

## COMMUNITY CALENDAR

*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.*

### WEST KEMPER HIGH CLASS OF 1973 HONOR FORMER PRINCIPAL

WKHS Class of 1973 will unveil and dedicate a hand painted portrait of Mr. E.F. Stewart, Sr. to be displayed on the walls of KCHS. You are invited to join us for the momentous occasion on August 12, at 5:30 p.m. in the cafeteria of KCHS. We are seeking one person from each graduation class to speak positively for 2 minutes on the impacts received from Mr. Stewart while he was our principal. If you would like to represent your class, please RSVP to Cluis Cox (205-907-2634), Dewayne Steele (662-549-1692), or Patricia Harbour (708-308-8222). Social distancing will be observed.

### CHERRY CEMETERY MAINTENANCE FUND

If you would like to make a donation to the Cherry Cemetery Maintenance Fund, please send your donation to Mary Jane Nelson, P.O. Box 33, DeKalb, MS 39328. Your contribution would be greatly appreciated.

### CENTER RIDGE CEMETERY DONATIONS

Anyone who has someone buried or is interested in the Center Ridge Cemetery can send their donations to: Barbara Brown, 7246 HWY 39S, DeKalb, MS 39328

### KEMPER FLEA MARKET

Every 1st and 3rd Saturdays of the month from 8am-1pm at Bizzy Bee's. Free vendor setup. Selling anything from food, snow cones, household, crafts, and much more.

### 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 (in-person) 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  
P O Box 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.

### 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 documents are submitted. Phone (601) 743-5752, Fax (601) 743-2506, Email lclark@multicountycsa.org, Mail/Drop Box-P.O. Box 126, 39 Bell Street, DeKalb, MS 39328.

### ONLINE PRIVATE APPLICATOR CERTIFICATION NOW AVAILABLE

See **CALENDAR**, page 2



A rendering shows the exterior of the proposed Kemper County Elementary building.

# Officials say bond issue won't raise taxes

By STEVE SWOGETINSKY  
The Kemper Messenger

The Kemper County School District unveiled its plans for a new upper elementary school building during a public meeting last Thursday night at the John C. Stennis Vocational Center.

The new building will be for grades 3-6 and will replace the current Kemper Upper Elementary building located in DeKalb. The current school building is 60 years old.

The school district is asking for the passage of a \$12 million capital improvement bond issue. The money will be used for constructing the new school.

The capital improvement bonds represent an extension of the current millage in place. With the current interest rates, school officials say the bonds represent a projected neutral tax impact to the taxpayer in Kemper County.

In other words, the bonds which will be sold on a 20-year plan, will not cause property taxes to go up.

The vote on the bond issue will be held August 5. The polling place will be at the Kemper County Wildcat basketball gym.

The building will be located on land currently used as the football practice behind the Kemper County High School gym. It will face west. It is one floor with wings running off a central hall.

The new school will house approximately 320 students. It will consist of 16 state-of-the-art classrooms. It will also have four specialty classrooms, an art room, a music room, a self-contained classroom and a gifted classroom.

There will be a multi-purpose room and a school cafeteria.

In the center of the new school will also be an administrative area located which include offices and support areas. There will be a receptionist area at the entrance of the building so traffic in and out of the building can be monitored. There is also a teacher's workroom, a nurses station and storage area.



Photo by Steve Swogetinsky

Kemper County superintendent of schools Hulite Hudson, right, talks with board attorney Benny Jones Jr., left, and financial advisor Nick Schorr following Thursday meeting to discuss the new school.

There will be covered walkways at the drop-off areas for students who come by car and those who ride the bus.

"This is not a situation of us saying, 'hey, we want a new school,'" said superintendent Hulite Hudson said. "You have two elementary schools. One was built in 1961 and the other built in 1967. We are talking about being in need of a new school.

"Our children deserve a new school. They deserve a building that when it is raining, they don't have to worry about getting rained on

inside. They deserve to not have to worry about getting cold in the winter. This has been an extensive process for us before we even came to the public. We have gotten to a point where ready to move forward."

Pryor Morrow Architects Engineers of Tupelo presented drawings and plans for the new school.

Hudson said there will be more public meetings to discuss the bond issue and plans for the new school. Those will be announced on the school Facebook page.

