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Volume 11, Number 5

“Good News You Can Use”

May, 2023

Dewayne Middleton will head Co-Lin

Special to Wesson News

Co-Lin’s Board of Trustees has selected Dr. Dewayne Middleton as the college’s ninth president. The current Executive Vice President of the college will move into his new role July 1 with the retirement of Dr. Jane Hulon Sims.

“I feel extremely honored and grateful to have been selected by the board of trustees to lead this incredible institution as president,” Dr. Middleton said. “Co-Lin has been part of my life for nearly 30 years, first as a student-athlete and then the place where I was fortunate to build my career. I look forward to the opportunity to continue to strengthen our institution as we work to offer the highest quality education to our students and communities.”

Dr. Middleton’s extensive background in higher education includes student services, classroom instruction, federal programs, academics, athletics, and administration. He has served in his current role as Executive Vice President of the college since 2021 in which he oversees all campus vice presidents and all campus operations.

Prior to his current post, he served as Vice President of Co-Lin’s Simpson County Center for seven years. In previous positions at Co-Lin, Dr. Middleton was Dean of Student Services at the Simpson County Center, an academic advisor/instructor, the Upward Bound coordinator, and assistant men’s and women’s basketball coach. In addition to his experience at Co-Lin, Dr. Middleton also served as an adjunct graduate professor at Alcorn State University.

Dr. Middleton holds an associate degree from Co-Lin, where he was a student-athlete for the Wolf Pack Men’s Basketball team, a bachelor’s degree from the University of Southern Mississippi in coaching and sports administration, a master’s degree from Alcorn State University in secondary education, and a doctorate from Mississippi State University

in community college leadership.

During his professional career, Dr. Middleton has received numerous awards, certificates, and appointments. In addition to being named Who’s Who Among Executives and Professionals, he has received Co-Lin’s High Performance and Outstanding Co-Lin Faculty/Staff Member awards and the NISOD Excellence Award. He was also named an Emerging Leader of Mississippi. He has completed the Mississippi State University Education Policy Fellowship Program, Mississippi Community College Leadership Academy and Mississippi Development Authority Aspire Program.

Dr. Middleton serves on the Southern Association of Colleges & Schools (SACSCOC) Substantive Change Committee Review Team, the SACSCOC On-Site Committee Review Team, and the Mississippi Community College Board Review Team for OCR & ADA Compliance. He is a member of the Mississippi ACT Council, Southeastern Association of Collegiate Registrars and Academic Officers, Mississippi Association of Community & Junior Colleges Student Affairs Association, Mississippi Scholars Steering Committee, Simpson County Leadership, Omega Psi Pi Fraternity Incorporated, and Simpson County Tourism Council.

He is also very active in his community, serving on the Five County Head Start Board of Directors, Magee Hospital HealthTrust Board of Directors, Peoples Bank CDFI Advisory Board, Simpson County Economic Development Board of Directors, Southern Pine Electric Power Advisory Board and Simpson General Hospital Board of Directors. He is a volunteer coach for city baseball, football, and upward basketball.

He is married to Sirkersia (Tan) Middleton and they have two daughters, Mikaylin and Soumya, and a son, Kendal. They attend St. John Church of God in Christ.



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WGC members exhibit plant creations



Wesson News

The Wesson Garden Club youth gardeners, the Butterbeans, participated in WGC's National Garden Club standard flower show, "To Everything There is a Season."

By Bob Arnold

Thirty-eight Wesson Garden Club (WGC) members and youth gardeners participated in a WGC flower show last month at the Wesson Old School Community Center.

Based on National Garden Club standards with different types of horticulture, design, educational and youth exhibits, "To Everything There is a Season," capturing the spirit of the first eight verses of Ecclesiastes 3 from the Bible and Pete Seeger's *Turn, Turn, Turn* popularized by the Byrds in the 1960s, thematically framed the show on April 4.

Best in the Show ribbon winners in the Horticulture and Design divisions were Dixie Thornton for her pencil tree exhibit and Camille Johnson for her exhibit in the "Time to Laugh" class. Receiving multiple first place ribbons in the Horticulture and Design divisions were Rhonda Ishee (4), Pam Owens (3), Debbie Smith (6); and Robin Furr, Rebecca Harrison, Debbie Hoagland, Vicki Martin and Joy Wesbrooks – two each. Furr also received the Novice Award for her First Place exhibit in the Design division "Time to be Silent" class.

The show featured two educational displays:

- "Butterfly Life Cycle," an exhibit created by Pam Owens and Jennifer Peets that highlighted the importance of pollinator gardens in line with the National Garden Club emphasis on them.

- "Public Relations/Publicity," an exhibit created by Dixie Thornton and Jennifer Peets that showed how WGC promotes its activities in line with encouragement by National Garden Club.

More than 80 guests visited the show over the course of the day, and Lisa Smith, show chairperson, and WGC President Dixie Thornton commended Garden Club committees for their work in producing "an outstanding flower show" and thanked the Town of Wesson for the venue.

First place ribbon recipients in their



Wesson News

Camille Johnson's Best in Show in Design division.

respective divisions were:

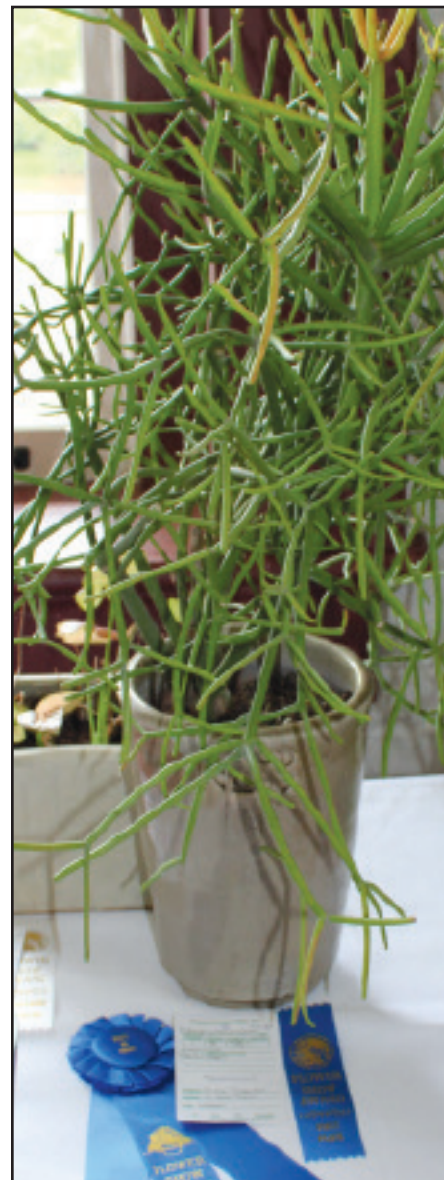
1. **Horticulture Division.** Plants Grown for Bloom. Debbie Hoaglin, Debbie Smith and Rebecca Harrison. **Annuals foliage only.** Rhonda Ishee and Debbie Smith. **Biennials and Perennials.** Debbie Smith and Vickie Martin. **Perennials foliage only.** June Owens, Rhonda Ishee and Debbie Smith. **Bulbous Plants.** Joy Wesbrooks and Rhonda Ishee. **Bulbous Plants for foliage.** Joy Wesbrooks, Rhonda Ishee, Debbie Smith and Sherri Carty. **Arboreal shrubs.** Dixie Thornton, Pam Owens, Robin Furr, Ramona Hartzog, Joy Phillips, Paige Anderson, Cherry Head, Lisa Smith and Vickie Martin. **Arboreal trees.** Pam Owens, Sonya Cowen, and Jennifer Peets. **Container Grown.** Rebecca Harrison, Debbie Hoaglin and Debbie Smith

