

THE BEACON



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June 2014

A Message from the Executive Office

July is upon us and my children will start school in early August. Like many of you I have enjoyed family time this summer. I must confess that I look forward to the back-to-school routine for my second grade son and am not ready for the "terrible two's" my daughter seemingly has started early. I am very grateful for the time spent with them knowing they will never be this age again.

Recently several MDHS personnel attended a policy forum which featured a discussion on how human services professionals frame their work. In other words, the presentation focused on how we share our story and our values.

The most common question I get about my work at MDHS is a simple "What do you do?"

It is a loaded question that requires a careful answer. Two people in our agency with the same job responsibilities can both give factually correct answers that leave the questioner with a completely different opinion of the agency. So we need to choose our words carefully.

My challenge to each of you is to positively define yourself and our MDHS.

In a perfect world the need for human services would not exist. Many of you walk into broken homes to rescue children or vulnerable adults. Others in our agency assist people with pressing problems—hunger, child support, child care, behavioral issues and energy assistance. Another group of people provide back office support that enables everyone else to do their jobs.

In a dream world families are functional, people are well-fed and no person is in danger.

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Keynote Speaker for DFCS Staff UMMC Dr. Hannah Gay



Dr. Hannah Gay, assistant professor of pediatrics and an HIV expert at the University of Mississippi Medical Center. She is pictured in the newborn nursery at UMMC.

Dr. Hannah Gay, a physician with the University of Mississippi Medical Center, spoke at the May Senior Management meeting of the Division of Family & Children's Services. This quarterly meeting is attended

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We don't live in a dream world. And because of that we have the MDHS. We are charged with caring for Mississippi's most precious assets—its people.

How we communicate to others what we do is critical when seeking public support of our agency. Our critics are very quick to point out our faults. We should be quick to show our accomplishments! Let's tell the real story of our work at MDHS.

Each of us can tell the MDHS story when we describe our jobs.

Take for example a computer programmer in our Division of Management Information Systems. If you ask a programmer what he or she does they may respond, "I make changes to the Mavericks system." Technically true. But they could also say they provide technical support to a division of more than 3,800 employees that helps feed in excess of 650,000 Mississippians. I prefer the second answer.

Another good example is a juvenile care worker at the Oakley Youth Development Center. When asked what they do at Oakley an oversimplified answer would be "I'm a guard." Technically, and partially, true—but not at all fitting for the important role they serve in this state. Another response could be "I work with at-risk youth to help them develop healthy habits and make good decisions." That is an absolutely true statement that tells the impact on and results we want for our Oakley students.

Many of us are familiar with the concept of the elevator speech. Loosely defined it is a quick and simple statement about who you are, what you do and your capabilities. It should be so simple that it can be made during the time of an elevator ride, hence the name.

So back to my challenge that you positively define yourself and our MDHS. Reflect on your work at MDHS and who benefits from it. Create a simple, positive elevator speech about your role here. Then share it.

As for my answer to "What do you do?" I work to support people who serve others. Let me tell you what they do. Have great end of summer.

Will Simpson
Deputy Administrator for Administration

by all DFCS regional, office and bureau directors, and is led by DFCS Deputy Administrator Kim Shackelford and DFCS Field Operations Director Tammy Miller.

Dr. Gay engaged the group about how UMMC and DFCS can partner to support biological and foster families who are taking care of babies that have tested positive for HIV or who are at high risk due to uncontrolled maternal infection during pregnancy.

Many of the attendees were surprised to learn that treating the HIV+ mother during pregnancy dramatically decreases the risk that the baby will be born HIV+. Dr. Gay also explained how important it is that newborn babies who are being treated with antiretroviral medicines do not miss a single dose of the medication. The group and Dr. Gay brainstormed as to how DFCS can support the caretakers of these babies in the critical first few months after the babies come home.

Early DFCS involvement is key to preventing non-compliance with the medication regimen; with this in mind, a protocol was developed during the meeting for handling referrals from the UMMC Pediatric HIV Clinic.

