

Group portrait of the participants of the 2008 Lanier High School All-Class Reunion that covers a span of 83 years, from 1925 to 2008. The reunion was held at the Jackson Medical Mall on Friday and Saturday, Aug. 1-2.

## Lanier's all-class reunion boasts rich legacy, influential graduates

Special to The Mississippi Link

When national news correspondent Tom Brokaw did the television news special on Lanier High School several years ago, its negative reflection on the school ignited a fire that prompted alums to counteract its tarnished image.

That counteraction took the formation of pulling together an all-class reunion, highlighting the positives and the productive alumni of the Georgetown community school.

The reunion was held last weekend with several hundred Lanier graduates pouring into the Jackson Medical Mall for the event which had as its theme: "Celebrating 83 Years of Excellence, 1925-2008."

"On behalf of the Executive

Committee of the Lanier High School National Alumni Association, it is my pleasure to welcome each of you to the initial Lanier High School All-Class Reunion," said Bobby T. Armstrong, president.

Dr. Mary Evans Sias, a 1968 graduate of Lanier and Kentucky State University's 13th president, served as the keynote speaker. During her address, Sias challenged fellow alumni to find ways to participate in the replication of greatness of Lanier. She declared, "We all need to be involved in the lives of these young people."

Sias, who has more than 25 years in non profit management and higher education, offered five scholarships to students of Lanier to attend

Kentucky State University.

"With this reunion, we highlighted that Lanier is an achieving school and we have a lot of graduates who are doing extremely well," said Alvin C. Thomas, Class of 1966. "For several years, we, the alumni have given a total of \$18,000 to Lanier's graduating seniors." Thomas said through the reunion, alumni want to find other ways to give back to Lanier.

Those attending the all-class reunion found it to be a remarkable and worthwhile gathering. Malena Dow, a retired English professor at Jackson State University, who taught English at Lanier High School for seven years said, "the reunion experience was almost overwhelming." Seeing former colleagues and stu-

dents which I had not seen in 35 years, was a real joy."

"To have so many successful graduates gathered to reclaim the legacy and to meet those who were there before my time was really inspiring; those 1938, 1940, 1941 and 1942 graduates who are still moving in body, mind and spirit gave others of us a new look on life and another reason to praise God for life and experiences and even a reason to give something back to Lanier," said Dow.

Carlton A. Brown, CEO of Full Spectrum NY, and a 1969 alumnus said he was very pleased to see that so many fellow alumni and former teachers and administrators are still

**Class Reunion**  
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## BankPlus promotes Bush to investment sales officer

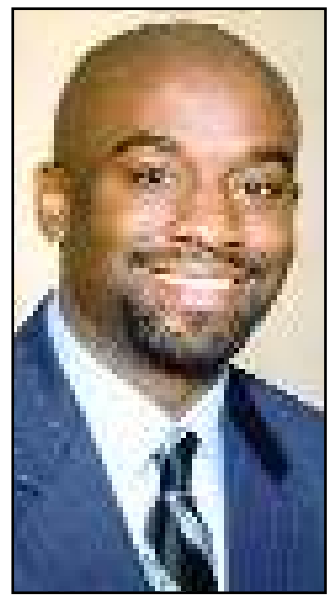
Special to The Mississippi Link

RIDGELAND, Miss. - BankPlus announced recently that Lee Bush II was promoted to investment sales officer for the bank's Wealth Management Group. Bush has six years of experience in the banking industry.

Bush is a native of Jackson and cumlaude graduate of Morehouse College where he completed a finance degree.

In the community, Bush serves on the board of directors for the Farish Street YMCA and Operation Shoestring. He also serves as committee chairman for the United Way Youth Financial Institute.

"My husband, Lee, has a saying that 'each of us is the sum total of our experiences, education and character.' We are proud of who Lee II is," said Freda Bush, M.D., his mother. "We are humbled Bank Plus has recognized Lee II for his education preparing himself and for his experience diligently working his craft in wealth management," stated his parents.



Bush

## Ethel Heard's family, friends still seek justice for her death

By Gail M. Brown  
Editor

BELZONI, Miss. - Ethel Heard's family and friends of Belzoni, Miss. say they do not understand how a Leflore County jury let the man walk free who killed her by shooting into the occupied, moving vehicle in which she was riding, Nov. 25, 2006.

Heard was a 36-year-old mother of two children.

The jury returned an "innocent" verdict for Jonathan McClellan, 22, reportedly from Lexington, Miss., who was charged with murder in Heard's death. The shooting occurred on U.S. 49 between Yazoo City and Belzoni. "Justice did not prevail for us," said Carolyn Heard, the oldest sibling.

According to *The Greenwood Commonwealth* last week, testimony during McClellan's trial revealed:

"McClellan and four friends had spent a Friday night bar-hopping in Yazoo City. They left a bar shortly after midnight and, after stopping at Wendy's restaurant in Yazoo City, headed toward a hunting camp near Belzoni. The group planned to go duck hunting at day-

break. Ryan Damiens, who was driving the truck, testified Tuesday that an intoxicated McClellan announced at one point, 'I bet I can shoot the tail lights out of that

According to reports, the jury was instructed to find the defendant guilty of murder, guilty of manslaughter or innocent. The four whites and eight blacks found him innocent.

"The evidents were there! I don't know what was in their minds," voiced Jeanette Morgan, another of Ethel Heard's sisters. Morgan said a lot of things just do not add up about how the defendant could get off without serving any time.

"My question is: how could McClellan say he would be entering USM this fall?" Morgan pondered. She said it is strange to her for him to make such a statement before jury deliberations. "Makes me think the jury was already bought off or something," she alleged.

Geneva Austin, aunt to the Heard sisters, recalled that when the jury first returned, one juror said he was undecided and that he needed more time. Austin said the Judge asked him how much more time he needed. "He told her how much time, but I can't exactly remember what it

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Heard

car." The defendant stated it was an accident. He said he was unloading the rifle while holding it outside of the truck's passenger window.

The bullet went through the tail light of the car, through the trunk of the car and hit Ethel Heard in the back. She was on the rear seat.



The Boys to Kings summer camp participants received certificates and medals at the awards night banquet. See highlights of the camp and banquet on page 17.

## Boys to Kings summer camp

By Minnie Garrett  
Managing Editor

In some churches women's day, men's day and pastor's anniversary seem to command top positions in the repertoire of services with children and youth relegated to the bottom rung. This is not the case at Greater Fairview Baptist Church pastored by Rev. Dr. Danny Hollins.

A component of the Fairview Community Boys' Institute was the Boys to Kings summer camp sponsored by the Greater Fairview Community Development Corporation in collaboration with Fathers Active in Their Hoods, Inc. during July 2008.

"The purpose of the Boys' Institute is to ultimately effect change in our community by reclaiming young males," said Pastor Hollins, executive director of the corporation. "The goal of the summer camp was to put boys

in an environment where they could interact with adult males who had exemplary character and life skills to share."

Cassio Batteast, founder of Fathers Active in Their Hoods, and program director for the summer camp, understands the importance of boys having positive role models in their lives because he grew up in a single parent home. "I decided to do something to help by creating a company to work with boys. When God places something on your heart, do it," Batteast said.

Originally, 50 boys were expected to attend the camp, but over 100 boys from the church and the community completed the application process and reported to camp Monday through Friday from 7 a.m. to 6 p.m. A hot breakfast was waiting for them followed by a hot lunch and an afternoon snack. Six paid staff and as many volunteers facilitated the daily operation of this free camp.

Academic enrichment was one

**Summer Camp**  
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### Class Reunion

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doing well and doing good things in the world.

"Beyond that" he said, "I took pause to ponder what went wrong somewhere along the way. On the one hand people spoke of the success of luminary Lanier alumni like Richard Wright, Lerone Bennett, Jr., Randall Pinkston, Mary Evans, (president of Kentucky State) and others who have and are making a difference in the world while at the same time, both silently and audibly, we asked ourselves what can we do to make the institution as effective at preparing young people of the African diaspora today

for the future as it once had done yesterday. Though there were some commitments toward giving both time and money, one can't help but ask is the flame really burning or are we just hot for this one evening?"

Brown said, "Time will tell and if the five annual scholarships Kentucky State President Mary Evans offered to Lanier graduates who maintain B averages and have a 19 or better score on the ACT are any indication of the level of commitment, things could actually be getting brighter."

Lanier High School gets its

name from the distinguished William Henry Lanier, a former president of Alcorn A&M College and the first supervisor of Jackson Colored Public Schools. Lanier was born a slave in Huntsville, Ala.

In addition to the gala, and the renewed commitment, the event recognized its former principals and current principal. Speaking of current principal, this 2008-2009 school year will register another historical achievement in the legacies of firsts for the school. Dr. Shemeka McClung has recently become the school's first female principal.

### Summer Camp

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of the major components of the program. Books on the Jackson Public School summer list were required reading. Math, conflict resolution, physical education, and health rounded out the curriculum.

"We also included practical hands-on instruction on how to tie a tie, how to dress and how to carry themselves in the presence of young ladies," said Batteast.

In preparation for a Black History bus tour, the boys were required to research people in black history such as Medgar Evers, Fannie Lou Hamer and Emmett Till. To coincide with what they learned, they stopped at

historic sites in Jackson, Yazoo City, Ruleville and Money, Miss. In Memphis, they visited a golf and game park and dined at Ryans restaurant before returning to Jackson.

The Boys to Kings summer camp culminated with an awards banquet and reception where Pastor Hollins and Batteast encouraged the boys to continue to work hard. The awards program was featured on WLBT Channel 3 evening news.

"There is no question that the program manifested positive change in the boys. We were able to instill leadership skills in the

older boys that they used to help the younger ones," said Pastor Hollins.

According to Pastor Hollins and Batteast, the Fairview Community Boys' Institute will be modified into an after-school tutoring program in the schools and a weekend academy at the church. "We are looking for funding and working on a program to include the young ladies as well," said Pastor Hollins.

The July 17 issue of *The Mississippi Link* profiled 21 young ladies, aged 11 to 17, who participated in the Greater Fairview Queen Esther's Court Cotillion held on the JSU campus.

### Justice

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was," she said.

Both Morgan and her sister Carolyn say the family has not gotten one word of apology from McClellan or his family. They say his lawyer asked him in court did he want to say anything to the family. "Look like he started to apologize, but the Judge said he couldn't at that time," Morgan said.

Judge Jannie Lewis told *The Mississippi Link* that it is court procedure not to allow the defendant to address the victim's family in front of the jury. "It would or could bring in sympathy from the jurors," she said. "The jury's decision has to be based on facts," Lewis said.

"We want to spread the word that we want this to go to a higher level, but we don't know how to do it," Carolyn Heard said.

The Heard family and passengers in the targeted car have drafted an open letter to the public, calling the verdict a "miscarriage of justice" and making a request for help from those in a position to help them take this case to a "higher level." A copy of the letter follows:

*that occurred on Nov. 25, 2006. This document will give one a better understanding of the events leading from the above date to the trial. I feel as though this was a miscarriage of justice and McClellan, Ryan Damion, John Overby, Kimble Lloyd and Matthew Estes should be charged with accessory before, during and after the fact on the state and/or federal level. The reasons for the previous statements are as follows:*

- Jonathan McClellan admitted to shooting in the car which was traveling on a state highway; therefore, Mr. McClellan should be charged with (1) discharging a weapon from a moving vehicle and (2) Firing a weapon into a moving vehicle (3) firing a weapon into an occupied vehicle and (4) endangering the lives of Melody, Mary and Vernita.
- Therefore, committing three counts of aggravated assault in addition to murder.
- Ryan Damion, John Overby, Kimble Lloyd and Matthew Estes should have been charged with accessory before, during and after the fact because (1) they had prior knowledge of Mr. McClellan discharging the same rifle at another location (2) they were in the truck at the time the rifle was discharged a second time into the vehicle which Ethel, Vernita, Melody and

*Mary occupied (3) The story ran on various news stations for four (4) days no one came forward even though the news anchors asked if anyone had information to come forward and (4) they withheld information in an ongoing investigation, one may suggest that this was a case of obstruction of justice.*

*This bizarre case was broadcasted on WLBT News on Friday August 1, 2008. Due to the nature of the final verdict that set a sense of disbelief for the family and the other young ladies who were involved and never entered into the equation; a jury is not instructed to feel pity for an individual, they are put in place to decide the innocence or guilt due to the presentation of the evidence beyond a reasonable doubt.*

*Whether or not Mr. McClellan was guilty was evident, the jury's duty was to decide to what degree and what he should have been found guilty of; murder or manslaughter, innocent was never an option because he admitted to shooting in the car. Drinking was also an issue that was brought to the table; drinking does not excuse one's actions. If drinking is a reasonable excuse for recklessly shooting into a car, endangering the lives of three other passengers and killing another; we need to rethink the criminal justice system*

*and what it is composed of. The criminal justice system was established to assist the victim, to be the voice for those who are no longer in existence. If the system is failing the victims, who will be their voice? Who's going to be there to tell their story? How they lived and foremost importantly*

*how they died? It was also testified in court that Mr. McClellan not only shot into my car, but also shot upon entering Highway 49 at another set of individuals who also happened to be African American. I don't know if this was a hate crime but what I do is I'm seeking justice for Ethel,*

*Melody, Mary and myself. I expected a much higher level of justice due to the nature of this crime. I don't know what the jury was thinking when rendering this verdict. The jury is supposed to listen to the evidence and render a*

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**THE MISSISSIPPI LINK™**  
Volume 15 • Number 32  
AUGUST 7 - 13, 2008  
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**The Mississippi Link** [USPS 017224] is published weekly by *The Mississippi Link, Inc.* Offices located at 2659 Livingston Road, Jackson, MS 39213. Mailing address is P.O. Box 11307, Jackson, MS 39283-1307 or e-mail us at: editor@mississippilink.com; Please visit our website at: www.mississippilink.com. Phone: (601) 896-0084, Fax 896-0091, out of state 1-800-748-9747. Application to Mail at Periodicals Postage Rates is Pending at Jackson, MS.