## Supervisors reopen Kemper County Park

By STEVE SWOGETINSKY  
The Kemper Messenger

The Kemper County board of supervisors voted last Tuesday to reopen Kemper County Park in DeKalb which was closed during the COVID-19 Pandemic.

The park was closed as a precaution to keep the public safe from becoming infected by the COVID-19.

In other matters, supervisors voted to:

- Approve the minutes from previous meetings, the claims docket and the county pay roll;
- Approve an order to contract with Ramsay Construction to repairs on the Courthouse Portico and Cornice;

- Approve the sale of the old Weyerhaeuser property south of Scooba to Davin Talbot for \$15,000;
- Approve the quarterly budget assessments for the sheriff's department and the tax assessors' tax collector's office;

- Approve paying 10 invoices to Engineering Plus, totaling \$11,164;
- Accepted the meal log from the Kemper County sheriff's department. Supervisors also approved the payment the sheriff's department's expenses for June;

- Approve an order moving \$5,000 from the County Fire Cash Reserve to the County Fire for Mississippi Forestry's 2021 Volunteer Fire Assistance Program Grant

obtained by the Preston VFD;

- Approve repairs to the air conditioning at the Kemper Springs Community Center;
- Approve the payment of \$1,414 to Otis Henderson for repairs to the bathrooms at Kemper Park; and,

- Approve two refunds totaling \$1,341 from the solid waste account.

Supervisors were addressed by Dr. Courtney Taylor, vice president Workforce Economic Development at East Mississippi Community College.

Supervisors also discussed making an application to the 2021 Road and Bridge Repair Fund program for MDOT. No action was taken.

## 'Stuff The Bus' planned for July 21

From special reports

The annual 'Stuff the Bus' campaign is scheduled for Wednesday, July 21, and again will be held at Pilgrim's Foodliner Grocery Store in DeKalb.

This annual event is an effort to help families as their students head back to school next month. Volunteers will be on hand to collect school supplies, backpacks, and new or slightly used school uni-

forms for elementary school aged students. Monetary donations will also be accepted.

A Kemper County school bus will be parked in front of the store from 9 a.m. until 3 p.m. and volunteers will be available to accept donations.

All school supplies and uniform donations collected will be given to Kemper County's three elementary schools for distribution to the children. Churches, organizations

and businesses are also asked to solicit their members for donations and drop them off at the drop off location that day. Your donations will support elementary aged children as they return to school.

For more information contact Loretta Hulin, Kemper County Coordinator for Stuff the Bus on 601-416-8279.

Stuff the bus is sponsored by the United Way of East Mississippi.

## COVID-19 has not gone away

From special reports

The infection numbers and deaths from the COVID-19 Pandemic have gone down in recent months but the dread disease has not gone away.

Mississippi is experiencing a significant rise in COVID-19 cases and hospitalizations, according to the health department.

Numerous outbreaks have been identified in youth camps, faith-based gatherings, funerals and social events.

Due to the rapid increase in delta variant cases and outbreaks, combined with the low overall vaccination rate in the state, MSDH is making the following recommendations through July 26.

All Mississippians 12 years of age and older should receive COVID-19 vaccination.

All those who are unvaccinated should wear a mask when indoors in public settings.

All Mississippi residents 65 years of age and older should avoid all indoor mass gatherings (regardless of vaccination status).



# Celebrate National Park and Recreation Month

By JAMES L. CUMMINS  
Special to The Messenger

Since 1985, America has celebrated July as National Park and Recreation Month, celebrating unbridled outdoor recreation and encouraging everyone to explore their local recreational facilities and parks in honor of summer and the beauty of nature.

Designated in 1985 as National Park and Recreation Month by the National Recreation and Park Association (NRPA), the month of July is

ideal for small groups and families to rediscover their local parks and visit new ones.

Encouraging outdoor physical activity and actively promoting parks and recreation in communities across the country, the NRPA actively supports and promotes creative celebrations through their magazine Parks & Recreation, and encourages communities and townships to submit their own celebration and activity information.

The object of the NRPA and National Park and Recreation Month isn't just to encourage

outdoor recreational activity and increase park visitation, but also to recognize and salute those who work in the parks system to make our park experience enjoyable and unforgettable. The beauty of a park can reside within our hearts and minds long after we have left, and children and adults alike will certainly enjoy the tranquility and peace of such natural serenity. We should consider the care and effort that goes into maintaining our parks by the vast number of park employees who dedicate themselves to the difficult but

rewarding task of park maintenance.