DFCS and UMMC will continue to work together to protect these precious babies and assist their families in caring for them.



THE BEACON

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MDHS Retirement Celebrations

MDHS celebrates with our employees when the time comes that they choose to turn in their badge and slow down the pace. June 30 is traditionally a big month for retirements as it is the end of the fiscal year. We know, for these folks, that it's just the beginning of a new chapter in their lives. Congratulations and thank you for your service to the State of Mississippi and our clients.

Alcorn County Janis Haynie



Alcorn County Director Janis Haynie retired May 31 with 44 years of faithful service to the state and was honored with a reception. Helping Janis celebrate this special occasion were the Alcorn County staff, regional staff, several county directors, retirees from MDHS, county employees representing various offices, family, friends and a special guest from state office. Janis was known for her love of her job, especially claims, her dedication and commitment to her staff, and her strong leadership skills. She plans to spend time with her grandson and family.

Jones County Libby Rawls



Employees at the Jones County (Laurel) office said they will miss this valued coworker. Libby Rawls retired from the agency with 29 years of service. She began her career as an eligibility worker and retired as a family protection specialist advanced. "I've had some wonderful supervisors who have been very supportive and helpful in my career," Rawls said. "My coworkers have always had my back." She said the work was sometimes heartbreaking but always rewarding, and she will miss it. Libby, you will be missed!

State Office Betty Purvis



Betty Purvis, Division of Family & Children's Services retired with 36 years of state service. Betty began as a clerk typist and retired as a program administrator senior with the DFCS Personnel Unit. She enjoys reading, cross stitching, making jewelry and shopping with her sister. Betty said, "5 a.m. came early and 6:30 p.m. getting home came late. I won't miss that, but I will sure miss everybody." You will be missed! Betty is shown above with Deputy Executive Director Mark Smith who was on hand at her celebration to present the retirement certificate.

Hancock County Alfraiza Acker



Hancock County Field Operations hosted a retirement luncheon for Alfraiza "Mr. Al" Acker who retired after 35 years of service. Congratulations and happy retirement. Hancock County will miss you!

Alcorn & Tippah County Sherri Smith



Sherri Smith was the child support supervisor in Alcorn and Tippah counties and retired June 30 with 27 years of service. A celebration was held on June 25 at the Alcorn County MDHS office and the entire staff of Alcorn county honored Sherri with a luncheon. Sherri plans to focus on her catering business and antique store after retiring from MDHS.

Alcorn County Kathy Tyson



Alcorn county CSEO Kathy Tyson was honored on June 26 with a retirement dinner at Pizza Grocery in Corinth. Kathy retired on June 30 with 26 years of service. She was surrounded by family, friends and coworkers to help her celebrate this milestone. Kathy plans to spend time with family and enjoy Pickwick Lake.

Hancock County Celeste Proulx



Hancock County Division of Family and Children's Services honored the service of two workers, Celeste Proulx, LSW (left), and Terri Yetter (below), Recruitment. Both retired in 2014 after many years of service.

Celeste Proulx started with MDHS in 1980 working in Economic Assistance. She moved to Family and Children's Services in 1987 and remained committed to helping the families of Hancock County. She has worked in Family Preservation, was a Supervisor, and as if retiring once from the agency wasn't enough, she came back in 2005 as a Family Protection Specialist. She continued her service and dedication to the agency until her second retirement in 2014. Celeste has been a mentor, teacher, friend and parent to many new workers coming to Hancock County. She was our "go-to" girl and knew everyone. If you had a question, she was the one to ask. Since retiring, she will devote her time to her husband, children, grandchildren and great-grandchildren. After 32 years of service to the agency, Celeste retires at the golden and youthful age of 71. The legacy she leaves behind and memories created are monumental and will be everlasting.

