Kemper County Messenger

Established 1934 – DeKalb, Mississippi

Thursday, February 25, 2021

87th Year - 1934-2021

No. 8** 50¢

COMMUNITY

Editor's note: The Kemper County Messenger publishes the Community Calendar weekly in this space. It covers events, announcements and happenings in Kemper County. We welcome your news and comments. If you would like to have something placed in the Kemper Messenger, contact the office at 601-743-5760 during business hours; or mail it to Kemper Messenger, P.O. 546, DeKalb, MS, 39328. The Messenger's writer, Steve Swogetinsky, may be reached at 601-776-6102.

SCHOOL BOARD MEETING

The Kemper County School Board Regular Scheduled Meeting will be held on Thursday, March 18, 2021 beginning at 5:00 p.m. at the District Office.

POSTPONEMENT OF KEMPER CIVIC LEAGUE MEETINGS

Due to Covid concerns, The Kemper Women's Civic League will not meet until March or until further notice.

GARBAGE BILL PAYMENTS

Attention: ALL KEMPER COUNTY LANDOWNERS effective January 1, 2021 all garbage bill payments must be taken at the Commercial Bank located in DeKalb, MS (inperson) please have account number.

The Kemper County Courthouse will no longer be accepting garbage payments.

Payments can be mailed to: K. C. Garbage & Solid Waste

POBox 39

DeKalb, MS 39328

Or call 1-800-253-0831 for questions regarding your account

JRMWV PROGRAM

Junior Master Wellness Volunteer Training Recruitment going on now. We are looking for youth 14-18 years old to join us for an exciting volunteer program.

The JrMWV Program is a community health education and volunteer leader training program. Youth will learn about improving health literacy and healthy lifestyle choices

and will then go out into their community and become an advocate for a healthier Mississippi! Participants will be expected to give back by completing 24 hours of community service.

Come learn, share, and inspire others to lead a healthy lifestyle. For more information or to sign up call the Kemper County Extension office at 601-743-2837 or send an email to malikah.jones@msstate.edu.

COALITION FOR A HEALTHY KEMPER COUNTY

The Coalition for a Healthy Kemper County was organized to provide educational outreach. The goal is to bring educational awareness of health issues and unhealthy lifestyles that accompany diseases such as diabetes, hypertension, high cholesterol, etc. We solicit the help of area leaders, organizations and individuals working together to make a positive impact on the lives of our community members. If you are interested in helping us carry out our mission, contact Malikah Jones at the Kemper County Extension office at 601-743-2837 for more information.

Supes eye Super Dollar

By STEVE SWOGETINSKY The Kemper Messenger

The Kemper County board of supervisors are considering purchasing the old Super Dollar building located across the street from the courthouse in DeKalb.

Board president Pat Granger said no final decision has been made but added that the price was good. Supervisors passed a resolution concerning the pending purchase during their Monday meet-

ing In other matters, supervisors voted to:

• Approve the claims docket and the county payroll;

• Approve an order allowing circuit clerk Shirley Jackson to open an interest bearing account at Commercial Bank totaling \$334,593 and using a county tax ID number. This money is being held as part of an upcoming civil suit;

• Approve the purchase of two

Dodge Durango vehicles for the sheriff's department at the cost of \$65,740 using CARES Act money;

• Åpprove an order approving invoices totaling \$13,188 for project ERBR• BR• 0035;

• Approve an order paying \$135,352 to T.L. Wallace Construction Co. for project ERBR•

BR• 0035: • Approve an order adding work on the McFarland Road and the Ross Road to the county's four• year road plan;

• Approve an order purchasing five county pickup trucks classified as specialty use; and,

• Approve a certificate of the IRS personnel roll for Kemper County for 2020.

Supervisors tabled an order to accept bids for the roof repair at Kemper Springs Community Center, and for bids for the rest rooms







MSU EXTENSION FEBRUARY QUICK BITE PROGRAMS

Quick Bites programs are offered through the Mississippi State University Extension Service and provide information on variet topics over zoom video conferencing. The programs are held during lunch (12-1) on Thursdays. Please register in advance for each meeting. After you register, you will receive and email confirmation and the link to joing the meeting.

Date: February 4, 2021 TITLE: I LOVE FLOWERS Presenter: Lynette, McDougald, Instructor, Plant & Soil Sciences

Description: February is the perfect time to enjoy bright colorful flowers indoors since it's a bit gloomy outdoors. Lynette will use some of our favorite flowers and foliages and quick and easy designs.

Date: February 11, 2021 TITLE: WHAT'S IN YOUR SOIL?

Presenter: Clarissa Balbalian, Diagnostic Lab Manager, Biochemistry, Molecular Biology, Entomology & Plant Pathology

Description: Let's dig down deep and get the new year started in prepping from the ground up. Clarissa will address common disease problems in your landscape and garden, how to avoid problems and what we might expect this spring.

