

THE BEACON



INTEGRITY

SELF-DEVELOPMENT

OUTSTANDING
PROGRAM DELIVERY

EXCELLENT
CUSTOMER SERVICE

Autumn 2014

A Message from the Executive Director

The suggestion box here at the State Office has been full of comments over the past couple of months. The comments are nothing on the order that you would expect. There was one request to install a margarita machine in the break room which some days might not be a bad idea but the generalized complaining about pay or parking or comments shrouded in negativity are not there. The predominance of the concerns are about the issues that we have been discussing in this publication for months.

I have stated many times before the agency's core values: Integrity; Excellent Customer Service; Outstanding Program Delivery and Self-Development. Most of the concerns reported by your fellow employees by way of the suggestion box indicate concern over issues dealing with leadership, teamwork, commitment, communication and how we treat others, both our customers and our coworkers.

It is a fact that you will never get rich working at MDHS. It is also a fact that this work is not for everyone. To be successful in the field of human services a person must have a commitment to serve mankind and be motivated by a desire to have a positive influence on people's lives. We at the State Office exist for one reason and that is to support the field offices and the front line employees serving our customers. The county/field offices exist for one reason and that is to provide needed services to the citizens of Mississippi.

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Congratulations to DYS for Improvements at OYDC



The Mississippi Department of Human Services is pleased to announce that a federal lawsuit brought against the State of Mississippi involving the conditions of confinement at Oakley Youth Development Center has been dismissed by Federal Judge Henry T. Wingate.

The MDHS, Division of Youth Services, has worked in cooperation with the U. S. Department of Justice to better the conditions for all youth adjudicated delinquent and assigned to Oakley through Mississippi youth courts.

"The Division of Youth Services has worked to improve conditions and education, while ensuring the safety and security of youth at Oakley," said MDHS Executive Director Richard Berry. "We appreciate the Department of Justice and the federal court's affirming the progress and advances made for youth in state custody."

"I want to thank Richard Berry and the Mississippi Department of Human Services for working hard over the last nine years to bring conditions to their current levels at the Oakley Youth Development Center," Gov. Bryant said. "The diligence of their staff to meet the many compliance issues is apparent, and they have succeeded in improving the center drastically from

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and updates.

There should be no strife between these groups. If we are focused on our goals of serving people then we should be committed to putting aside economic prejudice, racial and gender bias and operate from a foundation of compassion. There is no place for these attitudes on a team. A team is a group of people working together toward a common goal. Our goal is protecting children and vulnerable adults, and providing temporary assistance to those in need while working tirelessly to help the affected families achieve self-sufficiency.

Yes, I did say self-sufficiency. We should be focused on working ourselves out of a job. This will probably never happen but what cause is more noble than ending hunger, eradicating poverty or stopping neglect and abuse. Take a minute and imagine a world where every child is safe, secure in a loving home and has an opportunity to excel. Yes, this may be a dream but dreams can become visions and visions can become missions. A group of focused, dedicated, committed people with a vision to end or relieve human suffering is what we should be about.

This country began with a small group of settlers on the Virginia Coast and grew quickly to 13 colonies. There were leaders that dreamed—no, had a vision—of a great republic stretching from coast to coast. This manifest destiny became true and produced the greatest country in the history of the world. We must regain the vision, commitment and work ethic of our forefathers.

We have a unique opportunity here to start a new transition, one family at a time. It is time for each and every one of us, including myself and the agency leadership, to refocus on why we are here. We must all establish a goal > take action toward achieving our goal > and never give up!

Richard Berry
Executive Director
Mississippi Department of Human Services

where it was from almost a decade ago.”

The lawsuit began in 2003 and led to a settlement agreement and consent decree in 2005 that contained 74 provisions. Earlier this year the federal monitor assigned to the case found that OYDC had maintained substantial compliance for a significant period of time. As a result, DOJ and the State of Mississippi filed to dismiss the suit.

Numerous changes have occurred at Oakley since 2005. Expansion of medical and dental services, better mental health care, and an updated education program accredited by Mississippi Department of Education are just a few of the programs now successfully operating at facility.

“Love. Read. Learn!™” Baby Journals Unveiled

Governor Phil Bryant, First Lady Deborah Bryant, Sweet Potato Queen Jill Conner Browne and Liza McFadden, president and CEO of The Barbara Bush Foundation for Family Literacy unveiled the new “Love.Read.Learn!™” Baby Journal for parents of newborns in Mississippi, October 17 at Blair E. Batson Children’s Hospital.