Hancock County Terri Yetter



Terri Yetter began her career with MDHS beginning in Economic Assistance in 1994 and made her way to Family and Children's Services in 1998. Terri put her skills to use by recruiting and training foster parents and licensing foster homes in Hancock County. Her dedication to her foster parents was unwavering. She was a major support to the county in seeking placement matches for children. Terri also did frontline work in Madison County and has worked at the State Office in Interstate Compact on the Placement of Children (ICPC) and Policy. Terri retired in 2010 and three years later, received the call to come back to MDHS. She dedicated 14 additional months to state service. Terri retired at the fun-filled age of 66 with 19 years of state service which includes her time as a hospital foreman with the Navy in the Vietnam War. It will be hard to fill the void of her infectious laugh and sweet smile. Terri is now enjoying traveling, relaxing and focusing on her health.

DeSoto County Lynda Kaiser & Jean Weathers



DeSoto County celebrated the work of two retirees in June 2014. Lynda Kaiser (left) was a client service representative with 14 years of service. On the right is Jean Weathers, supervisor II who retired a month shy of 39 years of service. Thank you ladies, for your years of service.

Grenada County Carol Johnson



Grenada County DFCS Supervisor Carol Johnson retired with 25 years of service. Her staff will miss her leadership, wisdom and strong work ethics. Congratulations!



Region 3 South Leadership Presentation



Region 3-S hosted a regional leadership meeting June 27 with MDHS Leadership Coordinator Charlie Smith who conducted a presentation.

From left, Regional Director Linda Slaughter presenting Supervisor Roshonda Gandy with a Character First "Creativity" certificate.



Front row, from left Beverly Lawson, Linda Slaughter, and Roshonda Gandy. Back row, Megan Walters, Theresa M. Phillips, Contessa Haynes, Charlie Smith, Senora Hunter and Vickie Collins.

DOJ & HHS Call for Action to Address Abuse of Older Americans

Leaders in the fight against elder abuse announced a framework for tackling the highest priority challenges to elder abuse prevention and prosecution, and called on all Americans to take a stand against the serious societal problem of elder abuse, neglect and financial exploitation.

Research suggests that one in 10 Americans over the age of 60 has experienced elder abuse or neglect, and that people with dementia are at higher risk for abuse.

Supported by the Department of Justice and the Department of Health and Human Services, the Elder Justice Roadmap was developed by harnessing the expertise of hundreds of public and private stakeholders from across the country and by gathering their input. The goal of these expert summits was to identify the most critical priorities and concrete opportunities for greater public and private investment and engagement in elder abuse issues. For more information, go to: <http://www.hhs.gov/news/press/2014pres/07/20140709a.html>.

ICPC Attends 40th Annual AAICPC Conference



Front row: Pat Hickman and Jennifer Benson. Back row: Asst. AG Earl Scales, Judge Paula Drungole (Oktibbeha) and Marcus Robinson.

The Division of Family and Children's Services, Interstate Compact on the Placement of Children (ICPC) staff, attended the 40th Annual Business Meeting for the Association of Administrators of the Interstate Compact on the Placement of Children (AAICPC) in San Diego, California in May. This year's conference theme was "Transforming Systems in the 21st Century."

For the last four years, with the help of the Court Improvement Program, ICPC staff has been building relationships with youth court judges to improve placements across state lines. This year we had the pleasure of attending the conference with Judge Paula Drungole, Youth Court Judge Referee for Oktibbeha County. Also in attendance were ICPC Director Pat Hickman, Program Manager Marcus Robinson, Program Specialist Jennifer Benson and Assistant Attorney General Earl Scales.

This year, 32 states and the Virgin Islands were represented at the conference. All the sessions were very informative and addressed current child welfare issues. Workshops included: How ICPC Works; Types of Cases Subject to ICPC; Placement vs. Visits; Illegal Placements; Education Costs for Out-of-State; Which State Laws Apply; Rehoming; Human Trafficking; ICWA Adopting Indian Children; and the Affordable Healthcare Act.

One of the conference highlights was the discussion on the National Electronic Interstate Compact Enterprise Pilot (NEICE). NEICE is a 17-month pilot to improve efficiency in the administration of the ICPC using an electronic web-based system. This database has resulted in significant cost savings in postage and paper amounting to nearly \$100,000 annually, according to Florida which uses a similar system.