You can check your park websites, or activity listings in your local papers, to find out what programs and activities may be occurring in your area in honor of National Park and Recreation Month. Many communities celebrate enthusiastically with park pride days, park picnics, group hikes, park beautification activities, and much more.

Outdoor recreation is a key factor of National Park and Recreation Month, focusing on

the need for physical activity, and what better place to enjoy physical activity than during the many beautiful summer days in the month of July.

Although the many activities and celebrations can be overwhelmingly fun, the importance of physical activity should not be forgotten, and should especially be instilled in children and young adults.

The NRPA website, nrpa.org, contains more information and tools for communities to utilize in order to create their own list of activities and celebrations. Sam-

ples of proclamations and press releases are available for download, as well as a sample calendar of activities and important information to let everyone in the community know that July is National Park and Recreation Month.

*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.*

## EMCC student-athletes earn top honors in academics with high GPAs

### From school reports

JACKSON — East Mississippi Community College has earned the MACCC's 2020-21 All-Academic Softball Team of the Year honor by posting a conference-best 3.86 team grade point average during this past academic year.

As announced recently by the Mississippi Association of Community Colleges Conference, individual student-athletes, along with team academic award recipients, from the league's 15 member schools were recognized for their academic excellence during the 2020-21 school year.

Along with EMCC's softball squad posting the highest team grade point average in recorded school history, the Lions baseball team also established a new program standard with a 3.43 team GPA.

A total of 46 EMCC student-athletes in the sports of men's basketball, women's basketball,

baseball and softball individually garnered conference academic recognition, with 23 earning Distinguished Academic All-State distinction (3.80-4.00 GPA) and 23 more grabbing Academic All-State honors (3.25-3.79 GPA). Rodeo is not affiliated with either the MACCC or the NJCAA, while

EMCC's football team was not eligible for MACCC academic honors this past year after opting out of the 2020 conference football season due to the pandemic.

Affiliated with the National Intercollegiate Rodeo Association (NIRA), the EMCC men's and women's rodeo teams combined to record a collective 3.24

GPA during the 2020-21 school year. Other team grade point averages registered by EMCC this past academic year included 2.97 by men's basketball, 2.86 by football, and 2.75 by women's basketball.

Individually, EMCC fea-

See HONOR, page 4

### HELP WANTED

**EMPLOYMENT ANNOUNCEMENT**  
The Kemper County School District is accepting applications for the following position with pay according to district approved pay scale: Bus Monitors Applications may be picked up at the office of the Superintendent of Education on Main Street in DeKalb, MS or online at [HYPERLINK http://www.kempercountyschools.org](http://www.kempercountyschools.org). Applications will be accepted until positions are filled. Kemper County Schools is an equal employment employer and does not discriminate with regard to race, color, religion, national origin, sex, age, or disability.

Crane Employment has jobs open in your area, please call or come by our office and fill out an application today. 3307 8th Street Meridian MS or call 601-483-3620.

MS Care Center of DeKalb is accepting applications for the following position Dietary Aide , Floor Tech , CNA also Nurse Aide Trainee students. Very competitive salary and benefits. Applications will be accepted until position are filled.--

### LEGALS

**NOTICE OF BOND ELECTION**  
**KEMPER COUNTY SCHOOL DISTRICT**

**NOTICE IS HEREBY GIVEN** to the qualified electors of the Kemper County School District (the "District"), that a

special election will be held on **Thursday, August 5, 2021** for the purpose of submitting to the qualified electors of the District the following proposition, to-wit:

**PROPOSITION**  
Shall the Kemper County School District issue its general obligation bond and/or general obligation bonds, in one or more taxable or tax-exempt series, all in the maximum principal amount of not to exceed \$12,000,000 to raise money for the purpose of funding a leverage loan or other financing arrangements and designating a nonprofit corporation in connection with the construction of the project, if applicable, paying the costs, including the costs of borrowing and any costs for construction period capitalized interest, if any, of (a) constructing, purchasing, erecting, repairing, equipping, remodeling and enlarging a new elementary school and related facilities in the District, providing necessary water, light, heating, air conditioning and sewerage facilities for such elementary building and related facilities and purchasing land therefor; (b) constructing, purchasing, erecting, repairing, equipping, remodeling and enlarging school buildings and related facilities in the District, and purchasing land therefor; establishing and equipping school athletic fields and necessary facilities connected therewith and purchasing land therefor; providing necessary water, light, heating, air conditioning and sewerage facilities for school buildings and related facilities in the District (together, the "Project").