Date: February 25, 2021 TITLE: TECHNOLOGY AND YOU: WHAT IS YOUR DIGITAL

Footprint?

Presenter: Andy Collins, Extension Instructor, Center for Technology Outreach

Description: Let's talk about our digital footprints. What are we putting out there, who is monitoring and following, how to change our status or no longer participate, how will our accounts be managed after we die? What happens to our information that we provide to online accounts? Join in to learn more about your online presence and how to best manage your space.

Please contact our office if you have any questions at 601-743-2387.

COURTHOUSE MASK REQUIREMENT

Due to COVID-19 and Governor Reeves adding Kemper County on December 1, 2020 to the mask mandate list that requires residents to wear masks in certain circumstances, entrance to the Kemper County Courthouse

See CALENDAR, page 2

EMEPA crews work to restore power throughout parts of Kemper County following the winter storm that barrelled through Mississippi last week, causing a number of outages.

EMEPA CLOSE TO RESTORING ALL CUSTOMERS

By STEVE SWOGETINSKY The Kemper Messenger

he East Mississippi Electric Power Association expected to have electricity restored to most of its Kemper County customers by Wednesday. "We are getting close," said EMEPA spokeswoman Julie Boles. "If you include last Monday's and Wednesday's storms, we had around 32,000 customers out. We hope by this Wednesday to have everyone will be back on."

Nearly 90 percent of Kemper County was without power since last Wednesday when the second of two major winter storms hit the area.

'We had gotten the number of power out-

ages in Kemper County down to single digits from the first storm," Boles said. "Then the second storm hit. Kemper and Winston counties took the brunt of that storm."

Along with EMEPA trucks, crews from Prentiss County and the North Central Electric

See STORM, page 4

Mask ordinance extended through April 15

By STEVE SWOGETINSKY The Kemper Messenger

The Kemper County board of supervisors has extended its county-wide mask mandate through April 5.

The mandate was first passed last year in response to the COVID-19 pandemic. It has been extended each month by the board. This action came during the supervisors' Monday meeting.

It requires that masks be worn in public. Anyone who violates the ordinance, upon conviction, could face a \$500 fine and/or six months in jail.

number of cases of The

increased by 10 this past week, according to statistics provided by the Mississippi Department of Health website.

Kemper County has 891 reported cases as of Monday, an increase of 10 in the past week. The county has 22 reported deaths.

Mississippians are strongly encouraged to wear a mask, social distance, avoid large gatherings, and wash hands frequently. Vaccination is also encouraged for those who are eligible. Current eligibility includes Mississippi residents or those who work in Mississippi ages 65 and older, or those 16-64 with certain underlying conditions,

COVID-19 in Kemper County has healthcare personnel, and residents sites. of long term care facilities.

The rate of the number of new cases has gone down across the state in recent weeks. According to health department numbers, there were 2,905 new cases in Mississippi in the past week.

There have been 290,874 cases reported in Mississippi since March 2020, and 6,553 reported deaths, an increase of 89 since last week

The Mississippi State Department of Health (MSDH) advises Mississippians to please be patient in the coming days if there is a longer than usual wait time at our drive-through vaccination

Because of severe winter weather last week, MSDH has had to schedule more appointments than usual for this week (as make-up dates), in order to reduce delays in getting as many Mississippians vaccinated as possible.

Please arrive for your vaccination appointment 15 minutes early, and please keep to your assigned appointment time.

Additionally, the MSDH Central Office in Jackson was closed on Tuesday due to lack of water. The MSDH Public Health Laboratory will remain OPEN for all services, including water testing and clinical testing.

Tax incentives for soil and water conservation

OBITUARIES

Legals and Classifieds

By JAMES L. CUMMINS Special to The Messenger

For many of Mississippi's farmers, good stewardship of the land is especially important.

By applying sound conservation practices, farmers help control and prevent erosion and increase soil fertility which corresponds to better wildlife habitat, cleaner rivers and streams, and more productive farmland. To assist with the cost of practices aimed at improving soil and water quality on agricultural lands, the Internal Revenue Service (IRS) allows for the deduction of certain expenses for soil and water conservation or for the prevention of erosion on lands used for farming.

However, the IRS does not allow for the deduction of ordinary and necessary expenses such as interest and taxes, cost of periodically clearing brush from productive land, annual removal of sediment from drainage ditches, and any other expenses paid or incurred to produce an agricultural crop.

According to the IRS, a person is considered a farmer if that person cultivates, operates, or manages a farm for profit, either as owner or tenant. A person is not considered to be farming if he or she farms for recreation or pleasure and not

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for profit. Also, forestry and/or the growing of trees are not considered farming by the IRS.