The conference ended on a great note with our very own Marcus Robinson being elected as a board member of the AAICPC. Congratulations Marcus! Our time at the conference provided an opportunity to enhance ICPC skills and build relationships. We look forward to implementing and transforming some of our systems to better serve children and families.

Take a Stand Against Elder Abuse & Protect Seniors



Across the U.S., June 15 was special day set aside to raise awareness about abuse and neglect of the elderly population. President Barack Obama issued a proclamation which renewed the commitment of the international community to fight elder abuse and "strengthened our resolve to replace neglect with care and exploitation with respect."

World Elder Abuse Awareness Day (WEAAD) was launched June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations.

The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

In addition, WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect and exploitation.

For more information on WEAAD, go to: www.ncea.aoa.gov.



MDHS Rolls Up Sleeves for Blood Donations



Above, Human Resources Branch Director I Evelyn Dixon was one of the MDHS staff who donated in the June blood drive with Mississippi Blood Services.

Twice a year, MDHS State Office staff roll up their sleeves to help save lives through blood donations. This personal sacrifice is so important to the thousands of people across the U.S. in need of blood.

Facts about blood needs:

- Every two seconds, someone in the U.S. needs blood.
- More than 41,000 blood donations are needed every day.
- The blood type most often requested by hospitals is Type O.
- A single car accident victim can require as much as 100 pints of blood.
- One donation can help save the lives of up to three people.
- Most donated red blood cells must be used within 42 days of collection.
- The average adult has about 10 pints of blood in the body.
- About one pint of blood is taken during donation.

Save a life. Give blood.

Bullets from the American Red Cross.

It's Hurricane Season. Are You Prepared?

When the sirens howl or the wind picks up, is not the time to prepare for a disaster.

Each year, June 1 marks the official start of the Atlantic hurricane season. For parents, and those who are child care center administrators, preparation is key to ensuring the young lives who depend on them have the items needed to "weather the storm."

In a recent email from MDHS Emergency Management Coordinator Alynda Ponder, she shared some valuable information from **Save the Children** for disaster preparation. The most important point is to **MAKE A PLAN** and to have disaster kits or necessary supplies on hand.

When disaster strikes, you'll need to have supplies to survive on your own for at least 72 hours. More recent recommendations, suggest that you should prepare supplies to last for a week.

It's also important to realize that for many families, you may not be together when a disaster strikes so plan in advance how you'll contact one another or coordinate how children should be picked up from schools or child care centers.

It's often said to hope for the best, but prepare for the worst. Prepare your family. Prepare schools and child care facilities. Don't wait because disasters are not a matter of if, but when.



5 Star Status Achieved

Congratulations to Ms. Annie Brown, owner of Small World Daycare in Dekalb for achieving Star Step 5 of the Mississippi Child Care Quality Step System. As a result, the center is eligible to receive the 25 percent ongoing quality bonus effective July 1, 2014. MDHS is proud of the commitment you and your staff have made to provide high quality child care. Thank you for serving the children and families of Mississippi.

Region 2E Recognitions

Character plays a part in everything we do. Region 2-E Director Cindy Brewer (center) recently recognized staff for all they do to make MDHS a great place to work. Tate County Director Lisa McPhail (left) was recognized for Initiative. Leflore County Director Dynetha Thornton was recognized for Endurance.



Take a Bite Out of West Nile & Chikungunya Viruses



Each year we hear about the **West Nile virus** and precautions that should be taken to prevent the spread of the mosquito-borne disease. This year, a new virus has been reported in Mississippi, and it is important that you protect yourself from becoming ill.

Chikungunya virus is especially prevalent in the Caribbean. However, as with West Nile, taking standard precautions may protect you from, not only pesky mosquitoes, but the risk of infection.