2. **Design Division.** **Time to be Silent.** Robin Furr, who also won the Novice Award. **Time to Build up**

and Break Down. Debbie Smith, who also won the Beverly King Award. **Time to Heal.** Pam Owens. **Time to Laugh.** Camille Johnson, who also won Best in Show. **Time to Praise.** Jennifer Peets. **Others who exhibited in this Division** were Dixie Thornton, Debbie Hoaglin, Jean Ricks, Nikki Smith, Vickie Martin, Sherri Carty, Cherry Head, June Owens, Marilyn Britt, Pam McLemore, Rebecca Harrison, Lisa Smith and Paige Anderson

3. **Youth Division.** **A Time to Build.** Issa Scopel. **A Time to be Born.** Brayan Hernandez. **A Time to Dance.** Anne Houston Peets. **Others who exhibited in this division** were Elam Scopel, Lily Sykes, Whisper Breeland, Lindsey Lockhart, Glori Freeman, Haley Bates, Courtney Davis, Abigail Holloway, Leighton Hall, Emmett Case, Kori Peets, Addisyn Coleman, Maddie Coleman, and Eden Scopel.

The Wesson Garden Club is a member of The Garden Clubs of Mississippi, Inc., National Garden Clubs, Inc., Deep South Garden Clubs, Inc., Natchez Trace District-Garden Clubs of Mississippi, Inc.



Wesson News

Dixie Thornton's Best in Show in Horticulture division.



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Book bans are costing society

By Bob Arnold

Politicization of books reflected in increasing bans on modern classics that once were common on reading lists of most high school students is creating a society of people who do not understand important social issues, do not tolerate differing viewpoints and opinions, cannot empathize with those in different social and economic circumstances and have not learned to enjoy reading because they are not acquainted with the best literature, two Co-Lin history scholars warned at an Institute for Learning in Retirement seminar.

Kelly Eubanks, an art student at Co-Lin who has a passion for history and is a member of the college's Centurion Club, which encourages scholarly studies of historical issues, and Jill Childress, the faculty member who works with the organization, talked about the current epidemic of book banning in the U.S. and its costs to the nation.

"A select group of people –



Kelly Eubanks

namely, government officials – are making decisions about reading materials based on what makes them more comfortable and what they think people want their children to read," Eubanks and Childress agreed. "It's oppression and censorship, or thought control. Rather than serving parents and their children by banning books, parental choice is being effectively taken away."

The reasons for banning books encompass their graphic language, exaggerated depiction of society to make a point, explicit

descriptions of sexual acts, rape and violence; and accounts of racism and history that do not reflect favorably on the nation or a group of people or match the outlook, viewpoint and understanding of those who disagree with the authors of the banned books. In the process, Eubanks and Childress said, teaching moments are lost, discussions are limited, and reality succumbs to fantasy.

Among modern classics that have been increasingly banned in various areas of the country are *To Kill a Mockingbird*, with its fictional commentary on racism in the South, *Fahrenheit 451*, a story about Constitutional rights and censorship, *The Color Purple*, about child abuse and how a young girl grows through it and recovers, *The Diary of Anne Frank*, written by a young Jewish girl who hid with her family to avoid Nazi persecution in Germany, *Maus*, about the Holocaust in Germany with illustrations of nude women, and *The Grapes of Wrath*, which portrays the plight of migrant agricultural workers in California who

fled economic hardship.

"For younger age groups, some of these books may not be appropriate to read, but certainly not for high school students and those going into or attending college," Eubanks said.

"Teachers alone without the assistance of books are now expected to socialize their students to participate in society," Childress said. She suggested "we are living in a dark age of arts and literature," noting that three-quarters of the students in her classes as recently as ten years ago were exposed to most or all of these banned books, but only a handful of them today have been.

"Many of the books, which are on my bookshelf at Co-Lin, would be grounds for my arrest and dismissal from teaching in some areas of the country," Childress said. "Life is so much different without these books. In the current environment of book banning, would Mississippi have produced literary giants like William Faulkner, Eudora Welty or Richard Wright?"



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Yoga Mississippi-style helps locals

By Bob Arnold

Yoga, steeped in the rich history of the Orient and grounded in Eastern religion, isn't a natural fit in the culture of Mississippi and the South so greatly influenced by the Baptist faith, but is helping locals address their physical, mental and spiritual issues through a retired Brookhaven kindergarten teacher who has come to grips with its benefits in spite of her own deeply held religious beliefs.

Cheryl Myers is conducting yoga classes in the area for Co-Lin students, the college faculty, members of Co-Lin's Institute for Learning in Retirement (ILR), volunteers and patients at a nursing home and the general public in weekly evening sessions she holds in Brookhaven.

Some 20 years ago, Myers tried yoga on the suggestions of physicians to address a variety of health issues.

"Following several surgeries, I was trying to cope with anxiety and stress as well as the underlying health problems," she says. "Not only did yoga offer an exercise regimen of movement and breathing that strengthened and oxygenated my body, but relaxation, stillness and quiet in which I could connect with my physical needs, relieve mental stress and progress spiritually within my own personal understanding of religion and faith."

In her classes, Myers tries to bring this experience to participants in an "interest-

ing, informative and enjoyable" way that "demystifies the practice of yoga, presenting it as a wellness resource that combines body and mind benefits that they can take into their daily lives."

Television and other audio-video resources introduced her to yoga, but she drifted away from practicing it until she found a local teacher who provided one-on-one coaching within the context of in-studio classes. When her teacher asked her to assist with conducting classes, she decided to pursue training for certification, although it is not required.

"I wasn't comfortable with the spiritual aspect of yoga – connecting with the universe and the elements of fire, earth and light rather than a personal God," Myers recalls. "I prayed about it and concluded I could reconcile that part of yoga with my personal spirituality."

So Myers embarked on 200 hours of classes covering yoga history, techniques and styles over eight months in Joyflow Yoga Teacher Training, a registered Yoga Alliance Teacher Training school, and started teaching yoga to locals ten years ago.