**FOR THE BOND ISSUE: ( )**  
**AGAINST THE BOND ISSUE: ( )**

The said election will be held at the following generally described polling place within the Kemper County School District, which polling and location at the present is as indicated, to-wit: **KEMPER COUNTY SCHOOL DISTRICT**

**POLLING PLACE**  
Kemper County High School, 200 Philadelphia Road, De Kalb, MS

The said polling place will be open from the hour of 7:00 a.m. until the hour of 7:00 p.m. on the day of said election. Said election shall be held and conducted, as far as practicable, in the same manner as other elections are held in Kemper County, Mississippi, in accordance with the laws of the State of Mississippi. All qualified electors of the Kemper County School District will be entitled to vote in the election. Said bonds and/or bond shall be issued if, and only if, at least three-fifths (3/5) of those qualified electors who vote in the election shall vote in favor of the issuance of said bonds and/or bond for the purposes set forth in the proposition. By order of the Board of Trustees of the Kemper County School District, this the 29th day of April, 2021.

**/s/ \_ Rontal Jenkins**  
**President, Board of Trustees**  
Kemper County School District  
Kemper County, Mississippi  
**PUBLISH: July 8, 15, 22 and 29, 2021**

**IN THE CHANCERY COURT OF**  
**KEMPER COUNTY MISSISSIPPI**

**IN THE MATTER OF THE ADMINISTRATION OF THE ESTATE OF BILLY WAYNE HOWELL, DECEASED**

**SHELIA MATTAR, ADMINISTRATRIX**  
**CAUSE NO. 21-12KK**

### NOTICE TO CREDITORS

Letters of Administration having been granted on the 8th day of July, 2021, by the Chancery Clerk of Kemper County, Mississippi, to the undersigned, **SHELIA MATTAR**, upon the Estate of **BILLY WAYNE HOWELL**, deceased, notice is hereby given to all persons having claims against said Estate to present the same to the Clerk of this Court for probate and registration according to law within ninety(90) days from the date of the first publication of this Notice or they will be forever barred.

This is the 10th day of June, 2021  
Shelia Mattar

**SHELIA MATTAR**

**FILLED IN MY OFFICE**  
**JULY 8TH, 2021**

**CHANCERY CLERK**  
**SHERLINE D. WATKINS**  
**KEMPER COUNTY**

**ROBERT L. THOMAS, MSBN 8159**  
**ALFORD, THOMAS, THOMAS, PLLC**  
**ATTORNEYS AT LAW**  
**POST OFFICE BOX 96**  
**PHILADELPHIA, MS**  
**(601)-656-1871**

**IN THE CHANCERY COURT OF**  
**KEMPER COUNTY**  
**THE STATE OF MISSISSIPPI**

**SYLVIA A. GREEN and JESSE W. HEARNE** PLAINTIFFS

**VS** CAUSE NO: 21-53

**KASSIE COLEMAN, KEMPER COUNTY, DA, ET AL.** DEFENDANTS

### SUMMONS BY PUBLICATION

**TO:** Any and all persons or entities claiming an interest in and to the following described property located in Kemper County, Mississippi, to-wit: **PARCEL NO. 155-10-05.000, S-T-R:10-9-16; PPIN: 7283**

You have been made Defendants in the suit filed in this Court by **SYLVIA A. GREEN and JESSE W. HEARNE** seeking confirmation of title to the above real property. Defendants other than you are **Kassie Coleman, Kemper County District Attorney, Lynn Fitch, MS Attorney General, and Kemper**

County, Mississippi.

You are hereby required to mail or hand deliver a written response to the Complaint filed against you in this action to **Robert M. Dreyfus, Jr., Attorney for Plaintiffs**, whose address is 2212 Ninth Street, Meridian, Mississippi, 39301.

