers from her mother’s remarriage.

Floyd spent the first five years of her life on her grandmother’s “poor man’s farm” at Guntown, Mississippi, “a small municipality with a mayor, one police officer, a post office and a gasoline station.” She recalls “running around barefoot covered with mud,” getting up at 4:30 a.m. to help her grandmother in the garden and then collecting the eggs laid by the chickens and tending the pigs and cows with her Uncle Virgil.

When she was seven years old, Floyd moved from the farm into a house with her mother Daisy and step father, where she had her own bedroom for the first time and there was a television to watch. Her step father, a contractor, introduced her to a hammer and nails, and by age 15, Floyd could frame and paint houses, and do almost anything in home construction except electrical work.

Describing her mom as a “Gypsy spirit who couldn’t live in the same place for more than three years,” Floyd recalls bouncing around the Tupelo area with her family from town to town -- Blue Mountain, Blue Springs, Ripley, New Albany -- where she had brief experiences in their varied schools before finally graduating from Tupelo High School in 2005. She also worked for her step father in construction; her mother’s restaurant, Daisy’s Diner at Blue Mountain; and Walmart in its express tire and lubing service center before signing up for the National Guard when she was 18 years old after seeing a “Join the Army Now” sign at the Ripley National Guard Armory.

“The National Guard recruiter laughed when I told him I wanted to be a tanker, a job for men that my cousins talked about,” she recalls, but the Guard enlisted her and sent her to tank maintenance and repair training at Aberdeen, Maryland, Proving Grounds after she lost some weight, passed qualifying tests and completed basic training at Fort Jackson, South Carolina.

Floyd officially started her National Guard service on May 31, 2007, and gradually “proved I was a good mechanic and soldier, more than a female,” she says. Over 12 years, she rose in the ranks to become a Staff Sergeant.

Becoming accepted in a man’s world sometimes required extreme measures: “One time, I joined the guys in a dominoes game and told them all the dirtiest joke I knew to become one of them,” she recalls. When she was deployed in Iraq in 2008 and 2009, becoming one of the guys was a little easier when personnel shortages required women to fill positions that they had to learn to do on the job.

“I was one of 11 women assigned to armed vehicles as drivers and gunners,” she says. “I had no training as a gunner, and loaded the ammunition backwards on my first mission in that role. I quickly learned, and became responsible for certifying that trucks were mission-capable.”

After returning to Mississippi in 2010, Brookhaven was her next stop with the National Guard, and the discovery of a home life that she had never previously experienced. Among other things at the site of her new deployment, she met and married James Crosby from Bogue Chito, who remains her best friend

“even though we have been separated for more years that we lived together.”

In 2018, she participated in 74-days of mock warfare training at Light Sands Desert before a short deployment in Kuwait, where she sustained an injury that landed her, first, in a German military hospital and, then, stateside at Fort Benning, Georgia, where doctors decided cumulative injuries to her knees, shoulder, neck and spine due to physical strains over her years of National Guard service warranted her medical discharge in 2019.

“I was lost,” Floyd says. “Other soldiers were my family. I thought I could beat the injuries and didn’t think I would be discharged as disabled. I didn’t know how to be human in the real world with no regimentation nor regulation.”

She started a storage business, and managed it the military way -- the only way she knew. It didn’t work, and the pressures of the new world in which she now lived led to a nervous breakdown, for which she self-medicated and became addicted to methamphetamines and other drugs.

“By 2022, I had lost my house, truck and business because of my dependence on drugs,” Floyd relates. Homeless then, she was also jailed briefly for grand larceny after thinking she had borrowed a truck to travel to West Virginia from a friend, who reported the vehicle stolen.

After overdosing on some drug (“I can’t recall what it was”), she managed to call a friend, who dumped her at a hospital in Amory, Mississippi, where a nurse, who didn’t want to lose a patient, cared for her until she started to recover.

“Thanks to that nurse, who didn’t give up on me, and God’s presence and help, I cleaned up and have been sober since then,” Floyd says.

Outside a grocery store, Floyd believes God was giving her on-going direction for her life in a sign she noticed: “Save More.”

“To me, it was a direction from God to ‘save more people’ like myself who had lost their way,” she says.

In response to this direction in recent months, Floyd started going into the dangerous world of crack houses as a non-law enforcement liaison, who knows their language, culture and protocols, and can bring addicts into an environment, such as her home, where they can clean up, start living a sober life and go on to other venues for extended support in their recovery. Her work, she says, has helped save two men, but she regrets being unable to help two others. It also exposed her to people who profited from the drug trade, one who pointed a gun at her forehead and warned her to stop what she was doing.

Floyd also dreams about operating a shelter for homeless persons that not only provides a bed and food for people in need, but helps them begin on a path out of homelessness, such as a thrift store, where they can work and assume greater responsibility for themselves.