**Subscriptions** are \$32 per year; \$64 for two years or \$96 for three years.

**POSTMASTER:** Send all address changes to *The Mississippi Link*, P.O. Box 11307, Jackson, MS 39283-1307.

**Advertising:** For all advertising information, please call (601) 896-0084.

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## POLICE Reports



## Body ID'ed

Special to the Mississippi Link

Jackson Police have identified the body of a black female whose deceased body was found on Mill Street under the Woodrow Wilson Street bridge. The deceased has been identified as 15-year-old Arkenyella Hoskins of Jackson. Hoskins was reported as a runaway in 2006. There are no suspects. No arrest. This is an ongoing investigation. Anyone with information on the murder of Arkenyella Hoskins is asked to contact the Jackson Police Department at (601) 960-1234 or Crimestoppers (601) 355-TIPS.

# Little Bill making stop at Jackson Zoo

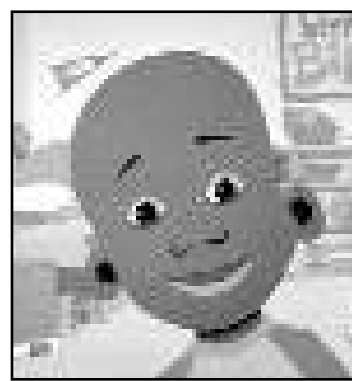
Special to The Mississippi Link

Little Bill, popular Nick Jr. cartoon character, will be at the Jackson Zoo Saturday, August 30, 2008. He will be making appearances from 10 a.m. to 3 p.m. Little Bill will take a cool down break every 30 minutes. Created by Billy Cosby, Little Bill follows the adventures of an inquisitive and imaginative five-year-old boy as he learns about the world. With the help of his family and friends, Little Bill explores the ordinary and extraor-

dinary events that up the daily life of a child. Other activities include, face painting, coloring station, space jump, animal ambassador programs, Keeper Chats and much more. Admission is \$6 for adults, \$3 for children (2-12) and children under two and Friends of the Jackson Zoo get in free. Visitors are also encouraged to check out the new frog exhibit, "Froggy Bottom," while they are here. Froggy Bottom features

over 20 species of frogs and salamanders from Asia, Africa, Europe, Central and South America, North America and Australia. 2008 has been declared the "Year of the Frog" to highlight the serious extinction crisis facing 1/3 of all amphibian species worldwide. Take a ride on the endangered species carousel or ride the train for a charge of \$2. The Jackson Zoo is accredited by the Association of Zoos and

Aquariums (AZA). The AZA is America's leading accrediting organization that sets rigorous, professional standards for zoos and aquariums. The AZA is building North America's largest wildlife conservation movement by engaging and inspiring the 143 million annual visitors to its member institutions and their communities to care about and take action to help protect wildlife. The Jackson Zoo is located at 2918 West Capitol Street. For



more information about the Jackson Zoo, call (601) 352-2581 or visit [www.jacksonzoo.org](http://www.jacksonzoo.org).

# Final stage of Park View Place phase I to begin

Special to The Mississippi Link

On Saturday, August 9, at 8 a.m., Habitat for Humanity/Metro Jackson, Inc., staff, volunteers and homeowners will be starting builds at 1438 and 1442 Wood Street, continuing the ambitious project called Park View Place. While building several homes in the Wood Street area, HFH/MJ saw the empty parcel of land across from Jaycee Park and recognized an opportunity to do more than just build a few houses. They envisioned an entire neighborhood of decent, affordable homes that would give inner-city families the chance to break the cycle of poverty through

homeownership and reclaim a piece of the capitol city in the name of hope. Since 2002, HFH/MJ has been acquiring the empty land in bits and pieces. The land parcel now encompasses 3.3 acres between Wood and Erie Streets. The infrastructure of electricity, water and sewer will be completed in August for Phase II, which is the new cul-de-sac that will become Erie Court. HFH/MJ will continue building throughout the fall in order to have all 18 of the Park View Place families completely at home in January of 2009. This Saturday, homeowners Kimberly McElroy and Chandra

Jamison will be working alongside volunteers from the Belhaven College Volleyball team and the Word of Faith Christian Center Singles Ministry as they put in their required "sweat equity."

These two builds are being funded by Egg Us On 2008 (sponsored in part by Cal-Maine Foods) and Habitat Donors. For more information on HFH/MJ, Park View Place, Egg

Us On collectibles, covenant sponsorships, volunteer opportunities, future builds, or donations, please call 601-353-6060, or visit us online at [www.habitatjackson.org](http://www.habitatjackson.org).



## Justice

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verdict on the facts of the case not their personal opinions of people and their lifestyles. The main problem I have with this case is what type of message we are sending citizens of the delta... that it's alright to shoot in an occupied car traveling on the highway just as long as your intent was not to kill and you are under the influence of alcohol? It was also noted by Mr. Damion that all of the individuals were drinking alcohol and bar hopping. The legal age in Mississippi to consume and/or buy alcoholic beverages is 21 but two of the young men were 20 years old at the time. The intent was there, the evidence proved this fact and all I want is justice for an innocent woman who was tragically taken from her two children and the individuals who were in the car whose life was literally turned upside down due to this horrific crime. Another issue in this case is the

fact that the charges of shooting into an occupied vehicle and endangering the lives of Mary Wright, Vernita Bickcom, and Melody Jones were dismissed by a local authority because it was stated: "the charges that Mary, Vernita, and Melody were included into the initial charge of murder." The charges of shooting in an occupied car, aggravated assault or because the lives of Melody, Mary and Vernita were also endangered and reckless endangerment, was filed on December 13, 2006 and dismissed by a local elected officials and we just want to know why? Did we matter at all? WE ARE VICTIMS TOO! I feel as though this crime was never accurately investigated, Mary, Melody and Vernita were never looked upon as victims even though they were there in the car when Ethel was shot. The mental state or how we we're coping with

what happened that early morning never entered the equation. We are victims too, we could have been injured or killed that horrific night also but no one seems to care. When the jurors selected to uphold the law began to feel pity for the accused and local officials dismiss or are not concerned with certain crimes; where does that leave the victims of crime and what does this say about the criminal justice system of the United States? A system that was established to protect the innocent and punish individuals who willfully commit crimes. If you have any questions I can be reached at 662-836-6799 or 662-836-8370. You may write to: P. O. Box 1096, Belzoni, MS 39038, or email: [vernita2003@yahoo.com](mailto:vernita2003@yahoo.com). Sincerely, Vernita Bickcom, Mary Wright, Melody Jones and The Heard Family

Hinds County Chancery Court and the Mississippi Volunteer Lawyers Project are working together to assist with public school enrollment of children living with someone other than their parents. The first legal clinic was held on Aug. 1 and the next clinic will be held on Thursday, Aug. 7 at the Hinds County Chancery Courthouse. Assistance will be available from 10 a.m. to 4 p.m. on the third floor of the Courthouse on Aug. 7th.



Nearly 30 years of cottage fries, pita mozz, and signature gyros? Time flies at Keifer's.

Visit Keifer's at 705 Poplar Boulevard or 120 North Congress Street today.



City with flavor. City with choice. City with soul.



Chip with Keifer's

# Keifer's

Serving a variety of wraps and Greek cuisine with an American twist, Keifer's in the Belhaven neighborhood has been a local favorite for over 28 years. This establishment is a perfect place to unwind with its easy atmosphere and friendly service. "We are a very relaxed, family-oriented place and were the first restaurant in Jackson to have patio dining available," said Chip Holden, General Manager. Holden has worked at Keifer's for more than 15 years and fell in love with the business right away. Selling 14 different types of gyros to suite any palate, Keifer's continues to cater to their patrons during these difficult economic times offering a gyro, cottage fries and a drink for \$10. "We have not gone up on our prices and have started cutting back on utilities and waste

instead. We are really proud of this, and this is partly due to the fact that we own the property," said Holden. In fact, the owners of the restaurant, Rick Olson and Paula Coe, own much of the area surrounding the restaurant. "They saw the potential in the Belhaven community and decided to invest in property to secure their success as well as the success of the neighborhood," added Holden. In addition to their variety of gyros, Keifer's specials include baklava and their one-of-a-kind cottage fries. These fries call for more than 350 potatoes a day and are a Jackson favorite. Keifer's is located at 705 Poplar Road in the Belhaven neighborhood and serves lunch and dinner Sunday through Thursday from 11 a.m. to 10 p.m. and Friday through Saturday from 11 a.m. to 11 p.m. For more information, call 601-355-6825.

# Lanier High School 2008 All-Class Reunion

Jackson Medical Mall & Lanier High School • August 1 & 2, 2008

PHOTOS BY TEMAK PHOTOGRAPHY

H I G H L I G H T S



# Don't Let Your Teen's Future Go Up In Smoke

It's simple, marijuana and teens are not a good mix—especially when it comes to learning and academic success. We know that all young people face challenges as they grow and mature and that the dangers and temptations of drugs are all around. We also know that as a parent or someone who cares about young people, you want the very best for them; you want them to do even better than you did and lead productive lives.

While overall drug use among teens is down in recent years, there are still too many brilliant young people whose potential is ruined. Don't let drugs destroy their chance of going to college or landing a good job.

## MARIJUANA CAN LIMIT YOUR TEEN'S ACADEMIC ACHIEVEMENT

- A teenage marijuana user's odds of dropping out are more than twice that of a non-user.<sup>1</sup>
- The short-term effects of marijuana can include impaired memory and ability to learn.<sup>2</sup>

Parents and family are still the most important influence in young peoples' lives so keep the lines of communication open, set a clear, "no marijuana" rule, stay involved, and continue to discuss the dangers and consequences of drug use. You make the difference. Knowing that education is the key to a better tomorrow, you have the power to protect their potential and help lead them on the road to success.

For more information, visit [www.TheAntiDrug.com](http://www.TheAntiDrug.com) or call **1.800.788.2800**

Signed,

- 100 Black Men of America, Inc.
- American Council on Education
- American School Counselor Association
- Boys and Girls Clubs of America
- National Association for Equal Opportunity in Higher Education (NAFEO)
- National Association of Black Social Workers, Inc.
- National Association of School Nurses
- National Council of Negro Women
- National Medical Association
- National Urban League
- Partnership for a Drug-Free America
- PTA
- United Negro College Fund (UNCF)

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1. Bray JW, Zarkin GA, Ringwalt C, Qi J. The relationship between marijuana initiation and dropping out of high school. Health econ. 2000 Jan;9 (1):9-18

2. NIDA Info Facts: Marijuana, Revised, NIDA, September 2004

**CORRECTION:** In last week's edition, page 7, "2008 JPS New Principals," Dionne Woody was incorrectly identified as Shauna Nicholson. Below is the correct caption information for Woody. We apologize for the error.



**Dionne Woody,**  
Bradley Elementary  
Formerly Assistant  
Principal at Johnson  
Elementary

**Shauna Nicholson,**  
Baker Elementary  
Formerly JPS  
Instructional Specialist

## Melton encourages parents to become involved

*Special to The Mississippi Link*

Mayor Frank E. Melton is encouraging parents residing in the City of Jackson to ensure that their school-aged children are ready to attend classes on the first day of school.

Classes for the Jackson Public School District open Thursday, Aug. 7.

"Every child deserves a quality education," said Mayor Melton. "Our schools are the bedrock of our community and

we rely on them to prepare our children to be the leaders of tomorrow."

The Mayor stated that he wants to see parents become pro-active and more involved in their children's education. He

said, "It is extremely important that the parents become active participants in the educational process, because they play a vital role in raising the level of all of our public schools to a level five."

## Public forums for superintendent search

*Special to The Mississippi Link*

The Board of Trustees of the Jackson Public Schools invites parents and community members to participate in two public forums with the finalists for superintendent.

The finalists are Dr. Lonnie Edwards Sr., an education program specialist with the Georgia Department of Education; Dr. Harvey Franklin, an assistant

superintendent with the Walton County School District in Monroe, Ga.; and Dr. Delores Hopkins, a former deputy superintendent in Jackson Public Schools who is a college instructor and education consultant.

The forums are scheduled as follows:

- 7 p.m., Thursday, Aug. 7, Provine High School, Dr.

Delores Hopkins  
• 5:45 p.m., Friday, Aug. 8, Provine High School, Dr. Lonnie Edwards

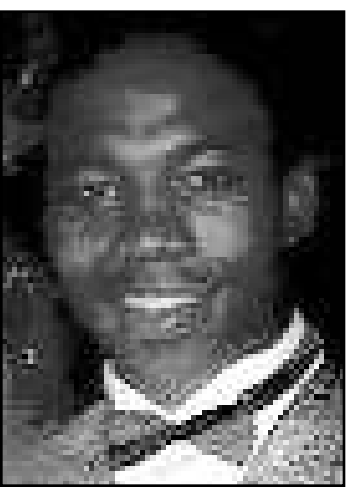
• 6:15 p.m., Friday, Aug. 8, Dr. Harvey Franklin

Provine High School is located at 2400 Robinson St. The finalists will make presentations and answer questions that have been submitted to the School Board by the community.

Participants at each session will be able to share their impressions of each finalist using a form provided at the meetings.

No deadline has been set for the naming of a new superintendent. However, the School Board has indicated a time frame of between August 1 and December 31.

Dr. Earl Watkins' resignation is effective June 30, 2009.



Redmond

Townsend

## Two Marshall High students spend summer at Claflin University in S.C.

*Special to The Mississippi Link*

TCHULA, Miss. - Damien Redmond and Shilisa Townsend, both students at S.V. Marshall High School in Tchula, Miss., recently spent the summer at Claflin University in Orangeburg, South Carolina.

This opportunity was made possible for Redmond and Townsend through Upward Bound, a trio program at Mississippi Valley State University.

They qualified for the P.R.I.S.M (Pursuing Rewards in Science and Math) program by completing an application, writing an essay stating what benefits they would receive from the program and teachers' recommendations.

They were the only two students selected from Mississippi.

Redmond and Townsend took classes during the five weeks, Monday-Friday. On the weekend, they participated in many cultural activities. They visited several aquariums in the sur-

rounding area as well as historical plantations.

Redmond received several awards at the closing ceremony for the program. He received an award for Most Improved in English and 2nd place for his portfolio accounting his experience at Claflin University.

According to Redmond this was an experience he would never forget. "If you always do what you always did you'll always get what you always got" is a statement that instructors always quoted and one I will never forget," Redmond said.

