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VOL. 6 FEB. - APRIL, 2024



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Since you picked up this magazine, you obviously have an interest in Natchez – and perhaps you would like to consider becoming a part of our story! Our history dates back thousands of years, to a time when the first Americans, following the buffalo down what is now the Natchez Trace, made this beautiful bluff their home. We pay tribute to the Natchez, the Native Americans for whom our city is named.

We also pay tribute to many others who have shaped this uniquely beautiful and historic community: the French, the English, the Spanish, the American, and yes – the African. Without the toil and sacrifice

of those who were so unjustly enslaved here so many years ago, Natchez would not exist. For this we give our appreciation and our utmost respect.

As you enjoy our city, please know that we are a city of diversity, renewal and hope. Unity, the core word in Community and Opportunity, has become our message! And our great history continues, now in our fourth century as a city. We look forward to a brilliant future, and with so many great things happening, and currently on the horizon, we know our best days are still to come.

Fall in love with Natchez – and consider making this your new home. We would love to have you!

Sincerely,

Dan M. Gibson
44th Mayor of Natchez, Mississippi

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THE COVER

CHEF JARITA FRASER/KING
w/ marijuana infused pasta and honey mustard dressing

Location:
Rod's Grill & Chill
Natchez MS

Photographer:
Elton Callwood



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Mrs. Debbie Cosey, owner



THE CONCORD QUARTERS

A North Natchez Treasure

It was a cold rainy afternoon as I pulled into the gates at Concord Quarters. I was already eager to be there, being the history buff that I am. I wanted to know the story of this property that I passed almost daily without a clue of its history.

Words by Acachi

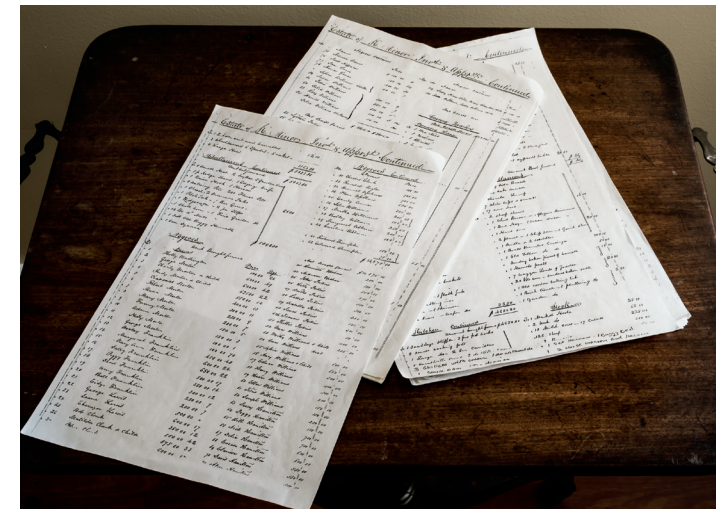
As I exited my vehicle, I was welcomed with the sweetest embrace by Mrs. Debbie Cosey, owner, who gave me an outdoors tour that has recently installed interactive/interpretive display panels situated about this parklike landscaped property. This tour was brief due to the weather conditions. This is when I learned that CQ is also an archaeological site, impressive right! As we entered the house I was astonished with the decor and the beautiful historic artifacts as well as an impressive collection of African busts and beautiful art. I came face to face

with my culture in such a deep conversation with Mrs. Cosey, I could feel the presence of the ancestor's pride. I was intrigued to learn how The Cosey's ended up with such a rich piece of Natchez-Spanish history, and I also wanted to know how she ended up on a path in hospitality and tourism. Follow me as I get more into that warm conversation between the two of us.

Young Debbie Walker was practically raised in the hospitality world. Cosey's father was a Porter at the Holiday Inn of Natchez. She and her three brothers grew up working alongside their father on weekends, summers, and

holidays. Her mother had the Green Light Cafe on St Catherine Street here in Natchez. From these humble beginnings Mrs. Cosey went onto manage some of the finest hotels and restaurants around the Globe.

While Mrs. Debbie was working at Dunleith Historic Inn, brides to be would call wanting to book the grounds for weddings. Some could not afford the costly affair and it would sadden them. One day Cosey said that she and her brother while driving looking for property happened upon CQ, the huge columns could be seen from the street, once they were on the property, she knew right away this would



be a great place for weddings and all that they would entail. She went on to say how the house was so covered with vines and overgrown with grass that it was not even visible, but Cosey could see the diamond in the rough. Mrs. Cosey's desire is and was to be able to give people a more affordable venue. Cosey had no idea the space she had bought it as being behind the big house, there's no old Paris in here, just my Mom's collection of China from the A&P store, she says fondly, the condition of the building was 'daunting' as we started the renovation she stated.

Mrs. Cosey needed to know more about the property, and she has worked hard to do just that. It's been a journey; she says because you know my people don't want me to talk about slavery. But of course, I'm not offended she says, broken hearted for sure but never offended. Cosey shares the history of CQ with people from all over the world, she says that people are as fascinated to learn of its history as she was. Ser Seshsh Ab Heter-Boxley encouraged Cosey to get in touch with Joseph McGill, the founder of The Slave Dwelling Project whose mission is to bring awareness that these

dwellings are indeed worthy of preservation. Once she found McGill, who had been trying to get to Natchez because of its rich history, but was never really welcomed, he jumped at the opportunity. Since his visit to CQ, he has been brought back several times by organizations such as The Natchez Parks Service and The Natchez Historic Foundation. Natchez own Debbie Cosey in my eyes is a true trailblazer through her work in the restoration of Concord Quarters. Since then, there have been grants awarded to the State of Mississippi for buildings such as Concord Quarters. Concord Quarters is the only free-

standing slave dwelling in the state of Mississippi that's listed in the National Registry. Concord Quarters has been featured in magazines such as Southern Living, Country Living, Travel and Leisure, and of course our very own Natchez Magazine to name a few. Cosey was happy to tell of her recent interview with the Washington Post! She says how about that for a slave quarter she asks? CQ has received numerous awards for its restoration and continued preservation. On the property sits a beautiful 32,000 square ft building available for events and perhaps a future collaboration. I was in awe of this space and wondered if people are people aware of such a grand venue on the north side of Natchez. I

encourage you readers to research and visit Concord Quarters be it for overnight stays due to it being a fully functioning Bed and Breakfast. It is also a beautiful venue for indoor/outdoor parties and events. I thoroughly enjoyed everything about my visit, I am so excited about introducing this rich history to my family and friends as well as you the reader. Mrs. Cosey has stolen a piece of me with her witty and welcoming southern charm. She and her husband Greg are praised for their wonderful hospitality. You'll never know what celebrity you may encounter at Concord Quarters. For more information, and tours please contact the Coseys by phone (601) 422-5687. You can also visit their website at www.concordquarters.com. Concord Quarters is located at 301 Gavosa, Ave. Natchez, MS 39120 and The Warehouse @ 500 LaSalle St.