A farm is defined by the IRS as including stock, dairy, poultry, fish, fruit, and truck farms. Plantations, ranches, ranges, and orchards are also included. A plant nursery is a farm for the purposes of deducting soil and water conservation expenses.

The IRS allows for the deduction of soil and water conservation practices only if they are consistent with a plan approved by the Natural Resources Conservation Service (NRCS). If the farmer does not have a plan from the NRCS, then a plan from a comparable state agency can be used. Individual site plans and county plans can be obtained by contacting your local NRCS office.

Expenses that are incurred by a farmer for soil and water conservation are deductible only for lands owned by the farmer or the tenant that is using the land for farming. The expenses that qualify for deduction include treatment or movement of earth (leveling, conditioning, grading, terracing, contour furrowing, and restoration of soil fertility) and construction, control, and protection of diversion channels, drainage

ditches, irrigation ditches, earthen dams, and watercourses, outlets, and ponds.

A person cannot deduct expenses for soil and water conservation for draining or filling in a wetland or to prepare land for center pivot irrigation systems.

In some cases, landowners are levied an assessment for soil and water conservation practices conducted by the area soil and water or drainage district. These expenses are also deducible as a conservation expense if they cover expenses you could deduct if you had paid them directly or covers expenses for depreciable property used in the district's business.

Types of depreciable property include pumps, locks, concrete structures (including dams and weir gates), draglines, and similar equipment.

For more detailed information go to the IRS website at www.irs.gov.

James L. Cummins is executive director of Wildlife Mississippi, a non profit, conservation organization founded to conserve, restore, and enhance fish, wildlife, and plant resources throughout Mississippi. Their web site is www.wildlifemiss.org.

Gary Lynn **Dawkins**

On Saturday, February 20, at 1:00pm, a memorial service will be held at Robert Barham Family Funeral Home. Visitation will be held at 12:00pm.

Gary Lynn Dawkins, 59, of DeKalb, MS, passed away Tuesday, February 16, 2021 in Madison, MS after a courageous battle with cancer, surrounded by loved ones who will continue to honor his legacy.

Gary was born July 27, 1961 in Columbus, MS. His



DAWKINS

worker and served over 35 years of work at Meridian Fuel Injection. He loved his children and his dog, Sassy (who was like a third daughter). For many years, he served as a volunteer firefighter and coached pee wee football and little league baseball. He loved playing golf, hosting cookouts and entertaining friends. Gary was a kind, selfless person willing to help anyone. He lived a life in service to others.

He is survived by his children Scott Dawkins, Lindsay Dawkins and Sydney Brooks (Daniel); and his siblings Steve Dawkins (Dinah) and Dee Tutor.

He was preceded in death by his father, Buey Lemon Dawkins, and mother, Bettye of Macon, MS passed away Kilgore Dawkins.

In lieu of flowers, the family requests that memorials be made to the Make a Wish Foundation of MS or Cancer Patient Benevolence Fund at Anderson Regional Cancer Center.

Family and friends may sign the online guestbook at robertbarhamffh.com.

Steven Watt Turner, Sr.

on Sunday, February 14, 2021

Macon, MS Steven Watt Turner, Sr., 69, at St. Dominic's Hospital in Jackson, MS. A graveside services is planned for Sunday, February 21, 2021 at Salem Cemetery in Macon, MS. Memorials may be made to

Autism Speaks, 1060 State Road, Second Floor, Princeton, NJ 08540, St. Jude Children's Hospital, 501 St Jude Place, Memphis, TN 38105, or Salem Cemetery Fund, 23 Hunter St Macon, MS 39341. Cockrell Funeral Home is honored to be entrusted with arrangements. www.cockrellfuneralhome.com.

Steve Watt Turner, Sr. was born in Memphis, TN on January 4, 1952 to the late Simon Watkins Turner and Lucy Turner. He spent his early vears in Clarksdale, MS before moving with his family to Brooksville when he was 12 years old. He graduated from Noxubee High School and then joined the U.S. Army, where he served as a military policeman. Steve left the service and returned home to run the family business. In

See OBITS, page 4

LEGALS

LEGALS

IN THE CHANCERY COURT OF KEMPER COUNTY, MISSISSIPPI, IN RE: BRENDA SPENCER, DECEASED CAUSE NO: 20-0082NOTICE TO CREDITORS LETTERS OF ADMINIS-TRATION having been granted on the 24 th day of November 2020 to Lakilda Payton, by the Chancery Court of Kemper County, Mississippi, upon the Estate of Brenda Spencer, Deceased, notice is hereby given to any and all

persons having claims against said Brenda Spencer, Deceased to present the same to the Clerk of said Court for probate and registration according to law within ninety (90) days from the first publication of this notice, otherwise, said claim will be forever barred.THIS the 5 th day of February 2021./s/Lakilda Payton LAKILDA PAYTONAdministratrix of the Estate of Brenda Spencer OF COUNSEL:Gerald Gaggini, MSB 999052500 Hickory Wood Dr.Tupelo, MS 38801Telephone:

601-212-3696 52361

IN THE CHANCERY COURT KEMPER COUNTY THE STATE OF MISSISSIPPI IN THE MATTER OF THE HEIRS OF ONIE SANDERFORD LITTLE, DE-CEASED JOE LITTLE, ADMINISTRA TOR DE BONIS NON CIVIL ACTION, FILE NO. 19-43-JK JOE LITTLE PETI-TIONER VS. THE UNKNOWN HEIRS OF ONIE SANDERFORD LITTLE. DE-CEASED, IF ANY, AND ALL PERSONS

OR ENTITIES UNKNOWN CLAIMING ANY INTEREST IN THE ESTATE OF ONIE SANDERFORD LITTLE. DE-CEASED RESPONDENTS SUMMONS THE STATE OF MISSISSIPPI TO: THE UNKNOWN HEIRS-AT-LAW OF ONIE SANDERFORD LITTLE, DECEASED You have been made a Defendant in the suit filed in this Court by Joe Little Petitioner, seeking to have determined and established the sole and only heirs-at-law of Onie Sanderford Little deceased. You are summoned to

appear and defend against the Petition to Determine Heirship filed against you in this action at 9:00 a.m. on the 20th day of April, 2021 in the Chancery Courtroom of the Kemper County Courthouse at DeKalb, Mississippi, and in case of your failure to appear and defend a judgment will be entered against you for the relief demanded in the petition, thereby barring the claims of any other relatives of the decedent. You are not required to file an answer or other pleading but you may do so if

you desire. Issued under my hand and the seal of said Court, this 8th day of February, 2021. Sherline D. WatkinsChancery Clerk of Kemper County, MississippiP. O. Box 188Dekalb, MS 39328 By: Linda Edwards Of Counsel:Kacey Guy Bailey (MB #102271) Glover, Young, Hammack, Walton & Simmons, PLLC1724A - 23rd Avenue (P. O. Drawer 5514) Meridian, MS 39302-5514Telephone: (601) 693-1301 52381

Calendar

Continued from page 1

ments are submitted. Phone (601) 743-5752, Fax (601) 743-2506, Email lclark@multicountycsa.org, Mail/Drop Box-P.O. Box 126, 39 Bell Street,

Walkins will be seen when time and space allows, and iIf unable to assist an individual, an appointment will be made. The Kemper County Veterans Service Office is located in the Courthouse Annex, 29 Bell Street, DeKalb, MS. Hours are Monday and Tuesday, 9:00 am to 5:00 pm. To set up an appointment, or for further information, please call Marie Wilson, County Veteran Service Officer, 601-743-2247, or email kcvso@att.net.

CONSERVATION DEISTRICT **ANNOUNCES BEAVER CONTROL COST-SHARE PROGRAM**

Keep Baby Safe, Food Safety, Pregnancy Concerns, Healthy Choices, Physical Activity, Recipe Testing and Breastfeeding .If you are interesting in this program .Please call Mary Bennamon at the Kemper County Extension office 601-743-2837 to find out about classes or if you have any questions. Email: mlb267@msstate.edu

grocery store, and getting physically active. You'll learn all these topics and MORE! There

will be goodies given away, and

will be through the East door (side facing Hwy 39) until further notice. Please note that your temperature will be checked before entering the building and wearing a face mask is required.

THE CHURCH OF CHRIST

The Church of Christ meets for worship every Sunday at 11 a.m. at 14678 Hwy 16.

MULTI-COUNTY CSA TEMPORARY OFFICE PROCEDURES KEMPER COUNTY

Due to COVID-19 we are providing teleservice only. Face-to-face, in-house appointments are temporary suspended. Please call our office to schedule a telephone appointment

If you are a senior citizen or receive disability income AND have been assisted this year, you DO NOT need an appointment. Please submit your bill (for which assistance is needed) by mail, email, fax or drop box. If you are a senior citizen or receive disability income and HAVE NOT been assisted, please call for a telephone appointment.

To receive services, the following are needed: Bill (for which assistance is needed), Photo Identification, Social Security Cards, Proof of income, Unemployment/Child Support/SNAPS, Documents may be submitted by mail, email, fax or drop box.

Your application will NOT be processed unless ALL docuDeKalb, MS 39328.