"It was a great opportunity," Townsend said. "I truly learned how important putting my education first really is, because we were exposed to so many different things. Townsend said they met students from about five other southern states.

Both Townsend and Redmond are honor students, who plan to attend college and major in biology.

*Statepoint*

Attending school can be exciting for children, but also can be dangerous - especially when going to and from school and on class trips.

More than 2,100 U.S. children are reported missing daily and thousands more are exposed to dangerous situations.

"When it comes to school or class outings, children should have a plan. They should be taught to always be aware of their surroundings and never go anywhere alone," said Tom Buckmaster, president of Honeywell Hometown Solutions, which has teamed with the National Center for Missing and Exploited Children to create "Got 2B Safe!" - an abduction prevention program for elementary school students.

Here are some safety tips from Got 2B Safe! that you can teach your children:

- Check First: Children should always check with parents and guardians before accepting gifts, rides or invitations from anyone, including friends, acquaintances and people they don't know.

- Go With A Friend: Simple and straightforward - never go anywhere alone. Being with another person in public is safer and more fun.

- It's My Body: Teach your children they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others.

- Tell A Trusted Adult: Teach your children to TELL a trusted adult - parent, teacher, etc. - if anyone or anything makes them feel scared, uncomfortable or confused.

Additionally, when going to and from school, kids should be extra

careful and should be taught the following:

- Stay with a group while waiting at the bus stop. If anyone bothers you, get away and tell a trusted adult. Remember, grownups should not ask children for help or directions.

- If someone follows you on foot, get away as quickly as possible. If someone follows you in a car, turn around and go in the other direction. If someone tries to take you somewhere, quickly get away while yelling, "This person is trying to take me away!" or "This person is not my father / mother / guardian!"

- Never leave school with someone you don't feel comfortable with or know, even if they tell you it's an emergency. Always check first.

- If you want to change after-school plans, always check first. Always play with other children in parks, malls or arcades. Always

get your parents' permission to play in specific areas and let them know where you will be.

- If you go home alone after school, follow "Home Alone" rules of keeping the door locked; not opening the door for or talking to anyone unless the visit has been pre-approved by your parents; and not telling people who call that you are home alone. Have a trusted adult you can call if you're scared or in an emergency.

To further address child safety, Got 2B Safe! is providing parents and teachers with free safety activities, games and guides, available online at [www.got2bsafe.com](http://www.got2bsafe.com).

And local teachers who incorporate child abduction prevention in their lessons are eligible to win classroom makeovers or class-



room supplies, as part of a Got 2B Safe! Awards Program.

"I especially enjoy the opportunities to have Got 2B Safe! role play activities with the students. I incorporate this into my Social Studies and Language Arts classes whenever possible. This truly allows you to assess students' safety awareness, and give individual guidance," said Laurie Jackson, a third grade teacher in Atlanta and winner of the Got 2B Safe! Awards Program for teaching child safety.

## TUTORING

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Students need to know where to turn for homework or study help.

## Study tips to help your kids do better in school

### StatePoint

Kids today have to deal with a heavy load of schoolwork and activities, all demanding time and attention.

Teachers often introduce basic study habits to their students, but it is important that parents reinforce these skills and create a favorable study environment at home.

"Parents need to help their children develop homework and study strategies that will provide them with the foundation necessary to successfully navigate the school year," advised Joan Rooney, vice president of Tutor Management at Tutor.com, the world's largest online tutoring service.

The key is to help children get organized, create study schedules and, most importantly, recognize their weak spots and how to overcome these hurdles.

Here are some tips from Rooney and the experts at Tutor.com on how to help your child achieve success this school year and develop good study habits that will last throughout their academic career:

- Create a schedule. Breaking studying or homework down into manageable chunks can help alle-

viate stress. Students should start studying early for tests and work at least a week backwards from an exam date. They can even set reminders on their cell phones or computers to help stick to the plan.

- Figure out weak spots and prioritize. Most students do well in some subjects and struggle with others. It's best to schedule the largest chunks of time for subjects with which they are struggling.

- Know where to go for help. Many parents and kids are finding help from online tutoring services, such as Tutor.com, to help students keep up with their peers and fill in weak spots where they need work. Look for a service that offers 24/7 access and the ability to instantly connect with a tutor to get homework or study assistance at the actual moment it's needed.

- Work with a study partner or group. Sometimes peer support can help students motivate. Encourage them to make plans with friends to review class material, compare notes and work through tough stuff together.

- Get to know the test. Many teachers provide study guides, review sheets and class time for review. Make sure your son or daughter knows as much as possi-

ble about what topics will be on a test and the format of the test.

- Create study aids and test strategies. Making flash cards, outlining subject notes or coming up with a mnemonic device are a few study tactics that may boost student's recall at test time.

- Eat well and get rest. All-nighters are a bad idea! Even though students need to work extra hard to prepare for tests and projects, it's also important for them to take a breather. Encourage them to grab a snack, do leisure reading or watch their favorite TV show - for a short break.

- Set the right tone. Create as stress-free an environment as you can. Let your child know you're available to help or will help them locate help from fellow students or from an online homework help service. Be sure children know that what is important is that they do their best and you are there to support them.

"Creating the right study strategy can help a child use time wisely, ease stress and achieve the best grades possible," said Rooney.

To learn more about finding timely homework or study help for your children, visit [www.Tutor.com](http://www.Tutor.com).

## Jackson-area teen receives Kohl's \$1,000 scholarship for volunteerism

### Special to The Mississippi Link

America's youth contribute more than 1.3 billion hours of community service each year, according to the Corporation for National and Community Service.

The Kohl's Kids Who Care® Scholarship Program recognizes and rewards young people who make a difference in their communities through volunteerism.

Today, Kohl's Department Stores (NYSE: KSS) rewarded nearly 200 young volunteers nationwide with \$1,000 scholarships, including three in the Cincinnati-area.

"Today's winners truly are role models in their local communities," said Julie Gardner, Kohl's executive vice president and chief marketing officer. "By recognizing their efforts and sharing their stories through the Kohl's Kids Who Care Scholarship Program, we hope to inspire other children and adults to volunteer and make a difference."

The local recipient of a \$1,000 scholarship is Jasmine Claybon, 18, Yazoo City, Miss. Jasmine organized an annual Thanksgiving food drive for the homeless.

Winners were selected based on initiative, leadership, creativity and generosity. Today's regional winners are now being considered for one of 10 national scholarships worth \$5,000.

Kohl's also will contribute



### Claybon

\$1,000 to a nonprofit organization on behalf of each national winner. National winners will be announced at the end of July.

In total, Kohl's will award more than \$300,000 in scholarships and prizes this summer. Since 2001, \$1.5 million in scholarships and prizes has been awarded to more than 7,000 inspiring kids nationwide.

The Kohl's Kids Who Care Scholarship Program is an annual

initiative. The program is part of Kohl's Cares for Kids, which is focused on improving the lives of children.

Kohl's Cares for Kids benefits children's health and education opportunities nationwide through its merchandise program, fundraising gift cards and A-Team associate volunteer program.

For more information or a list of Kids Who Care winners, visit [www.kohlskidswhocare.com](http://www.kohlskidswhocare.com).



The JPS Summer Campers Rock.

## JPS and Junior League campers rocked

### Special to The Mississippi Link

As summer enrichment programs began to come to a close, the Jackson Public School District Summer Camp held at Pecan Park Elementary went out with a "rocking" good time.

Sponsored by the Junior League of Jackson, the camp focused on a study of animals - mammals, amphibians, reptiles, and birds, and their habitats.

On the last day of the camp, with the help of the Junior League, the students shared what they learned with their parents. They gave an outstanding performance during a program called "Camp Rocks."

They wore masks depicting the different animals they studied and flooded the stage with



Davis Magnet IB World School third-grader Edison Brown gets a hug from Junior League volunteer Bridgette.

dance, readings, etc. A crowd pleaser was their

dance and singing performance to a tune called, "We Rock."



8th Annual Jackson Public Schools

## Districtwide Parent Conference

"Destination Graduation"

Thursday, August 28, 2008  
5:30 - 8:30 p.m.  
Callaway High School  
601 Beasley Road

Registration is from 4:30 p.m. - 5:30 p.m. with the conference beginning immediately afterwards.

- Motivational Keynote Speaker
- Workshops
- Exhibitors
- Door Prizes
- Information on JPS Student Services
- School Supplies
- Dinner

The conference is free for JPS parents. Space is limited. You must register by Thursday, August 14, 2008. Registration forms are available at your child's school or by contacting the JPS Family Resource Center at 601.960.8945 or 601.960.8972.



# BankPlus presents check to Payton Family Foundation

*Special to The Mississippi Link*

At the bank's Dalton Street location in Jackson, BankPlus presented the Payton Family Foundation with a \$105,000 check, representing the bank's three-year commitment to the Walter Payton Celebrity Scholarship Golf Classic.

Gene Delcomyn, regional president and senior executive vice president for BankPlus presented the check to Eddie Payton, representing the Payton Family Foundation.

In return, Payton presented

BankPlus with Eddie Payton and Walter Payton jerseys, framed together to commemorate the brothers' Jackson State University and professional football careers. The jerseys will remain on display at BankPlus' Dalton Street office.

The Walter Payton Celebrity Scholarship Golf Classic is scheduled for August 15-17, 2008 at Tunica National Golf Course.

For additional information, please contact the Payton

Family Foundation at 601.955.8790.

*The Payton Family Foundation*  
The Payton Family Foundation is a 501 (c) 3 non-profit organization dedicated to helping deserving students from economically disadvantaged backgrounds to pursue a college education. The foundation's mission is to make a difference in the lives of young people who would not be able to fulfill their dream of a college education without financial support.



Gene Delcomyn, regional president and senior executive vice president for BankPlus presented the check to Eddie Payton, representing the Payton Family Foundation.

# Alabama State's first female drum major graduates

*Special to The Mississippi Link*

Ashley Dudley, a psychology major at Alabama State University, made history when she became the first female drum major for its 280 member Marching Hornets.

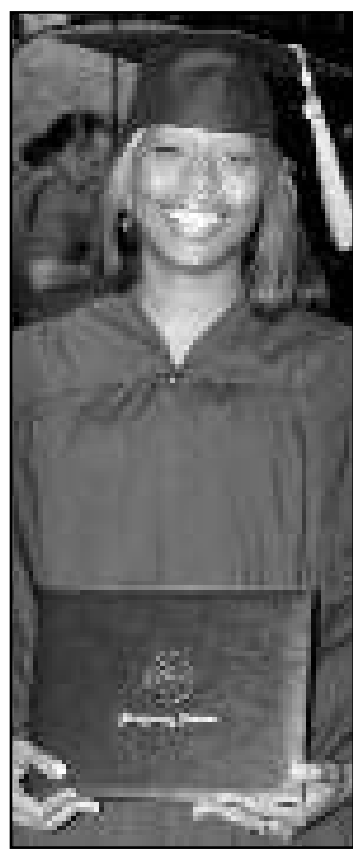
Recently, she reached another milestone in her life. She graduated with honors and plans to pursue her doctorate. She hopes to carry the same discipline she acquired with the Hornet into graduate school.

Dudley may have made his-

tory at ASU as its first female drum major, but she served as a drum major in high school. Nevertheless, she told reporters that it was the Hornet's style that attracted her to them. "They snap and drive more," she said.

Dudley's mother was also a member of the Marching Hornets.

Her graduation drew relatives and friends from across the country, including *The Mississippi Link's* photographer Kevin Robinson.



Dudley

# 2,300 MS teachers learn how to deal with cyberbullying

*Special to The Mississippi Link*

OXFORD, Miss. - The Internet is a useful tool, much like a knife. Yet, both can also be deadly.

That was the message delivered to an estimated 2,300 teachers from across north Mississippi recently at the University of Mississippi.

The half-day, back-to-school convocation was packed with sobering messages about cybercrime, cyberbullying and inappropriate relationships between educators and students through the use of technology.

"I learned a lot today," said Trenisha Weekley, a sixth-grade reading teacher at Water Valley's Davidson Elementary. "I learned that I have to be careful with students. I have to stay professional while teaching."

Speaker Chris Michaelson, an FBI special agent, posed the issue with this scenario: "Who would give a child a pornographic magazine sealed in a brown envelope, send them off to school with it and tell them not to open it?" he asked. "The same stuff is just a simple click away on the Internet."

According to Michaelson, more than two-thirds of all sixth-, seventh- and eighth-graders admit to seeing photos of naked people on the Internet, and of the 24 million children who use the Internet, one in five are solicited for sex, according to some statistics. Use of the Internet, he said, must be

addressed by both families and school officials.

"There's a basic safety to [be learned] using the Internet," Michaelson said. "We should teach our children to be street smart, even in cyberspace. And monitor your children's Internet activity closely. You're not spying; you're doing your job."

Cannon Allen of the Jackson law firm Adams and Reese told the teachers that cyberbullying is a danger inside and outside of the schoolhouse. Since 1998, Allen said nine students, ranging in age from 13 to 18, have committed suicide as a result of cyberbullying. Much of the bullying comes in the form of text messaging.

"More than a third of school kids report being victims of cyberbullying," Allen said. "Through this technology, children are vulnerable 24 hours a day, seven days a week. Cyberbullying is a significant ongoing problem that schools cannot immunize themselves against."

Allen's colleague Jim Keith, a 26-year education attorney, addressed the inappropriate use of technology between educators and students, saying that teachers should never give out their personal contact information to students.

"There's really no reason for educators to text their students," he said. "If you need to remind them of a class assignment or cancel practice for a school play, there are

other technologies available that can be used to communicate with your students."

Keith also presented the teachers with warning signs of inappropriate behavior, including rumors, unprofessional conduct, changes in a Student's personality and teachers who spend a questionable amount of time with students.

"We want teachers to give our students attention and provide them with support and understanding, but there's a fine line that we can't cross," Keith said. "You know it when you see it, and as teachers, you are the eyes for the administration. You need to report the red flags."

"Times are changing," Weekley admitted. "My students have cell phones, and texting is very popular. But I see now it can also be dangerous. I have to teach my students that."

A school resource officer attending the convocation said that he has witnessed cyberbullying and inappropriate student/teacher relations. "It's a common thing," he said.