Currently, Floyd is living safely in a camper across from Lake Lincoln State Park and working at Uncle Ray’s Lake Lincoln store. She knows she has a long way to go, but she is home now and, at age 36, thinks she is at a good starting point in her non-military mission to “save more.”

What are your hobbies?

I enjoy fishing, hiking and hunting for artifacts, like old Indian arrowheads.

Do you have a special interest in music?

I am a karaoke singer, played the fiddle in high school and still beat on drums. I like all musical genres.

How about movies or theater?

I was in theater in school, love visiting New York City to see Broadway shows, particularly musicals. I still remember seeing *Thoroughly Modern Millie* on Broadway. Bradley Cooper is my favorite actor because of his versatility.

What would you do with the winnings if you won the lottery?

I would start my homeless shelter.

How would you change the world?

Encouraging people to “fear not.” Fear is what holds the world back!



Special to Wesson News

Misty Floyd (right) at her camper with Charles R. Fortson, who employs Floyd at Uncle Ray’s store at Lake Lincoln.

MEET YOUR NEIGHBOR

MARKETPLACE MOTORS

LITTLE LOT - BIG SAVINGS



2008 Honda S2000 6-Speed MT - Only 57,000 original miles!!!



2016 GMC Denali
Low mileage, Like New, Loaded



2010 Honda Accord EX-L
Low mileage, Sunroof, Leather, High gas mileage



1996 Harley Davidson Heritage Softail
only 1800 miles, many many custom parts, garage kept, like new



2016 Chev Cruze Limited
Low Low Mileage, navigation, rear camera

- 2013 Chevrolet Silverado **SOLD** b, LWB, only 102k miles, PW, PL, tilt, cruise, dont miss it!
- 2006 Mazda mx5 miata convertible, 5 speed, air, power windows, Fun Fun at a bargain price!
- 2018 Ford F150 Super **SOLD** Sport 4x4, Ruby Red w/black, Sharpest truck around
- 2013 Lexus LS 460 **SOLD** i, one owner, fully loaded, nicest luxury cars made.
- 2018 GMC Sierra SLT C **SOLD** 4x4, Leather, Loaded, local one owner, New tires, Nice!
- 2018 Toyota Prius 5 D **SOLD** i, only 60k miles, unbelievable fuel mileage super nice!
- 2012 GMC YukonXL, SLT Pkge, DVD, sunroof, rear camera, 2nds row bkts
- 2012 Hyundai San **SOLD** tained, 3.5 AWD, only 72k miles, like new
- 2005 Nissan Frontier LE King Cab, one owner, only 80k miles
- 2013 Honda Accord Sport package, Rear spoiler, rear camera, rear seat.
- 2015 Buick Lacroos **SOLD** Sunroof, Black with chrome wheels, Clean!
- 2014 Chev Camaro **SOLD** ick, Low miles, Rear Spoiler, Lady driven
- 2018 F150 Supercrew L **SOLD** Buckets, V8, Running boards, Chrome wheels, Super nice
- 2015 Land Rover LR4, One owner, Sunroof, Leather, Nice!
- 2011 Jeep Wrangler Sahara, one owner, low mileage, automatic, hard top!
- 2011 Lexus is350, low mileage, sunroof, leather, super nice!
- 2014 Ford Fusion SE, PW, PL, Pmirrors, great gas mileage, clean
- 2014 Subaru outback limited, low mileage, leather, sunroof, AWD, great safety rating
- 2012 Dodge Ram SLT Crew Cab RWD, only 80k miles, like new



2012 Chev Silverado 4 door
4x4, Leather Buckets, Low mileage, Bed liner



2013 Kia Sorento EX
Low mileage, Sunroof, leather, rare third row seating



2014 Toyota Tundra Crewmax
Low Mileage, v8, TSS Off Road, Rear Camera, Super Sharp!



Roland Price
110 Market Place
Hazlehurst, MS 39083

MarketplaceMotors.net
601-750-2277
Across from Walmart



WE FINANCE

Just bring in your last pay stub and your down payment and drive out TODAY!

Month of Military Child celebrated

Special to Wesson News

American Legion Drane-Prine Post 79 put its junior members from the American Legion Auxiliary and Sons of the American Legion (SAL) -- kids from the seventh through eleventh grades -- on stage to lead its April meeting.

The occasion was the Month of the Military Child during April, when all branches of the military recognize and honor children of United States armed service members for special sacrifices in their families.

For the Wesson Legion junior members, their recognition was being allowed to honor the veterans, Legionnaires and SAL and Auxiliary members with a special program.

Auxiliary President Kim Whittington explained: "They have learned so much since becoming members of the Legion family, and they wanted to show their appreciation and demonstrate their patriotism."

The juniors led the Pledge of Allegiance to the Nations colors, reciting the American Legion Preamble and honoring POW/MIA's by draping a flag over an empty chair. They offered a brief devotion, demonstrated the proper way to fold an American flag, presented the Military Child Table Ceremony and concluded their program by entertaining everyone with Johnny Cash's "Ragged Old Flag" song skit.