The size of her classes vary. Her ILR class, in which she teaches "chair yoga" to older persons who often find the rigors of traditional mat yoga too taxing, has five to seven participants once a week, while regular yoga classes like the ones for Co-Lin students and faculty members may

have as many as 20 participants in some sessions. Myers' ILR yoga participants tell these stories:

Mary Ann Smith: "After eight to 10 years of movement and stretching exercises, my balance is better and I walk better." Smith, who taught second grade and early elementary students at the Mamie Martin School and kindergartners at the Faith Presbyterian Church in Brookhaven, also practices yoga at the Stillwater Studio in Brookhaven and at Summit. Her daughter-in-law encouraged her to try yoga.

Opal Smith: "I can do house work and laundry, and am thankful to God I can." A widow, she lives with her two daughters, can no longer drive after a brain bleed two and one half years ago and suffered two strokes and a third mini stroke.

Ketti Breaux: "I have been taking yoga class for six years after taking exercise classes and body pump for strength training. Yoga helps to rejuvenate me mentally and physically, helps tremendously for bone strengthening, and the classes are a great way to meet new people and make friends." Breaux, a retired accountant, and her husband moved to the area two and one half years ago from Houma, Louisiana, to get away from hurricanes.

Zoula Huffman: "I take yoga to improve my balance and flexibility." A retired college teacher and administrator with four children, 11 grandchildren and seven great grandchildren, she and her husband have spent 12 years traveling around the U.S. in an RV and taken cruises and guided bus trips with visits to 50 states and 35 foreign countries. She also enjoys sewing, gardening and helping at church.

Rob Rector: "I gave up subba diving for exercise and as a hobby a couple of years ago and found yoga to awaken some tired and unused muscles." A retired engineer who worked in the oil and space exploration industries, he moved from Houston to Wesson "to put my wife in a memory care facility" and to be closer to his daughter and her family.

Myers and her husband are both retired. She taught kindergarten for 13 years at Brookhaven Academy, and he worked for the Farm Bureau. They have two daughters and seven grandchildren, like to travel, and are members of Central Baptist Church.

For information about her yoga classes, call Myers at 601-757-2133 or text her at cherlymyers9869@yahoo.com.

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Chow Time: Honey-glazed grilled Cornish Hens

By Guest Columnist Charles Fortson, Jr.

Cornish Hens transform the ordinary chicken dinner into something special. They are little barred rock chickens, hard-working members of the backyard chicken flock, beautiful, calm, and productive, one of Americas' first and finest poultry creations, a worldwide success for thousands of poultry breeders, enthusiasts, and backyard keepers for well over 100 years. Cooked properly, Cornish Hens will make for a more tender and juicier culinary experience, more elegant than the chicken dinner you ordinarily serve. And more good news: you'll probably find them slightly less expensive at your neighborhood grocery store.



Ingredients:

One Cornish Hen for each person served (my favorite is Tyson's).

Weber Dry Rub

Louisiana Cajun Seasoning (or your favorite all purpose seasoning)

Raw honey from local bee keepers

Salt-red pepper brine to marinate Cornish Hens overnight (optional)

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.

Directions:

1. With a meat shear, cut each Cornish Hen in half and remove excess fat and skin and the tip wing.
2. Apply your favorite all purpose seasoning (I like Louisiana Cajun Seasoning) and a healthy layer of Weber Dry Rub to each Cornish hen half.
3. Prepare a grill at medium to high heat level.
4. Sear both sides of each Cornish Hen half.
5. Reduce grill heat to low to medium.
6. Cook each Cornish Hen half 40 to 45 minutes, or until done.
7. At about 10 minutes before taking chicken off the grill, liberally baste both sides of each Cornish Hen half with raw honey.

After the initial preparation of the Cornish Hen halves and before seasoning them, some cooks like to marinate them for extra flavor and tenderness:

1. In large pot, prepare a brine with a gallon of water, ½ cup of salt and a tablespoon of red pepper.
2. Place Cornish Hen halves in brine, making sure it covers them.
3. Refrigerate overnight to marinate. When temperature of brine and Cornish Hen halves equalize, the hens absorb the salt and pepper mix.
4. After marinating, remove the hen halves, and season and grill as described.

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Computer pioneer resettles in Wesson

By Bob Arnold

A little more than a year ago, Rob Rector, a Houston resident and father of Stephanie Duguid, Co-Lin's Dean of Academic Instruction, resettled in Wesson with Joan, his wife of 41 years, in the last stages of Alzheimer's Disease, who he transferred to the Beehive assisted living facility at Brookhaven from care in Houston.

Ask him to compare his new life to the one he left behind, and he shows you two photos on his cell phone: One taken from a car driving on Highway 51 pictures one car in the opposite lane and a dashboard clock showing 5:20 p.m. The other is an aerial view of the spaghetti-like entanglement of freeways in the Houston area.

"It's Wesson and Houston at rush hour," says Rector. "It's symbolic of the different pace and pressures. I miss Houston restaurants – gumbo at Floyds and enchiladas at Molinas, but my blood pressure demonstrates the effect of the move – 165/120 when I left Houston and 118/68 in Wesson."

His daughter Stephanie coaxed him to make the move to Wesson, and found the Beehive for her stepmother, who died there last month, where she spent her last days in a family ambiance in which personal care was emphasized in contrast to largely indifferent, but competent medical care in Houston.

"Life has been like night and day for me, and was for my wife," says Rector. Rector's journey to Wesson encompasses an education and career in the early days of computing when digital equipment started making analog devices a relic of the past, teaching scuba diving, helping the U.S. space program with its computer needs after the Challenger space shuttle disaster shut it down and travelling to all 50 U.S. states and 63 foreign countries in the course of his work.

Born at Pocatello, Idaho, the location of the hospital closest to Jackson Hole, Wyoming, where his father worked for the Civilian Conservation Corps, Rector lived with his mother in his early childhood at Nevada, Iowa, while his father served in the Air Force during World War II. His father continued his Air Force career following the war, moving his family to Columbia, South Carolina; Fort Worth, Omaha, Florence and Naples in Italy and finally Washington, D.C., where Rector graduated from Bethesda-Chevy Chase High School in Maryland in 1958.

As they moved from place to place, Rector developed an interest in electronics nurtured by working with Lionel Train sets and accessories to build a growing model railroad system. "Each time we were transferred to a different base, I would find parts and components of model trains left behind that I used, and my interest in electronics grew along with my model railroads," Rector recalls.

Out of high school, Rector joined the Army, intending to learn flying at its air academy, but instead went to its Data Processing Equipment Operations School at Indianapolis, where he learned about unit record computing and wiring panels for equipment, when the Army determined he was too tall to pilot airplanes with small cockpits.

"As analog equipment was beginning to be replaced by digital equipment, I was in the right place at the right time as I entered college and then embarked on a career," Rector says.