The convocation, sponsored by the North Mississippi Education Consortium and UM's School of Education, was even eye-opening for him, he said. "I didn't realize that social networking sites so common today included all of the personal information, like phone numbers and addresses. We have to take better precautions and protect our students."

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## “The Living Water” will flow for everyone

Special to The Mississippi Link

“The Living Water,” an outdoor tent crusade, will flow through all who are in attendance Monday through Friday, August 11 - 15, at 7:30 p.m. each night in Flora.

The event, hosted by the Holy City Church of God in Christ, will take place at Highway 49 North (near the Texaco Service Station).

The church’s pastor, Elder Stanley Cavett, Sr., is presenting the crusade to meet the needs of the entire man/woman. The crusade will address the financial, spiritual and even emotional needs of people everywhere: those in the city of Flora and surrounding areas.

Elder Cavett is the founder and pastor of Holy City C.O.G.I.C., 251 Kearney Park Road, Flora.

For the past 18 years, he has served the church and community of Flora.

Rev. Cavett founded Holy City in 1990 with five members. Today, the church has more than 100 members. “My entire family supported the initiation of our church,” said the pastor. Since its founding, the church has been very active in providing for those in its community.

Because of one of the church’s ministries, the pastor’s mother, Evangelist Ruth Cavett, was recently recognized by the Flora Area Chamber of Commerce.

In 1999, Elder Cavett, along with his wife Stephanie, opened Tots and Toddlers Daycare Center of Flora and Little Tots of Flora. The couple, who have been married for 21 years, reside in Flora

with their son, Stanley, Jr.

Elder Cavett’s members agree that his duties go beyond being a pastor. The congregation recognizes him as daycare administrator, as well as an evangelist at heart, who currently serves as the administrative assistant to the Bishop of the State of Mississippi Evangelist Temple Diocese. He has also worked in various other positions in the church.

In addition to the many speaking engagements and travel surrounding his ministry, members state that Elder Cavett still remains true to his pastoral calling and continues to focus on the vision that God gave him over 18 years ago.

For more information about the crusade or about the services at Holy City call 601-879-3999.

## Back-to-school with the Lord’s prayer

By Charmé Roberts

Special to The Mississippi Link

Our Father in heaven...

Remember God is your child’s father too, so worry less.

Great is your name in all the earth...

This is a statement that recognizes God’s powerful presence in everyplace. God is at school, too. Teach your children this so they will feel safer, and so they will remember him throughout their day.

Your kingdom come, your will be done on earth as it is in heaven...

Pray that God’s kingdom rule comes more fully into your child’s world, and to yours. Pray for the

people your child knows who are outside the kingdom.

God is at school, too.

Give us today our daily bread...

Asking God for daily food reminds us of our dependence on him for everything - we obtain nothing by ourselves. God is providing daily for you and for your child. Teach your little one this so that they learn to trust him.

Forgive us our sins as we forgive those who sin against us...

Just like the chalkboard at school can be wiped clean, so God is willing to wipe our sins away. No doubt someone will hurt your child’s feelings, some one will sin against him or her. What will you teach your child about dealing

with this offense?

Lead us not to temptation, but deliver us from evil...

This is a poetic way of submitting our will to God; we want to go his way, but we know we have an enemy who wants to keep us from that way. God is our hero and can deliver us. Children are well acquainted with the language of heroes and enemies (think Star Wars), so speak to them in these terms about God.

For yours is the kingdom, the power, and glory, forever...

What news could be better for moms sending their children out away from the nest of home? God is reigning over every place - even school!

## School prayers for all levels of education

### A Prayer for Elementary Students

Father of all mercies,

We ask that you would bless

the youngest and littlest of learners,

the most helpless and powerless of persons,

with Your infinite and loving mercy,

granting them the strength to learn, concentrate,

and act appropriately towards their teachers and fellow students.

We also ask that You would watch over them,

at home and at school

and grant them proper direction so that they may learn

of Your wonderful virtues.

We ask this in the name of Your Son, Jesus Christ. Amen

David Bennett

### Prayer for Educational Institutions

Eternal God,

Bless all schools, colleges, and universities,

that they may be lively centers for sound learning,

new discovery, and the pursuit of wisdom;

and grant that those who teach and those who learn

may find you to be the source of all truth;

through Jesus Christ our Lord, Amen.

Book of Common Prayer, USA, 1979

### Prayer for a Neighborhood School

Heavenly Father,

You have made human beings in such a way

that all education is most important for their welfare.

Our neighborhood school is lacking

and can barely teach our children basic morals and knowledge

that they need in order to live in union with others

and with You, their Creator.

Help us to restore our school

so that our children may receive knowledge of You

And of Your Son, which is eternal life. Amen

New Saint Joseph People’s Prayer Book, adapted

### Prayer for Beginning a New School Year

Father,

We thank you for a chance

to begin the 2008 - 2009 school year,

and we ask that you bless

the faculty, the students, and student families.

We pray that you will guide us in all ways,

and that we will seek your will

in everything that we do.

We ask this in the name of Jesus Christ our Lord. Amen

David Bennett

## Message from the Religion Editor

By Daphne M. Higgins

Religion Editor



They are gone!

My kids are gone!

This is the first week

of school and yes,

they’ve left me to

start a new year’s adventure in their young lives.

My twelve and soon-to-be 14 year old have been anticipating the start of school for weeks. We’ve spent the summer together taking family trips, participating in many church and community activities, and yes, even staying academically focused with summer reading assignments and past grade level reviews.

They’ve both enjoyed their share of summer camps and just hanging out with friends. Now, it has all come to an end. They’re back in school, and they’re ready to take on the academic challenges that await them.

I shared with you once that my father, who was born during The Great Depression, was not able to receive a formal education. Even though he was never able to attend school regularly, he impressed upon all 10 of his children, the importance of a good education, and that same behavior is something that all of my siblings and I are impressing upon our children.

My husband’s parents were staunch educators who achieved

several milestones during each of their professional educational careers, so it goes without saying that he and I see eye to eye regarding how seriously we take our children’s studies: academically as well as biblically.

Do my young ones enjoy every waking moment of school? I would be lying if I said yes. There have been days when they’ve both wished they’d stayed in bed, but that wasn’t their choice. It is our job as parents to make sure that they get the knowledge they need to succeed. Then when they begin their college years (and there will be college years and graduation) they will know that class attendance is as important as the air that God lets them breathe.

Who among us does not know the biblical passage - “Train up a child in the way he should go: and when he is old, he will not depart from it” (Proverbs 22:6, KJV).

As Christians, better yet, as Christian parents, we must set the example for our children to follow. We must make sure that they are surrounded by positive influences and are taught (trained) to be good students and stewards of the Lord. They must not be ashamed to share their knowledge. They should be ready to spread the news of their daily experiences and the blessings that surround their young but maturing

lives.

As we assist or encourage our children with their academic education, we need to be mindful that we all should continuously assist and encourage their study of the Lord’s Word. We need to make sure that they too serve as messengers of the Lord.

The Mississippi Link, a messenger for news in and around the state of Mississippi, would like to serve as your personal messenger to share your good news and the news of your place of worship and visit.

As always, we ask that you let us help you to communicate the good news of our Lord. Isaiah 52:7a reads, “What a beautiful sight it is to see messengers coming with good news!”

The King James Version of Isaiah 52:7b reads, “Your God reigns”. His presence is everywhere and so should the news of His love for all of His children.

If you would like to share the events that are taking place with your congregation, religious organization or place of worship, send your information to the address below.

Daphne M. Higgins, religion editor at religion@mississippilink.com. You may fax 601 896-0091 or mail your information to our newspaper at 2689 Livingston Rd, Jackson. MS 39283.

## Reigning Announcements

**Word and Worship Church**, 6286 Hanging Moss Road, Jackson, will present a Mime and Praise Dance Showcase on Saturday, August 9, at 2 p.m. For more information call 601-713-3597.

**Cornerstone Missionary Baptist Church**, 1118 Martin Luther King Jr. Drive, Jackson, will celebrate the anniversary of their pastor and his wife, Rev. P.J. Williams, Sr. and Sister Belinda Williams, on Sunday, August 10, at 3 p.m. The guest speaker will be Rev. Jesse Brown, the pastor of Locust Grove Missionary Baptist Church of Fayette, Miss. The master of ceremonies will be Councilman Kenneth Stokes. For more information call 601-201-0983.

**Cade Chapel Missionary Baptist Church**, 1000 W. Ridgeway St., Jackson, will hold its annual Fall Revival Tuesday– Thursday, August 12 – 14, at 7:15 p.m. each night. The evangelist will be Rev. Louis Malone, pastor of St. Luther Missionary Baptist Church of Rockford, Illinois. He is also the president of the Illinois Baptist State Convention. For more information call 601-366-5463.

**St. Paul A.M.E. Church**, 816 Madison Ave., will host its annual “Women in Red” program on Sunday, August 17. For more information call 601-898-9610.

**Greater Bethlehem Temple**, 1505 Robinson St., Sunday School Department will present the Second Annual Bible Bowl Competition on Sunday, August 17, at 6 p.m. in the church’s main sanctuary. For more information call 601-354-2599.

**Greater Mt. Calvary Baptist Church**, 1400 Robinson St., will host a Nurse’s Guild Health and Wellness Day on Saturday, August 23. The day will begin with registration at 6 a.m. then an inspirational three mile Walk of Faith will follow at 7 a.m. Immediately after the walk, a Health Education Workshop and Health Fair will take place in the Family Life Center. Activities will be available for the young and the mature. The theme for the day is “Walking by Faith”. The Health and Wellness Day is being held in conjunction with the Women’s Month activities that will take place throughout August. For more information call 601-352-8585.

## August’s Link to the Top Gospel Songs

*I’ll Trust You  
God Is My Everything  
The Greatest*

*Royalty  
Jesus  
Never Would Have Made It  
The Light  
In His Hands  
My Day  
Superstar*

**James Fortune & Fiya  
Chicago Mass Choir  
Isisah D. Thomas &  
Elements of Praise  
Byron Cage  
Shekinah Glory Ministries  
Marvin Sapp  
Ricky Dillard  
Rhonda Chambers (Jackson artist)  
Canton Jones  
Kirk Franklin**

List compiled by Shondell Stinson, choral director - College Hill Baptist Church

## St. Peter's women are making a difference

Special to The Mississippi Link

For more than 50 years the women of St. Peter Missionary Baptist Church, 1580 W. Ridgeway St., Jackson, Miss. have celebrated the women of the church with an annual Women's Day program. This year the women kicked off their celebration with a Parade of Hats program, which featured the former Miss Mississippi, Kimberly Morgan.

The salute to the church's women ended with strong messages from two women, Judge Linda Anderson and Gwendolyn Stokes Byrd, who shared powerful messages with all who were present.

Judge Anderson, the first African American female United States Magistrate Judge in the state of Mississippi, served as the keynote speaker for the Saturday prayer breakfast.

Judge Anderson told the morning worshippers, "I can't imagine where I would be without prayer. God is in control of it all and His answer is not always, yes. We have to be careful what we pray for. God does not ask us to be eloquent in our prayers; He only wants us to be earnest and sincere in our prayers."

Anderson was born and reared in Holmes County. She graduated from Holmes Junior College and Jackson State University. Although Anderson possessed the dream of being an attorney some



Rev. James Washington, Sr., Pastor and Judge Anderson.

day, she worked as an elementary music teacher for Jackson Public Schools for eight years.

The judge said that as a child growing up in Holmes County during the 50s and 60s, she didn't know of any African American attorneys and thought her dream may not be attainable. However, in 1981, she decided to pursue her dream. She enrolled in Mississippi College School of Law, while continuing her full-time job as a teacher and balancing her personal responsibilities as the mother of two small children, and the wife of a husband who was enrolled in dental school.

Since graduating from law school, Judge Anderson has served in several capacities in the judicial

system.

"I got my foundation in a small country church. My father was a farmer and my mother was a teacher. My sister and I had to go to the cotton field, but I did not like it. I had parents who prayed. We need more praying families today," Anderson said.

The judge thanked God for all that He has done for her. "He has sent me to the mountain top and let me experience the joy of accomplishments that I never thought would be possible and He has let me go to the valleys, but prayer has been my mainstay, even in times when I couldn't pray. It's a real long ways from the cotton fields to the federal bench, but prayer made it possible."



St. Peter's Women's Ministry with History-Making Migistrate Judge Linda Anderson.

Gwendolyn Byrd, a member of St. Peter, served as the Sunday speaker.

"Our Sunday speaker is someone who has truly persevered over the past few years," said Shaunte Washington, the program chairperson.

Rev. James Washington, the church's pastor, said having one of the church's members as a guest speaker is an internal achievement that he is very proud of.

"This is my home church," he said. "I grew up in this church and have been here for over 40 years. There was a time when all of our speakers came from outside of our membership, but having one of our own deliver the message takes us to another dimension within our



Ladies listen to Migistrate Judge Linda Anderson speak.

worship. It is a testimony of spiritual growth."

Rev. Washington is also proud of the fact that although the Women's Day program is held as one of the major fundraisers for the

church, it has not lost its spirituality. "The spirituality within our members is what keeps what we do progressive, and I thank God for it. Our sisters are truly helping to make a difference."

## College Hill observes a weekend of celebrations for the pastor and wife

PHOTOS BY JAY JOHNSON

Special to The Mississippi Link

The members of College Hill Missionary Baptist Church recently celebrated the 18th anniversary of their pastor and wife, Rev. Hosea J. and Sherian Hines.

Family, friends and members began the celebration by joining Sister Hines for her graduation from Jackson State University. Later that

evening, the church family honored Rev. Hines with a birthday party. The anniversary celebration was culminated with special Sunday services at 8 a.m. and 11 a.m.

Rev. Hines thanked all of his members present for their support and the pastor/people relationship that has developed over the past 18 years.

H I G H L I G H T S



Pastor and Mrs. Hines



Hawaiian theme birthday celebration.



Deacon Lee Collins



Musical selection by the CH children.



Pastor and wife at anniversary celebration.