"I am so proud of these juniors for their patriotism and hard work in producing such a great program," said American Legion Post Commander Bobby C. Thornton. "They are a very special part of our American Legion Family and our future."

Junior members who participated in this special program were Sons of the American Legion Junior member Walker Breazeale and American Legion Auxiliary Junior members Mary Murphy Brady, Cailley Duplantis, and Abbey Berch.



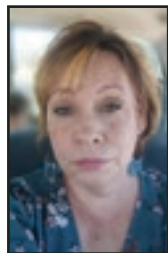
Special to Wesson News

Local joins Wesson Team

Special to Wesson News

Wesson, Miss. -- Brookhaven resident Angie Love Delaughter joins Our Hometown Paper news team, a trust media source spanning across the state in 10 newspapers, including online news coverage.

Delaughter believes newspapers and newspaper websites are the most trusted sources of information.



"I want to help businesses grow. That is basically why I got into advertising. I love people...I love to talk with them...I want to be part of seeing their business become successful," said Delaughter.

According to a 2023 local newspaper study conducted by Coda Ventures, 74% of Americans believe that having a newspaper in their community is important for providing much-needed news and information.

"...and I think that percentage is even greater in small towns like Wesson. There is a big sense of community here. Everyone reads the newspaper in Wesson. Everyone looks forward to the day it's "hot off the press!" That's another reason I am excited to be working in advertising for Wesson News," said Delaughter.

Delaughter sells advertising for the other hometown papers as well such as Clinton Courier, Pelahatchie News, Florence News, Pearl News, Long Beach Breeze, Pass Post, Bolton News, Canton News, Richland News, and the media company's newest venture, the quarterly statewide magazine called Mississippi Monitor.

In the same study, results showed that more than 147 million Americans (56%) report that local advertising helps them decide what brands, products and local services to buy.

"I love that Wesson News is free to everyone," said Delaughter, comparing other newspapers and their paid subscriptions.

Wesson News distributes 5,000 newspapers with an estimated 10,000 total readership per month.

"As the paper has grown, the needs have naturally grown, too," said Delaughter. Mansell hired Delaughter in March.

"Statistics don't lie. The majority of people still want their news from accurate and reliable sources, and that means original news reporting in small towns," said Delaughter.

Since local newspapers continue to inform local audiences about its government, events, activities, accolades, local sports, and more, each issue is a handcrafted, one-of-a-kind labor of love for the community.

"Why wouldn't you want to be part of something that profound?" said Delaughter. Contact Angie Delaughter for your advertising needs at angie@ourhometownpaper.com.

Appliances For Sale

Washer - \$285 Remanufactured	Stove - \$250 Remanufactured
Dryer - \$285 Remanufactured	Stove - \$285 Natural Gas Only
Refrigerator - \$285 Frost-Free	Hot Water Heater - \$245 Low Boy, 30 Gal., Electric

60 DAY WARRANTY
\$85-\$95 DELIVERY & COMPLETE SET-UP

REPAIRS
7 days a week

COMBO DEAL \$1,175
Washer • Dryer • Stove
Refrigerator
*includes delivery, set-up, & sales tax

For More Information
CALL MILTON
Licensed Maytag Repairman
with 42 Years Experience
@ (601) 983-4777



Riverwood Family
Funeral Service • Memorial Park • Cremation Service • Monuments



- Honoring ALL policies and arrangements made and written by any other funeral service provider
- Most Experienced Staff to serve your family
- Most Spacious Facility offered in our area
- Best Priced and Most Thoughtfully arranged services
- Offering the most affordable pricing on Pre-Arrangements or Time of Need Services
- Also offering Monuments and Markers for all Cemeteries for any budget

601-833-6680
76 US-51, Brookhaven www.riverwoodfamily.com



LOWERY, PAYN, LEGGETT & BELLIPANNI
CERTIFIED PUBLIC ACCOUNTANTS

Lowery, Payn, Leggett & Bellipanni (LPLB) strives to ensure our clients accomplish their financial goals by providing the highest quality accounting, tax, audit and consulting services

(601) 833 - 1456
207 S. Railroad Avenue | Brookhaven, MS
310 E. Broad Street | Monticello, MS

A road that settled Mississippi



Special to Wesson News

Special to Wesson News

Before Highway 84 in the 1800s, St. Stephens Road connected then-Mississippi capital Natchez to Fort St. Stephens in Alabama as the main wagon and trade route that settled Mississippi.

At the March Institute for Learning in Retirement luncheon, David Higgs, former Co-Lin humanities division chair, discussed the history and culture marks left on the road that brought the Scots-Irish peoples who populated the Mississippi territory then mostly occupied by native Americans territories. Trees, waterways, lakes, red bluffs and fertile field along the road made for a pleasant journey through what are now present-day Adams, Franklin, Lincoln, Lawrence, Jefferson Davis, Covington, Jones, and Wayne counties, Higgs said.