ONLINE PRIVATE APPLICATOR

Certification Now Available In response to limited faceto-face training caused by COVID-19, the Mississippi Department of Agriculture-Bureau of Plant Industry has approved an online private applicator certification program developed by the MSU Extension Service. Persons needing to obtain or renew their private applicator certification can complete the online training (two video training modules and a competency exam) by visiting the Online Private Applicator Certification Program on the Mississippi State University Extension's website at extension.msstate.edu. The fee for training and testing is \$20, payable online by credit card, debit card, or eCheck. Successful completion of the training will certify the private applicator to purchase and use restricted use pesticides (RUPs) in the State of Mississippi for a period of 5 years. For more information contact your local extension office at 601-743-2837 or Mississippi Pesticide Safety Education at 662-325-5829.

VETERANS SERVICE OFFICE HOURS

During the COVID-19 cycle, the Kemper County Veterans Service Office will be open normal hours, for appointment only. For those Veterans or surviving spouses, please call ahead for appointments.

FREE MATTER OF **BALANCE CLASS**

Matter of Balance Classes have been POSTPONED until further notice.

ADULT JIGSAW PUZZLE Adult Jigsaw Puzzle meetups have been POSTPONED until further notice.

EARN YOUR HS DIPLOMA

Earn Your High School Diploma in just 22 weeks! Tuition, Room and Board is absolutely Free! Youth Challenge, located at Camp Shelby Mississippi, is the Premier Alternative Education Program for 16 to 18 year old youth, who are struggling in the traditional school environment and for those who are no longer attending. Challenge also offers nationally certified job skills and College classes through a local University.

We accept both Male and Female Applicants, 16 to 18 years of age. For an Application or more information call: 1-800-507-6253 or visit our website: msyouthchallenge.org

KEMPER COUNTY SOIL & WATER

Applications are now being accepted by Kemper County SWCD for the Kemper County Beaver Control Cost-Share Program. The Mississippi Soil and Water Conservation Commission and the Kemper County Board of Supervisors have funded the program to aid nonindustrial private landowners in beaver control. For more information or to make application, contact the Kemper County SWCD located in the NRCS Office, USDA Service Center, Daws Building, 197 Hopper Avenue, DeKalb, MS or call 601-743-9588, extension 3.

VOLUNTEERS NEEDED AT CIVIL AIR PATROL

Headquarters Mississippi Wing Civil Air Patrol United States Air Force Auxiliary 1635 Airport Dr. Jackson, Miss. Volunteers needed! G.V. "Sonny" Montgomery Squadron, CIVIL AIR PATROL, Meridian, is looking for new members. Meeting time is Monday nights (except holidays) at 5:30 p.m. in building 308 at Key Field Membership categories: Cadets (youth) ages 13 - 18 (but may remain as a cadet until age 21.) Senior Members: age 18 and up. contact: Captain Carolyn Holiman 601-490-0206 ms102cc@mswg.cap.gov.

TODAY'S MOM

A FREE educational program is being offered to help moms-to-be learn how to make healthier choices for themselves and their baby. Today's Mom, is comprised of a series of six free lessons that includes:

FREE BOOKS TO **CHILDREN UNDER 5** YEARS OLD

Kemper County is a participant in the Dolly Parton Imagination Library Program providing a free book mailed monthly to the child in the child's name from birth until the child reaches the age of five. This project is sponsored by the United Way of East Mississippi, the Strasser Family Foundation and the Partners for Kemper County, Community Foundation of East Mississippi. To enroll your child on the website enter uwem.org and click on Impact Programs Imagination Library or imaginationlibrary.com and select the "PARENT" tab located at the top of the web page. Registration cards may also be picked up at the Kemper County Library or the Kemper County Economic Development Authority office during normal business hours. Contact Loretta Hulin, Kemper County Imagination Library Coordinator on 601-416-8279 for additional details.

FREE & FREE EATING SMART BEING **ACTIVE!**

You're invited to a Eating Smart Being Active Class

Being overweight or obese can lead to health problems like diabetes, high blood pressure, and heart disease. Southern cooking and our love of soul food might make you think healthy eating is difficult. Join us for a 9 session course where you will learn about healthy eating, cooking with new recipes, saving money at the

you can taste a new recipe while discussing and sharing valuable information. Bring a friend and come expecting to have fun! Please call Mary Bennamon at the Kemper County Extension office 601-743-2837 to find out about classes or if you have any questions. Email: mlb267@msstate.edu

CUB SCOUTS SEEKING SCOUTS

Pack #4 of Kemper County Cub Scouts is looking for interested individuals (boys and girls) from the ages of six year olds to twelve year olds that are interested in scouting. Meetings are held on the 2nd and 4th Tuesday of each month at 5 p.m. at the Barney Brown Senior Citizen Building. Point of Contact: Billy J. Rush, Cub Master.

NEW LIFE RETREAT DRUG & ALCOHOL REHABILITATION & EDUCATION

Narconon New Life Retreat would like to remind families to stay educated on the signs and dangers of drug abuse. Methamphetamines and opioids are on the rise in both rural and city areas. Learn the signs and protect your loved ones from drug abuse and addiction.