Unlike West Nile, Chikungunya is rarely fatal, but can cause illness for seven to 10 days with fever, flu-like symptoms and painful swelling of the joints.

West Nile can be severe, leading to meningitis or encephalitis. However, most WNV infections are mild and often clinically unapparent. Mild symptoms of West Nile include nausea, vomiting, eye pain and headache.

To date, three cases of Chikungunya have been confirmed in Mississippi in residents who recently returned from the Dominican Republic or Haiti. Testing has also confirmed two human cases of West Nile virus in the state.

To protect yourself and family from mosquitoes:

- Always use a recommended mosquito repellent containing DEET when outdoors, especially around dawn or dusk when mosquitoes are most active.
- Wear light-colored, long sleeved shirts and pants, socks and shoes to prevent the risk of bites.
- "Tip or Toss" - If possible, remove any sources of standing water around the yard. Mosquitoes can breed in as little as one teaspoon of water. Tip, toss or rinse the containers at least once a week.

Travelers to known areas where mosquito-borne illnesses are prevalent should exercise preventive measures to reduce your risk of infection. These areas include parts of Africa, Asia and the Caribbean, and especially Haiti.

For more information on West Nile or Chikungunya, go to [Healthys.com](http://www.healthys.com) or the [CDC.gov](http://www.cdc.gov).

Tips for Fresh Fruits and Vegetables



Federal health officials estimate that nearly 48 million people are sickened by food contaminated with harmful germs each year, and some of the causes might surprise you.

Although most people know animal products must be handled carefully to prevent illness, many don't realize that produce can also be the culprit in outbreaks of food-borne illness. In recent years, the United States has had several large outbreaks of illness caused by contaminated fruits and vegetables—including spinach, tomatoes and lettuce.

During the growing phase, fruits and veggies may become contaminated. After produce is harvested, it passes through many hands, increasing the contamination risk. Contamination can even occur after the produce has been purchased, during food preparation or through inadequate storage.

FDA says to choose produce that isn't bruised or damaged, and make sure that pre-cut items are either refrigerated or on ice, both in the store and at home. In addition, follow these recommendations:

- Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas before preparing or eating.
- Gently rub produce while holding under plain running water. There's no need to use soap or a produce wash.
- Wash produce BEFORE you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
- Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.
- Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
- Throw away the outermost leaves of a head of lettuce or cabbage.

Consumers should store perishable produce in the refrigerator at 40 degrees or below.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm256215.htm>

CHILDREN'S TRUST FUND CAR TAGS AVAILABLE

The Children's Trust Fund (CTF) of Mississippi has developed a car tag to support efforts to prevent child abuse, neglect and exploitation in Mississippi.

For the state to go forward with plans for the car tags, 300 tags must be pre-sold at \$31 each prior to October 1, 2014. For every \$31 purchase, \$24 will go directly to the CTF to promote child abuse prevention efforts.

We need YOUR HELP to SELL car tags. The Field Staff employee who sells the most tags by October 1st will be awarded a prize. The State Office staff who sells the most tags will get a covered parking spot for at least one month.

For more information on the car tag, call 601-359-4999 to speak with the DFCS Prevention Unit.

To purchase a tag, make checks payable to: **CHILDREN'S TRUST FUND OF MISSISSIPPI**

Mail to: MDHS/DFCS, PO BOX 352, JACKSON, MS 39205-0352

Currently, the CTF is funded solely through a \$1 surcharge on each birth certificate purchased in the state and an assessment that is charged to each person that the court imposes a fine or other penalty for certain violations against a minor.

As you can imagine, the need far surpasses the amount collected. Individuals and groups can help by making a personal donation or purchasing a tag. Your help can make a difference in the life of a child.

The monies collected by the Children's Trust Fund are used to:

- Provide financial assistance for the provision of direct services to prevent child abuse, neglect and exploitation.
- Promote and support a system of services, laws, practices and attitudes that prepare and enable families to provide a safe, healthy and nurturing environment for their children.

The CTF was established in 1989 to assist organizations in delivering programs aimed at preventing child abuse, neglect and exploitation.