The Event @ Gayosa

Sophistication in the simplest detail

Event venues play a crucial role in the success of any event. Whether it's a conference, wedding, party, or exhibition, the characteristics of a venue greatly impact the overall experience of attendees.

But for this writer, what stands out at first glance while touring The Event at Gayosa, is based on a new term in hospitality called the 'democratization' of luxury. It means 'affordable luxury' a sort of oxymoron created as a marketing tool to attract new clients.

It is fair to say that this recently refurbished venue, which opened on December 1st, 2023, by Tony & Terri Heidelberg offers all the essential swag and posh features that event venues should possess to create a conducive environment for various types of gatherings.

Sufficient Capacity

Overcrowded spaces can diminish the experience and hinder networking opportunities. The venue should provide ample space for everyone to comfortably fit in

and move around during the event. The Event at Gayosa offers approximately 6,000 square feet of event space which can adequately accommodate 300 attendees.

Convenient Location

Conveniently located at 410 Gayosa Avenue, Natchez, MS, The Event at Gayosa is easily accessible to patrons. The venue provides adequate parking that significantly enhances attendee satisfaction.

Ambiance and Management

At first glance, the ambiance of any venue can determine if a venue is properly managed. The vision of Mrs. Heidelberg, from the exterior to the interior, exudes sophistication in the simplest detail. Additionally, as a retired customer service manager, Terri Heidelberg pays particular attention to all aspects of

operations including reservations, tours, and event setups.

Comfort and Convenience

With respect to conferences, The Event at Gayosa offers comfortable seating arrangements and sufficient space for socializing during breaks which contributes to the overall client satisfaction. In addition, this venue prioritizes the comfort and convenience of attendees by offering several well-maintained and elegant, new handicap accessible restrooms for easy access from attendee's seated location. Adequate climate control, ventilation and easy exits ensures a safe and pleasant experience.

Excellent Facilities and Equipment

What makes The Gayosa an ideal event

venue is that it houses the necessary facilities and equipment suitable for any event type, such as sound and lighting systems, projectors, microphones, televisions, and screens are readily available. Additionally, this venue provides tables, chairs, tablecloths, chair coverings and many other amenities which are essential for participants' use. To top it off, what makes The Event at Gayosa an ideal event venue is that it is equipped with a full-service kitchen which includes an ice maker, refrigerators, stove, and commercial warming cabinet, making food and drink preparation/ is hassle free.

Excellent Sound and Acoustics

Adding to the equipment, sound quality is of utmost importance in events. As a former club owner, Tony understands that an ideal event venue should have appropriate acoustic features to ensure clear sound transmission

and spare no cost in equipping the venue with a state-of-the-art sound system. He explained that soundproofing measures are used to minimize echo and external noise interference, allowing participants to hear and engage effectively.

Flexible Layout Options

Event organizers know a well-designed event venue should offer flexibility in terms of layout arrangements. They love when interior space and furniture arrangement can be adaptable to accommodate event types, such as conferences, seminars, exhibitions, or cocktail receptions. The Gayosa affords event planners the flexibility to create the desired ambiance to optimize the flow of activities.

Parking

Sufficient parking for attendees is generally a non-negotiable amenity. The owners at the Gayosa are very aware of this, that is why

additional land adjacent to the venue has been acquired to create sufficient parking.

Conclusion

Features such as ease of access, capacity, location, facilities, flexibility, sound, and comfort, are key considerations when selecting an ideal event venue. Without exception, these features qualify The Events @ Gayosa as the perfect event venue choice for creating a positive and memorable experience for attendees. By prioritizing these characteristics, event organizers can ensure that their participants have a seamless and enjoyable experience, ultimately leading to the success of their events.

Contact them today to book your event at 601-714-0800 or email us at theeventatgayosa@gmail.com. Visit the website at www.theeventatgayosa.com.



Tony and Terri Heidelberg



2nd Annual Natchez Concours d'Elegance

April 18-20, 2024

Come experience the Spectacle!

Awards Dinner Saturday April 20,
Have your picture taken in front of Dunleith with your car, enjoy an elegant dinner in the mansion with live piano music. 6:00 pm - 10:00 pm

Thursday April 18 2023 Opening "Early Bird Party" Party with Food, drinks and great music. Sponsored by: Lower Lodge Enterprises. 6:00 pm - 10:30 pm	Friday April 19 2024 Scenic Drive with Lunch Drive sponsored by: 10:30 am - 4:00 pm Leave from in front of the Natchez Grand Hotel	Friday April 19 2024 Show Preview Party Park near the Grand Hotel and enjoy a party along the river The Natchez Grand Hotel 5:00 pm - 10:00 pm	Saturday April 20 2024 Concours d'Elegance, Car Show Along Broadway and the Bluff Sponsored by: The City of Natchez, Visit Natchez 10:00 am - 4:00 pm
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Dr. Fred Kency, is an emergency medicine physician at the University of Mississippi Medical Center.

CANNABIS, The History, The Stigma, The Medicine

Welcome to an explorative world of cannabis, where we will delve into the History, Stigma, and Medicine of Cannabis, a fascinating plant.

About me, I'm Dr. Fred E Kency, Jr., MD, Board Certified Emergency Medicine Physician. I am a native of Jackson, MS, and Alcorn State University Graduate. I received my Doctorate from The University of South Alabama College of Medicine. I am a United States Navy Veteran and my unique experiences and training place me in a great area to educate patient about Cannabis.

After treating many service members and their families, I have seen the real-life trauma that stays with service members after combat, it was imperative of me to educate myself on solutions that worked, and that service members were going to maintain compliance on.