When he enrolled in electrical engineering studies at Louisiana Tech (LT) in 1962, college officials, after learning about his Army experience, put him to work on LT's new IBM 1620 computer with 60K of memory as the focal point of his learning. Today, cell phones have more memory than those 60K computers in the 1960s. Modern laptops have built-in disc drives and dedicated printers, while those 1960s computers required card decks with programmed instructions for processing and printing. With "keys to the computer center and access to the manuals," however, Rector and his student colleagues at Louisiana Tech used their primitive computers to perform pre-stress concrete beam calculations for bridges on Interstate 20 in Louisiana that are still standing and mapping crystals, among other things, as they earned their degrees.

In 1967, Rector received his Electrical Engineering degree from LT, and joined

Western Geophysical (WG), a part of Litton Industries, at Shreveport, Louisiana, and was immediately

transferred to Houston, where he helped develop digital oil exploration equipment and programmed control and navigation systems for ships. His work over 20 years at the company encompassed nine trips to Alaska one summer and took him to the Philippines and Singapore to test experimental and manufacturer equipment and systems on ships. He developed processing systems for Geophysical Data vehicles at WG's Galveston laboratory from 1971-75, and served as president of WG's Digital Data Systems subsidiary for three years. He also worked with mixed success with Litton Medical Systems to apply geophysical mapping systems to ultrasonic medical scanners – an adaptation that, in the end, proved impractical because of the cost.

Rector temporarily left the fledgling computer world in 1985 to turn a scuba diving hobby into a business – Aquaventures – with a partner – to train diving professionals. As a youth in Italy, he had started snorkeling and received instruction on use of aqua lungs, continuing with the hobby over the years to become a Scuba Diving Master Instructor.

In 1988, following the Challenger Space Shuttle disaster, Rector dedicated himself to computing, and started applying his experience to help rebuild the U.S. space program, which virtually shut down in the aftermath of the accident. Unisys, a part of what became United Space Alliance, hired him as a Flight Integrator to bring an array of digital products used in the space shuttle into a single system. His work over 19 years until his retirement in 2007 included development of systems that enabled the successful launch of the Hubble Space Telescope; mission control software for varied manned and unmanned space flights, including those related to the space shuttle and space station; and simulators for space shuttle and building the space station.

In addition to his work, family has been an important part of Rector's life. He has two daughters – Stephanie, who introduced him to Wesson, and Kimberly, an investment counselor based in Boston, with his first wife, Marjorie, whom he married as a college student in 1963. Through his two daughters and step children through his second wife Joan, he has six grandchildren.



Wesson News

Rob Rector, with his cat Sophie, shows poster that welcomed his wife Joan to the Beehive assisted living facility.

MEET YOUR NEIGHBOR

What are your hobbies?

Scuba diving was a passion that I had to give up because of an aging body, and, for 20 years, I cared for my wife Joan in her battle with Alzheimer's. I have nothing that really is a focus of my attention now.

Are you a reader?

When I was a commuter in Houston, I got into audio books – John Grisham, Clive Cussler's adventures and thrillers, Neal DeGrasse Tyson on science.

Do you follow movies or theater?

I am into the old Sean Connery James Bond movies. Modern movies are too much about special effects. So I don't follow them.

How about music?

I like jazz and country – the music of Wes Montgomery, B.B. King and Cal Tjader. I don't enjoy the music kids like today. With better music, they would have better attitudes.

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

I would travel. Although I've travelled to all 50 U.S. states and to 63 foreign countries, I somehow missed Australia and New Zealand. They are on the top of my list. Next, I would spend my money on family care, particularly education.

How would you change the world?

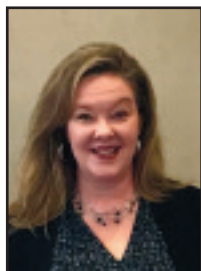
The political divisions and "my way or the highway" opinions are big problems. I don't know the answers, but I know what needs to be addressed.

Making exercise an easy routine



By Guest Columnist Stephanie Duguid

As we celebrate National Physical Fitness and Sports Month in May, exercise and its mental, physical, and health benefits is the focus. When you exercise, you can uplift your mood, reduce your risk of illness, and get better sleep. Exercise even helps you live longer.



Exercise helps prevent weight gain or maintain weight loss, prevent health issues including high blood pressure, diabetes, depression, and anxiety; manage blood sugar and insulin, improves your mood and sleep and boosts energy.

If exercise isn't already a part of your routine, it can be difficult to start fitting extra physical activity into your life. And, after you do start, how will you be able to sustain the exercise in a way that will create lasting results? Here are some ideas:

1. Start with two minutes. When you start with something new like exercise, you want to make it as easy as possible to get started. Limiting your first sessions to two minutes will help

you start showing up so that you can transition into the routine of exercising.

2. Make it easy. Get on the path of least resistance by setting a specific time and place to exercise, putting your workout clothes in a specific, open place and preparing your food, shoes and hydration the night before.

3. Link exercise with something you already need to do. You can also combine exercise with a task you already do throughout your day. Walk or run to work. Run to your errands. Listen to an audiobook or podcast while you exercise. Exercise while watching your favorite television show. Take the stairs instead of the elevator.

4. Announce your exercise goal to someone to hold you accountable. Studies on motivation show that people who tell their friends, family, and colleagues about their goals are more likely to be successful. Telling others about your exercise goals can inspire you to take action.

5. Instead of thinking of working out as something you have to do, think about it as something you want to do. When you look

at exercise as something you have to do, you rob yourself of enjoying the process.

6. Choose consistency over intensity. What will you do when you are stressed, ill, or injured? Keep at it, and avoid burning out and losing your motivation to exercise by being consistent with your exercise instead of sticking to a rigid "all or nothing" plan.

7. Accept progress over perfection. Do not expect your fitness journey to be linear. If you focus on trying to be perfect, you run the risk of feeling like you are



not progressing at all. If you feel like you're not progressing, you may find it hard to stay motivated. Realize that any progress is good!

8. Track numbers and progression. Studies show that writing down goals, measuring progress, and establishing rewards

lead to success. When you keep track of your progression, you can identify what you would like to improve or focus on. You can see the progress you've made over a given time, which can motivate you to keep going. Use a computer or cell phone app or notebook to track your numbers and progression.

9. Think about the benefits. Studies also show that permanent change comes from reminding yourself of benefits associated with achieving your goals. More energy. Weight loss. Feeling more confident.

10. Reward yourself. A reward will help train your brain to look forward to exercising and help you achieve your goal.

Exercise can greatly benefit your life. Don't be afraid to start small as you begin working exercise into your daily life.

EDITOR'S NOTE: Stephanie Duguid is Dean of Academic Instruction 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 twenty years.

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Copiah-Lincoln names six to HOF

Special to Wesson News

Co-Lin has named six outstanding sophomores on its Wesson campus to its prestigious 2022-2023 Hall of Fame, the highest honor bestowed on a student at Co-Lin.