Planning for the road dates to January 1809, when the Territorial General Assembly appointed three commissioners “to employ a fit person to open a road from Pearl river, where the present Choctaw boundary line crosses the same, the nearest and best way to the Chickasawhay river.”

St. Stephens Road ran east and west as a main thoroughfare back in the early 1800s, and is responsible for many of the settlements that are still here today.

A stage coach stop was located near the Old Brook settlement and is probably one of the reasons that Brookhaven exists today. People would stop on their way through to rest their oxen or horses, and eventually many stayed.

St. Stephens Road was constructed between 1806 and 1811, and the opening of the road enabled safer travel through this area ceded by the Treaty of Mount Dexter.

Hester going to Calgary meet

Special to Wesson News

Town Clerk Angela Hester is packing her bags again to attend the International Institute of Municipal Clerks (IIMC) annual conference, where she will acquire the knowledge and hone the skills she needs to serve Wesson in the municipal government.

Hester will join colleagues from throughout the world from Sunday, May 19, through Wednesday, May 22, at IIMC’s 78th annual conference in Calgary, Alberta, Canada.

The conference at Calgary’s Telus Center and in the Marriott Hotel features educational tracks, including Academy and Advanced Academy sessions and Athenian Leadership Society Dialogue discussions around topical books. The conference agenda also includes an opening night networking reception, an annual banquet, a vendors and sponsors exhibit, a roundtable discussion with state, provincial and national association presidents, meetings of the IIMC directors and foundation boards and orientations for first-time delegates and committee leadership.

IIMC is the premier organization for Municipal Clerks. Founded in 1947, it has 75 years of experience improving their professionalism, with more than 15,000 members representing towns, small municipalities and large urban jurisdictions of more than several million people. IIMC is affiliated with forty-nine U.S. and nine Canadian Associations.

Among topics in the IIMC Academy sessions will be collaboration, negotiating, diversity, ethics, artificial intelligence, networking, leadership and job-related politics. Books on the Athenian Leadership Society Dialogue agenda are *Unbroken*, *An Astronaut’s Guide to Life on Earth*, *Meet Me at the Lake* and *Five Little Indians*.

WGC members accept awards



Special to Wesson

WGC members proudly accepted awards on behalf of their club at The Garden Clubs of Mississippi 95th convention: (left to right) Jennifer Peets, Debbie Hoaglin, Debbie Smith, Lisa Smith, Pam Owens, WGC President Denise Jackson and Natchez Trace District Director Dixie Thornton. The Wesson Garden Club is a member of the Natchez Trace District-Garden Clubs of Mississippi, Inc. and National Garden Clubs, Inc.

Special to Wesson News

Representatives of Wesson Garden Club (WGC) accepted three-first place awards, three-second place awards and three-third place awards at "Pearls, Petals and Plants," The Garden Clubs of Mississippi, Inc. 95th Convention, April 16 and 17 at the City of Pearl Municipal Complex.

At the event, WGC also received a nature grant for \$200 to assist with placing pollinator plants at Wesson Attendance Center.

The awards included a WGC first place honor for Louise Goodwin Highway beautification, including a \$50 prize; and first place recognition as a medium-sized club, and overall winner for Roadside Beautification from the six states regional Deep South Garden Clubs, Inc.

WGC youth received multiple awards as well from Garden Clubs of Mississippi, Inc. -- one-first place two-third-place awards, and two honorable mentions in the Smokey the Bear poster, poetry and sculpture contests. WGC youth also received one honorable mention in poetry from the Deep South Garden Clubs, Inc.

Spring landscaping recognized



Special to Wesson

Co-Lin has received Wesson Garden Club's (WGC) special spring award for its landscaping around the entrance to the college. The WGC awards program recognizes maintenance principles and elements of landscape design practiced by town organizations and residents to encourage ongoing beautification and cleanliness of the Wesson area and cultivate a citizenry that values and protects natural resources and assumes responsibility for enhancing the environment. The Garden Club's Yard of the Month also awards honor properties in organizational, town residential and rural residential (limited to Wesson School District) categories during the spring, summer and fall.

Pollinators performance



Special to Wesson

The Butterbeans, the Wesson Garden Club (WSG) Young Gardeners, highlighted the WSG April meeting dressed up as butterflies, ladybugs, dragonflies, hummingbirds and bees in a delightful performance about pollinators. The pollinator program featured Mother Nature (Brooke Coleman), a charter member of the Butterbeans Young Gardeners. Others in the program were (left to right in front row) Lisa Smith, Myles Smith, Cam Peets, Kori Peets, Georgia Jackson, Azalea Harrison, (left to right in back row) Jennifer Peets, Brooke Coleman and Anne Houston Peets. WGC is a member of Natchez Trace District, Garden Club of Mississippi, Inc., Deep South Garden Clubs, Inc., and National Garden Clubs, Inc.