The History:

We typically hear only about the negative psychoactive effects of cannabis. The use



Creator: Joe Ellis/UMMC Photography

Dr. Fred Kency and his wife, Dr. Jasmine Kency a pediatrician and internal medicine physician at the University of Mississippi Medical Center.

of cannabis goes back over 6000 years. In 4000 BC, Cannabis was used in Asia as an anticonvulsant; Hypnotic/Sedating medication, and an antibiotic.

The 1937 Marijuana Tax Act is what criminalized cannabis in the USA over 85 years ago. The 1971 Controlled Substance Act placed Cannabis in Schedule 1 alongside Heroin, LSD, and Cocaine.

Medical Cannabis is legal in 30+ states, while 20+ states also have recreational cannabis laws on the books. Mississippi passed its legislation in 2022 to legalize Medical cannabis. The medical cannabis program was functional by July 2022 and dispensaries opened around February 2023.

The Stigma:

Many have discussed and proclaimed Cannabis as a “gateway drug”. Studies have been clear, the only two gateway drugs are Alcohol and Tobacco, both of which are available to any person over the age of 21 in most stores across America.

Marijuana for many historians has a racist connotation. One historian states the

word was conjured from “Maria y Juana” “Brothel”, bringing ideals of Dirty, Sinful, Nasty things. No one knows the true history of the word.

The Medicine:

Cannabis has three species, Sativa, Indica, and Ruderalis. Sativa is the cannabis that is said to create a “head high”. Typically when in dominance makes people feel better and gives them more energy. It is believed to have been used in ancient times to allow artist to be more creative, possibly because if used in excess, some will get psychoactive side effects.

Cannabis Indica is said to create a “body high”. People generally report a feeling of relaxation. It is also said to Stimulate appetite, relieve nausea, and be good for insomnia.

Cannabis Ruderalis is a distant cousin and when tested, typically has a low THC and High CBD ratio, like hemp.

Cannabis releases neurotransmitters called endocannabinoids. These transmitters bind to natural receptors in the body CB1

and CB2. We have more CB1 receptors in the Central Nervous System and more CB2 receptors in the Periphery.

Cannabis affect 5 key areas and most indications for medical cannabis can be in some way, tied to these five functions.

1. Inflammation/Pain
2. Relaxation- Mental (PTSD/Anxiety), Muscle, Spasticity
3. Appetite
4. Anticonvulsant (Seizures)
5. Nausea Control

Since investments in technology, we now have multiple avenues for delivery of cannabis into our system. Methods available in most states include Flower, Tincture, Edibles, Vape, Lotions, Creams, Pills, and transdermal patches.

Mississippi currently has 22 medical conditions that qualify for medical cannabis. To apply for a card, first contact a medical cannabis certifier, like myself: (www.KencyMedicalServices.Com) or find an extensive list on (<https://www.msccannapatient.com/medical-marijuana-doctors-near-me/>). Once you provide proof of a qualifying condition, you can complete an application on the MS Department of Health website and be approved in as little as 24 hours. The state technically has 10 business days to process applications. Once a card is approved, a qualified patient can visit any licensed dispensary in the state to purchase product.



Dr. Dennis Sanders, and his wife Isluv



Changing lives for the better

Magnolia Greens is a Mississippi-based medical marijuana dispensary, owned and operated by Dr. Dennis Sanders, and his wife Isluv, a registered nurse. The company started as a dream for the two medical professionals, that came to fruition on January 30th, 2023, after years of planning, hard work, faith, and perseverance.

The owners use their medical knowledge to help patients with an array of ailments. There's a consistent goal of helping people understand all the ways cannabis can be used for medicinal purposes. It's an eye-opening experience for patients; especially ones that have never tried

medical cannabis before their visit.

"There are so many people suffering, and they don't have to," Dr. Sanders said. "We work to educate our patients about the ways they can benefit from the products we offer. We want them to understand the best ways they can use cannabis to treat their respective conditions."

New patients are being added to the roster of cardholders each month, as word spreads about the medical breakthrough, only recently legalized in the Magnolia State.

This couple's journey started several years ago, with the creation of Sanders Farm, a USDA-licensed hemp grow operation.

"We spent countless hours taking classes and attending conventions to better understand the plant and how it is properly grown, but there is no teacher, like experience," Sanders said.

Their studies would later lead them on a path to share what they learned. All with the hopes of changing lives for the better. For Dr. Sanders, it's a unique way to practice medicine, while still holding true to the foundational mission of healing those he

encounters.

"The knowledge base accumulated at Sanders Farms became the foundation of everything that Magnolia Greens stands for now," Sander said.

As a proud graduate of the University of Mississippi Medical Center, Dr. Sanders works closely with his wife, Isluv. No stranger to the medical field, Mrs. Sanders brings her own level of expertise to the table. Isluv is a Registered Nurse who graduated from Alcorn State University.

This medical duo believes the priority of Magnolia Greens is equipping patients with knowledge about this all-natural medical wonder, and how it can transform their lives.

"We couldn't do that without learning those things for ourselves so we can point our patients in the right direction, regardless of their condition," Dr. Sanders said. "We work together as a team with each patient to get a baseline understanding of their goals, understanding of product type (purpose, efficiency, time of day usage), and a detailed

understanding of what their medical history consists of."

When treating any given patient, the team covers any other topic that is connected to either cannabis or their health.

"Having a working knowledge of cannabis and medicine allows us to be the perfect bridge for patients unsure about how everything works together," Sanders said.

Though proud of their success so far, the road to success has not been an easy one for this company. There have been numerous obstacles, setbacks, and trials to overcome along the way.

It's no easy task to start a new business in general. When you add to that, launching a program in an unabashedly conservative state, coupled with decades of bias is even tougher.

Misinformation along with regulatory pitfalls made it an uphill battle for Magnolia Greens and similar companies in Mississippi to get off the ground.

In fact, the medical marijuana program in

Mississippi was pushed back a year, due to technicality.

A lot can happen in that amount of time, and while waiting on the changes that would ultimately form the current medical cannabis program, the company was regularly tested on its tenacity and willingness to carry out its unique dream.

Dr. Sanders says through faith, perseverance and friends that he and his wife met along the way, they were able to turn those stumbling blocks into stepping stones and follow through on their passion project.

These challenges were not felt purely on the business side, patients also had their own set of challenges to contend with.