**College Hill**  
MISSIONARY BAPTIST CHURCH

Rev. Hosea Hines, Pastor

1600 Florence Avenue  
Jackson, MS 39204  
(601) 355-2670

**SUNDAY**

9:30 a.m.  
Sunday School

8 a.m. & 11 a.m.  
Worship Service

**WEDNESDAY**

6:30 p.m. - Children Ministry  
6:30 p.m. - Prayer Meeting  
6:30 p.m. - Youth Ministry  
7:00 p.m. - Bible Study



Virgie Dishmon, soloist



Alfreta Johnson serves food.



CH members enjoy birthday celebration.



Praise dancers and mime share spiritual expressions.



## Updated storm damage reports

Special to The Mississippi Link

The following counties reported damages to the Mississippi Emergency Management Agency's State Emergency Operations Center due to severe weather that occurred throughout the state Saturday, August 2.

- Adams: Reports of downed power lines and power outages county wide and the City of Natchez.
  - Claiborne: Report of three buildings with minor damage.
  - Copiah: 40 roads closed due to debris; 15 homes and five mobile homes with minor damage.
  - Hinds: Numerous reports of trees and downed power lines.
  - Leake: Five homes with minor damage and eight mobile homes with minor damage; three farm buildings with minor damage; approx 50 Highways, streets, and county roads were affected or closed due to debris.
  - Lee: Trees and power lines reported down in the county.
  - Lowndes: Reports of trees and power lines down in the county.
  - Neshoba: Two homes with minor damage and one mobile home with minor damage.
  - Wilkinson County: Two mobile homes with minor damage and two mobile homes affected; downed trees and power line throughout the county.
  - Yazoo: Reports of trees and power lines down.
- MEMA personnel are in contact with each of the affected counties but at this time they do not need state assistance.
- MEMA will continue to report any additional damages as they are reported to the State Emergency Operations Center.

## How do caregivers cope with loved ones with Alzheimers?

Special to The Mississippi Link

Baptist Adult Day Health Services and the Alzheimers Association will host an Alzheimers Support Group Meeting the third Tuesday of each month from 11 a.m. until 12:30 p.m. The meetings will be

held in the conference room next to Baptist Adult Day Health Services-Clinton at 503 E. Northside Drive.

"Each month, the group will discuss various topics related to the challenges of caring for a person with memory loss," said

Baptist Adult Day Health Services - Clinton administrator Lesa Meaders.

As a partner of the Senior Care Centers of America, Baptist Adult Day Health Services is a daytime center for the elderly. Located in Clinton,

Miss. and on Old Canton Road in Jackson, the organization provides and manages day programs of health services and therapeutic activities to senior citizens not ready for long term care placement.

The next meeting is scheduled

for Aug. 19, in which caregivers of loved ones with alzheimers will share ways they are coping with the illness during daily living.

For more information contact Baptist Adult Day Health Services at 601-926-1222.

## Lower your blood pressure with garlic

The Black Report

Garlic supplements may lower your blood pressure as effectively as some hypertension drugs suggests a recent research review by The University of Adelaide in South Australia. "Supplementation with garlic preparations may provide an acceptable alternative or complementary treatment option for hypertension," the report stated.

The researchers found that, in general, garlic reduced systolic blood pressure (the top number in a blood pressure reading) by 4.6 mm Hg, on average. In people with high blood pressure, garlic reduced systolic blood pressure by 8.4 mm Hg, on average, and diastolic blood pressure (the bottom number in the reading) by 7.3 mm Hg. Doses ranged from 600 mg to 900 mg daily for each study.

Researchers admit, however, that more studies need to be done to determine if garlic can have a long-term effect on heart disease.

Could your kitchen cabinet

hold the key to better health?

For centuries, countries like China and India have relied on herbs and spices to heal their bodies and souls. While many of us have dismissed these established natural practices as eastern-world nonsense, contemporary studies are showing that incorporating certain seasoning into our diets can lower blood sugar levels and cholesterol, reduce inflammation around the heart and joints and fight against Alzheimer's disease.

Real Health breaks down four inexpensive spices that can improve your health. Best bet: Just add them to what you're already eating.

**Cinnamon**

• *Potential benefit:* Past stud-

ies have shown that this sweet and warm spice can lower LDL levels ("bad" cholesterol), help with Type 2 diabetes by lowering blood sugar levels and boosts memory and cognitive skills.

• *Daily Dose:* Oprah's favorite doc, Dr. Mehmet Oz recommends in his book, *You Staying Young*, that you consume only a half teaspoon a day - too much cinnamon can be

toxic.

• *Tip:* Add it to coffee, tea or your morning oatmeal. FYI: This is not an excuse to eat cinnamon buns.

**Cayenne pepper**

• *Potential benefit:* This extremely spicy condiment has a high concentration of capsaicin, which is found to ease arthritic swelling and improve circulation by increasing blood flow through the body.

• *Daily Dose:* There isn't one, but start slow and build up to this spice; it could upset your stomach and mouth.

• *Tip:* Add it to almost everything. Collard greens to counter the bitter taste and for extra zest, add to chili, stews or gumbo.

**Curry powder**

• *Potential benefit:* Turmeric - one component of this strong and bitter Thai and Indian flavoring - is believed to fight against Alzheimer's disease, heart disease and cancer. Studies also show that it can reduce inflammation of the joints, which is great for those suffering from arthritis.

• *Daily Dose:* Dr. Oz said you can have as much as you want - so get carried away. FYI: If you are on anti-inflammatory drugs or blood thinners, talk to your doctor about possible interactions between turmeric and certain medications.

• *Tip:* Add to tuna or chicken salads to give them punch.

**Garlic**

• *Potential benefit:* This pungent bulb commonly used in Italian cuisine has been found to lower LDL levels and blood pressure along with helping avoid blood clots. It also fights infections and the common cold.

• *Daily Dose:* The National Health and Medical Research Council (NHMRC) suggest taking one half to one whole clove to reap the health benefits.

• *Tip:* Chop and mince a whole clove into a salad dressing or sauté it with green beans. Please pop a mint in your mouth afterwards.

While herbs and spices may improve your health, they are not meant to take the place of prescribed medications. Make sure to speak with your doctor or health care practitioner about the benefits and the risks of using alternative practices in conjunction with your current regimen.

To learn more about alternative medicine and therapies, read RH's "The New Medicine Chest."

## Lens implant offers chance at beating lazy eye

By Lauran Neergaard  
AP Medical Writer

WASHINGTON - Dr. Paul Dougherty delicately slipped a tiny lens inside the right eye of 7-year-old Megan Garvin - a last-ditch shot at saving her sight in that eye.

The California girl last week became one of a small number of U.S. children to try an experimental surgery to prevent virtual

blindness from lazy eye diagnosed too late, or too severe, for standard treatment.

The new approach: Implantable lenses, the same kind that nearsighted adults can have inserted for crisper vision - but that aren't officially approved for use in children.

"Without this technology, we couldn't help her," said Dougherty, a prominent Los Angeles eye surgeon who invited The Associated Press to document Megan's surgery. "This would be written off as a blind eye."

Up to 5 percent of children have amblyopia, commonly called lazy eye, where one eye is so much stronger than the other that the brain learns to ignore the weaker eye. Untreated, the proper neural connections for vision don't form, eventually rendering that eye useless.

Catch it early - preferably by preschool - and it can be fairly easy to fix by patching over the strong eye, or using special drops in it, for several hours a day so that the brain is forced to use the weak eye. But the older the child is, the less effective the treatment - and by age 9, brain-eye connections are pretty well set.

The leading cause is eyes that aren't in perfect alignment. But a big difference in focusing power also triggers amblyopia. That's what happened with the Garvin girl, who had near-perfect vision in one eye but the other was too nearsighted to even see the big E on the eye chart.

It's sneaky: Kids don't realize they're seeing clearly out of only one eye, and often won't squint or otherwise signal there's a problem. So Megan was fast passing the window to correct amblyopia when a kindergarten eye exam flagged a problem.

"She reads perfectly, she's a very normal active child," said her mother, Rosie Garvin. "If she would not have had that vision test, I would never have known."

Ophthalmologists called it one of the worst cases they'd ever seen. Glasses weren't doable: One side would have required a clear lens and the other a Coke-bottle thickness, a prescription of minus 12 diopters. Her parents tried inserting a contact lens in the bad eye - getting her to roughly 20-60 vision in that eye, far from perfect

but able to see blurry while the good eye was patched.

Contacts and young kids are a tough match. Megan cried when her mother inserted it. Teachers would call to say it had popped out.

Frustrated, the Garvins ultimately opted for the implant - and days later, are feeling hopeful. It's blurry, Megan tells her mother, but she can see out of her right eye, and is chafing at the required week of rest to let the tiny incisions in her eye heal.

That's just the first step. Months of patching lie ahead to try to reverse the lazy eye, or the brain would just stick with the connections it has already formed to her strong eye. Dougherty gave

no guarantees.

"I know we've got our work ahead of us," said Rosie Garvin, from Simi Valley, Calif. "I'm so relieved ... and going to make sure I do everything they tell me to make sure this works for her for life."

Implantable lenses for adults, called phakic intraocular lenses or IOLs, hit the U.S. market in 2004. Unlike cataract surgery that requires removal of the eye's natural lens because it is clouded, these lenses are put on top of a natural lens that can't focus properly, thus helping sharpen vision.



Dr. Paul Dougherty inserts a rolled-up intraocular lens implant through a tiny incision in the eye of Megan Garvin at his office in Los Angeles, Wednesday, July 30, 2008. A few air bubbles, later removed, are visible. AP PHOTO/REED

## Power to End Stroke

### Healthy Soul Food Recipe

**Hearty Cabbage & Browned Onion Soup**  
Serves 4 - 1 cup per serving

- 2 teaspoons olive oil
- 3 cups chopped (not shredded) green cabbage (about 1 pound)
- 1 medium green bell pepper, chopped
- 1 medium onion, chopped
- 1 medium garlic clove, minced
- Cooking spray
- 1 14.5-ounce can fat-free, low sodium chicken broth
- 3/4 cup water
- 3 tablespoons no-salt-added ketchup
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon red hot-pepper sauce, or to taste

In a Dutch oven, heat the oil over medium-high heat, swirling to coat the bottom. Put the cabbage, bell pepper, onion, and garlic in the pot. Stir. Lightly spray with cooking spray. Cook for 5 minutes, or until the onion begins to richly brown, stirring frequently.

Stir in the broth, water, ketchup, and pepper. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the vegetables are very tender. Remove from the heat.

Stir in the salt and hot-pepper sauce. Let stand, covered, for 10 minutes so the flavors blend.

Per Serving: Calories 67, Total Fat 2.5 g, Saturated Fat 0.5 g, Trans Fat 0.0g, Polyunsaturated Fat 0.5 g, Monounsaturated Fat 1.5g, Cholesterol 0 mg, Sodium 192 mg, Carbohydrates 11 g, Fiber 3 g, Sugars 7 g, Protein 2 g

Dietary Exchanges: 2 vegetable, 1/2 fat

You're invited to join

The Jackson Community Health Advisors and The Jackson **Heart** Study on our road to **HEALTHY HEARTS**



**When:** Saturday August 16, 2008

**Where:** Jackson Medical Mall

(Meet in front of The Jackson Heart Study)

**Time:** 8:00 a.m. Registration/**Blood Pressure Screenings**

9:00 a.m. 3 Mile Walk Begins

For more information or to RSVP Call:  
**LaShondra Collins (601)979-8708**

## Winners announced as the best in black coverage

Special to The Mississippi Link

Winners of NABJ's 2008 Salute to Excellence National Media Awards were announced July 26 at the Sheraton Chicago Hotel and Towers. The annual awards recognize exemplary coverage of the African and African-American experience by the nation's print and electronic media.

Over 85 awards were given to newspapers, magazines, radio, television and online news outlets nationwide for creative and well-executed stories with great relevance to the black community. Winners were announced at the National Association of Black Journalists' (NABJ) annual gala. Chicago Broadcaster Diann Burns and "Entertainment Tonight" correspondent Kevin Frazier served as emcees for the evening.

"The range of winning entries show the smart decisions media executives are making in telling stories that reflect a diverse audience," said NABJ President Barbara Ciara. "The combination

### Annual 'Salute to Excellence' national media competition distributes over 85 awards

of good business, exceptional storytelling, and accurate reporting is evident in each recipient and we applaud them for their great work."

Winners include: investigative reports from The Philadelphia Inquirer on suburban policing; a WRGB-TV Albany profile on New York Governor David Paterson; commentary by The Miami Herald's Leonard Pitts, Jr.; ABC News "Good Morning America's" report on Breast Cancer; and EBONY magazine for excellence in art & design.

"These awards are like none other in the country," said NABJ Vice President Broadcast Kathy Times. "Where else can you see the best and brightest come together to be recognized for extraordinary achievement in telling these necessary stories?"

"As the media landscape moves closer to the web, journalists are finding extraordinary ways to tell stories of the black

experience," said NABJ Vice President Ernie Suggs. "My hope for the nation's newspapers, as layoffs and buyouts become the norm, is that the content of their stories not suffer as a result but continue to show the extraordinary strength of investigative and feature reporting."

The competition is open to all professional journalists in print, broadcast, new media or photo-journalism. Only work originally published or broadcast during the judging period of January 1, 2007 through December 31, 2007 is eligible for consideration.

**2008 NABJ Salute to Excellence Award Winners**  
An advocacy group established in 1975 in Washington, D.C., NABJ is the largest organization of journalists of color in the nation, with more than 4,100 members, and provides educational, career development and support to black journalists worldwide.



Congressman John Conyers, Charles Chatman, Billy Smith, and James Woodard field questions from audience members about their wrongful incarceration experiences at a panel discussion held at Cedar Valley College last weekend. GORDON JACKSON/DALLAS EXAMINER

## Legislators, exonerees call for criminal justice reform

By Janeane Anderson  
The Dallas Weekly

DALLAS (NNPA) - In the 1980s, Charles Chatman, Billy James Smith, and James Woodard were arrested, tried, and convicted of aggravated sexual assault and murder crimes and spent a total of 70 years behind bars.

All three are now free men, but none of them were ever guilty of the crimes for which they were incarcerated.

Chatman, Smith, and Woodard represent the hundreds of thousands of men and women who are currently serving prison sentences for crimes they did not commit, proof that the criminal justice system in America is in need of reform.