The amount of deaths caused by Methamphetamines has almost tripled since 2014. To learn more, visit: https://www.narcononnewliferetreat.org/blog/the-other-drugepidemic.html

FREE DRUG EDUCATION

Narconon provides free drug education materials covering a wide range of topics. Please call today for your free drug education materials at: 1 (800) 431-1754

Kemper County School District

Request for Proposals on Qualifications for a **District Wide Energy Conservation Program**

Kemper County School District is requesting proposals for the implementation of Energy Efficiency Improvements on a performance-contracting basis. The intent of this Request for Qualifications (RFQ) is to solicit qualification proposals from Energy Services Companies (ESCOs) that describe their capabilities to identify, design, install, maintain, monitor and arrange financing of a comprehensive energy-conservation program which includes the services listed in this proposal. Respondents may receive the RFQ Specification Packet from Superintendent Hilute Hudson at hhudson@kemper.k12.ms.us. Proposals will be due March 4th, 2021 at 10 am at the Administration Office at 159 Main Avenue, DeKalb, MS.

(USPS 292280)

DeKalb, MS 39328. James E. POSTMASTERS: send change of address to Kemper County Messenger, Box 546 DeKalb, MS 39328; 601-743-5760 Monday noon is the deadline for all news submissions, advertising, weddings and obituaries. The Kemper County Messenger reserves the right to reject or edit any or all advertising.

CHAPTER 7 BANKRUPTCY \$545 + Costs CHAPTER 13 BANKRUPTCY Court Fees Up Front

> Jim Arnold, Attorney 601-656-6914

The Kemper County Messenger is published every Thursday in Prince, III, President. Subscriptions are \$36 per year in Kemper County, \$40 per year outside of the county and \$43 a year outside of the state. Single Copy price is 50 cents. Periodical postage paid at Dekalb POffice.

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Ways to keep your low carbs with cold weather food

Compiled by DENISE SWOGETINSKY Kemper Messenger

With all this cold weather, we are looking for some good "stick to your ribs" recipes.

You may fear you will have to give up low carbs for comfort, but never fear. There are options available. Just remember that healthy eating requires planning and moderation.

LOW-CARB LASAGNA 2 cabbages (medium)

- 2 pounds lean ground beef
- Anaheim pepper (chopped)
 - 1 white onion (or yellow,

finely chopped) 1 clove garlic (minced)

1 teaspoon oregano 2 teaspoons basil 28 ounces crushed tomatoes

(with Italian herbs) 1 egg white

- 1 cup gouda cheese (shredded)
- 1 cup mozzarella cheese (shredded) 1 cup Parmesan cheese

(shredded)

salt pepper red pepper flakes

Preheat oven to 375 degrees. Cut cabbage heads in half and boil for 15-20 minutes until soft. Drain water and chop into 1" squares. Then sauté cabbage for 2–3 minutes to remove excess water. Let cool and wrap

cabbage leaves in dishtowel, egg white into crushed tomasqueezing out remaining water. Brown beef in skillet. When most of the pink is gone, add pepper and onion. Sauté 3 more minutes until thoroughly cooked and onion has softened. Add garlic, oregano and basil and cook 1 more minute. Remove from heat.

In a medium bowl, whisk

toes. Add to meat mixture and season with salt and pepper. In a separate bowl, mix cheeses together. To assemble, double layer cabbage, meat sauce and cheese in greased 9" x 13" pan. Sprinkle with red pepper flakes if desired. Bake 20 minutes or

See COOK, page 4

emper County Devotional Pa



"This devotional page and directory is made possible by these businesses who encourage each and everyone of us to attend worship service."

GETTING THE MESSAGE/Rev. Chris Shelton

Acts 4:1-22

We see the apostles Peter and John on trial in this passage. They are arrested after Peter (through the power of Jesus name) heals a crippled man. The arrest is not triggered as much from the healing as it is what Peter is saying. He is teaching a large Jewish crowd that Jesus of Nazareth, whom they crucified, is the promised Christ and has been raised from the dead (verses 1-3).

When the trial begins the next day, the Jewish leaders ask Peter and John by what power or what name did you do this (verse 7)? Then we are told that Peter is filled with the Holy Spirit and he answers directly. And in his answer we see what the chief work of the Holy Spirit is: to exalt Christ.

Peter says let it be known to you and all Israel than this has happened "by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead." Peter goes on to quote Psalm 118; that Jesus is the cornerstone of the people of God, and that "there is no other name under heaven given among men by which we must be saved."