First Lady Bryant’s colorful Baby Journal was created in partnership with the nonprofit Barbara Bush Foundation for Family Literacy. Using illustrations created by students in Mississippi, the journal is an engaging and educational scrapbook-style journal filled with reading and learning tips, plus child wellness information.

First Lady Deborah Bryant said, “This book is made especially for you and your baby to inspire you, nurture you and guide you as you grow together.”

With the support of Dollar General, the journal will be distributed through the Mississippi Department of Human Services at no cost to new parents at hospitals throughout the state to encourage parents to read to their children at an early age.

First Lady Deborah Bryant said, “To the parents who will be receiving a journal, congratulations, you will have been given life’s greatest gift and you will want to remember all those special moments with your baby.”



The Beacon



For information or to submit articles for the Beacon:

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Washington County Child Support Rocks



The Washington County Child Support Enforcement office has been working extra hard over the past few months to establish child support orders and their work has paid off. They obtained 123 orders in June 2014, 146 orders in July 2014 and 199 orders in August 2014. MDHS salutes its dedicated and hardworking employees. Pictured from the left are: Mary Granton, Rutledge McMillin, Vera Allen, Phyllis Jenkins, Olivia Stigler, Lorie Rhodes, Wanda Williams, Anissa Price, Shelia Epson, Carolyn Boice, Gloria Jordan, Brandon Johnson, Rose Smith, and Willie Ann Fordham.

CSEOs Visit State Office for Training



Child Support Enforcement staff from all over the state participated in policy classroom training in September after successfully completing eight weeks of modular training in the field. The staff received updated training materials that will assist them in understanding child support policy and procedures and the performance of their duties.

Retirements

Pat Hickman



Senator Sollie B. Norwood was on hand for the celebration for DFCS Interstate Compact for the Placement of Children Director Pat Hickman who retired with 25 years of service. Friends and coworkers joined Pat and her family to honor her.

Jackie Mitchner



Tunica County Director Jackie Mitchner retired with 29 years of service.

Gwen Williams and Cindy Brewer



Coworkers gathered at the State Office to celebrate with upcoming October retirees Region 4-South Director Gwen Williams and Region 2-East Director Cindy Brewer. Gwen will retire with 19 years of service and Cindy with 29 years. Congratulations!

Carolyn Carney



Carolyn Carney retired from state service after working with the agency for 20 years. She joined the MDHS through the Senior Community Service Employment Program and worked as a clerk in the Lawrence County office. Carolyn led by example and was a great coworker. She was loved by all and will be truly missed at the county office.

Mary Ann Autry



In June, coworkers of Mary Ann Autry treated her to a retirement celebration for her 36 years of service. She started as an eligibility worker and eventually served as a case manager in Benton County. Mary Ann and her husband were treated to a seafood dinner at a local restaurant where she was presented a beautiful piece of pottery to commemorate her years of service. Mary Ann's diligence and commitment to detail in all her work will be missed. She is shown above, third from left.

Pathways to Justice for Native American Families: ICWA Conference



Honorable Richard Blake, Hoopa Tribe of California Chief Judge presented a beaded necklace to MCBI Chief Justice Keven Briscoe.

The 2014 Indian Child Welfare Act Conference was held in August, hosted by the Mississippi Band of Choctaw Indians at the Silver Star, Pearl River Resort in Choctaw, Mississippi, with approximately 250 participants.

The opening ceremony began with an Invocation in the Choctaw language by Harold “Doc” Comby, MBCI deputy director of Law Enforcement, followed by the posting of the flags by the Color Guard. Nana Frazier, Choctaw Health Center, sang the United States national anthem in the Choctaw language. Elders in native dress performed tribal dances accompanied by drums.