Many found it hard to find useful information. There's widespread uncertainty about how to get into the program, how to find doctors who certify patients for cards, and even dispensary locations.

Though given the green light, the state program came with an intense set of stringent rules for business but moreover, some patients

expressed fear of having certain rights violated or taken away for joining the program.

Patients are now given one-on-one updates on new laws and regulations so they can treat themselves without fear, and without stigma.

“We use our knowledge to help the people of Mississippi obtain medical cards,” Dr Sanders said. He added, “We will even assist potential patients with filling out their applications if they’re having trouble navigating through the process. We just want to walk them through any and every issue they may have. We are here as a guide to help them figure those things out and to give them the facts.”

One big issue that many of the patients faced was the effect the program would have on gun rights. The short answer is there were no effects due to protections put in the bill to ensure gun rights wouldn't be violated. Misinformation is a constant fight in a new program like this.

The Veteran community was a large portion of the Mississippi population that shared the fear that the program would facilitate taking

their guns away. “For that population, we used our platform to not only explain to Vets what their rights were, but we also expounded on the viewpoint from the VA’s perspective, and the wonders of cannabis. We also partnered with the Mississippi Veteran Cannabis Support Program to give them free access to certifying practitioners, thus allowing their entrance into the program for free.”

Within that program, Magnolia Greens provided discounts and free products for Vets under financial hardship. Unfortunately, this program did not get the support it needed to survive but in the spirit of that program, the company still offers discounts to all veterans as a thank-you for their service.

A challenge that affects businesses and patients alike is limited advertising. The restrictions that are in place not only hurt businesses but also negatively impact patients.

There is a staggering number of people who don't know what resources they have to help navigate this new market. Patients only know about dispensaries and products due to

word of mouth. It’s a frustrating reality, as no other medicine is scrutinized this way. What works for one person may not do a thing for the next. This is due to our endocannabinoid system (ECS), an interconnected pathway that is unique to each person.

Understanding how this pathway works is how we best help our patients here at Magnolia Greens. However, if patients don't understand the resources that they have they cannot utilize them.

As the patient count increases in Mississippi, the program grows, and Magnolia Greens is excited about the future of this program. The company’s creators say they are looking forward to seeing how it will reshape the medical landscape in Mississippi for the better.

This new industry has led to new opportunities for the state and its population. Magnolia Greens partnered with the Mississippi Independent Cannabis Association (MICA) in hopes of focusing our efforts on the people of Mississippi as a whole and helping enact changes to the program.

Many qualifying conditions allow patients to participate in this program, and the Mississippi Department of Health has a full list on its website.

Currently, most patients are qualified by a chronic pain diagnosis, but many other conditions cause patients to turn to Medical Cannabis as an alternative medicine.

“We have helped patients ranging from 21 to 80 years old, but our biggest population groups are people in their mid-40’s and early 60’s.”

Some conditions affect younger and pediatric patients, but the company has not had the pleasure of serving them just yet. The most common condition in children that can be treated using cannabis is epilepsy, but autism management is increasing among the pediatric population.

There’s an endless world of possibilities when it comes to the treatment and use of medical marijuana. While it will likely take some time to change minds, and dismantle misconceptions, the team at Magnolia Greens is up for the challenge.



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Smoke and Gum Cave Journey: Marijuana Stigmatization to Decriminalization

By **Ravenna Narizzano**

We have been victims of a collective brainwashing that stigmatized marijuana use. Marijuana should be decriminalized everywhere. Marijuana is good, helpful, and healing.

We hid to smoke pot. Sometimes literally in a cave! It was not only illegal, but it was severely frowned upon. Our elders believed the hype that Reefer Madness propagated and forbade us from smoking marijuana. All the while many of the same elders criticizing cannabis, smoke toxic cigarettes and drink toxic alcohol.

“Legalize It! Don’t criticize it!” - Peter Tosh

I was eleven years old the first time I smoked Pot. My partner, a Rastaman, was thirteen the first time he smoked the holy herb. I was born and raised in the USA, and he was born and raised in the Virgin Islands. Both our families were very much against marijuana smoking.

In the summer my family would stay in Upstate New York. One summer when I was ten years old my oldest brother ran away from home and lived in a cave on a mountain in the forest with his best friend. They would come out of the woods to collect supplies and then would quickly disappear again. There was talk of The Cave, it’s natural water spring and the defense catapult the boys had built – but the actual location of The Cave was a big secret. This was the 1970’s when we did

not have cell phones and GPS tracking. I never saw even one photo of The Cave but I saw it a million times in my mind and wanted so much to explore it for myself!

I already knew what Marijuana smelled like when I was eleven. I grew up walking through Washington Square Park by NY University. My mother and father warned us from very young to “stay away from those pot heads and dope dealers!” I remember feeling the advice was hypocritical as my mother chain-smoked cigarettes and drank alcohol every day. Sometimes I would sneak her discarded cigarette butts and I would smoke them.

When my partner was thirteen years old at the basketball court, he would see the Rastaman smoking. As they flicked away the ends, he would pick up, collect and re-roll for himself. The elder rastaman saw him and told him if he was so determined to smoke, they would help him but he would have to Smoke and Gum and cool out so mommy would not know.

The Summer I was eleven I met an older neighbor boy. He said to me, “You are NOT inhaling that cigarette.”

I took a deep drag and blew several smoke rings. “Yes, I am – see!” I said confidently and took another puff and at that very moment he slapped me on my back, and I gasped pulling in smoke and inhaling for the first time. I broke out in a coughing fit, and he laughed at me. “Now you have inhaled!”

When my partner was thirteen years old, he was not a Rastaman yet. He lived with his Christian family in the Virgin Islands. They call marijuana “Stupid Bush”, and its use was unacceptable and an extreme violation and considered an embarrassment to the entire



Ravenna Narizzano

family. Anyone who used “Stupid Bush” was an outcast and considered the black sheep. At that time, it was illegal to be a Rastaman and there were even calls to kill them - literally. When he came home, he would have to pass through the family in the living room and make sure he moved swiftly to the shower avoiding all contact until he was clean and fresh.

I wanted to see The Cave. I remember he drove us down our road a few miles and parked. Then we walked through a big green field to the base of a mountain, up the hill, then he stopped, pulled out a hand rolled “cigarette” and a couple of blind folds. He lit up the cigarette. I smelled pot.