In other words if you do not have Christ, you will perish outside of the people of God, you will not have a place. There are three main defects in men since the fall. There is ignorance and blindness to God; there is rebellion in the will and affections toward God; we are in a cursed position subject to God's wrath because of this. We need a Savior answerable to these needs, and Christ, the Son of God, is the only sufficient Savior. There is no other way to be reconciled to God. Christ died for sinners, and he was raised from the dead that men may be justified before God. The Holy Spirit opens our eyes to the light of Christ. He convinces us of our sin and misery, the holiness of God, and the need of Christ's sacrifice. You can do nothing apart from God's Spirit. We have no power over the devil and death. We cannot take our own sins or any other person's sins away. Truly, we will not believe the truth of God apart from the Holy Spirit. The Holy Spirit being poured out at Pentecost is a testament to our spiritual poverty and God's grace. He points poor sinners to a loving

Savior who gave himself for them. He brings refreshment to the soul, makes Christ the name above all names in our hearts. The Holy Spirit is the gift of life. Life is more than material. Life that endures is in knowing Christ.

We see the Spirit give the apostles boldness (verse 12). Jesus had told his disciples the night before he was to be crucified that they would be persecuted by men; that the servants were not above the Master. If men hated Christ, they would hate his disciples also. But Jesus had also told them he would never leave them; that the Holy Spirit would be with them in tribulation and on trial before men.

The contrast between the apostles and the Jewish leaders stands out at the end of the trial. The rulers are worried about the opinions of the people (verses 16-17); the apostles are focused on being obedient to God. The rulers threaten the apostles. Peter and John answer: "Whether it is right in the sight of God to listen to you rather than to God, you must judge, for we cannot but speak of what we have seen and heard (verse 19)."

They are very respectful, and are making an appeal for their Jewish brothers to pay careful attention to

Auto Parts Center & Hardware 16581 Hwy 16E • DeKalb 601-743-5677 Mississippi Power mississippipower.com 1.800.532.1502 **Mississippi Care Center** of DeKalb, LLC Willow Avenue - P.O. Box 577 **DeKalb, MS 39328** Medicare - Medicaid Participating Phone: 743-5888 - Fax: 743-4506 Ruby Bolen, Administrator 14912 Hwy 16 W | Dekalb, MS | 601.743.2662

what has happened. This is the hand of God. Christ has been raised from the dead. It is not the time to fear losing your position, or losing face, or pursuing worldly ambitions. They are in great jeopardy from God; now is the time to repent, rather than resist.

The gospel of Christ is opportunity. And when it goes forth, there will be souls who believe. We see in verse 4, that 5000 souls believed from Peter's sermon. Even among these obstinate rulers and priests gathered to threaten the apostles, some would come to faith (Chapter 6:7).

Men can threaten and put to death Christ's people in this world. But they are powerless to thwart God's purposes he has for his gospel. Christ will be proclaimed. Some will come to him. Others will perish outside of him. So the Lord appeals to us all, seek Christ (and the life in him), while he may be found. Look into these things, and call on the name of the Lord.



'And we know that in all things God works for the good of those who love him, who[a] have been called according to his purpose. Romans 8:28





KEMPER ACADEMY **READING FAIR WINNERS**



Third grade winners were Hayes McDade, Sybil Cumberland, Sophie Flake, and Kyzer Johnson.



Fourth grade winners were Peyton Scarbrough, Macie Pitts, Brady Hutcherson, and Rush Coghlin.



Fifth grade winners were Carson Jones, Charlton Sorrels, Matthew Mattox, and Addison Irons.5



Sixth grade winners were Lane Scarbrough, Sadie Flake, Kaylee Griffin, and Halie Johnson.



7th-9th grade- Noah Clark, Abagail Williams, Jeana Dudley, Cooper Thornton, Chamber Copeland, Blake Hutcherson, Christian Wilson, Shawn Williams, Travis Clark, Hayz Johnson, Brody West, Brody Weaver, Ethan Cordar, Peyton Scott, and Dylan Dawson.



10th-12th grade- Janie Wiggins, Adri Hall, Rylee Gully, Addy Warren, KK Holley, Jordan Gully, and Zach Ferrell.

Kemper County teams advance in



Storm

Continued from page 1

contract workers worked to reestablish service. "We start at our substations and work our way out," Boles

Power Associations along with Granger said the county pulled together when times were hard.

"We appreciate all the workers and volunteers who

state tournament

By STEVE SWÖGETINSKY Kemper Messenger

Both Kemper County basketball teams claimed victories over West Marion Monday night in the first round of the Mississippi High School Activities Association basketball tournament.

The Kemper County boys defeated West Marion 78-45 while the Lady Wildcats took a 49-21 victory over the Lady Trojans.

Both Wildcat teams will be in action in their respective Class 3A bracket later this week. The Lady Wildcats will host Velma Jackson on Wednesday. Velma Jackson won its first round game over Jefferson County, 61-27. On Thursday, the Kemper County boys will host the winner between Yazoo County and Hazlehurst.