To discuss the prevalence of wrongful convictions and the role DNA technology will play in increasing the number of exonerations in Dallas County and around the country,

Congresswoman Eddie Bernice Johnson hosted a panel discussion of legislators, legal representatives and recently exonerated men at Cedar Valley College last weekend. "There is no greater failure in any part of democracy than the incarceration of the wrongfully accused," said Congresswoman Johnson.

"We all expect this system to work, but it doesn't. We expect that when a judge finds someone guilty he is, but that just isn't the case," said Dallas County Criminal District Court No. 4 Judge John Creuzot.

The panel discussion was more than an ideological think tank that only paid lip service, said Congressman John Conyers, the first African-American to chair the U.S. judiciary commission. He said the discussion was meant to generate ideas that would translate into meaningful reform.

"If you're rich and guilty, you're likely to not go to prison, but if you're poor and innocent then your

chances of going to prison increase significantly," said Conyers.

Wrongful convictions can occur for a host of reasons; however, the most common are due to eye witness misidentification, false forensic testimony, erroneous "snitch" testimonials, false or coerced criminal confessions and suppression of evidence.

"If you don't want a faulty conviction, it would help to not be broke, not to be black and to not have an incompetent lawyer," said Sen. Rodney Ellis.

Many people will plead guilty for an offense because they don't have faith in the system, choosing to take the lesser prison sentence for a crime they didn't commit instead of placing their fate in the hands of jurors eager for a conviction, Ellis added.

DNA technology is proving to be an effective method for proving the innocence - or guilt - of men and women behind bars.

Thirty-three men have been exonerated in Texas since 1984, more than in any state in the nation. Due to its history of preserving records and evidence, Dallas County has freed more wrongfully incarcerated prisoners than any county in country.

At the helm of Dallas County's crusade to reincorporate justice into the criminal justice system is District Attorney Craig Watkins whose partnership with the Innocence Project of Texas has facilitated the freeing of men like Chatman.

"I'm just letting innocent people out of jail," said Watkins, who has received more than an ounce of criticism for his justice reform measures. "I hope this hug-a-thug mentality catches on because I have no intention on changing my philosophy any time soon."

But DNA testing will be less than fully effective in a system that, according to some, is flawed to the core and structured to be against the minorities and the poor.

"I am not optimistic about Texas correcting its behavior on its own," said Innocence Project of Texas attorney Jeff Blackburn. "It's going to take federal mandates. Texas is a national embarrassment, and it should be until it cleans up its act."

Whereas the Innocence Project of Texas is a non-profit organization with limited funds and resources, every case cannot be investigated, resulting in innocent victims on both sides of the aisle. The community would be better served if the correct verdicts were handed down the first time, Blackburn said.

Meanwhile, Chatman and Smith say they are adjusting to life outside prison.

"I'm getting there. It's been a long process, but I know God has His hand on my life," Chatman who was exonerated seven months ago after spending 27 years incarcerated for a sexual assault he didn't commit.

Despite still waiting for a pardon from Gov. Rick Perry and being unable to find employment because he his record has yet to be expunged, Chatman said he's glad to be a free man. However, he said his happiness is bated by the knowledge that there are still men and women behind bars who shouldn't be.

"Although we are here, we are not the only ones," Chatman said. "For every innocent person convicted, there is a guilty person walking the street committing crime. If that's all we want [a conviction], then this is a poor place to be. Incarceration might not be so bad."

Although Chatman showed restrained enthusiasm about being released from prison life, Woodard had no qualms about expressing his feelings.

"I'm excited to be out. I'm glad to be out," he said. "I try not to look back because who wants to relive a bad dream? I don't."

## Economic Stimulus Act of 2008 benefits small businesses

Special to The Mississippi Link

Many of us have either already received or are expecting soon our economic stimulus checks from the IRS. Those checks are an important part of the Economic Stimulus Act of 2008, but for small businesses, there are other provisions in the law with the potential for far greater benefit.

The most important thing to remember about the act's small business benefits is that the special bonus depreciation provision expires at the end of 2008 and the Section 179 expensing provision expires at the end of your business tax year that begins in 2008. Time is definitely of the essence to take advantage of these opportunities.

The act allows far more depreciation deductions on purchases of most types of tangible property and computer software bought this year. These deductions reduce the taxable income of the business or its owners, with the potential to dramatically reduce your 2007 or 2008 business tax year liability. This means you will recover a far larger portion of the price of property placed in service this year through tax savings than you normally would. Your business will benefit from the additional productivity from the new machinery or equipment, you will benefit from the tax savings, and the economy will benefit from the additional economic activity your investment generates. Talk about have your cake and eat it too!

The additional deductions fall in two categories: Section 179 expensing and a Special Depreciation Allowance. Section 179 of the tax code allows businesses to write off investments in eligible property immediately instead of depreciating it over time.

The normal limit for the Section 179 write-off is \$128,000 total for your business tax year, but for eligible property purchased and placed in service in your business tax year beginning in 2008, the limitation is almost doubled to \$250,000. The \$250,000 deduction amount is reduced only when a business purchases more than \$800,000 of eligible property.

Let me repeat that: for an eligible company and property, you will be able to write off

completely against your taxable income up to \$250,000 of investment in property you place in service in the 2008 tax year so long as you do not purchase more than \$800,000 of eligible property that year. This can create a tremendous cash flow advantage to you and your business.

The second provision of the act is the Special Depreciation Allowance. This allowance is in addition to the Section 179 write off and allows the business to take depreciation of 50 percent of the cost of the property after taking the 179 expense. Then on the 50 percent that is left, you still get to take your full first year depreciation. To qualify for the Special Depreciation Allowance, the original use of the property must begin with the taxpayer after December 31, 2007. In other words, the property must be "new" property.

For the eligible equipment that you buy before the end of this calendar year and after the beginning of your 2008 tax year, you can get up to three deductions in your 2008 tax year. For example, if you purchase and place into service eligible property that costs you \$450,000 on August 1, 2008, and your 2008 business tax year starts July 1, 2008, you can have the 179 expense of \$250,000, the Special Depreciation Allowance of 50 percent of the remainder, \$100,000 and still take the regular first year depreciation on the remaining \$100,000 of basis. On property with a 5-year tax life, that could mean a write-off of \$370,000 in your 2008 business tax year for an investment of \$450,000. If you purchase and place into service this same property after December 31, 2008, but still in your 2008 business tax year, you can still take a 179 expense up to a total of \$250,000 on all eligible property purchased in your 2008 tax year.

If you want to really leverage the tax savings, the U. S. Small Business Administration's loan programs are designed to help small businesses grow. Because of the long-term nature of both the 7a and 504 loan programs, your payment on an SBA loan this year could easily be less than the tax savings you receive so you could actually generate cash for your business

in 2008 by financing the equipment purchase with an SBA guaranteed loan.

The Special Depreciation Allowance also helps with vehicle purchases, increasing the allowable first year depreciation on trucks and vans weighing less than 6,000 pounds to 350 percent of the normal maximum (from \$3,160 to \$11,160) and on automobiles to 370 percent of the normal maximum (from \$2,960 to \$10,960).

As always, there are exceptions. You will need to consult your tax advisor before making any decisions based on the 2008 Economic Stimulus Act. The Section 179 write-off is only available to companies that purchase less than \$800,000 of eligible assets in the tax year and the Section 179 expensing limit for SUVs remains \$25,000. Also, since these allowances are deductions from taxable income, they will only benefit companies that have profits to offset.

The Small Business provisions of the Economic Stimulus Act of 2008 are an excellent opportunity for you to invest in the equipment you need to take your business to new levels of productivity while providing great cash flow benefits from the tax savings you will experience this year.

The SBA provides a Depreciation Calculator, fact sheet, on-line seminar and links to additional information on the act at <http://www.sba.gov/stimulus/>.

The Internal Revenues Service provides additional in-depth information about the Act at:

- Business Provisions of the Economic Stimulus Act of 2008 <http://www.irs.gov/newsroom/article/0,,id=183867,00.html>

- IRS To Issue Guidance on Special 50-Percent Depreciation Allowance <http://www.irs.gov/newsroom/article/0,,id=181364,00.html>

- 2008 Economic Stimulus Act Provides Tax Benefits to Businesses <http://www.irs.gov/newsroom/article/0,,id=179227,00.html>

Contact the Mississippi District SBA office at (601) 965-4378 or the Gulfport Branch Office at (228) 863-4449 to find a participating lender in SBA's 7a or 504 loan programs. Visit [www.sba.gov](http://www.sba.gov) to learn more about these programs.



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## The Golden SECTION

# The labels, the labelers and the labeled

By Alim Gaynor  
Founder and CEO,  
Seedpod Empowerment Institute



A label is an instrument designed to identify, categorize or describe something. The label is often a creation of the

labeler or a representation of the labeler's perception. Afterwards it often becomes a tag that is given credence by its users. The thing that's labeled could care less what it's called, that is unless that thing happens to be a human being.

Labels, because we're wired to understand language along with its connotations, often affect human beings, positively or negatively. Children, for example, who are labeled as learning disabled often accept this notion about their inability to learn to the point of touting it as an excuse to not try. On the other hand, children labeled as geniuses, having accepted that notion, go about proving it time after time.

Occasional behavioral idiosyncrasies often result in the attachment of labels. These labels may have no real connection to reality. They are just the misguided perceptions of the labelers and the accepters of the labelers' positions. The labeled, constantly hearing this description of themselves, will often become willing participants in the dissemination of these misleading descriptions.

Political and racial labels frequently become determinants of how people are viewed and how

they view themselves. Hispanic or Latino for example is a term that is used to cover indigenous americans from Mexico to Argentina and parts of the Caribbean. These terms, which really just describe the language of their original colonizer, wipe out the rich diversity of the indigenous cultures so named.

African-Americans, on the other hand who have graduated from colored to negro to black/Afro-American/African-American (depending on who you're talking to) have been so labeled based on their non-white skin color, that they speak English and that they or their parents were born in one of the 50 states. These racial characteristics seldom translate; however, into feelings of unity with similarly hued people born elsewhere that speak different languages.

Statements regarding physical and linguistic characteristics are helpful in describing someone. Beyond that, they begin to get into the muddy area of labeling. Human beings are as physically, linguistically and culturally diverse as one can imagine. The one thing we all have in common however is that we are all thinking, emotional beings who are spiritually connected, whether we acknowledge it or not. This connection can be nurtured or ignored but it can't be severed. We are like individual drops in the Ocean of Life. Who can say where one ends and the other begins?

For information about the mission of Seedpod Empowerment Institute, call Mr. Gaynor at 769-798-5247 or E-Mail us: alimgaynor@yahoo.com

# Crisler's trip to Central America

By Marshand Crisler  
Jackson City Council - Ward 6



SEARCHING FOR TRUE DEMOCRACY

A recent trip to Central America, specifically the countries of Nicaragua and El Salvador, taught me the true meaning and importance of democracy. This opportunity was made possible by me being selected as a member of a seven-person delegation, representing the American Council of Young Political Leaders (ACYPL), a bipartisan, non-profit educational exchange organization dedicated to fostering relations between the next generation of political leaders in the United States and their counterparts around the world. Its practical education programs include international exchanges, foreign policy and democracy conferences and election study programs. Our delegation consisted of three republicans, three democrats and one independent.

**PURPOSE**  
My primary interest in this program was having the opportunity to compare democracy in the U.S. versus democracy in Central America (specifically Nicaragua and El Salvador) and also

exchange public policy ideas with their respective governments. I found it quite fascinating that these nations, in comparison, are quite different regarding the manner in which they define democracy.

In U.S. terms, democracy is defined as a system of government by which political sovereignty is retained by the people and exercised directly by citizens. In modern times it has also been used to refer to a constitutional republic where the people have a voice through their elected representatives. In a true democracy the lower classes of a nation control public affairs without respect to law, precedents or vested rights.

**BASIC CHALLENGES**  
After meeting with various governing members of each country, I realize why poverty and poor educational systems are widespread in this region. The democratic system is a farce at best. In Nicaragua, President Daniel Ortega won the national election with 38% of the vote in November 2006. Ortega has developed a pact with Arnaldo Aleman of the Liberal Constitutional Party (PLC). This pact was arranged to solidify control over all major institutions in Nicaragua. The relationship between Ortega and Aleman is

**Central America**  
Continued on page 14

# Women's Day at the Democratic Convention

By Julianne Malveaux  
NNPA Columnist



New York Senator Hillary Rodham Clinton (D-NY) is scheduled to deliver a major speech at the Democratic National Convention on August 26, 2008.

It is poignant and proper that she should speak on Women's Equality Day, the 88th anniversary of women getting the right to vote. According to some sources, Senator Clinton will be joined on stage by other women legislators, including the Democratic women of the United States Senate. Her speech is likely to touch on major public policy issues, and also to pay tribute to those that paved the way for her glass ceiling-shattering campaign.

Senator Clinton's campaign illustrated that the gender playing field is not yet level. We don't need to use the campaign for that illustration, though. Economic data on the status of women suggest that we have a long way to go before women have the same social, economic, political and cultural clout that men have.

The lens of patriarchy so heavily

influences the interpretation of the status of women that women who have left the labor market for economic reasons are perceived as having "opted out" because they prefer stay-at-home motherhood. The real deal is that women's wages are lower than men's - still. And some of the jobs that are "typically female" have been taking the same kinds of hits as other jobs have been taking.

The Bureau of Labor Statistics released a report on women's earning in September 2007 that is telling. While the gender wage gap is narrowing, women still earn less than men do.

The median weekly earnings for women was \$600, just 81 percent of the \$743 that men earn. To be sure, the 19 percent gap is lower than the 27 percent gap reported two decades ago. Still, as Carol Moseley Braun asked in the 2004 campaign, will grocers charge women less for a dollar loaf of bread? The gap varies by age, education, and other factors, but when we look at the very top, there are glaring inequities.

About seven percent of women earned the highest wages, \$15,000 or more a week, compared to 15 percent of men. If gender equality is coming, it is

coming at a snail's pace.