They were Akura Brown of Hazlehurst, Ty'China Byrd of Brookhaven, Larson Lewis of Wesson, Harold Rhodes III of Silver Creek, Isaac Sivils of Bude and Haden Stephens of Brandon.

Akura Brown serves as President of the Eta Omega Chapter of Phi Theta Kappa, President of the Trailblazers, representative for the Student Government Association, and secretary of Sigma Kappa Delta. She is a member of the Council of Presidents and the Women's Resident Council. The recipient of several scholarships, Brown was elected Miss Co-Lin, selected as Trailblazer of the Year, and to Who's Who at Co-Lin. She is the daughter of Tracy and Derek Brown of Hazlehurst.

Ty'China Byrd is the daughter of Tamantha Byrd of Brookhaven. She is the President of Sigma Kappa Delta, Vice President of Fellowship for the Eta Omega Chapter of Phi Theta Kappa, and Blue Wave Show Band Color Guard Captain. She is a member of the Trailblazers and Future Teachers of America. Byrd was elected 2022 Homecoming Queen and was selected Coca-Cola Silver Scholar (one of only 50 students nationwide), Phi Theta Kappa All-Mississippi Academic First Team, Wil-

liam Winter Scholar, and to Who's Who at Co-Lin.

Larson Lewis serves as President of Mu Alpha Theta, Vice President of Scholarship for the Eta Omega Chapter of Phi Theta Kappa, and Vice President of the Student Government Association. He is a member of the Trailblazers and an active member of the Baptist Student Union. Lewis was selected Who's Who at Co-Lin and a Campus Favorite his freshman and sophomore years. He is the son of Amy Lewis and Russ Lewis.

Harold Rhodes III is the son of Akimi and Harold Rhodes, Jr. of Silver Creek. He is a member of the

Trailblazers and the Co-Lin Wolf Pack football team. Rhodes was elected by his peers as Mr. Co-Lin and was the recipient of a Co-Lin Foundation Scholarship. He graduated from Co-Lin in December 2022 and is now continuing his academic and football career at Southern University in Baton Rouge, Louisiana.

Isaac Sivils is President of the Baptist Student Union, Vice President of Research for the Eta Omega Chapter of Phi Theta Kappa, and Vice President of Sigma Kappa Delta. He is a member of the Trailblazers and Mu Alpha Theta. A President's List student, Sivils was selected to the Phi

Theta Kappa All-Mississippi Academic Second Team and Who's Who at Co-Lin. He is the recipient of Co-Lin Foundation Scholarships. He is the son of Thomas and Samantha Sivils of Bude.

Haden Stephens serves as the Vice President of Leadership for the Eta Omega Chapter of Phi Theta Kappa, manager for the Blue Wave Show Band, and Representative for the Student Government Association. He is a member of the Sojourners and Mu Alpha Theta. Stephens was selected as a Campus Favorite and to Who's Who at Co-Lin. He is the son of Ryan and Stacey Stephens of Brandon.



Special to Wesson News

The 2022-2023 Co-Lin Hall of Fame inductees on the Wesson Campus are from left, Akura Brown of Hazlehurst, Ty'China Byrd of Brookhaven, Larson Lewis of Wesson, Harold Rhodes of Silver Creek, Isaac Sivils of Bude and Haden Stephens of Brandon.

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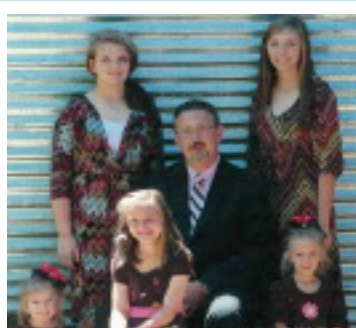
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MSA, Co-Lin launch collegiate academy



Special to Wesson News

The Mississippi School of the Arts (MSA) will launch a pilot program for its 2023-2024 incoming juniors to earn a high school diploma and associate college degree at the same time.

Through a partnership with Co-Lin, juniors will be able to apply for the new MSA Collegiate Academy program to pursue an associate degree while in a dual enrollment/dual credit program with Co-Lin. Since 2011, MSA has partnered with Co-Lin to offer dual credit and dual enrollment opportunities to students through online work as part of the MSA class schedule. The pilot program will be offered free to enrolled students. Dual credit courses taken by students will be paid by MSA.

“We have been working on this since 2018,” says MSA Executive Director Dr. Suzanne Hirsch. “Now, MSA juniors who want to save time and money for college will have the opportunity to do so. We are so grateful for the funding to be able to make college accessible to all our students.”

The dual enrollment/dual credit coursework will support graduation requirements of MSA as well as degree requirements of Co-Lin. Student application paperwork will be distributed before summer 2023 with an application deadline of early fall 2023. The program will begin in January 2024 with anticipated completion in May 2025.

“We are thrilled to bring this long-awaited pilot program to fruition for our MSA students,” says Co-Lin Dean of Academic Instruction Dr. Stephanie Duguid. “As the only performing arts school in the state, these dedicated and determined students from MSA have unique skill sets, opportunities, and intense focus that drives them daily. Co-Lin is proud to partner with MSA not only with academics leading to a degree, but also to collaborate on other fine arts ventures forthcoming.”

Dual enrollment means a student is enrolled in a community college while enrolled in high school, and receives college credit for work. Dual credit means a student is enrolled at both the community college and high school, and receives both high school and post-secondary credit for coursework. Students must meet minimum ACT and Carnegie Unit requirements as set by the college as well as MSA to enroll.

MSA is the state’s only residential high school for Mississippi eleventh and twelfth grade students to intensively study the arts – dance, filmmaking, creative writing, theatre, visual art, and vocal music. Auditions for the Class of 2025 are open for application at www.msabrookhaven.org. Auditions are on May 12, 2023.

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Libraries celebrated in April



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Wesson Friends of the Library (FOL) led the local celebration of National Library Week (April 23-29) last month with a storytime event for children in kindergarten through the third grade.

In line with the goal of the celebration to encourage a broad spectrum of the community to discover library resources, the event on April 27 not only brought kids to Wesson Public Library at 1012 Spring Street, but parents and even older siblings to help the youngsters who needed support to get there at a tender age.

While the kids listened attentively to stories that were read to them by FOL volunteers from 3:45 p.m. to 4:30 p.m., the adults and older children and youth had an opportunity to learn that library services go way beyond checking out and returning books – the purpose of the national celebration framed thematically by “There’s More to the Story.”

In explaining the focus of National Library Week, the American Library Association pointed out: “Libraries are full of stories in a variety of formats from picture books to large print, audiobooks to ebooks, and more. But there's so much more to the story. Libraries of Things lend items like museum passes, games, musical instruments, and tools. Library programming brings communities together for entertainment, education, and connection through book clubs, storytimes, movie nights, crafting classes, and lectures. Library infrastructure advances communities, providing internet and technology access, literacy skills, and support for businesses, job seekers, and entrepreneurs.”