Help the children of Mississippi by doing your part to build healthy families and prevent child abuse, neglect and exploitation.



Investing in healthy happy families and child abuse prevention

County Corner - Tippah and Tishomingo Counties

This month we take a look at Tippah and Tishomingo counties.

Tippah County

The name "Tippah" is a Chickasaw word meaning "cut off", and is taken from the creek of the same name that flows across much of the original county from northeast to southwest before emptying into the **Tallahatchie River**. The creek probably was so named because it, and the ridges on each side, "cut off" the western part of the region from the eastern portion.

As of the 2010 census, the population of Tippah County was 22,232. Its county seat is Ripley.

Ripley is the home of the **First Monday Trade Day** held the weekend prior to the first Monday of every month. It is one of the oldest outdoor flea markets in the United States. It started around the turn of the 20th century at the old square, but is now held south of Ripley along Highway 15 across from the **Tippah County Fair Grounds**. It has seen publicity by various news channels over the years for its tolerance of a controversial live animal market housed at the back edge of the trading grounds.

Ripley was named in honor of **Brigadier General Eleazar Wheelock Ripley**, a **Congressional Medal holder** and **War of 1812** hero. As is typical of many early southern settlements, Ripley was built in the form of a square with a courthouse as its center. Interestingly, court was first held in a log cabin on the Northeast corner of Ripley's square until a brick courthouse was erected in 1838.

There is an annual walking tour of historic **William Faulkner** sites during **Ripley's annual Faulkner Festival**, led by Faulkner authority and Mississippi historian Robert Bruce Smith, IV.

Notable natives

- **Super Bowl winner Jim Miller** punted for the **San Francisco 49ers** when they won Super Bowl XVI.
- **Super Bowl winner Kendall Simmons** was an offensive lineman for the **Pittsburgh Steelers** when they won Super Bowl XL.
- **Author John Grisham** attended Ripley Elementary School.
- Award winning **gospel music artist Carroll Roberson** resides in Ripley.
- **Northeast Mississippi Daily Journal** columnist Robert Bruce Smith, IV, author and historical lecturer.
- Former State Senator **Lee Yancey**.
- Opera and movie star **Ruby Elzy**.
- Father of Bluegrass music **Bill Monroe**.

Tishomingo County

Tishomingo County was organized Feb. 9, 1836, from Chickasaw lands that were ceded to the United States. In 1870 this land was divided into Alcorn, Prentiss and Tishomingo counties.

Tishomingo County's population was 19,593, as of the 2010 census. Its county seat is Iuka.

Located in the foothills of the Appalachian Mountains, **Tishomingo State Park** is steeped in history and scenic beauty. Archaeological excavations confirm the presence of **Paleo Indians** in the area now encompassed by the park as early as 7000 B.C. The park takes its name from the leader of the Chickasaw nation, **Chief Tishomingo**. Today's visitors to Tishomingo State Park discover the same timeless natural beauty that enchanted the Indians centuries ago.

The major feature of the park is **Bear Creek Canyon** and its generous outcrops of **Hartselle sandstone**. The beautiful boulders and towering cliffs of this rock, the more understated outcrops of **Bangor limestone** and the creek which carves through it all compose the most rugged and picturesque scenery to be found in the Magnolia State.

Also in Tishomingo State Park, **Woodall Mountain**, formerly known as **Yow Hill**, is the highest natural point in the state at 807 feet. Atop the hill is a bench, a high point register, and a scenic overlook that is accessible by vehicle.

Activities in the park include canoeing, rock climbing, fishing and hiking.

Iuka, the county seat, is built on the site of a Chickasaw Indian village that is thought to have been subordinate to the settlement at Underwood Village. The name "Iuka" comes from the name of one of the chieftains of the village. Iuka was established by David Hubbard, a wagon train scout.