If equality has not yet shattered the glass ceiling, women on the sticky floor of the labor market have also been challenged with inequality. Despite a 12 percent increase in the minimum wage on July 24, those who struggle with poverty and inadequate incomes have seen their circumstances improve only modestly. More than half of those who earn the minimum wage - 59 percent to be exact - are women. These women work in essential sectors of the labor market - what would we do without food preparers and servers, home health aides, and others. Yet, their wages do not reflect their value to our nation.

The most recent data from the Bureau of Labor Statistics suggests that women are leaving the labor force. There were about 140,000 fewer women working or looking for work in July than there were the month before. Some would like to say that women are leaving the workforce because they "want" to stay home.

But the reality of this labor market, combined with family economics, suggests that women aren't working because they can't find jobs. With the unemployment

rate rising to 5.7 percent, the "I" word is being bandied about. Again, it is clear that women, especially those who head households, are the most likely to be challenged by economic hard times.

African-American and Hispanic women are those most likely to live at the bottom, to experience the greatest challenges.

Senator Hilary Rodham Clinton and her colleagues are likely to have much to share in celebration of the 88th anniversary of women's right to vote. I hope that as they celebrate and honor the foundations of women's suffrage that they also illuminate the economic challenges that women continue to face.

Furthermore, a celebration of women must embrace women in all of our diversity. If Women's Equality Day is "Hillary's Day" at the Democratic Convention, the contribution of women of color like Sojourner Truth and Ida B. Wells must be lifted up along with the lives of other suffragists.

Julianne Malveaux is an economist and president of Bennett College for Women in Greensboro, N.C. She may be reached at pre-soffice@bennett.edu

# Whittling down Obama's VP options

By Eric Mayes  
The Philadelphia Tribune

(NNPA) - Speculation about who Barack Obama will choose as his running mate has grown as the Democratic convention draws closer. Though the candidate himself has remained silent, a short list of candidates had been vetted by a committee charged with finding a suitable vice president.

Chief among them is Virginia Gov. Tim Kaine. Kaine was in Washington, D.C., this week reportedly meeting with campaign officials. He declined to say why he met with campaign officials telling reporters: "My conversations with the campaign stay with the campaign."

He continued, saying he was not seeking the vice presidential slot.

"I haven't thought it. I'm not running for it. I'm not asking for it. I've never asked anything of the campaign," Kaine said.

Kaine, a Catholic and a Spanish-speaker, would allow Obama to broaden his appeal among those voters.

Sen. Hillary Clinton is conspicuously absent. According to The New York Times, she has not been vetted like several other candidates.

"(Clinton) has not been asked to provide documentation to the Obama team that is vetting potential vice presidential choices and in recent days she has been reportedly telling friends that she does not think she'll be on the ticket," reported the Times.

Most pundits agree there are three other strong contenders.

There is Sen. Evan Bayh, of Indiana, who also served two terms as the state's governor. Bayh, at 33, was the youngest governor in the nation at the time and started in politics in 1986 when he was elected Indiana's secretary of state.

Gov. Kathleen Sebelius of Kansas is a former state lawmaker and was also elected state insurance commissioner. She is the least-known candidate. However, one of the achievements of her career was when, as the state's insurance commissioner, she blocked a proposed merger between an out-of-state insurer and Blue Cross and Blue Shield of Kansas. It was a feat many credited with sparing Kansans an

increase in insurance rates.

Perhaps the best-known potential candidate is Joseph R. Biden Jr. of Delaware, a senator for near-

ly 36 years. He has more of a public record than perhaps any other prospect. And his own bid for president puts the focus of the vet-

ting largely on financial and personal matters.

VP  
Continued on page 14

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## VP

continued from 13

In addition, he is considered to have the national security credentials that might strengthen Obama's ticket.

The committee looking over possible vice presidential candidates is made up of Caroline Kennedy, Jim Johnson, former Fannie Mae chief and Eric Holder, a former deputy attorney general.

However, campaign officials stressed that the final choice will be Obama's.

"Senator Obama is pleased to have three talented and dedicated

individuals managing this rigorous process," spokesman Bill Burton told reporters earlier this year. "He will work closely with them in the coming weeks but ultimately this will be his decision and his alone."

Pundits have been guessing for months who might be Obama's running mate. They have included: one of Obama's former opponents, New Mexico Gov. Bill Richardson, New York City Mayor Michael Bloomberg and Penn. Gov. Ed Rendell.

## Central America

continued from 13

personal and about political and economic power for them and their families; their alliance accomplishes both, even though their political ideologies do not align. Once in power, Ortega banned all other opposing political parties to ensure absolute power for him and Aleman.

As for El Salvador, while they are light years ahead of Nicaragua in regards to economic development, they still have a plethora of socioeconomic ills - primarily, high crime rates, gangs, poverty and excessive high school dropouts. Sound familiar?

In spite of these challenges, the Salvadorian government is functioning in a manner consistent with the basic principles of democracy. Their citizens do have a relatively strong political voice and they believe in progressive leadership.

Despite the challenges, both the

Nicaraguan and Salvadorian citizens are the kindest people I have had the pleasure of engaging. Our hosts were truly class acts.

### A SUCCESSFUL QUEST

At the end of this journey, I was more appreciative of the democracy we enjoy here in this country. We should be very thankful that we have the U.S. Constitution to govern us according to the precepts of our Declaration of Independence, "That whenever any form of government becomes destructive to these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness." Yes, I am sure that is what we aspire to have here and I am now more certain that other countries have similar desires.

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BY: Charles R. Snowden  
Director

7/31/08, 8/1/08

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The Jackson State University, (JSU) has established a Disadvantaged Business Enterprise (DBE) program in accordance with regulations of the U.S. Department of Transportation (DOT), 49 CFR Part 26. JSU has received Federal financial assistance from the Department of Transportation, administered through Region 4 and as a condition of receiving this assistance, JSU has signed an assurance that it will comply with 49 CFR Part 26.

The proposed DBE goals assures that JSU shall take all necessary and reasonable steps under 49 CFR Part 26 to ensure nondiscrimination in the award and administration of FTA assisted contracts. The DBE program goals can be reviewed at the following addresses:

Ms. Elma Wade  
Director of Strategic Sourcing Services  
Jackson State University  
1325 Hattiesburg Street  
Jackson, MS 39204  
Phone: (601) 979-2221

Or  
Dr. Felix Okojie  
Vice President for Research and Federal Relations  
Jackson State University  
6th Floor Administration Tower  
Jackson, MS 39217  
Phone: (601) 979-2932

Documents can be reviewed between 10:00 a.m. - 2:00 p.m. at both addresses. Public comments will be accepted within 45 days of this publication. Comments should be submitted to the Director of Strategic Sourcing Services (Ms. Elma Wade) or Vice President for Research and Federal Relations (Dr. Felix Okojie)

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- Coordinates purchase orders for all expenditures with the Director of Food & Beverage and processes all invoices from vendors in a timely manner to insure accurate food cost on a monthly basis.
- Participates in preparing the annual food and beverage budget and refers to it in regard to food cost and labor cost.
- Maintains a professional, efficient, and effective kitchen staff by hiring and training individuals in sanitary requirements, building procedures and proper/safe kitchen operations, in accordance with OSHA standards.
- Designs creative menus and plans production. Establishes presentation technique and quality standards.
- Reviews menus, analyzes recipes and determines food, labor and overhead costs.
- Coordinates and directs cooks and other kitchen workers engaged in the preparing and cooking of foods to ensure high quality, efficient and profitable food service.
- Ability to work under limited supervision.
- Requires flexible hours that will vary due to function needs.

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8/7/08

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Ideal candidate will have exceptional communication skills. Bachelor's degree or equivalent of 5-10 years of Food and Beverage Management and Operational experience required. Must have supervisory, coaching and staff development skills.

For a complete job description visit: [www.jacksonconvention-complex.com](http://www.jacksonconvention-complex.com)

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BY: Charles R. Snowden  
Director

7/31/08, 8/7/08

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## SWAC Notes:

### Former MVSU basketball star joins SWAC front office staff

By Bo Brown  
Sports Writer

Jackson native and Mississippi Valley State product Ashley Robinson is the new SWAC assistant commissioner for Compliance. Robinson joined the SWAC office staff on June 1, 2008 after spending a little over year as the director of compliance at Mississippi Valley State University. While at MVSU, Robinson was responsible for making sure the academic mandates were up-held in regards to the eligibility requirement for student-athletes who participated in intercollegiate sports at the Valley.

He also assisted with coordinating sports events activities and some staff supervision in the athletic department for the

Mississippi Valley State Delta Devils.

Prior to his association with MVSU, he was an assistant compliance officer at Jackson State for two years. Robinson was also on the athletic staff at Delaware State University, serving as athletic academic advisor under former Head football coach Darrell Asberry, the former JSU star quarterback who is now the head coach at Shaw University.

Robinson was an outstanding point guard at Mississippi Valley from 1999-2003, playing for the flamboyant former Delta Devils basketball coach Lafayette Stribbling.

During Robinson's tenure at MVSU, he was the school's single season and career assist record leader. He was also



Robinson

named MVSU athlete of the year in 2002 and was a recipient of the President's Athletic Scholar Award that same year.

Robinson played his high school basketball at Jackson's Murrah High School under coach Bob Frith.

"Working for the SWAC is an honor for me and I'm very excited about being a part of the future of this great conference. Plus, I played in the SWAC and I grew up following the SWAC," Robinson said.

He is the son of Mr. & Mrs. Joe Straughter of Jackson, Mississippi.

### SWAC leads football championship subdivision (FCS) football attendance for the 2007 season

By Bo Brown  
Sports Writer

In a recent release from the League, the Southwestern Athletic Conference, for the second season in a row, is the leader in attendance among all football playing schools in what was once the NCAA Division I-AA. The conference has been the top attendance leader in the nation for 29 of the past 30 years among teams in this category.

Since the beginning of the 1978 season, when the tracking of attendance begins for teams that participate in the FCS, the SWAC has consistently led the nation in attendance. Only during the 2005 football season, when devastating Hurricane Katrina hit the Gulf Coast region of the United States, there was a drop in attendance. During that time many SWAC games were cancelled and subsequently there was a decline in attendance.

The early 1980's was the beginning of the now popular Black College Football Classics the sparked a phenomenal movement that produced record crowds around the country that

witnessed the festivities that surrounded these matchups.

"Besides showcasing some of the greatest college football players, outstanding marching bands and the exciting wide open action, the Classic games have become a big family affair and one of the biggest outdoor festive occasions in the black community. It's where the action is on any given weekend ... and if you are not there, then you must be a square," the late legendary Jackson State and Tennessee State coach "Big John Merritt, once said. He also said... "people who don't know the war is over, know about our football games." Merritt was talking about the Korean War at the time. Merritt passed away in 1985 at the age of 58.

In 2007, an average of 16,000 attended all SWAC home games, with Southern University being the top attendance leader with an average home crowd of 18,913 fans per game.

Southern was ranked 6th in the country in 2007 among the FCS, and JSU ranked number 11 with a home attendance average of 16,100.

### Alleged shooter in the 'Pacman' case pleads not guilty

By Ken Ritter  
Associated Press Writer

LAS VEGAS - The lawyer for the man accused of shooting three people after a strip club melee involving NFL player Adam Jones alleged Tuesday that Jones "completely fabricated" the story that led to the man's arrest.

"This entire case rests upon the statement of Adam 'Pacman' Jones, lawyer Jeffrey Segal told the judge who heard Arvin Kenti Edwards plead not guilty to charges that could put him in prison for the rest of his life.

"Pacman Jones' story is completely fabricated," Segal said outside court.

Clark County District Court Judge Valorie Vega set trial for March 2 and bail at \$2 million. Segal said he intends to file a request for a lower bail amount.

In court, Segal told the judge that police arrested the wrong man based on the word of a troubled sports figure whose account of an NBA All-Star weekend melee inside the Minxx strip club and the shooting outside couldn't be trusted.

Segal said Jones refused to cooperate with investigators after the Feb. 19, 2007, shooting, then identified Edwards "after making a deal with the state where felony charges were dismissed so that he could get himself reinstated with the NFL."

"Nine months later, he comes forward with this story about how Mr. Edwards did this," Segal said, "after the state agreed not to prosecute him for these attempted murders."

Police said Jones, a 24-year-old cornerback who was traded from the Tennessee Titans to the Dallas Cowboys this summer, "instigated" a brawl inside the club by showering strippers on stage with dollar bills from a large plastic trash bag.

Jones was charged with two felony counts of coercion stemming from allegations that he threatened to kill club employees and scuffled with a bar bouncer. He was never charged in the shooting.



### Payton and Payton talk after practice

Alyne Payton, mother of NFL legend Walter Payton, and New Orleans Saints head coach Sean Payton talk after the Saints practice at Millsaps College.

PHOTO BY KEVIN ROBINSON

**It's Time to JAM Y'all in 2008**

Jackson State University - Alcorn State University - Mississippi Valley State University Alumni Reception, Monday, Aug. 18, 2008 from 5 p.m. until 8:00 p.m., Jackson Medical Mall Center Court, 350 West Woodrow Wilson Ave., Jackson, MS 39213. Food, Fun, Music and Fellowship for the entire family!



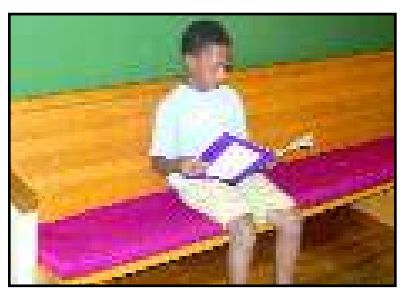
### "A New Day of Reckoning" for Tougaloo's Lady Bulldogs

Tougaloo College brings in new hopefuls to help create "A NEW DAY OF RECKONING" for the Lady Bulldogs Basketball program. From left to right: Head Coach Lee Payton; Felecia Dixon, Redan H.S, Stone Mountain, GA.; Sha'Lenia Wilcher, CoLin CC, McCall, Miss.; Tykeyah Saddler, Stephenson H.S, Bronx, N.Y.; Kim Kern, Holmes CC, Clarksdale, Miss.; Cassandra Jefferson, Marshall H.S, Tchula, Miss.; and Assistant Coach Dawn Brown.