Wesson Public Library provides internet access, lends videos and DVDs, and brings the community together through its Summer Reading Program, arts and craft exhibits, and many educational activities for both children and adults. The library also supports organizations and businesses in the community.

The first National Library Week celebration was proclaimed by President Eisenhower in 1958. He wrote:

“Let National Library Week be a time for the appraisal of community needs for library services and of the means for meeting them, for encouraging the development of a better-read, better-informed citizenry, and for rededication to that fine public service that has always been characteristic of the libraries of America.”

The celebration honors the contributions of general and specialized libraries, public and private alike and the personnel who staff them.

WHS senior is Callahan scholar

Special to Wesson News

Grayson Cole Coates, a Wesson High School senior, is among sixteen Mississippi high school seniors who have been selected as Lindy Callahan Scholar-Athletes for the Class of 2023.

The honorees — one boy and one girl from each of the Mississippi High School Athletic Association’s (MHSAA) eight geographical districts — were chosen for their academic accomplishments as well as their participation in high school athletics and extracurricular activities. Wesson High School is in District VIII. The recipients were chosen by a committee made up of MHSAA partners and school administrators.

Each of the 16 honorees will receive a \$1,500 college scholarship through the support of MHSAA partners.

The Scholar-Athlete awards were launched in 1996 to honor Lindy Callahan, a long-time athletic director and coach at Gulfport High School and an eight-time Hall of Fame inductee. In addition Coates, this year’s honorees were:

- **District I.** Elijah Zane Chapman, New Albany High School, and Caitlyn Paige King, New Site High School
- **District II.** Everett Kent Johnson, East Union Attendance Center, and Lindsey Elizabeth Dillard, Ingomar Attendance Center
- **District III.** Kameron K. Jenkins, Leland High School, and Zoreya Beckworth, Amanda Elzy High School
- **District IV.** Elijah Zaccheus, Neshoba Central High School, and Laney Dianne Boatner, Noxapater Attendance Center
- **District V.** Mitchell Lloyd Butler, Northeast Lauderdale High School. And Brooke Nicole Gibson, Clarkdale High School
- **District VI.** Joseph Reece Welch, Puckett High School, and Kaitlyn J. Walker, Clinton High School
- **District VII.** Coates and Natalie Grace Deer, North Pike High School
- **District VIII.** Braylon Lavon Coleman, Gautier High School, and Stevie Elizabeth Cooksey, Bay High School



Accident claims Co-Lin football player’s life

Special to Wesson News

Co-Lin is mourning the loss of freshman football player Josh Ealy, who died in a single-car crash.

“Josh was a great kid,” said head coach Glenn Davis. “We are heartbroken. He will be missed by his teammates and coaches very much.”

“Our hearts go out to the Ealy family, Josh’s teammates and friends,” said athletic director Bryan Nobile.

“We are deeply saddened about the loss of Josh Ealy,” said Dr. Jane Hulon Sims, president of Co-Lin. “Our thoughts and prayers are with his family and friends, as well as his teammates and coaches. Co-Lin is a tight-knit family that supports one another. Please keep the entire Co-Lin family in your thoughts and prayers as we deal with this tragic loss.”



Wesson News

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House plant authority shares her secrets



House plant authority

Wesson News

Special to Wesson News

A house plant authority shared her secrets with Wesson Garden Club members at their April 11 meeting at American Legion Post 79.

Green Oaks Nursery and Florist's Karen McKie discussed proper care of house plants. In her discussion, she focused on pruning and propagating techniques and keeping plants healthy. She brought a variety of plants with her to the presentation, including unique and new species, which members took home to practice the techniques they learned.

Attendees were Marilyn Britt, Sherri Carty, Sonya Cowen, Robin Furr, Cherry Head, Camille Johnston, Vickie Martin, June Owens, Pam Owens, Jennifer Peets, Joy Phillips, Jean Ricks, Debbie Smith, Lisa Smith and Dixie Thornton. Providing delicious refreshments were hostesses Cherry Head, Camille Johnston and Vickie Martin.

The Wesson Garden Club is a member of The Garden Clubs of Mississippi, Inc., National Garden Clubs, Inc., Deep South Garden Clubs, Inc., Natchez Trace District-Garden Clubs of Mississippi

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Architect who painted for fun

By Bob Arnold

Robert Cook Jones was an architect by day and made woodblock prints and painted oils and watercolors as a pastime from the early 1960s through the 1970s before his death in 1980.

Born in 1904 to Robert Hill Jones and Adah Elizabeth Cook, he was a member of a prominent Crystal Springs pioneer family, the grandson of Robert E. and Elizabeth McKey Jones on his father's side and related to Fanny Cook on his mother's side.

Jones attended Mississippi State University, graduated with a degree in architecture from Washington University in St. Louis and took classes in drawing, painting and clay sculpturing at St. Louis School of Fine Arts. After working at several private architectural firms in St. Louis, he returned to Mississippi, where he worked for a few private firms and eventually was hired as an architect by the Department of Education, designing and consulting on educational buildings.

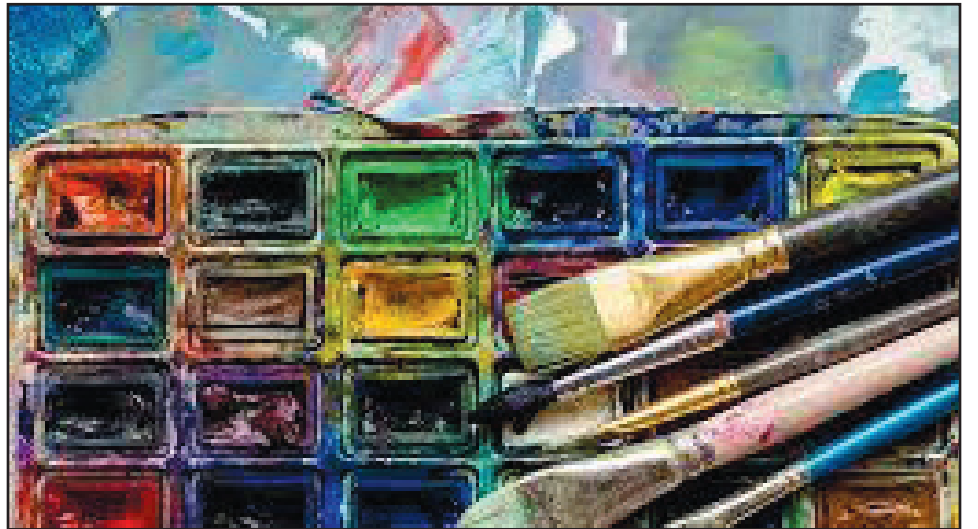
At a tender age, Mrs. George Newton, Ora Newton Gibson and Dora Bennett Thompson nurtured his skills in the visual arts at Crystal Springs schools, and he studied for two years under Marie Hull.