Scavenger hunters



Special to Wesson

The Butterbeans Junior Garden Club, sponsored by the Wesson Garden Club, descended on the Frank Oswald Trail at Copenhag-Lincoln Community College, where they competed in a scavenger hunt. Keep Copenhag County Beautiful donated trash bags, gloves and grab sticks so they could help the grounds keepers by picking up litter along the trail. The Wesson Garden Club is a member of the Natchez Trace District-Garden Clubs of Mississippi, Inc., Deep South Garden Clubs, Inc., and National Garden Clubs, Inc.

Store battles child sex trafficking

Special to Wesson News

At a unique downtown Wesson retailer, locals can acquire fleas, arts and crafts and boutique items, support home-operated businesses around town that make many of the special gift products it sells and help victims of child sex trafficking, all at the same time.

The new store marks the tangible expression of the mission of Christy Shaw, Wesson's first lady as the wife of Mayor Alton Shaw, at C&L Treasures -- the store front of Life View Ministries (LVM), a not-for-profit she and her husband started 12 years ago, "to help people view their lives and inform their life through Christ."

LVM started focusing on child sex trafficking after she learned about the issue at church-related conferences and the birth of her son Parker, now 11 years old, put a personal face on the disturbing data, facts and figures. Eleven years ago, she started raising money for the cause in partnership with her mother, Linda, through yard sales, and the store grew out of them.

"Five years ago, our yard sales started evolving into a store when we moved into a former salon located behind our current location," Shaw relates. "We grew as donors started to give us items to resell; and, at our store, we are now also selling items made by home-based businesses in the community -- many of them stay-at-home moms. Our profits go to one home for child sex trafficking victims, and we hope our work can support other places where they can not only find a safe place, but get help in ongoing recovery."

C&L (commemorating founders Christy and Linda) Treasures opened September 15, 2023. It is renovating the second floor of the two-story building it occupies on Highway 51 off Spring Street to expand retail space, and Shaw plans to link the store to two Spring Street buildings in the rear to rent rooms for classes and meetings "where church and unchurched people can mingle."

Shaw also wants to use the kitchen facility in the store to create a small



Special to Wesson

Christy Shaw (right) and her mother Linda are the "C" and "L" in C&L Treasures, a new Wesson store that funds assistance for child sex trafficking victims.

coffee house where shoppers can relax and socialize. Longer term, she envisions the blue house at the other end of Spring Street, where her mom now lives, as a larger not-for-profit coffee house that serves meals and offers entertainment.

A Rankin County native, Shaw started her career in healthcare, serving as a paramedic in the military, and then for fire and police departments. She met her husband in an orientation program for ambulance service.

C&L Treasures is open from 2 p.m. to 6 p.m. on Monday and Tuesday, 9 a.m. to 1 p.m. on Wednesdays and Thursdays and 10 a.m. to 5 p.m. on Fridays and Saturdays. Shaw has a volunteer staff, but her plans call for hiring paid employees.

Join us for the 30th annual Wesson Golf Classic



Proceeds benefit scholarships, programs, and needs of the college

Corporate Team

\$550

Four Players
Sponsor Sign

Hole Sponsorship/
Player

\$150

One Player
Sponsor Sign

Individual Player

\$100

Team assignments will be
made by organizers

Hole Sponsorship

\$100

Sponsor sign



Scan the QR code to sign up online or contact the Foundation office at 601-643-8498 for more information.

Schmidt & Britt join Wesson library staff



Wesson News

New Wesson Public Library (WPL) staff, Marilyn Britt (left) and Anita Schmidt, with portrait of Britt's mother, who served as WPL librarian for 15 years.

Wesson News

Two veteran administrators with extensive career experience outside the library world are now staffing Wesson Public Library (WPL) following retirement of Ann Clark, the former manager.

Anita Schmidt is Library Assistant and Marilyn Britt is Librarian/Manager.

Schmidt, most recently, served as Ministry Assistant at Heucks Retreat Baptist Church following eleven years (2005-2016) as a Resource Support Manager for the Federal Emergency Management Agency (FEMA), in which she served in its varied disaster response programs from coast to coast.

A Batesville, Mississippi, native, Schmidt graduated from Hinds Community College in 2001. Widowed since 2022, she is the mother of Chris Schmidt, 50, and Amber Watts, 44. She resides in Wesson.

Britt, known around town as a banker for many years, also volunteered with Wesson Friends of Library when she wasn't managing the Trustmark Bank branch, honoring her mother's legacy, who served for 15 years as a WPL librarian. After retiring from Trustmark in September 2023, Britt realized she still needed a work life, and she jumped at the chance to come to Wesson Public Library.