**YOUR RESPONSE MUST BE MAILED OR DELIVERED NOT LATER THAN THIRTY DAYS AFTER THE 1st DAY OF JULY, 2021, WHICH IS THE DATE OF THE FIRST PUBLICATION OF THIS SUMMONS. IF YOUR RESPONSE IS NOT SO MAILED OR DELIVERED, A JUDGMENT BY DEFAULT WILL BE ENTERED AGAINST YOU FOR THE MONEY OR OTHER RELIEF DEMANDED IN THIS COMPLAINT.**

You must also file the original of your Response with the clerk of this Court within a reasonable time after award.

Issued under my hand and seal this the 22nd day of June, 2021.  
**SHERLINE WATKINS, CHANCERY CLERK OF KEMPER COUNTY, MISSISSIPPI**

**BY: /s/ LINDA WHITE, D.C.**  
**PREPARED BY:**  
**ROBERT M. DREYFUS, JR.**  
**P.O. Box 5847**  
**MERIDIAN, MS 39302**  
**601553-8315**  
**MSB NO. 6191**  
**OUR FILE NO. LD21067**

## Calendar

Continued from page 1

In response to limited face-to-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](http://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. Walkins will be seen when time and space allows, and if 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 [kevso@att.net](mailto:kevso@att.net).

### 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](http://msyouthchallenge.org)

### KEMPER COUNTY SOIL & WATER CONSERVATION DISTRICT ANNOUNCES BEAVER CONTROL

### COST-SHARE PROGRAM

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 non-industrial 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.)

### (USPS 292280)

The Kemper County Messenger is published every Thursday in DeKalb, MS 39328. James E. 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. 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.

The Kemper County Board of Supervisors will receive competitive Reverse Auction Bids to be submitted electronically via the Kemper County website at <https://bids.kempercounty.org> with said Reverse Auction taking place from 9:00 a.m. (local time) to 11:00 a.m. (local time) on July 30th, 2021 for the following commodities:

- New/ Unused 2021 model or newer Knuckle Boom Loader
- Detailed specifications may be obtained from the Kemper County Board of Supervisors Office at 280 Veterans Street, DeKalb, Mississippi 39328 or by calling 601.743.4477.

"Aren't you ready to go somewhere?  
Airports and aircraft are cleaner  
than ever and masks are required. And, if crowded  
airports bother you, that's not a problem right now.

## It's time to fly!"

—Tom Williams, President, Meridian Regional Airport

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MERIDIAN REGIONAL AIRPORT

Two round-trip flights daily to Houston. Book now at [MeridianAirport.com](http://MeridianAirport.com) or [United.com](http://United.com)



# Speed up low-carb meals prep with pressure cooker

Compiled by DENISE SWOGETINSKY  
Kemper Messenger

For the next few weeks, we are exploring uses for some of our appliances that are available and how they help us get out of the kitchen while still eating healthy. Today we'll continue to look

at low carb recipes using the pressure cooker (Instapot).

**PRESSURE COOKER CHICKEN**  
(This is for different recipes)  
3 lbs boneless skinless chicken frozen  
1 stick butter  
1 cup Chicken Broth  
Salt & pepper to taste

Place frozen chicken in 6 or 6.5 quart Electric Pressure Cooker and add remaining ingredients.  
Set lid to seal and cook under high pressure for 10-12 minutes. Quick release pressure and shred chicken with two forks or in a food processor and then return to broth until ready to use in sandwiches, wraps,

casseroles, salads, tacos and more!

**POBLANO CHICKEN SOUP**  
1/2 cup dried Navy beans, soaked for an hour in hot water  
1 cup onion, diced  
3 poblano peppers, chopped  
5 cloves Garlic  
1 cup cauliflower, diced

1.5 pounds chicken breasts, large chunks  
1/4 cup Cilantro, chopped  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1-2 teaspoons Kosher salt  
2.5 cups water  
2 ounces cream cheese, cut into 1 inch chunks  
Put everything except the cream cheese into your Instant

Pot and cook at high pressure for 15 minutes. Allow it to release pressure naturally for ten minutes, and then release all remaining pressure.  
Remove chicken. Using an immersion blender, roughly purée the soup and vegetables. Turn your pot onto Sauté,  
See **COOK**, page 4