He designed several buildings in Crystal Springs – the former Methodist parsonage next the church, several private homes, the school superintendent's homes and the Consolidated School, now the high school. He was involved in the design of the administration building at Co-Lin and Fulton Chapel at the University of Mississippi. In Jackson, he assisted in designing Poindexter Elementary, Livingston

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Park bath house, Hawkins Field administration building, the Robert E. Lee Hotel, which became a state office building; the James O. Eastland Post Office and Federal Building and the War Memorial Building. He painted when he could find time during his architectural career, and started painting in earnest at his studio after his retirement in 1974, focusing on oils, watercolors and block prints of landscapes, scenic life and flowers – especially magnolias – that are treasured by locals for their downhome charm.

As a student in St. Louis, he won first prize for "St. Louis Levee 1840," a watercolor, and won prizes in competition at the Mississippi State Fair when he returned to the state. He received other awards at the Holiday Inn Arts Festival in McComb, Mississippi Art shows in 1965 and 1967 and the



Special to Wesson News

Southwest Art Exhibition in 1970. His works were exhibited in Brookhaven, Oxford, the Jackson Municipal Art Gallery, Maynelle Gardens and multiple venues throughout Crystal Springs. Although he painted largely for fun, he also did commissions, some of which hang in the J.T. Biggs Memorial Library, the Rolling Hills Country Club, Crystal Springs City Hall and private collections. One of his most notable works was a commission for Crystal Springs City Hall, which depicts a colorful East Railroad scene of vegetable shipping in its heyday.

EDITOR'S NOTE: Throughout the 2023 Copiah County Bicentennial year, Wesson News will feature sketches of past and present visual artists, musicians, authors and photographers who are natives of the county. They will be excerpted from Tricia Nelson's reporting in A Shared History: Copiah County, Mississippi 1823-2023 edited and compiled by Paul C. Cartwright and available through Cartwright for \$25 plus \$5 for shipping at 3 Waverly Circle, Hattiesburg, MS 39402. Nelson is a Crystal Springs writer who contributes to the Copiah County Monitor.

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Airport upgrades. Brookhaven-Lincoln County Airport is getting \$472,000 in grant monies that are part of more than \$35 million coming from the Federal Aviation Administration (FAA) to Mississippi as part of the long-running Airport Improvement Program and new Airport Improvement Grant Program. Safety is the major focus of the grant funds – eliminating trees in the way of approach and takeoff at the end of runways – along with making additions to the apron to improve movement of aircraft around the airport and upgrading lighting. “The importance of local airports to the overall growth of communities cannot be overstated,” says U.S. Senator Cindy Hyde-Smith from Brookhaven and ranking member of the Senate Transportation, Housing and Urban Development Appropriations Subcommittee. “The FAA awards will support important projects and upgrades to improve safety and efficiency at airports across Mississippi.”

Health equity grants. Mississippi State Department of Health (MSDH) has awarded nearly \$2 million to help organizations in underserved communities address health disparities and advance health equity throughout the state. Through the grants, MSDH’s Office of Preventive Health and Health Equity is seeking to address the burden of disease and illness on racial and ethnic minority populations and the rural and urban poor, according to Victor Sutton, MSDH Chief of Community Health and Clinical Services. The groups receiving the competitive grants were chosen based on their ability to address the many barriers to strong health outcomes, including language and literacy skills, faced by historically excluded populations in the community. “A major goal of all the funded projects is to ensure that every resident in the state gets the help and support they deserve,” said Sutton.

Free clinic serves uninsured. A free clinic at the Brookhaven branch of McComb-based St. Andrew’s Mission (217 North Whitworth Avenue) is providing appointment-only primary medical care services without charge to persons without health insurance. The clinic, open at least one day a week, relieves pressure on hospital emergency rooms, where persons who cannot afford primary care often go for non-emergency treatment and medications – sometimes beyond the point of cure when their health problems have gone unchecked and worsened. Volunteer physicians and nurses at the clinic see patients. The clinic has arrangements with King’s Daughters Medical Center for reasonably-priced laboratory and imaging services. Local physicians in multiple specialties are also providing support when the clinic needs to refer patients for specialized care. Walk-ins are not accepted, and the clinic does not provide care for acute injuries and emergencies or onsite testing. The clinic needs more volunteers and seeks donations from individuals, organizations and churches to fund its work. Call 601-990-2056 for appointments.

Governor okays most spending. Mississippi Governor Tate Reeves approved most of a \$6.6 billion state budget contained in dozens of spending bills, while vetoing a few projects and questioning whether legislators properly passed the final bill of their session. Reeves said it violated a constitutional provision that says appropriations bills cannot include general changes to state law, but said he signed most of it because of “a number of critical provisions,” including \$6.5 million to the Mississippi Emergency Management Agency’s emergency trust fund and another \$7 million for temporary emergency housing through the agency. Universities and community colleges around the state will get more than \$230 million for campus construction and renovation, and the state departments of corrections, health and mental health will get \$45.5 million for renovations. Among the projects Reeves vetoed were \$2 million to repair and renovate a planetarium in Jackson, \$500,000 to renovate three parks in Greenville, \$500,000 for the Mississippi Development Authority to expand manufacturing of drones, \$300,000

to the state Department of Finance and Administration to help a company develop a mobile app promoting tourism and \$600,000 to help pay for rehabilitation and repair of the Greene County Rural Events Center.

Water conservation leadership. Mississippi may enjoy lots of rainfall, but it comes outside the growing season, so the state is among 40 U.S. states facing water shortages over the next 10 years, with agriculture consuming increasingly more and more fresh water, now estimated at 70 percent of it worldwide – 80 percent through irrigation. But while Mississippi growers add 40,000 to 50,000 more acres of irrigation each year, they are also among the national leaders in water conservation, with the help of Mississippi State University (MSU). Through the Mississippi Water Resources Research Institute (MWRRI) and the National Center for Alluvial Aquifer Research, MSU is heavily invested in promoting water conservation and irrigation efficiency while maintaining farm yields. Since 2012, it has dedicated

extensive research efforts and countless manhours finding best irrigation practices and extending that information to the agricultural producers of the state, and demonstrated that water savings of 40 percent can be achieved with yield improvement of up to five percent. Spearheaded by MSU, Mississippi is the number two state close behind Nebraska in adopting soil moisture sensors that are strategically placed underground to measure moisture in the soil, and are key tools in irrigation efficiency.

Tutoring service. One year into a nearly \$11 million deal, educators say access to a 24/7 tutoring service is a positive addition to their school districts, though usage data shows just 35% of students with access have used it at least once this school year. The Mississippi Department of Education signed a \$10.7 million contract with Paper, a virtual tutoring company, in March of 2022. The tutorial services are one effort to address learning loss caused by the pandemic and are funded by federal pandemic relief dollars. Paper provides 24/7 access to live tutoring through an instant messaging platform, but recently added a new feature that allows students to send voice recordings if they are not strong typists. Students are randomly matched with a tutor based on the subject they request, and can also upload essays for writing review or practice for the math state tests. The test prep, which does not involve a live tutor unless a student asks for help, accounts for 80% of the 2 million log-ons. While more than a third of students with access have used the service at least once since the start of the school year, 18% are regular users.