The Kemper County girls defense turned steals into points in their victory over West Marion. Kemper County

went up 14-6 after the first quarter. The Lady Wildcats then outpointed the Lady Trojans 16-5 in the second quarter and led 30-11 at the half. Kemper County outscored West Marion 19-10 in the second half.

Chantel Stringfellow led with 15 points while Shalasia Darden scored nine and Zariyah Moss scored six points.

"We started a little slow but then we got into the groove,' Coach Ronnie Slaughter said. "Our defense won this game. We made them force their shots and took advantage of their turnovers."

The Lady improved to 10-6. Wildcats

The Kemper County boys led 36-18 at the half and continued to pull away in the second half.

Quavion McClendon led with 19 points while Ty Steele and James Granger both added 15 points. The Wildcats improved to 13-2 with the victory.

School photos Ty'Asia Bohannon (32) takes a shot for the Kemper County Lady Wildcats in an earlier game. The Lady Wildcats defeated West Marion 49-21 Monday night in the first round of the playoffs.

said. "The farther out we get, the more individual service lines we find and it takes time." Kemper County board of supervisors president Pat

worked during the storm," Granger said, "The people pulled together to make sure everyone made it through the storm."

Obits

Continued from page 1

1972, Steve married his soulmate, Elaine Farrar and together they made their home in Macon. Other than a short stav in Memphis, they continued to live in Macon where Steve pursued his lifelong career as a business owner. Steve was active in the local community and was a member of the Brooksville Jaycees. He and Elaine enjoyed working with their sons and other boys in the local Little League baseball league. They founded a team called the "Rebels".

Steve enjoyed spending time outdoors working on his farm and he loved to be with his grandchildren there, riding the "Gator", shooting, and hunting. He was a loving husband, father, and "Pops" as his grands called him. Steve loved the Lord and was a member of Elon Baptist Church near Macon. Steve is preceded in death by his parents; and sister Kathy Utroska.

Steve is survived by his wife: Elaine Farrar Turner of Macon, MS; two sons: Steven Turner, Jr and wife Ashley of DeKalb, MS and Brent Turner and wife Lauren of Collierville, TN; four grandchildren: Landon, Cooper, Max and Reagan Turner.

Cook

Continued from page 3

until golden brown.

LOW CARB CHICKEN CASSEROLE

16 ounces cauliflower (bag of, thawed) 3 tablespoons margarine

(stick) 1 1/2 pounds boneless skin-

less chicken breast (cut into bite

size pieces) 1 tablespoon seasoning (chicken)

2 1/2 teaspoons margarine (stick) 2 1/2 teaspoons flour (all-

purpose) $\bar{2}$ cups chedder cheese

(shredded sharp, divided) 1 1/4 cups milk (can use reg-

ular milk) 1/2 teaspoon pepper (or to

taste)

1/4 teaspoon salt

Preheat oven to 350 degrees. In a skillet, large enough to hold the chicken, melt margarine over medium heat. Add chicken and sprinkle with chicken seasoning; stirring well to coat. Cook until no longer pink and slightly browned. Set aside.

To make the Cheese Sauce: In a medium-sized saucepan, margarine melt over medium/low heat. Add flour and cook until lightly browned. Stir in milk, a little at a time, until slightly thickened.

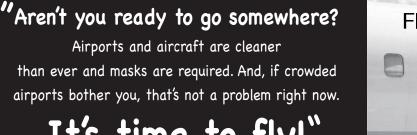
Stir 1 1/2 cups cheese into milk. To get the desired thickness or thinness, you might want to add a bit more milk. Add salt and pepper to taste. In a large bowl, add cauliflower, chicken, and cheese sauce. Then pour into a greased 2quart pan. Sprinkle with remaining cheese. Bake at 350 degrees for 35 minutes.

LOW CARB CHILI

- 1 1/4 pounds ground beef
- 8 ounces tomato paste
- 1 1/2 tomatoes (chopped) 1 red bell pepper (chopped)
- 1/2 cup onion (chopped)
- 2 celery sticks (chopped)
- $1 \ 1/2$ teaspoons cumin
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon pepper
- 1 1/2 teaspoons salt
- 3/4 cup water

Brown meat in fry pan. Once almost finished, drain off fat and sprinkle 1/2 teaspoon salt over meat. Add onions and peppers to pan and continue to cook for 1-2 minutes. Combine cooked meat, onions, peppers, tomatoes, celery, water, and tomato paste in large pot. Stir spices into pot. Bring to boil, then reduce heat to low-medium and let simmer for 1-2 hours, stirring every 30 minutes

or so.



It's time to fly!"

-Tom Williams, President, Meridian Regional Airport



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