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#### Thursdays @ the Plaza

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Plaza Building in front of Tye's Restaurant & Bar

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Through September 7th  
Mississippi Arts Center  
(601) 960-1515  
<http://www.msmuseumart.org>

#### Mega HD Cinema: Dinosaurs Alive!

Noon  
Davis Planetarium  
(601) 960-1550  
<http://www.thedavisplanetarium.com>

#### Exhibit: Ides of the South by Roy Adkins

Photographs that examine the broken and battered relics of the South & the enduring grace of the people who live here.  
Through August 17th  
Mississippi Arts Center  
(601) 960-1500

### FRIDAY, AUGUST 8

#### Live Music: Passenger Jones

10pm  
Martin's

(601) 354-9712  
<http://www.martinslounge.net>

#### Live Music: Delicious

9pm, \$15.00  
Fire  
(601) 592-1000  
<http://www.fireclubjackson.com>

#### Show Night/DJ Allen

\$6.00 21+, \$10.00 18+  
Dick & Jane's

#### Mega HD Cinema: Human Body

2pm, 7:30pm  
Davis Planetarium  
(601) 960-1550  
<http://www.thedavisplanetarium.com>

#### Exhibit: The Legacy of Timbuktu: Wonders of the Written Word Exhibition

International Museum of Muslim Culture  
(601) 960-0440  
<http://www.msmuseumart.org>

#### Exhibit: Life Through a Lens: Photographs by Senator Howard H. Baker, Jr. & Governor Raymond Mabus

Through September 7th  
Mississippi Museum of Art  
(601) 960-1515  
<http://www.msmuseumart.org>

### SATURDAY, AUGUST 9

#### Live Music: Spank the Monkey, Joel Cooper Rock Show

9pm, \$10.00  
Fire  
(601) 592-1000  
<http://www.fireclubjackson.com>

#### Live Music: Mayhem String Band

10pm  
Martin's  
(601) 354-9712 • <http://www.martinslounge.net>

#### Run for the Son

8am  
First Baptist Church • <http://www.fbcj.org>

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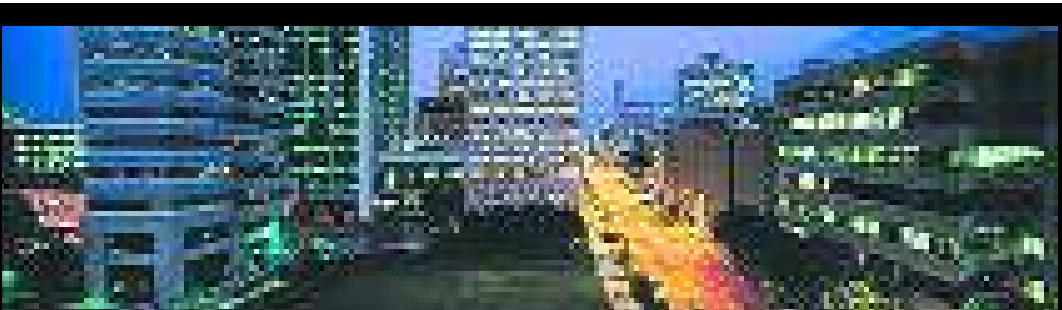
9pm, \$6.00 21+, \$10.00 18+  
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## Bernie Mac hospitalized in Chicago with pneumonia

*Associated Press*  
CHICAGO - Bernie Mac is in a Chicago hospital with pneumonia. His publicist, Danica Smith, said in a statement that the 50-year-old comedian is responding well to treatment and should be released soon. He remained

hospitalized Saturday. Smith said the pneumonia isn't related to an inflammatory lung disease that Mac also has. That condition has been in remission since 2005. Mac is a Chicago native who lives in the southern suburbs. He made waves last month with



**Mac**  
off-color jokes during a Chicago fundraiser for Democratic presidential candidate Barack Obama.

## Freeman in good spirits after surgery

*www.eurweb.com*  
Morgan Freeman is reportedly on the mend following surgery Monday night to reconnect nerves and repair damage to his left arm and hand.

The procedure at the Regional Medical Center in Memphis "lasted approximately four and a half hours including recovery and he is in good spirits and was visiting with family members this morning," his publicist Donna Lee said in a statement Tuesday. "He was walking this (morning), and is looking forward to his release as soon as possible."

Freeman, 71, was driving a 1997 Nissan Maxima owned by his passenger, Demaris Meyer, 48, of Memphis, Tenn., when the car careened off of the rural highway in Tallahatchie County, Miss. and flipped several times before landing upright in a ditch.

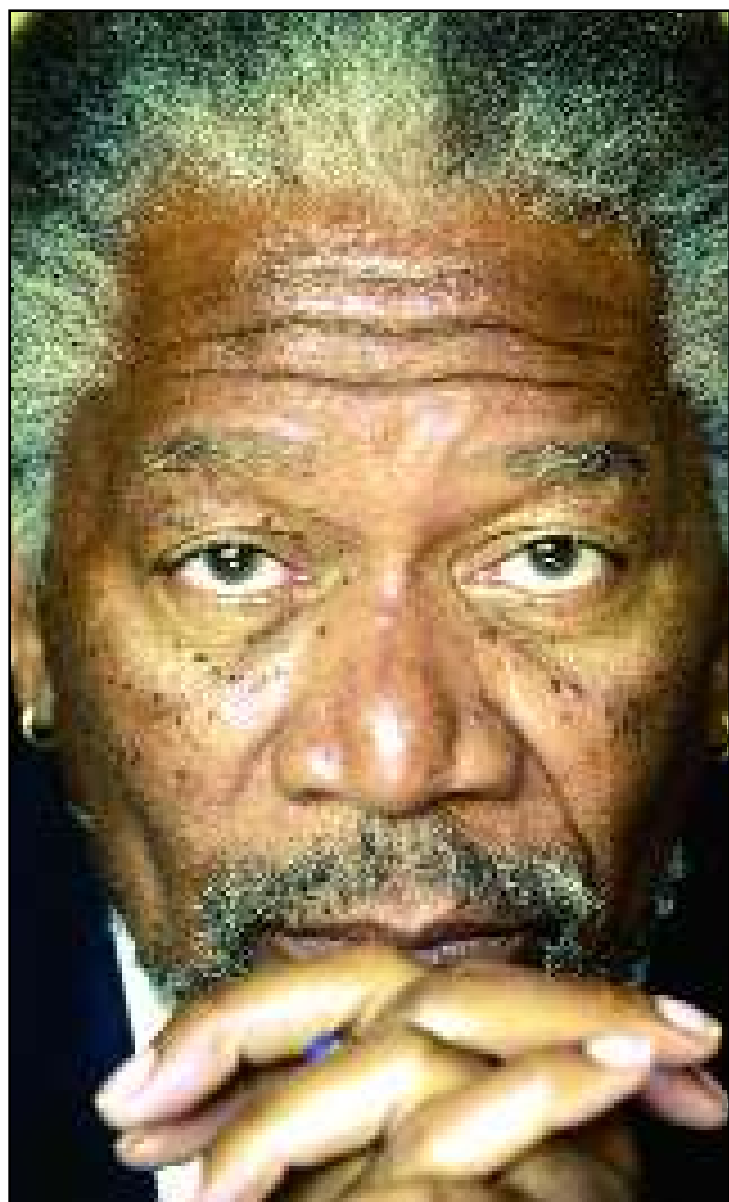
Rescuers used a jaws-of-life machine to free "The Dark Knight" star and Meyer from the wreckage. Retired police officer Bill Rogers, a witness to the accident, told the Associated Press he said he was "watching television about 11:15 [Sunday night] and I heard a car sliding on the highway out in front of our house."

"As I looked out the window, I saw it began to flip after it hit our next-door neighbor's drive. It went end-over-end about twice and then it came back on its wheels in the ditch. It was a mess," he said.

Rogers said Freeman complained of pain from injuries before being loaded onto a medical helicopter and airlifted to the hospital, but "was more concerned about the people around him than himself."

"Mr. Freeman thought he may have gone to sleep but he wasn't sure," Rogers said. "He didn't

*Actor underwent procedure to repair damage from Sunday night car wreck*



**Freeman**  
know what happened." The Mississippi Highway Patrol is still investigating the accident, Sgt. Ben Williams said Tuesday. Alcohol and drugs don't appear to be a factor and no citations are likely to be filed, he said. Hospital spokeswoman Kathy

Stringer said Freeman remained in serious condition Tuesday. Meyer's name wasn't in the hospital registry, Stringer said. However, under medical privacy laws, people can request that their names not be listed as patients at a hospital.

# Take Back Your Family

**By Terri Schlichenmeyer**  
*Book Reviewer*

Last week, you got exactly fifteen words from your teenager. Your younger children were much chattier, but you can barely keep up with everything they yammer about: school, friends, music, TV. They're growing up so fast, and it seems like they're doing it without you. Weren't they babies, like, ten days ago?

"Take Back Your Family" said Rev Run and Justine Simmons in their new book with the same title. You didn't have kids so you could miss out on their upbringing, so put the brakes on your busy life and enjoy your family again.

If you watch "Run's House" on MTV, you might think that being a good parent is easy. Rev Run sure makes it look like it is. But, hey, that's Hollywood for you. Cameras can make anything look real.

But in this case, "Run's House" is real. Rev Run said he counts Brad Pitt among his fans, but stardom hasn't gone to Rev's head. Run practices what he preaches, and in this book, he teaches, too.

There are a lot of firsts in "Take Back Your Family." Number One, always keep your marriage first. That doesn't mean you should neglect your kids, but that the relationship you have with your

spouse (or other parent, if you're single) should be a united one. As long as you support your other half in the family, your kids will have a strong web on which to rely.

look for work closer to home, at least until your kids are grown.

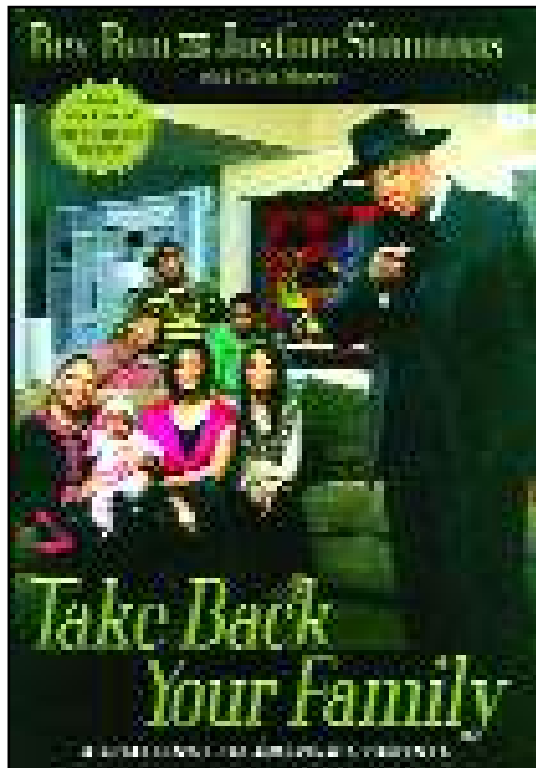
Get rid of clutter, both physical and emotional. Make your kids feel "large." Treat your family like a well-run business. Make hugs imperative and openly show affection to your spouse. Know what's going on in your children's lives and at their school. Promote an "attitude of gratitude." Pull together on bad days as well as good. And be willing to let your children go when it's time.

Ahhh. In the category of family care books, this is a breath of fresh air.

Although - like most parenting books - much of "Take Back Your Family" is common sense, things like this always bear repeating and seem to mean more when you see them in print. That doesn't mean this book is boring. Authors Rev Run and Justine Simmons will also surprise you with some unconventional advice.

I also enjoyed this book because of the behind-the-scenes peeks, because it didn't seem preachy, and because this "parenting" book also included some solid advice on relationships.

No matter what your family looks like, and no matter how well your kids behave, this is good to have on your bookshelf. "Take Back Your Family" is a book you'll take out often.



"Take Back Your Family" by Rev Run and Justine Simmons (with Chris Morrow) c.2008, Gotham Books \$25.00 / \$27.50 Canada - 273 pages

The second "first" is to always put your kids first. In light of the above paragraph, this sounds odd but it's not. Always put your family in front of work, partying, and anything that would take you away from your kids. And if you've got a job that requires a lot of traveling, Run said you should

## ask GWENDOLYN BAINES

### It is amazing how a man can pretend to his wife!

**DEAR GWENDOLYN:**  
One afternoon coming out of a grocery store, a beautiful red car pulled up, stopped and the driver asked, "Can I give you a ride?" I said, "No, I am in my car, but it is rather far in the parking lot." I told him, "You can drive me to it please."

We exchanged telephone numbers. We started dating and then after about six months he told me he was married, but that he didn't love his wife. He told me, "I fell in love with you at first sight." I was bothered, but I too felt something at first sight. Otherwise, I never get into a stranger's car. I thought by now he would have divorced his wife and married me. You see... that was eight years ago.

My question is why would his wife allow him to pretend that he loves her? She has to know he doesn't. The feelings he has for me must show when he is around her. Two months ago I needed help on my rent. Because his wife is getting the money, he couldn't help me. I had to move in with an elderly aunt.

Gwendolyn, how long do you think he will continue to pretend to his wife?

you. I am sorry to know that your financial situation does not afford rent to the point you had to move. Give some real serious thought to your love life. Don't be so quick to think that you come before the wife. It is true, however, that often a man does not love his wife, but cares deeply for the mistress.

Let me tell you this: I want you to listen to Tina Turner's 1984 hit, "What's Love Got To Do With It"? There is an issue you are overlooking. It is difficult for a man to pretend to his wife. Think about it. She lives with him. Therefore, she knows him. She sees his good days and bad days. However, when he comes to you, he will only come when he is in the best of mood. A man will leave his wife, but will never leave his friend. That's marriage - where two people have bonded as best friends for life.

Mary, get out of this relationship no matter how much it hurts. For eight years he has not been pretending to his wife. The pretense has been - to you.

*Read the perfect book for working single women, Gwen's New Orange Shoes: The Turbulence and Triumphs of a Single Woman - to order go to: www.gwenbaines.com or write to her at: gwenbaines@hotmail.com or to: P. O. Box 10066, Raleigh, N.C. 27605-0066.*

**DEAR MARY:**  
Wow! Or should I say, "Bow-wow." Before discussing him or his wife, I want to focus on

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