## Kemper County Devotional Page

**Subway of DeKalb**  
**Hwy 16 • DeKalb**  
**601-743-5516**

*“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**

**Auto Parts Center & Hardware**  
**16581 Hwy 16E • DeKalb**  
**601-743-5677**


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206 Hopper Ave, DEKALB, MS

**The Citizens Bank**  
[www.thecitizensbankphila.com](http://www.thecitizensbankphila.com)  
Bell Street - DeKalb - 601-743-2115  
Main Office 601-656-4692 Eastside 601-656-4976  
Westside 601-656-4978 Northside 601-656-4977  
Pearl River 601-656-4971 Union 601-774-9231  
NASDAQ: CIZN

**J.L. White, Jr.**  
Agent  
723 Main St.  
P.O. Box 216  
DeKalb, MS 39328  
Off: (601) 743-2412  
Res: (601) 743-5178  
STATE FARM INSURANCE COMPANIES  


**WATT EQUIPMENT**  
Earnie & Janet Watt  
Highway 16 W, DeKalb, MS  
H. 662-476-3743  
O. 601-743-2364  


**MACON SEPTIC SYSTEMS**  
**17678 Hwy. 45**  
**Macon, MS 39341**  
**662-726-2300**  
Galen and Jeanie Schrock, owners

**Joe Williams**  
Owner  
**Piggly Wiggly of Collinsville**  
9095 Collinsville Rd. 601.626.8880  
Collinsville, MS 39325 601.527.4010

**EVENTS FUNDRAISERS COMPANY PICNICS**  
**521 Hwy 19 S.**  
**601-938-7772**

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### Psalm 4

Traditionally, this psalm has been regarded as an evening prayer for the man of faith who is facing opposition to order his thoughts about the Lord and allow him to lie down to sleep in peace. The psalm is written by David, who knew what it was to be in distress.

He begins by asking God to hear his prayer (verse 1). In our lives we face a myriad of different troubles, but God in his grace gives us access to his help and comfort through prayer. Reading a psalm and praying before we go to bed is a good practice to follow.


David remembers previous times when the Lord gave him relief in times of distress. Christians can draw strength from the remembrance of God's help to them in the past to give them confidence in the present struggle they are in. We shouldn't forget the Lord's mercies to us, so we are not prone to distrust him when troubles come.

In verse 2, David addresses the men who oppose him. David is the anointed king of the Lord, so those at enmity with him are opposing the Lord. It should not be surprising to the Lord's people when they falsely condemned or slandered, but it is a small matter to be judged by man's judgment.

He says to them, "How long will you love vain words and seek after lies?" The 4th century Christian leader John Chrysostom said that if he had one sermon to preach to the whole world, it would be on this statement.


Chrysostom knew that men practice deception on themselves and are false to their own best interests. The path men are on leads to destruction, but if they turn to the Lord they can have life that is truly life. He taught the folly of being opposed to the living God. His "Paschal Homily" is still read in some churches, and is rich with the grace of the Lord Jesus and his victory over death.

In verse 3, David follows his rebuke to men with his confidence in the steadfast love and promise of the Lord: "the Lord has set the godly apart for himself." David is a man who knows the love of the Lord and loves him back for it. It is a wise soul who trusts in the Lord even in the darkest times.



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*‘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*



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“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”  
— 1 Corinthians 5:17 (NIV)

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# The Do’s and Don’ts of flower rescuing

Some people rescue wandering puppies or kittens; I rescue worms from sidewalks, and neglected plants. With permission.

Sometimes there is a roadside project or overgrown lot about to be developed that will wipe out a stand of wildflowers, or a neighbor or friend has passed away; leaving behind a cache of botanic orphans.

I have even snagged plants from neighbors’ curbs on trash day, saving them from the landfill. One of my flower show blue ribbon-winning potted plants started out as such a broken-potted, soil-less pavement waif, which I coddled back to glory.

Not that I try to save every needy flower I come across; there’s not enough room in my neighborhood for all the zinnia plantlets I thin from overseeded beds, every oak that comes up from a squirrel-forgotten acorn, or every cutting made from my roses. And I can’t have every wildflower that catches my eye.

But in my less-than-pristine past I was bad about “liberating” plants found languishing around derelict houses and weedy lots. Usually I got permission, but occasionally I just made certain the owners were long gone and neighbors wouldn’t care. Yeah, it was wrong, and not a legal defense claiming that guerilla gardeners have been salvaging lost plants like this for centuries.