Tribal nation representatives attending this conference include: the MBCI; Alabama Coushatta Tribe of Texas; Hoopa Valley Tribe (CA); Tlingit-Tsimshian, (AK); Pomo and Coast Miwok (CA); and Cherokee Nation of Oklahoma. Also in attendance was the MBCI Chief Justice Keven Briscoe; MBCI Justice Edwin Smith; 4th Chancery Court District Chancellor Debbra Halford; Judge Tom Broome, Rankin County and Youth Court; Judge John Hudson, Adams County and Youth Court; Special Assistant Attorney General Earl Scales; Assistant Attorney General Patti Marshall; Attorney Helen Rodgers, Tennessee Department of Children’s Services, Office of General Counsel; Deputy Director Mae Bell, MBCI, Department of Family & Community Services; Tribal Council members, caseworkers and vendors; MDHS, Deputy Executive Director Mark Smith; MDHS, Deputy Director Dr. Kim Shackelford; Director Mike Gallarno, DFCS, caseworkers, supervisors, training coordinators, bureau directors and division directors. Several service providers attended as well.

“The Pathway to Justice for Native American Children” was presented by Honorable Monica Zamora, New Mexico Court of Appeals and Co-Chair, New Mexico Tribal-State Consortium. Honorable Zamora quoted

Marian Wright Edelman, “The future which we hold in trust for our own children will be shaped by our fairness to other people’s children.”

Attorney Melody McCoy, Native American Rights Fund, presented an “ICWA Court Case Overview and Legislative Update,” which provided the history of the Indian Child Welfare Act; a summary of the 1989 landmark case of *Mississippi Band of Choctaw Indians v. Holyfield* establishing original tribal jurisdiction over Native American children; the 2013 *Adoptive Couple v. Baby Girl* case involving a Cherokee Nation father; and selected *Post-Adoptive Couple v. Baby Girl* federal court cases, state court cases and proposed State legislation, court rules and constitutionality concerns.

A Tribal-State Model Panel included a presentation on current tribal/judicial events in California by Honorable Richard Blake, Chief Judge, Hoopa Tribe; Peacemaker challenges and successes by Honorable JoAnn Battise, Alabama-Coushatta Tribe of Texas; Youth Court processes by Honorable Holly Denson, MBCI Youth Court; and ICWA Conference Goals and Achievements by Attorney Mary Fuller, DFCS, Court Improvement chairwoman.

An ICWA Ethics Panel was extremely informative as data regarding conduct of attorneys, highlighted by Mid-Year Mississippi Bar Complaint Statistics, was presented by Attorney Melissa Carleton, Office of the Attorney General, MBCI; Honorable Cheryl Fairbanks, Cuddy and McCarthy, LLP and Justice, Inter-Tribal Court of Appeals for Nevada, spoke regarding reaffirming tribal values when developing codes, including tribal rules of professional conduct for lawyers and judges. Judge Fairbanks cautioned against taking some other body of work written by others and substituting the tribal name without thinking how the tribes differ. Justice Edwin Smith, MBCI Supreme Court, highlighted unethical practice in cases involving the tribes which created some failures to provide justice for children in the child welfare system.

The ICWA 2014 Conference was completed with “Our Vision for Pathways to Justice for Native American Children, Families and Communities” presented by the Honorable William Thorne, Appellate Court Judge with the Utah Court of Appeals. Cheriena Ben, MBCI Tribal Council and Judicial Affairs chairwoman, spoke regarding her vision to see the Tribe receive funding for children in foster care.

DFCS Mary Fuller displays the ICWA notice posted in the counties for attendees.



SUPPORT MISSISSIPPI CHILDREN'S TRUST FUND

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 production. 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 will win a TV. 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 or go to: <http://www.mdhs.ms.gov/family-childrens-services/programs/child-abuse-preventionprotection/childrens-trust-fund/ctf-car-tag/>.



Region 6 Hosts Independent Living Forum

Youth in-care depend on resources outside of their natural family to teach basic life skills needed to survive in a fast-paced adult world. In July, Forrest County brought together more than 100 community stakeholders, youth, resource parents and DFCS staff to discuss strategies to improve the life skills training for youth in foster care, to discover and expand available resources and to provide information on current best practices to those who work with youth.



DFCS Eva Beck, Annette Sandifer and Sandra Brown.

The forum was led by DFCS, Regional FPS Advanced Sandra Brown, LMSW. "What is the Independent Living Program?" was presented by Independent Living Program State Office staff Mario Johnson and Ashley Falgout who shared basic information on the services provided by the agency.

Southern Christian Services for Children and Youth, Inc., Division Director Barry Dixon detailed the programs offered by SCSCY for the agency and the community. [Independent Living Preparation P.R.E.P.A.R.E.](#) is a statewide community-based program that provides preparation for independent living to foster teens ages 14-21 and includes readiness assessments, skills training groups, retreats, conferences and a transitional apartment living component.