He said, “if you want to see the cave you have to smoke this with me and put these on.”

I said, “NO I am outta here now!”

Calmly he said “don’t worry I just want to make sure you guys can’t lead anyone else back here.

My buddy grabbed my arm reassuringly and took a long drag on the joint. She handed me the joint. I really wanted to see that cave I thought, and I grabbed the joint and took a deep inhale.

“TOKE IT!” he said with a smile. “Ok blind folds on!” I immediately began to laugh uncontrollably.

He spun us around three times before taking our hands and leading us. Everything seemed funny to me. He stopped and released our hands and said “OK blindfolds off! TA DA!”

I opened my eyes and found myself in the middle of a marijuana field! Tall beautiful

green marijuana plants all taller than me. The sun shone brightly, and the blue sky peeked out through the beautiful leaves. The aroma was tremendous. “What the actual fuck?!” my buddy exclaimed, still laughing.

“These are my babies!” He said proudly still toking his joint – the “home grown” he motioned to the joint.

“Cool!” I said crossing my arms, sticking out my bottom lip and stomping my feet while still laughing “but I wanna see THE CAVE!” I whined and pouted.

“OK, SMOKE!” he handed me the joint and put your blindfolds back on.” He spun us around and then led us again. I felt the temperature drop, a chill ran up my spine and I shivered. “Take off your blind folds – TA DA!”

We were in a much darker and colder area of forest. The trees were very tall and wide and the oldest I had ever seen. The lush canopy of leaves kept out, most sunlight. In front of me was what looked like a long river of huge boulders running down from the mountain above, ending directly in front of us. This “cave”, a gaping hole overhang had a natural wooden platform jutting out from it. I ran forward giggling. I climbed up the rock “steps” on the right side and onto the deck. It was made of logs lashed together with assorted rope and twine. My buddy caught up with me and my brother’s buddy slowly joined us. As we looked out from the cave, we could see a large catapult also made of lashed logs.

I circled back and walked in deeper. Towards the back end of the cave on the right side, water glistened and dripped down a boulder into an old pot. The cave was less a cave and more a very large and long pile of boulders. The decking was the only level area. I climbed higher and higher on the boulders up the mountain until I was called down. “Time to go!” they yelled to me.

I wanted to explore more. I looked as far as I could see. The boulder stream was massive – cutting over the mountain and through the tall trees. I turned back and saw my buddies leaving and I scrambled back down and joined them for the hike back smoking and laughing. That was the beginning of my journey with the holy herb.

We learned quickly to hide our marijuana

use. Smoke and gum, wash and perfume before making contact with non-marijuana friendly people.

I was often at battle with myself. On the one hand I felt ashamed of myself for smoking marijuana because I was raised with it being bad. I was fed the myths and the lies. On the other hand, my adventurous and curious nature had me researching and learning all along. Everything I read, experienced, and learned proved to me the benefits of Cannabis.

I was very careful and I was never caught smoking pot. However, one day I came home from partying with my friends and my father was waiting for me. He looked deep in my eyes and said, “your eyes are red- have you been smoking grass or doing drugs?!”

I acted completely offended “How could you think such a thing of me Daddy? I have been training hard tonight and I hit myself many times with my nunchucks, “look!” I showed him my bruised elbow, knee and forehead and I pulled my chucks out of the back of my waistband.

“I am so sorry, “my father apologized to me. “Are you ok? Why do you have to train so hard? Why don’t you go take a nice hot shower and relax, do you need the first aid kit?”

I felt like a real piece of shit lying to my father. Technically I HAD hurt myself swinging my nunchucks but the reason I missed and hurt myself was because I WAS DRINKING alcohol in addition to smoking pot that night.

When my partner was a fifteen year old in High School he and his schoolmates were down by the ghut smoking herb after homeroom and the principal called out to them, “I can SMELL all of you! When you are done smoking your herb march yourselves to my office!” And they did! They were all told to go home and to stay home and were given a letter to give to their parents instructing them to come in for a meeting. He didn’t give his letter to his mother. He woke up the next day and told his mother his belly hurt, and he couldn’t go to school. She went to the market to shop and met one of the teachers who asked why she was not at the school meeting. He told her about her son and the others

smoking “The Stupid Bush” and her grocery bag almost fell out of her hands.

When mommy came home, he was in the living room playing Atari (the old video game) and she grabbed the cord and whipped him with it. She then told his father who came and beat him with the electric company cord. He was hit everywhere but his head. He woke up and his body was swollen all over. He was sent to the USVI to live with his father who was busy working. Son landed in hard-core street weed culture.

Chronic

When I have discussed my marijuana use with doctors, they have always recommended I continue to use marijuana. Even when I have brought up alternatives such as medication (just to hear what they would say) they have always confidently told me that Cannabis is superior with the least side effects. I have told every doctor the truth - I am a regular marijuana smoker. Every doctor has approved of my marijuana use. In fact, I have heard many “off the record” testimonials from doctors. All this was long before medicinal marijuana was legalized. As soon as medicinal marijuana was approved in NYS I was given a medical marijuana card. Yet I hid inside the tree line as a grown woman to take my medicine, while the average person nearby was getting sloshed on alcohol in plain view for all to witness at every picnic, barbecue, and bar.

Today medical marijuana is decriminalized in the US, and I still find myself hiding from the haters. Even with so much approval I always remember my mother and father’s stance on pot, and how I felt ashamed for my hiding and lying.

Time has proven marijuana helps. Yet people are still shunned, assaulted, imprisoned, abandoned, even murdered for embracing marijuana. It is not ok to mistreat people because you do not like the choices they make and this includes children because they are people too! People have free will and smoke the holy herb marijuana because it helps them. Anywhere that allows tobacco and alcohol, but criminalizes people for their use of marijuana and cannabis should be called out for their hypocrisy.

My Cannabis Story - A future is so bright, and so, so green.

Trying to pick a reason why I love cannabis is like trying to pick a favorite child, I love all the reasons with my whole heart. I know without a shadow of a doubt that my quality of life would be so much worse without the benefits of this magical, medicinal plant.