In the years correcting my youthful clandestine indiscretions, I no longer collect without permission from the property owners. Last thing this old guy needs is to be arrested for trespassing and petty theft of plants I probably already grow at home or could easily get from commercial sources.

Besides, no matter the circumstances, brazenly digging plants still looks shifty, and can be irresponsible. So here are some practical guidelines from an old pro, mostly how to avoid killing the plants you are trying to save.

First rule of thumb, the



Rescue seeds, not wildflowers in bloom

hardest, is to resist instant gratification: Don’t grab plants in full bloom, partly because it’s usually the harshest season for plants to survive being dug, and because someone will always see and know what you are up to. Instead, mark the ones worth moving, noting where the mark is, then satisfy your need for instant gratification by take a photo, or snipping a few flowers to celebrate in a vase. Wave cheerily when someone sees you - and they will - to indicate you’re just making a sweet bouquet.

Then go back in later, in that plant’s dormant season when it’s the right time to dig, find your special mark, and dig. In general, this will be the season opposite of when a plant flowers; if it blooms in the winter or spring, dig in the fall; if it blooms in the summer, dig in the winter.

I know it’s hard to resist, but if you’re going to do it, do it right so the plants have a better chance of survival. And you are less likely to get caught if

you trying not to.

And never take them all. Never. Whether it’s antique daffodils, iris, gladiolus, or wildflowers along a roadside (which are illegal or at least unethical to dig, by the way), leave some as insurance that your well-meant intervention won’t wipe out the entire population of plants. Hint for saving wildflowers in bloom: Don’t. Or if you must, never take those in bloom - find some nearby flowers that have matured completely, and grab some seeds. Nearly always works better.

And by the way, my special mark is a little broken piece of cobalt blue glass. If you come across one in a seemingly empty lot, it’s probably mine. Leave it alone, go find your own plants to rescue.

*Felder Rushing is a Mississippi author, columnist, and host of the “Gestalt Gardener” on MPB Think Radio. Email gardening questions to rushfingelder@yahoo.com.*

## Reasons to Live in the South

The Southern region of the United States is known for its strong family values, traditions, and distinct culture. This region is called the South or Dixie, and it is one of the best places to visit or even live. What makes the South so special? The following are some great reasons to live in the South.



LaWanda Shields

**\*Southern Hospitality**

The South is known for its open and friendly attitude. Most people from the North will tell you that they know when they enter the South. Almost as soon as you hit the dividing line between the Northern and Southern states, you will begin to see hands waving and people smiling. Southerners are naturally friendly. They care about their neighbors, and they don’t often meet a stranger.

**Southern Food**

The South has its own unique blend of foods and spices. It has some of the best farm-raised catfish, crawfish or crayfish (for Northerners), frog legs and other seafood. They claim we fry everything. This is not true. There are a few things that we baked, boiled, and barbecued.

**Historical beauty**

The South is known for its historical beauty. From famous governor’s mansions to ancient

plantation homes to Civil War battlefields, the South is overflowing with historical beauty.

**Southern Climate**

The South has one of the best climates in the United States. The South has sunny skies and beautiful days. Temperatures can soar in the summer months, but the Southern winters are generally mild. This makes the South a great place to vacation during those freezing Northern winters.

So, if you are ever thinking that you need to move to find greener pastures or sunnier skies, remember that the South is a great place to live. The South is alive with beauty and rich in history. It is also a place where neighbors are really neighbors, and you can find some of the best food in the world right here.

## Honor

Continued from page 2

tured a new school record of 15 student-athletes who achieved 4.00 grade point averages during the 2020-21 academic year. That mark gives East Mississippi at least a dozen student-athletes with perfect GPAs for the third consecutive year.

Again, setting the pace for EMCC’s sports teams, eight softball players registered 4.00 GPAs in 2020-21, including

the trio of Carrie Grace Baty, Jenna Coker and Lily Ramsey who completed their two-year EMCC careers with cumulative 4.00 grade point averages. Fellow sophomores Rylee Bourland and Kamryn Moore also boasted 4.00 GPAs, as did first-year players Aislynn Cochran, Kaitlynn Stroud and Taylor Watkins. In addition, the Lady Lions had 14 players from their 15-member team post GPAs of 3.47 or higher in garnering MACCC academic honors.