After graduating from Wesson High School at Co-Lin and then studying at the college, Britt joined the Wesson Trustmark Bank branch as a teller after working initially as a bookkeeper. At Trustmark, she climbed the job ladder to serve as head teller, customer service representative, assistant branch manager, branch manager and assistant vice president and finally vice president and branch manager. Except for ten years with Trustmark in Hazlehurst, she worked at the bank's Wesson branch throughout her career.

Britt's service in banking was recognized by the Mississippi Bankers Association, and she received the 2017 Trustmark President Club award.

Restaurant supports child abuse prevention



Wesson News

Magnolia Blue owners Carl and Anne Craig with their sons Jack (front) and Grayson celebrated success of fundraiser for Southwest Mississippi Children's Advocacy Center.

Wesson News

The Southwest Mississippi Children's Advocacy Center (SMCAC) has \$4,000 more to spend to help childhood victims of sexual abuse, physical abuse and neglect, thanks to barbeque and steak lovers in the area.

Brookhaven-based Magnolia Blues restaurant sent on the money they spent on meals and beverages while being entertained by pianist-singer Blake Scafidel between 3 p.m. and closing on April 30 to the non-profit agency in its annual Child Abuse Prevention Month Smokin' Out Child Abuse fundraiser.

Since Magnolia Blues started the event, its owners, Carl and Anne Craig, say it has contributed some \$35,000 to SMAC that its patrons have spent over seven years at their Brookhaven location. Anne Craig is also a licensed therapist who works for SMCAC.

SMCAC's program in Lincoln, Copiah, Pike, Amite and Walthall Counties includes forensic interviews, therapy for victims and their families, advocacy services and public education. Craig and other therapists at the agency work with law enforcement, the Department of Child Protective Services, prosecutors and attorneys to assure that children who need SMCAC assistance don't fall through the cracks.

"We thank everyone who came out in support of our benefit for the Southwest MS Children's Advocacy center," says Carl Craig. "Thank you Brookhaven/McComb and the surrounding area. As always, without you, none of this would be possible. You are appreciated."



**HERNANDEZ
LANDSCAPING**
FAST - PROFESSIONAL AND ACCESSIBLE



ANDRES HERNANDEZ

FREE ESTIMATES
601-882-7499

- Lawn maintenance
- Tree trimming, cutting and disposal
- Furniture and garbage disposal



C&L Treasures
Vendor Market & Resale
for MISSIONS

∞ Gifts & Thrifts ∞

Call us! 601-918-3344 Follow us! 

2051 Hwy 51 S, Wesson
In the old Los Lobos restaurant by Milltown Salon

Seasoning tips for flavorful meals

By Guest Cooking Columnist Charles Fortson, Jr.

The spice shelf at your supermarket presents an array of choices that can be confusing at very least if not scary for cooks who want to make their meals flavorful, but not overpowered with spiciness.

In fact, adding flavor to meats and vegetables is relatively simple with a few basic seasonings and techniques. In the process, you will also make your meals healthier by making them come alive.

1. Flavorful meals, ironically, start before even adding spices by not overcooking them. Even the most flavorful spices cannot save soggy vegetables or overdone, nearly burnt, meats.

2. If you aren't using heart-healthy olive oil for cooking, switch to it.

3. Use the right kind of salt and pepper. Replace black pepper with red cayenne pepper. It has good flavor, a higher heat level, but really isn't hot. Any gravy can benefit from cayenne pepper. As a bonus, it's heart-healthy. Replace table salt with sea salt with iodine or Celtic salt. Both are more flavorful, and heart-healthy as well.

4. Onions and garlic help anything you're cooking -- both vegetables and meats -- and, again, make what you're eating healthier.

5. Cajun seasoning (there are lots of brands) helps all meats -- beef, pork and chicken.

6. For meats to absorb seasoning before cooking, marinate them in a liquid (juice, Jack Daniels, Italian dressing olive oil, milk, yogurt, etc.) and seasonings. Marinate beef overnight (24 hours) in a refrigerated bag; or use a marinade spread over seafood, 15 to 30 minutes; boneless chicken, 2 hours; pork loin, 4 hours; and lamb, 4 hours to 8 hours. I like to cook pork with Cajun seasoning, paprika and fresh garlic and onions (or garlic and onion powder) without marinating it.

7. Use chicken broth or bullion when boiling meats and vegetables, particularly for rice and soups.

8. With most soups, add cream of chicken or mushroom soup to make them more flavorful.

9. Season to taste. The top chefs season as they cook, taste testing and tweaking their dishes at least six times. Balance the seasoning so nothing is overpowering. Watch salt particularly. Salt lightly and add more with caution as seems to be necessary.

Incorporate these seasoning tips into your cooking, and your family will thank you!