By Haley Huggins Bryce

“YOU ARE LUCKY TO BE ALIVE”

Those were the first words I remember hearing when I opened my eyes in the trauma unit of a Memphis hospital in the fall of 2021. I looked down at my mangled body and tried my hardest to remember the events that had gotten me in this position.

It was a hectic picture day, the pressure for parents to make sure all the collars are ironed, hairs smoothed, and faces washed was palpable at my house. My oldest was the only one in school at the time so I only had one to get ready for the big day, but one child was enough to make me frazzled and running late. I could recall driving on

that long, winding country road with farms that stretched throughout the 25-minute drive to school. About halfway through the drive I glanced in my mirror at my daughter’s cherubic face, still clean. Check. Shirt still mostly wrinkle-free, check. Hair? Unfortunately, my daughter inherited my thick head of hair that seemed to attract all the static electricity in the air. I grabbed a brush from the center console and unbuckled my seatbelt to turn and hand her the brush and give her instructions that probably had something to do with the time limit we were on and the importance of looking good for school pictures. I would be showing them to



Haley Huggins Bryce

her future spouse someday, after all. After the hurried instructions and passing of the brush I turned back around to come face to face with a group of 3 or 4 giant buzzards eating what appeared to be the remains of a deer that had been hit on the road. I reacted and swerved, my car going at around 60 mph. My silver sedan was over-corrected, and everything turned into a scene from a movie. The air was thick and heavy and the silence deafening, things felt like they were moving in slow motion. I braced for impact, knowing that what was about to happen was going to hurt. Man was I right about that.

I woke up 2 days later, my body a tangled mess of broken bones, colorful bruises, collapsed lung, and a myriad of deep cuts and scrapes. I couldn’t move without searing pain radiating throughout my entire being. The radiologist who dictated the results

from my MRIs and scans said I was a “horrific mess.” That sentiment accurately predicted how my life would be for the next 18 months.

I was sent home on the traditional regime of pharmaceuticals, a different colored pill for each malady. I started out taking 9 different medications to manage my body’s reactions to the healing process. Eventually after a lot of trial and error, tears, pleading, prayer, and suffering, that 9 grew into 10 and then eventually 12 different medications and topicals. My life had turned into a perpetual 4–6-hour alarm clock. I became hyper aware of my body’s reaction to going too long without medication. It stopped me from doing a whole lot of anything other than laying on the couch and watching the clock to make sure I didn’t skip any doses or go too long without taking something. I began to fear time. It was too hard to go anywhere with my multiple fractures all over, and I couldn’t be away from my meds for too long. I was terrified of getting stuck somewhere without the proper medicine and the debilitating effects it had on my body. The fear of the burning pain that radiated from every cell without those meds was constant.

At the forefront of my mind. It was like being held prisoner by a colorful collection of unassuming pills, they were the ones running the show, and I felt helpless trying to constantly meet their demands. But if I wanted to remain on the “right” side of the law and keep my family intact, I felt I had no other choice.

The side effects from all the medications became just as problematic as the injuries themselves. It felt like a constant game of “Is this a side effect or normal bodily function?” (Not a fun game, by the way. 1 out of 10 stars.) Most of the time the answer was a side effect. The swelling alone was causing my health to rapidly deteriorate. I was in so much pain all the time, the medications were working less and less to curb it. I was no longer making progress; I was stuck in a walking boot after almost a full year post

accident. I needed surgery that I couldn’t afford and didn’t have time to heal from. My right leg had started to atrophy from having the boot on constantly. My mental health started to decline more and more as time marched on and my healing plateaued. I felt like I would never have a normal life with my children again. I was devastated when I couldn’t accompany them on our Florida vacation because walking in the sand would be almost impossible. My life was passing me by, I was watching my children become held back from doing things they loved because I was physically incapable. The guilt and depression began to eat at me, and I continued to spiral deeper into a pit of despair.

On a bleak, gray February day I had finally had enough of living in the painful prison. I was desperate for my body to heal and feel better without the exhausting ritual of medications and painful rehabilitation exercises. I made the decision that I was going to try things from the earth in place of things man had created in a lab, it was my Superbowl Hail Mary. Being the nerd and overachiever I am, I threw myself into researching the best way to go about cutting out the meds and filling their places with things I could grow myself if I wished. I was afraid to tell my doctor about my plans to cut out my medications and replace them with things like cannabis and turmeric. I had heard numerous stories of patients in similar situations to mine that were met with a ton of backlash and awful reactions from medical professionals. Some of those patients were refused medical care altogether, resulting in them having to suffer through excruciating withdrawals at home with zero help or medical attention. And for no reason other than that they were looking for something naturally occurring to treat their symptoms as opposed to the assorted medications that were manufactured in a warehouse somewhere. Some of the medications I was on were just there to treat the side effects

from other medications which then began their own brand of side effects. It was a maddening cycle of chicken before the egg.

But slowly I began to taper myself off the medications one by one. The side effects subsided, I began to eat better, sleep more soundly, even my skin began to change. The inflammation began to melt away, leaving my body able to move without the searing pain I’d grown accustomed to over the last year and a half. I finally got the courage to tell my doctor about my progress and how much better I was feeling. To my great surprise, she was fully supportive of my decision. The relief I felt after learning she was on board was like being granted the ability to breathe again.

I continued with my quest to regain my medical freedom, the medications falling to the wayside one by one. I am now 2 years out from the accident, and I feel healthier than I did before that fateful day in September. I have promised myself to never let medications dictate every move I made ever again. I get stronger and more comfortable in my own body with every passing day, my mental health improving right alongside my physical. I know that pharmaceuticals play a key role in modern medicine and that there are definite needs for medications. I still get my shots and take my antibiotics, but I’m learning to

look to what the earth provides to help us heal as opposed to something unnatural. I know my story isn’t the answer for everyone, but hopefully someone will read this and some of the doubts and uneasiness of trying something different will be eased a little. I love this miraculous plant with everything in me, I feel I owe a debt to cannabis for all the things it’s given back to me. I just hope I can give back even a fraction of what I’ve been awarded. My journey is far from over, but I have more faith and hope now than I ever did staring at the clock, waiting for the next dose of brightly colored capsules. My future is so bright, and so, so green.