Euro-American settlers arrived with the Memphis and Charleston Railroad in 1857. Before the American Civil War, the town boasted an all-female college, a boys' military academy and a fine hotel. The Civil War brought widespread devastation when a major engagement occurred September 19, 1862. The Battle of Iuka resulted in 1,200 to 1,500 killed or wounded. The dead Confederate soldiers were buried in a long trench that eventually became the Shady Grove Cemetery.

The first **"normal"** school established in the former Confederacy after the Civil War, Iuka Normal Institute, was built in Iuka. A "normal" school was an institute created to train high school graduates to be teachers. Its purpose was to establish teaching standards or "norms."

After the war, the area declined in population. Activity in the area returned, in large part, due to the building of **Pickwick Landing Dam and Pickwick Lake** by the **Tennessee Valley Authority** which continues to bring tourists to Tishomingo County.

In 1904, water from Iuka's mineral springs won first prize for the purest and best mineral water at the **World's Fair in St. Louis**.

Notable residents

- **Mac McAnally** - singer/songwriter.
- **Lester Carpenter**, member of the Mississippi House of Representatives representing the First District of Mississippi.
- **Dolan Nichols**, baseball player.

Next month we look at Tunica and Union counties. Until then, take some time and enjoy a day trip through scenic, historic Mississippi.



where's baby?

Look before you lock.

DID YOU KNOW...

As temperatures across the country continue to escalate above average highs, it is more important than ever to understand the health effects for children. Infants, young children and pets are particularly sensitive to the effects of extreme heat and must rely on others to keep them safe. When left in a hot vehicle, a young child's body temperature can increase three to five times as quickly as an adult's. On average every 10 days, a child dies from heatstroke in a vehicle. These deaths are preventable, and everyone in the community, especially Head Start and child care providers has a role to play in protecting our children.

Here are a few simple things you can do:

- Make it part of your everyday routine to account for all children in your care. Set up backup systems to check and double-check that no child is left in the vehicle. Never leave a child unattended in a vehicle—even if the windows are partially open or the engine is running with the air conditioning on. Vehicles heat up quickly; if the outside temperature is in the low 80s, the temperature inside a vehicle can reach deadly levels in only 10 minutes, even with a window rolled down two inches.
- Always make a habit of looking in the vehicle—front and back—before locking the door and walking away.
- Get in touch with designated family members if a child who is regularly in your care does not arrive as expected.
- Create reminders to ensure that no child is accidentally left behind in the vehicle. Place an item that is needed at your final destination in the back of the vehicle next to the child like your cell phone or purse, or place a stuffed animal in the driver's view to indicate that a child is in the car seat.
- Call 911 immediately if you see a child alone in a hot vehicle. If he or she is in distress due to heat, get the child out as soon as possible and cool him or her down rapidly.

For more information go to www.safekids.org/heatstroke.

What's in Season? Keep it Simple.



For anyone who enjoys food and cooking, summer offers the freshest ingredients—local produce from the garden, farmers markets and grocery—to make any dish super quick and yummy. The key is to keep things simple. This time of year, it's easy to lighten up your dishes and let the quality of fresh, seasonal vegetables and fruits shine through.

Many of your local produce can be sliced, brushed with olive oil, tossed with a few seasonings and placed on the grill. Fresh fruits can be sliced and served either plain or drizzled with local honey.

Monthly Wellness webinars are available to help you stay informed about health issues.

Click here to access a webinar.

Meeting Password: wellness

Call-in Information: 1-866-469-3239

Access Code: 652 167 619

Webinar times: 9:30 a.m., 1:30 p.m. and 5:30 p.m. CST

Aug. 12: Know Your Numbers

Sept. 9: ABC's of Diabetes

Oct. 14: Sweet Slumber

Nov. 11: Healthy Holidays

Dec. 9: Calm Waters-Relieve Stress



Speak with a health coach toll-free:

1-866-939-4721, Monday–Friday, 7:30 am to 10:00 pm, CST, and Saturday, 8:00 am to 1:00 pm, CST, or visit MyActiveHealth.com/Mississippi.



Scan the QR code into your mobile device to get a healthy start.