EDITOR'S NOTE: Charles Fortson, Jr., is proprietor-chef at Uncle Ray's across from Lake Lincoln State Park. He makes lunches and dinners to take out or for table service, while also operating a convenience store and bait shop at his Sunset Road location. Follow his cooking tips on Uncle Ray's Facebook page or call 601-643-0174 to check on his daily specials.





HOME INSURANCE

LET US HELP YOU SAVE MONEY!

601-835-5070 Office
601-597-9378 Cell

INVEST IN LAND
THEY AREN'T MAKING ANY MORE OF IT



Agent Stephen Ashley
cell 601-757-9504 office 601-835-5070

ILR class makes poets



Special to Wesson News

Special to Wesson News

With the help of Co-Lin English Instructor Glenda Silverii, eight Institute for Learning in Retirement workshop participants joined the ranks of poets last month.

Silverii guided them in producing poems in the Japanese Haiku form, introducing them to its general rules and helping them choose their themes draft initial poems, craft and refine them.

To get them started, she inspired them with a couple examples of classic haiku to show them how a poem looks and sounds and stimulate ideas about their own writing. Then she put them to work.

As the starting point, Silverii armed them with six haiku basics:

- Stick as close as possible to 17 syllables, written across three lines with a 5-7-5 pattern.
- Use punctuation if your haiku requires a pause or break in rhythm.
- Include words or phrases that symbolize bigger concepts, such as “autumn moonlight” for old age.
- Keep to universal themes rather than personal feelings.
- Focus on one single thought.
- Create juxtaposed images for contrast or surprise.

“While poems that do no more than describe nature can be beautiful, try to find a broader meaning behind the image you are portraying,” she urged. “A butterfly emerging from its chrysalis signifies transformation and rebirth. A winding road disappearing into the horizon represents a scary journey. A flickering candle flame signals the fragility of life.”

With a general idea, imagery, and a broad theme in mind, the writing can begin, she said. “It is not particularly important to count syllables at this stage,” she explained. “Just write a sentence that captures what you want to say. Play with different words, word combinations, and punctuation. Try to identify some short phrases that evoke strong images.”

Next, the emerging poets selected best words and phrases from the ones in their draft haikus. If it is more than 17 syllables, it needs to be shortened, Silverii noted. Insert punctuation to separate images from each other and break up the poem, if needed, she advised.

“With the poem in hand, read it aloud to yourself to check whether it flows and whether it has a pleasant rhythm,” she counseled. “If some words are too long or short, browse a thesaurus to find alternatives. If you have a friend or relative who reads poetry, run it by them and ask for their honest opinion. In particular, ask them whether your images and themes are fresh.”

CALL ANYTIME



**MENTION THIS AD
FOR 10% OFF**

**HONEST
EFFICIENT
RELIABLE**

HVAC SERVICE

**DOWN SOUTH
ATV REPAIR**

**MENTION THIS AD
FOR 10% OFF!**

3040 Rocky Hill Road, Wesson, MS
Owner: Cooper Smith 601-695-0288
 Coopersmith2024@icloud.com

New Dean of Workforce Education

Wesson News

A former Hinds County Community College educator and department chairperson who most recently served as workforce coordinator for the Central Mississippi Planning and Development District (CMPDD) has joined Co-Lin as the new Dean of Workforce Education.

In her new role at Co-Lin, Dr. Geanell C. Adams is responsible for connecting trained employees of the college with employers throughout the seven-county Co-Lin district. The job involves, on one hand, developing relationships with employers and area economic developers to identify training needs, and, on the other hand, assessing existing Co-Lin workforce training programs to continue, enhance, or shift them based on local industry need and market saturation or developing new training initiatives.

From 2002 to 2007, Adams was based in Greenville, Mississippi, as a court reporter serving Washington, Leflore, and Sunflower Counties as an official and freelancer before moving into education at Hinds Community College (HCC) as the state's only Certified Court Reporting Instructor (CRI), and later chair of the program until 2017 when she started teaching and served as chair of the Business Office Technology program at the college. From 2022 until February 2024, when she came to Co-Lin, Adams managed grants, internship and apprenticeship awards, sub-award contracts, and equal opportunity monitoring for the Workforce Innovation and Opportunity Act program through CMPDD.

A native of Mound Bayou, Mississippi, in the Delta region seven miles north of Cleveland, Adams joined



Special to Wesson News

the military when she was a senior at John F. Kennedy High School in Mound Bayou. After her high school graduation in 1991, she went to U.S. Army basic training at Fort Jackson, South Carolina, trained as a medic at Fort Sam Houston in San Antonio, Texas, and served during Desert Shield and Desert Storm in the Middle East before returning home on Individual Ready Reserve (IRR) status at Walter Reed and Brook Army Medical Center after sustaining an injury.

From 1992 to 1996, Adams attended Delta State University (DSU), earning a BA Degree in political science and beginning coursework on an MA Degree in community development, which she didn't complete until 2020 after pivoting into court reporting and earning two Masters of Business Administration (MBA) Degrees and an Education Specialist Degree at DSU.