Delta-8 THC vs Cannabis: Unraveling the High

In the ever-evolving landscape of cannabinoids, two players have recently taken the spotlight: Delta-8 THC and traditional Cannabis. These compounds share similarities, yet their differences pave the way for a unique experience that has captivated cannabis enthusiasts and curious consumers alike. Join us on a journey through the highs and lows of Delta-8 THC versus Cannabis, exploring the science, effects, legality, and the cultural buzz surrounding these potent substances.

The Chemistry of Bliss: Delta-8 THC

Delta-8 THC, short for Delta-8 Tetrahydrocannabinol, is a cannabinoid found in both hemp and cannabis plants. What sets Delta-8 apart from its more famous cousin, Delta-9 THC (the primary psychoactive component in cannabis), is its molecular structure. Delta-8 THC has a double bond on the eighth carbon chain, creating a milder psychoactive effect compared to Delta-9 THC. This subtle difference in structure results in a smoother high, offering users a middle ground between CBD and traditional THC experiences.

The science behind Delta-8 THC is fascinating. It interacts with the endocannabinoid system, just like Delta-9 THC, but the effects are often described as more clear-headed and less anxiety-inducing. Users report a more functional high, making Delta-8 an appealing option for those seeking a balanced experience without the intensity commonly associated with traditional cannabis use.

Cannabis: The OG High

Cannabis, on the other hand, boasts a rich history dating back thousands of years. From ancient rituals to modern recreational use, cannabis has played a significant role in various cultures worldwide. The plant contains a multitude of cannabinoids, with THC and CBD being the most prominent. Unlike Delta-8, traditional cannabis is renowned for its diverse strains, each with its unique combination of

cannabinoids and terpenes, contributing to a vast spectrum of effects.

The high from cannabis can range from a relaxing body buzz to an energizing cerebral experience. Sativa strains are known for their uplifting effects, making them ideal for daytime use, while indica strains are often associated with relaxation and are preferred for evening or nighttime consumption. The entourage effect, where different cannabinoids and terpenes work together synergistically, contributes to the complex and nuanced highs that cannabis enthusiasts cherish.

Legality Quagmire: Delta-8 THC on the Rise

One of the most significant distinctions between Delta-8 THC and traditional cannabis lies in their legal status. While cannabis remains federally illegal in many countries, Delta-8 THC operates in a legal gray area. The 2018 Farm Bill legalized hemp-derived Delta-8 THC, as long as it contains less than 0.3% Delta-9 THC. This legal nuance has led to a surge in Delta-8 products flooding the market, from gummies to vape cartridges.

However, the legality of Delta-8 THC is a topic of ongoing debate and regulatory scrutiny. Some states have explicitly banned Delta-8 THC, while others have yet to address its legality. This legal ambiguity adds a layer of complexity for consumers navigating the world of cannabinoids, making it crucial to stay informed about local regulations.

Cultural Impact: From Counterculture to Mainstream

Cannabis has a storied history deeply rooted in counterculture movements. From the "Reefer Madness" era to the psychedelic '60s, cannabis has been a symbol of rebellion and alternative lifestyles. In recent years, there has been a cultural shift towards cannabis acceptance, with an increasing number of states legalizing its recreational or medicinal use. This shift has normalized cannabis

consumption, bringing it from the fringes into mainstream consciousness.

Delta-8 THC, being a relatively recent addition to the scene, is also carving its cultural niche. The compound's legal status has allowed it to reach a broader audience, appealing to both seasoned cannabis enthusiasts and newcomers seeking a milder alternative. The rise of Delta-8 products has sparked conversations about the evolving landscape of cannabinoids, challenging traditional notions of what constitutes a "typical" cannabis experience.

The Consumer Dilemma: Choosing Between Delta-8 and Cannabis

For consumers, the choice between Delta-8 THC and traditional cannabis boils down to personal preference, legal considerations, and the desired effects. Delta-8 offers a more controlled and mellow high, making it suitable for individuals who want to dip their toes into the world of cannabinoids without the intensity often associated with THC.

On the flip side, cannabis aficionados may find the allure of Delta-8 THC intriguing but may ultimately prefer the robust and varied

experiences that traditional cannabis provides. The diverse strains, terpene profiles, and the entourage effect create an expansive playground for those seeking a more profound and complex journey.

Conclusion: Navigating the High Seas of Cannabinoids

In the tug-of-war between Delta-8 THC and traditional cannabis, there's no one-size-fits-all

answer. Each has its unique charm, offering a distinct path to altered states of consciousness. Whether you opt for the tried-and-true embrace of cannabis or the novel allure of Delta-8 THC, the world of cannabinoids continues to expand, inviting consumers to explore the highs and lows of this ever-evolving landscape. As legality, science, and culture intersect, one thing is certain – the journey through the highs is bound to be both lively and interesting.



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CannaBiz
Creating a higher understanding

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There is lots that Mississippians needs to be known about Medical Marijuana and this publication aims to **Create a Higher Understanding** of the cannabis community, its' lifestyle, and developing culture.

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TERPENE TIME EXTRACTS

A Whiff of Wellness

Terpenes Unveiled in Cannabis and Beyond

Prepare your senses for a fragrant journey through the enchanting world of terpenes – the aromatic molecules that not only give cannabis its distinctive scent but also offer a myriad of benefits for your mind, body, and soul. Join us as we explore the main terpenes in cannabis, their delightful aromas, tastes, and the fantastic array of foods and plants that share these aromatic wonders.

TERPENES 101: THE AROMATHERAPY OF CANNABIS What Are Terpenes?

Terpenes are the unsung heroes behind the captivating fragrances found in plants, fruits, and, most notably, cannabis. These aromatic compounds are secreted in the same glands that produce cannabinoids, creating a symphony of scents and tastes unique to each strain.

Meet the Main Terpenes: Aromas and Personalities

Here are few of the main terpenes that are present in most strains of cannabis, my personal favorite combination is Myrcene and Linalool!

1. Limonene – The Citrus Serenade
Aroma & Taste: Imagine the zesty burst of citrus – that's limonene. Found in citrus

fruits like lemons and oranges, limonene adds a refreshing and uplifting note.

Benefits: Known for its mood-boosting properties, limonene is a natural stress reliever. It may also have anti-anxiety and antidepressant effects.

Strains high in Limonene: Wedding Cake, Mac1, Jack Herer

2. Myrcene – The Herbal Harmony

Aroma & Taste: Myrcene exudes earthy, herbal tones reminiscent of cloves. It's also present in hops, thyme, and mangoes.