EMCC’s baseball team had

26 players collect conference academic accolades to match the mark previously set by the Lions football team during the 2019-20 academic year. Led by Ian Richard with a cumulative 4.00 GPA for his EMCC career, this year’s Lions squad also had Justin Black, Jonah Caskey and Zack Griffith earn perfect academic status with 4.00 grade point averages.

Rounding out EMCC’s list of 4.00 student-athletes for the 2020-21 school year were football freshmen Josh Aka, Tyler Hodges and Peyton Rodgers.

## Cook

Continued from page 3

and when the broth is hot and bubbling, put in the cream cheese chunks. Use a whisk to blend in the cream cheese if needed.

Shred the chicken and put it back into the pot until heated through.

Serve hot and enjoy!

**PORK CARNITAS**

4 lb. boneless pork shoulder butt roast

1 tablespoon seasoned meat tenderizer

salt and pepper to taste

1 tablespoon Cumin

2 tablespoon olive oil

1/2 cup onion chopped

2 tablespoon garlic

28 oz can green enchilada sauce

Cut your roast into quarters and sprinkle with a generous amount of meat tenderizer, cumin salt and pepper, set aside for later

Turn your Electric Pressure Cooker to the sauté feature and heat oil over medium heat.

Once your oil is hot, Sautée your onion for a couple of minutes, until it is just starting to get translucent

Put your garlic in your pot and cook for another minute

Push all of your onion and garlic to the side of your skillet and brown your roast pieces on all sides in the pot

Once browned, pour enchilada sauce on top and turn off sauté feature

Place pressure cooker lid on top and seal. Cook under high pressure for 40 minutes and naturally release for 15 minutes before quick releasing.

Remove roast from pot and shred your roast with a couple of forks or stand mixer. Pour juices from the pot into a storage container.

If using a Ninja Foodi, place air crisp basket in the pot and air crisp pork in batches at 400 degrees for 10 minutes to crisp edges.

If using another electric pressure cooker, spread meat on a cookie sheet and broil for 1-2 minutes to crisp up some of the edges and serve in tacos, enchiladas, quesadillas, burritos or on nachos

Store (and freeze) leftovers in juices.

## METH: A DEADLY DRUG

**Methamphetamine** is a stimulant drug that is destroying our community. Methamphetamine, also known as meth, is a powerful, highly addictive stimulant that affects the central nervous system. Meth takes the form of white, orderless, bitter-tasting crystalline powder that easily dissolves in water or alcohol. People typically use meth by smoking, snorting or injecting. Meth is man-made from pseudo-ephedrine and other toxic ingredients such as lithium, brake fluid and lye. Meth addiction is so powerful because this drug quickly increases levels of dopamine, a chemical in the brain that produces feelings of pleasure. This makes a person want to use meth again and again to achieve the same rush, which eventually leads to addiction.

**Even taking small amounts of meth, or just trying it once, can cause harmful health effects, including:**

- Rapid or irregular breathing
- Bizarre, erratic, aggressive, irritable, or violent behavior
- Increased blood pressure and body temperature
- Faster breathing
- Loss of appetite, disturbed sleep patterns, or nausea

**Chronic meth use leads to many damaging, long-term health effects (even when users stop taking meth), including:**

- Paranoia, hallucinations, mood disturbances, delusions, or violent behavior (psychotic symptoms can sometimes last for months or years after quitting meth)
- Anxiety, confusion, or insomnia
- Permanent damage to the heart and brain
- High blood pressure leading to heart attacks, strokes, and death
- Liver, kidney, and lung damage
- Intense itching, causing skin sores from scratching
- Severe dental problems (“meth mouth”)

**What can you do if a loved one is using meth?**

- Do some research about addiction and meth to have a better understanding
- Be ready to listen, and do not be judgmental
- It is not wise to confront the individual when they are high
- When a person refuses help or services, voice your concern but respect the person’s decision
- Self-care is very important when caring for others



For More Information contact the  
Choctaw Tribal Opioid Response Project Team  
**(601) 389-4150**

## 2020 LAND TAX REMINDER

The Kemper County Tax Collector and Assessor would like to remind the public that if you have not paid your **2020** land taxes, the **last day** to make payment to avoid having **your name** listed in the newspaper will be **August 3, 2021 at 5:00 p.m.**

Any questions please contact our office at (601) 743-2693.