Youthful landscapers



Special to Wesson News

The campus of Wesson Attendance Center has new landscapers on its grounds. A class of Journey students at WAC planned and planted a flowerbed on the elementary playground. The Wesson Garden Club is assisting in leading the class taught by Susan Lee, but the students did the work. The students (left to right) are Liam Hamilton, Zymiria Crawford, Riley Berch, Abby Brooks, Peck Newman and Cooper King.

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Preparing a floral Mothers Day gift

By Guest Columnist Eddie Smith

Mother's Day is Sunday. If you are still struggling to find a gift for your mom, consider a mixed succulent container planting. Even if you are a little late with the gift, it will be appreciated.

There are hundreds of types of succulent plants that make beautiful combination container plantings. Most local garden centers and nurseries typically have many selections of succulents from which to choose.

Succulents are plants with soft and juicy leaves and stems that come in a wide array of colors, textures and sizes. Their leaves help them to retain water and survive in hot, dry climates. Additionally, because of their leaves, succulents are known for their air-purifying properties and can help to improve air quality in a room. Aloe vera, sedum, kalanchoe, hens-and-chicks and jade plant are all considered succulents.

A succulent plant or container combination makes a great gift for those moms who love plants but do not necessarily have a green thumb. Since succulents are about 90% water, they can miss a few waterings with no ill effects. They do not tolerate a soil that is too wet, so planting in well-drained soil is important. Unlike most container-grown plants, succulents love drought-like conditions. Make sure they dry out before watering them again. Indoors, it may take up to a month before you need to water your succulents again.

Put succulents in a location that gets about six hours of full sun a day. Indoors, they look great by a window or in a bright room. Outdoors, they will brighten up a deck, porch or patio.

Pruning succulents is generally not required, and very little fertilizing is needed because they are slow growers.



Special to Wesson News
Colorful small plants fill a large container.

Succulents naturally enter dormancy in the cold, dark winter months, and they need only enough water to keep from shriveling during this time.

If you decide to create your own container planting, make sure the container has holes for good drainage. When arranging your succulents in a container, don't be afraid to be bold and adventuresome by varying leaf textures and colors. Choose a large one as your center plant and add some that cascade. You can add a tall succulent and then complete your container with filler plants.

I have been told succulents are representations of enduring love, so they are a great choice as a gift for your mom on Mother's Day. Your mom can enjoy her succulents for many years to come.

EDITOR'S NOTE: Dr. Eddie Smith is a gardening specialist and Pearl River County coordinator with the Mississippi State University Extension Service. He is also host of the popular Southern Gardening television programs. Locate Southern Gardening products online at <http://extension.msstate.edu/shows/southern-gardening>.

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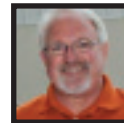
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Storm preparedness & response tips

Special to Wesson News

Tornadoes are threats throughout the year in Mississippi, and the Mississippi State Department of Health (MSDH) says storm readiness should begin before an event occurs so lives can be saved and illness prevented.

1. Prepare for a Weather Emergency:

- Identify potential home hazards that could develop during a tornado, such as those involving gas, electricity, chemicals and structural damage.
- Provide escape ladders for multi-story structures.
- Establish an assembly point where family members will meet.
- Give your relatives and friends the name of a contact person who will know where you are and how you are doing.
- Show family members how to shut off the gas, water and electric mains.
- Store copies of your important papers in a safe location.
- Inform local authorities of any special needs: for example, elderly or bedridden people or anyone with a disability.



2. Food safety: Preventing Food-Borne Diseases:

- Throw away all food, including fruits, vegetables and other produce, that comes in contact with any flood water.
- Throw away all screw cap or crimp cap containers that are submerged.
- Discard any cold or cool food that has warmed. Food that is still frozen or cold (45 degrees Fahrenheit or less) is safe to prepare.
- Do not eat food from cans that are bulging or have an opening.
- Cans with screw caps, soda pop bottle tops, pop-tops or twist-caps cannot be disinfected and should be discarded.
- Undamaged, commercially canned foods can be used if you remove the labels and then disinfect the cans in a bleach solution. Use one fourth cup of bleach in one gallon of water; re-label the cans including expiration date and type of food. Assume that home-canned food is unsafe.
- The basics of breastfeeding during an emergency are much the same as they are in normal times. Continuing to breastfeed whenever the baby seems hungry maintains a mother's milk supply and provides familiar comfort. The release of hormones while a mother is breastfeeding relieves stress and anxiety and is calming to both mother and baby.

3. First aid:

First aid, even for minor cuts and burns, is extremely important if exposure to waters potentially contaminated with human, animal, or toxic wastes occurs. Immediately clean out all open wounds and cuts with soap and clean water. Most cuts, except minor scratches, sustained during flood cleanup activities will warrant treatment to prevent tetanus. If you are injured, contact a physician or clinic to determine the necessary type of treatment. A tetanus shot should be administered every 10 years, but if a patient can't recall the date of the last shot, another tetanus shot can and should be administered.

4. Sanitation and Hygiene: Preventing Waterborne Illness.

Contamination levels, if any, vary among water systems. If your area is officially notified that emergency water purification is necessary, the MSDH advises the following:

- Vigorously boil water for at least a full minute before using.
- Disinfect by adding unscented chlorine bleach in these amounts: two drops of bleach for each quart of clear water or four drops of bleach for each quart of muddy or dirty water. Let the water stand at least 30 minutes before using.
- Basic hygiene is very important during this emergency period. Always wash your hands with soap and water that has been boiled or disinfected before eating, after toilet use, after participating in cleanup activities and after handling articles contaminated by floodwater or sewage.
- Flooding that occurs after a tornado may mean the water contains contaminants from sewage systems, agricultural and industrial waste and septic tanks. If you have open cuts or sores exposed to the floodwater, keep them as clean as possible by washing them with soap and clean water. Apply antibiotic ointment to reduce the risk of infection. If a wound or sore develops redness, swelling or drainage, see a physician or consult clinic staff.
- Do not allow children to play in floodwater. They can be exposed to water contaminated with fecal matter. Do not allow children to play with toys that have been in floodwater until the toys have been disinfected. Disinfect with one fourth cup of bleach in one gallon of water.

5. Power Outages: Preventing Fire Hazards:

- Use battery-powered lanterns and flashlights instead of candles.
- If you must use candles, make sure you put them in safe holders away from curtains, paper, wood or other flammable items.

For more information on hurricane preparedness, visit the MSDH website at www.HealthyMS.com.

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