At Prince Institute of Professional Studies in Montgomery, Alabama, from July 1999 to 2002, Adams earned an Associate's Degree in Court Reporting Technology and a Medical Transcription certificate. She received MBAs in Human Resource Management (2016) and Healthcare Administration (2020) as well as her Education Specialist Degree with a focus on Educational Administration & Supervision (2017) before completing her MA in community development in the economic development track.

In May 2023, Adams received her Doctor of Education Degree in Higher Education from the University of Mississippi at Oxford.

Adams and her husband, Lee, a retired Greenville, Mississippi, police chief, live in Terry, Mississippi. They have a son, Arian, a sophomore at St. Andrew's Episcopal School in Ridgeland, Mississippi.

Lyons Mobile Detailing



Pressure Washing Locksmith & More!

**MENTION THIS AD AND
GET 20% OFF!**

Talk Less to me and more to God!

**Timothy Lyons - Owner
601-623-9078**

**COPIAH COUNTY
MEDICAL CENTER
Swing Bed Program**



After a hospital stay, not everyone has the ability and strength to return to everyday living. That's why Copiah County Medical Center designed the Swing Bed Program to ease the transition from hospital to home safely. If you need more time to recover from an illness, injury, or surgery, our Swing Bed program allows you to do so in an inpatient setting. Our caring team of nurses, physical, occupational, and speech therapists can help you get back to doing those things that you enjoy.

For more information, visit myccmc.org or call 601-574-7000.

Brain health guidelines & tips

By Guest Columnist Stephanie Duguid

In a recent presentation to the Mississippi Health Ambassadors by Dr. Chloe Kilman, MD, of the University of Mississippi Medical Center (UMMC) MIND Center, critical insights into the complexities of the aging brain and dementia were revealed.



As our population ages, understanding the nuances of cognitive decline becomes increasingly vital for individuals and caregivers. Normal aging, mild cognitive impairment and dementia differ. The body processes normal aging in different ways:

- **Normal Aging** is characterized by occasional forgetfulness, but overall cognitive function remains intact.
- **Mild Cognitive Impairment (MCI)** is characterized by more noticeable cognitive decline than expected for one's age, but it is

not severe enough to interfere significantly with daily life.

- **Dementia** is an umbrella term encompassing a range of symptoms associated with cognitive impairment and is severe enough to interfere with daily life. Dementia can result from various underlying causes, with Alzheimer's disease the most common.

Despite ongoing research, specific treatments for dementia remain elusive. While some medications offer modest benefits for Alzheimer's-related dementia, there are currently no targeted treatments for other forms of dementia.

For caregivers navigating the challenges of supporting individuals with dementia, seeking out support groups and assistance is crucial. UMMC offers a caregiver university accessible at www.umm.edu/CaregiverU that provides valuable resources, guidance and a supportive community for caregivers.

While there is no guaranteed way to prevent dementia, adopting

healthy brain habits can help mitigate the risk and promote overall cognitive well-being. Dr. Kilman emphasizes the importance of:

- **Exercise:** Regular physical activity has been shown to support brain health and reduce the risk of cognitive decline.

- **Healthy Diet:** Following a Mediterranean style diet rich in fruits, vegetables, whole grains, and healthy fats can benefit brain function.

- **Avoiding Smoking and Limiting Alcohol:** These habits can negatively impact brain health and increase the risk of cognitive decline.

- **Prioritizing Sleep:** Adequate sleep is essential for cognitive function and overall brain health.

- **Remaining Socially Active:** Engaging in social activities and maintaining connections with others can support cognitive health.

- **Mental Stimulation:** Activities

such as puzzles, reading, and learning new skills can help keep the brain sharp.

- **Stress Relief and Mental Illness Treatment:** Managing stress and seeking treatment for mental health conditions can promote brain health and reduce the risk of cognitive decline.

If you have any questions or concerns about your brain health or that of a family member or friend, consult your physician for advice. If you do not have a personal physician, contact The MIND Center at UMMC at umc.edu/mindcenter/MINDCENTER or call 601-984-1000.

Understanding the complexities of the aging brain and dementia is vital for individuals and caregivers. By adopting healthy brain habits and seeking support when needed, individuals can take proactive steps to promote cognitive well-being and enhance quality of life.

EDITOR'S NOTE: Stephanie Duguid is owner of Do Good ProHealth (CPR Classes) and Do Good Leadership (motivational speaking, and leadership and success coaching).

**LIVING
+HEALTHY+**

P&R PACKAGE STORE



2043 HWY 51, WESSON MS 601-401-0311

The
place
to be



Enroll
now!

www.colin.edu/register

Columbia-Lincoln Community College does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, or other factors prohibited by law in any of its educational programs, activities, admissions, or employment practices.