Tom Farley, the DFCS, Evaluation and Monitoring Unit, Sr. program administrator, hosted a presentation titled Independent Living: Getting beyond the Numbers. Tom explained that Independent Living in Mississippi is captured quantitatively by MACWIS data reports. Numbers, however, only reflect part of what is really happening with youth in-care. He noted that not all the valuable life skills that youth learn are being captured in the data. To more accurately reflect the well-rounded skill sets that many teens have, he encouraged caseworkers and supervisors to "think outside the box" and be creative when entering data. Youth need credit documented for on-the-job learning experiences and extracurricular activities such as sports, band and cheerleading.

Critical Need for the Salvation Army of Jackson



The Salvation Army Jackson Corps is in desperate need of used clothing donations for men, women, and children of all ages. Please drop the donations at one of the locations below or call 601-717-4049 to schedule a pickup.

- NORTH JACKSON - 110 Presto Lane Jackson, MS 39206
- SOUTH JACKSON - 590 Raymond Road Jackson, MS 39204
- PEARL - 3510 HWY 80 Pearl, MS 39208

****EVERY LOCATION CAN PROVIDE YOU WITH A RECEIPT FOR TAX PURPOSES.****

OYDC End of Summer Games



In August, the Division of Youth Services, Oakley Youth Development Center Recreation Department held its Summer Blowout. The event is held annually to commemorate the end of their summer activities schedule and includes movies, swimming, basketball games and many outdoor activities. This year the theme was "Warrior Challenge." Games consisted of obstacle courses, volleyball tournaments, Pillow Polo, a movie, swimming and billiards. The students were treated to snowballs, popcorn and other snacks during the activities. The next activity scheduled for students is the annual Fall Carnival October 31 where students can participate in carnival games and win prizes. Event prizes come from staff and sponsor donations. These special events provide a positive activity for youth in care.



Diligent Recruitment Key to Foster Care Success



Region 4 North and its community stakeholders enjoyed the recent September Regional Implementation Team meeting. The importance of the Diligent Recruitment Plan was explained to attendees and included an exercise to help participants understand the important role we all have in the lives of foster children.

Division of Aging & Adult Services Paints it Purple

September 20 marked Alzheimer's Action Day in Mississippi and everyone was encouraged to "paint it purple" to raise awareness.

"Paint It Purple! is about increasing awareness of this devastating disease," said Kathy Van Cleave, Director of DMH's Division of Alzheimer's Disease and Other Dementia. "By opening up the dialogue, we can bring Alzheimer's the attention it deserves. We are doing a lot to encourage awareness, education, and support, but there is so much more that needs to be done."

The emotional, physical and financial toll can be difficult for the estimated 53,000 Mississippians diagnosed with Alzheimer's disease. In 2010, there were 916 Alzheimer's disease related deaths in Mississippi. By 2025, it is estimated more than 65,000 Mississippians will have Alzheimer's disease. For more information, contact the Alzheimer's Association Mississippi Chapter at 601-987-0020 or visit www.dmh.ms.gov.

EWs Train to Serve



Eligibility workers from across the state were in Jackson to learn about new programs, train on existing services, sharpen their skills and increase their knowledge of the benefits administered by the agency. Thank you to all our frontline staff who serve our people.

Ebola...just the facts



Ebola is a rare and deadly disease caused by infection with one of the Ebola virus strains. Ebola viruses are found in several African countries and were first discovered in 1976 near the Ebola River in Africa.

Who *SHOULD* worry about Ebola?

- Those who traveled to or had direct contact with someone who has traveled to Liberia, Sierra Leone or Guinea in the previous 21 days.
- Those who have had direct contact with someone who is infected with Ebola.

The flu has the same initial symptoms as Ebola but flu is transmitted through the air and contaminated surfaces. Ebola is not spread through casual contact and is not an air-borne virus.

If you have not visited the affected areas nor had direct contact with a confirmed case of Ebola most likely you have the flu or another virus.

At this time Mississippi does not have any Ebola cases and the Mississippi State Department of Health predicts no serious risk to Mississippians.

To read more about Ebola go to <http://www.msdh.state.ms.us/> or <http://www.cdc.gov/>.

DYS Awarded 2nd Chance Juvenile Reentry Grant

The Division of Youth Services was recently awarded a grant to implement Second Chance Act Two-Phase Juvenile Reentry Demonstration Program.

The Second Chance Act of 2007 (Pub. L. 110-199) provides a comprehensive response to the increasing number of incarcerated adults and juveniles who are released from prison, jail, and juvenile residential facilities and are returning to their communities. The program will help ensure that the assessments and services youth receive in secure confinement, reentry planning process, and services and supervision youth receive upon reentry promote reduced recidivism rates and improvements in positive youth outcomes.

Oakley Youth Development Center serves delinquent males and females ages 10 to 17 years. The number of commitments in 2011 was 199 and has increased by 13.5 percent to 226 in 2013. Many high-risk youth are being released from OYDC too soon and are returning to resource poor communities that lack the ability to provide adequate levels of supervision and services.

DYS proposes to address the high return rate to OYDC and the need for more intensive supervision and services for juvenile offenders paroled from OYDC by establishing the Mississippi Juvenile Reentry Program. The target population for the program will be males ages 16 to 18 years who are assessed at OYDC as high risk for recidivism. Male juveniles account for 67 percent of youth referred to the state's juvenile justice system and 90 percent of juveniles committed to OYDC in 2013.

The division will create a Juvenile Reentry Task Force to oversee and implement a comprehensive strategic plan to reduce recidivism and to increase positive youth reentry outcomes among the target population. The primary goal of the Mississippi Juvenile Reentry Program will be to reduce the recidivism rate among high risk older adolescent males paroled from OYDC. The Task Force will be responsible for creating policy and procedure, developing the project design, supervision, developing partnerships and research and evaluation. The Task Force will be comprised of DYS, the Mississippi Department of Mental Health, South Poverty Law Center, the Mississippi Supreme Court, Administrative Office of the Courts, and the Division of Medicaid.

The reentry program will develop a Reentry Center to provide evidence based modules to assess and treat identified youth. The recidivism rate for the target population will be calculated on an annual basis and compared with the baseline rate. Annual targets for reducing the baseline rate will be set with the long-term goal of reducing the recidivism rate by 50 percent over a 5-year period.

Ebola virus is **not** spread through

- **Casual contact**
- **Air**
- **Water**
- **Food grown or legally purchased in the U.S.**



Community Services staff recognized for leadership and volunteer work



Division of Community Services Director Tina Ruffin (left) was recently presented the Agency Support Award by the Hinds County Human Resource Agency for 2014. Alicia Jackson received the Leadership Award for her volunteer work with Hinds County HRA. Congratulations to you both for your work and dedication to serving the people of Mississippi.

Major Achievement Announced for DFCS Eligibility Unit



The DFCS recently received substantial conformity for the Title IV-E Foster Care Eligibility Review with only 4 cases to be found in error. Ultimately, MDHS is not in need of a PIP (Performance Improvement Plan) and subsequent secondary IV-E Review.

The IV-E Review is a collaborative effort between the Federal Government and the title IV-E agency (MDHS). It was conducted at state office by review teams composed of both Federal and title IV-E agency staff. Patricia Williams, Director of Eligibility Unit and Jaworski Davenport, Data Analyst, Continuous Quality Improvement worked relentlessly for months planning and preparing for this review with the assistance of the Eligibility Unit staff, State Reviewers, County Staff, and many DFCS staff.

Teamwork and persistence played an integral part in successfully achieving a substantial conformity from the Children's Bureau. This achievement could not have been done without all the hard work and support from all 13 regions. Congratulations!



From left: MDHS Deputy Director for DFCS Dr. Kim Shackelford; MDHS Deputy Director for Programs John Davis; Hinds County HRA Board Chair Glenn Wilkerson; DCS Director Tina Ruffin; Hinds County HRA Vice Chair Ann Burton; Hinds County CEO Kenn Cockrell; and Board member George Smith.

Health Fair: State Office



The 2014 Annual Health Fair will be held November 12 at the State Office. Vendors will be on hand along with an opportunity for flu shots and schedule a wellness visit with an MEA Clinic. For more information, contact Human Resources, Administrative Services.

Marion County Puts Character First



Character development is key to our agency core values. In Marion County at a recent meeting, Wendy Barnes, county director asked each of her staff to identify a character trait that best described them. They were then given a tag with that character to wear for the day. We are so proud of our MDHS staff. Back row, from left: Rhonda Bradley, Felicia Ingram, Lakeisha Dillon and Frenchie Johnson. Front: Andrea Pounds and Jackie Andrews.

County Corner - Warren & Washington Counties

This month we take a look at Warren and Washington counties, both residing along the banks of the Mississippi River.

Warren County

- Warren County Demographics
- Population: 48,218
- Median household income: \$40,876
- Persons below the poverty level: 23.0%
- Land area: 588.5 square miles

Geographically located between the Mississippi, Yazoo and Big Black rivers, Warren County is a mixture of fertile Delta lands, hardwood hills lakes and wetlands. The county was organized in 1809 and named for Dr. Joseph Warren, a Boston dentist who became the first casualty of the American Revolution when he was killed at the [Battle of Bunker Hill](#).

The first known inhabitants of the area were several tribes of [Native Americans](#), including the Yazoo, Tensas, and Grigra, who were mound builders and highly organized.

In the mid-1500s, Spanish explorers came to the area, followed by several French expeditions in the late 1600s. In [1698 Father Davion, a Roman Catholic priest](#), established a mission on the Yazoo near the present site of Redwood, naming it St. Pierre; it was the first European settlement in Mississippi.

Warren County passed into English ownership following the [French and Indian War](#) in the 1760s, and grants of land were made to a few settlers in the lower part of the area. During the American Revolution, Warren County was part of the [British colony of West Florida](#) and remained loyal to King George III. In 1780, the Spanish took possession of the colony, and in 1790 built [Fort Nogales](#) on the banks of the Mississippi north of the present city of Vicksburg. The land became the property of the U.S. by treaty in 1798.

[Vicksburg](#), the county seat, rises from the bluffs of the Mississippi River which has long played a part in the historical, economic and residential development of the town. Founded in 1811 and incorporated on January 29, 1825, Vicksburg rapidly grew as a center for commerce, agriculture and river traffic.

In April 26, 1876, the Mississippi River accomplished what the Union army could not accomplish 13 years prior; the river cut across [DeSoto peninsula, breaking DeSoto Point](#) and destroying what was left of the Vicksburg, Shreveport and Texas railroad terminal and ferry. The economic effect on the city was devastating.

Throughout the years, the growth of Warren County have been heavily influenced by "Ole Man River."

Notable People:

[Myrlie Evers-Williams](#), civil rights activist and journalist.

[Patrick Kelly](#), fashion designer.

[Jan-Michael Vincent](#), actor.

[Odia Coates](#), country singer.

Washington County

- Demographics
- Population: 49,688
- Median household income: \$27,610
- Persons below the poverty level: 37.5%
- Land area: 724.74 square miles

Washington County was created January 29, 1827, formed largely from the western part of Yazoo County and the northern part of Warren County. It was the state's 22nd county to organize.

Washington County was named for George Washington (1723-1799) of Virginia, the commanding general of the [Continental Army](#) and the first President of the United States (1789-1797).

[Greenville](#), the county seat since 1846, was named for [General Nathaniel Greene](#) of Revolutionary War fame. Though the original town was destroyed during the Civil War, it was rebuilt several miles away in its present location in 1867.

During the siege of Vicksburg, a Union gunboat landed, and its troops burned down every building in town.

A decision was made to rebuild on the highest point on the Mississippi River between the towns of Vicksburg and Memphis. However, Greenville continued to see its share of tragedies. In 1877, [yellow fever](#) decimated the community killing a third of its population. Soon after, the city was chartered in 1886, and due to the rich Delta soil, cotton became king and prosperity followed.

In 1890, Greenville suffered its first flood which covered half the city. Then in [1927, after years of growth, the levee eight miles north of Greenville broke](#) and a torrent 10 feet deep and the size of Rhode Island flooded in, completely covering the Delta for three months. It was one of the greatest natural disasters in our nation's history.

Greenville has a rich artistic heritage. In the 20th century, more than 100 published writers, including [Shelby Foote](#), [Hodding Carter](#), and [Walker Percy](#), called Greenville home-more than any town of its size in the country. Muppet creator [Jim Henson](#) was born here and raised nearby. World-famous Delta blues musicians are honored on the [Greenville Blues Walk](#), and venues on historic Walnut Street offer live music that continues that tradition.

Notable People:

[John Colbert, aka J Blackfoot](#), Soul singer with the Bar-Kays and Soul Children.

[Eden Brent](#), blues [boogie-woogie](#) musician, composer, and performer.

[Germany Kent](#), model and media personality.

[Mary Wilson](#), singer, of [The Supremes](#).

Next month we look at Wayne and Webster counties.



Choose a Healthy You for 2014

News and Health Tips



Did you know...

Physical activity may be just what an overly active child needs to improve concentration and their performance in school.

A recent study published in [The Journal of Pediatrics](#) looked at a group of 40 boys and girls 8-to-10-years-old, half of whom had been previously diagnosed with [attention deficit hyperactivity disorder](#). They were tested on three separate occasions; an initial test, testing after a period of resting, and a subsequent test after a period of brisk activity. All showed marked improvement after activity, particularly in math and reading comprehension. Most notable were the students with A.D.H.D. who had significant increases in their score on a section that required focus.

Charles Hillman, professor of kinesiology at the [University of Illinois](#) who oversaw the study said, "In terms of nonpharmacological means of dealing with attention-control problems in children, exercise looks as if it could be quite beneficial." It has been found to be equally beneficial for adults in improving cognitive processing.

Health experts have said that if exercise came in a pill form, it would be the most sought-after drug on the market. So as the school year gets into full-swing, encourage your kids to move it and join them for added benefits to your own health. For more information on the study of children with A.D.H.D, go to: [well.blog.nytimes.com](#).

Are you sleeping enough?

Perhaps you are shaking off that morning brain-fog more often than you'd like. Not getting a good night's sleep may be the cause. And [new research](#) has shown that poor-quality sleep may even decrease the amount of gray matter between the ears.

"We spend roughly a third of our lives asleep, and sleep has been proposed to be 'the brain's housekeeper,' serving to restore and repair the brain," said lead researcher Claire Sexton, a postdoctoral research assistant at the [University of Oxford in England](#). "It follows that if sleep is disrupted, then processes that help restore and repair the brain are interrupted and may be less effective, leading to greater rates of decline in brain volume," she explained.

Tips to promote better sleep:

- Have a consistent bedtime routine, even on the weekends.
- Remove tech gadgets from the bedroom so you're not tempted to check emails, texts, Twitter or Facebook. If you use your phone for an alarm, get a regular alarm clock.
- Be more physically active during the day. Get up and walk. Take the stairs. It will help to increase endorphins and burn off some stress.
- Avoid caffeine late in the day. It may be keeping you awake.
- Spend some time outside in the sunlight every day.

Homemade Chicken Broth

Prep: 35 minutes Yield: 2 Quarts

Total Time 2 hours, 35 minutes

Ingredients:

- 1 3-pound chicken or use parts such as wings and backs
- 4 stalks celery, (with leaves), trimmed and cut into 2-inch pieces
- 4 medium carrots, peeled and cut into 2-inch pieces
- 1 medium onion, peeled and quartered
- 6 cloves garlic, peeled
- 1 small bunch fresh parsley, washed
- 6 sprigs fresh thyme or 1 teaspoon dried
- 1 teaspoon kosher salt or to taste
- 4 quarts cold water

1. Combine chicken, celery, carrots, onion, garlic, parsley, thyme, salt and water in a large stockpot and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, partially covered, until the chicken is falling apart, about 2 hours. Skim the foam from the surface as it builds up.
2. Strain the broth through a large sieve or colander into a large bowl. Use a wooden spoon to press on the solids to extract as much of the broth as possible.
3. Divide the broth among several shallow containers so it will cool quickly. Cover loosely and refrigerate overnight. Use a spoon to remove the fat that congeals on the surface. Can be frozen up to 3 months.

Note: After straining and skimming, broth has negligible calories and nutrients except sodium, up to 240 mg per cup. [Recipe from eatingwell.com](#)

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: **1-877-658-8148**

Access Code: **714 687 6907**

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

Nov. 11: Healthy Holidays

Dec. 9: Calm Waters-Relieve Stress

To speak with a health coach, call 1-866-939-4721, Monday-Friday from 7:30 a.m. to 10:00 p.m., CST, Saturday 8:00 a.m.-1:00 p.m. or visit [MyActiveHealth.com/Mississippi](#).