Benefits: This terpene is celebrated for its relaxing effects. It may aid in sleep, muscle tension relief, and contribute to the infamous "couch-lock" sensation.

Strains high in Myrcene: Blue Dream, OG Kush, GMO Cookies

3. Pinene – The Forest Freshness

Aroma & Taste: As the name suggests, pinene mirrors the scent of a lush pine forest. Pine nuts, rosemary, and basil also boast this invigorating terpene.

Benefits: Pinene is believed to enhance alertness and memory. It may also act as a bronchodilator, making it potentially beneficial for respiratory health.

Strains high in Pinene: Pineapple Express, Grape Ape, Harlequin

4. Linalool – The Lavender Lullaby

Aroma & Taste: Picture the soothing aroma of lavender – that's linalool. Lavender itself, as well as coriander and rosewood, share this floral terpene.

Benefits: Linalool is cherished for its calming and anti-anxiety effects. It may promote relaxation and help alleviate stress.

Strains high in Linalool: Granddaddy Purp, Do Si Dos, Zkittles

5. Humulene – The Spice Symphony

Aroma & Taste: Humulene embraces spicy, herbal notes akin to cloves, basil, or hops.

Benefits: Known for its anti-inflammatory

and appetite-suppressant properties, humulene adds a touch of spice to the terpene ensemble.

Strains high in Humulene: Girl Scout Cookies, White Widow, Sour Diesel

Beyond Cannabis: Terpenes in Everyday Delights

Terpenes don't limit their aromatic prowess to cannabis alone. Many foods and plants share these fragrant compounds, contributing to a diverse palette of scents and flavors.

1. Mangoes – Myrcene Magic:

Indulge in the sweet, tropical allure of mangoes, and you'll be savoring myrcene alongside the juicy goodness.

2. Citrus Fruits – Limonene Bliss:

The invigorating scent of lemons, oranges, and grapefruits carries the essence of limonene, offering a citrusy burst of freshness.

3. Rosemary – Pinene Aroma:

Add a sprinkle of rosemary to your culinary creations to infuse the aromatic notes of pinene, creating a culinary journey through the pine-filled forests.

4. Lavender – Linalool Elegance:

Beyond its use in aromatherapy, lavender embodies the calming embrace of linalool, turning any space into a tranquil sanctuary.

5. Hops – Humulene Harmony:

Beer enthusiasts are familiar with the hoppy aroma, thanks to humulene. This terpene adds a touch of spice and earthiness to the brewing process.

Terpenes as Allies in Wellness: Aromatherapy for the Soul

Breathe in the Benefits: Aromatherapy with Terpenes*

The benefits of terpenes extend beyond their delightful scents and flavors. Aromatherapy, the practice of inhaling fragrant molecules, allows terpenes to work

their magic on your well-being.

Stress Relief: Inhale linalool for a calming effect, promoting relaxation and reducing stress.

Elevated Mood: The uplifting aroma of limonene may contribute to an improved mood, creating a positive atmosphere.

Sleep Support: Myrcene's sedative properties make it a potential ally for those seeking a restful night's sleep.

Incorporating Terpenes into Your Lifestyle: Tips for Aromatic Bliss

Create a Terpene Oasis: Essential Oils and Diffusers

Bring the enchanting world of terpenes into your home with essential oils and diffusers. Choose oils rich in your favorite terpenes to create a personalized aromatic oasis. For example, diffuse lavender oil for a linalool-infused haven of tranquility.

Pairing Terpenes with Cannabis: A Flavorful Symphony

Elevate your cannabis experience by exploring terpene profiles in strains. If you enjoy the citrusy freshness of limonene, opt for strains with high limonene content for a flavorful and aromatic journey. Different combinations produce different effects, pairing your 2 favorite terpenes together may create your new go-to strain!!

Aromatic Adventure Awaits

As we conclude our aromatic expedition through the main terpenes in cannabis and their diverse benefits, remember that these fragrant molecules are not just about scent – they're about enhancing your life. Whether you're savoring the citrusy bliss of limonene, basking in the herbal harmony of myrcene, or embracing the floral elegance of linalool, terpenes offer a symphony of delights for your senses. Terpenes are everywhere! They're nature's gift to our senses! So, let the aromatic adventure begin, and may your life be infused with the sweet fragrance of wellness!



Providing concierge and patient-centered services

Angel Leaf Medical Cannabis Dispensary is uniquely decorated with Hemp wood throughout, from flooring, furniture, and picture frames. Angel Leaf is in historic Natchez Mississippi just behind Roux 61 on Interstate 61 South. Angel Leaf caters to all Mississippi patients with a MS Medical Cannabis Card, especially in SW Mississippi. "We are patient-centered and assist patients in reaching their wellness goals. We provide product knowledge, and our experienced staff offer a full range of care from personal consultation to online ordering," management stated. After visiting Angel Leaf Medical Cannabis Dispensary, Life&Styles questions about the dispensary were answered.

L&S: I understand that Angel Leaf Medical Cannabis Dispensary is a partnership, how did this all get started?

Angel Leaf: After the Farm Bill of 2018 was passed, Black Farmers Hemp of Louisiana was formed, our group cultivated high end

boutique hemp. Once the law was passed for Medicinal Cannabis in Mississippi, Black Farmers Hemp chose to move to Mississippi to participate in the medicinal cannabis program as a Mississippi Cannabis dispensary. Black Farmer Hemp of Mississippi then began doing business as Angel Leaf Medical Cannabis

Dispensary, with John Ford as General Manager and Royal Hill as the Dispensary Manager.

L&S: What made you decide to choose this venture?

Angel Leaf: Understanding that cannabis and its medicinal properties were



John Ford - General Manager



Royal Hill - Dispensary Manager

vastly underdeveloped, we took this as an opportunity to advocate for the plant. We took the risk of being pioneers in a new program that would be beneficial to so many people.

L&S: How long have you been doing this?

Angel Leaf: We opened our door of operation February 2023.

L&S: Tell us about medical marijuana and why there's an important need for medicinal cannabis.

Angel Leaf: Being hemp farmers, we developed a belief in the total cannabis plant. While being deemed a federal schedule 3 drug there hasn't been significant medical research on marijuana, but universally known to have medicinal properties for so many medical conditions.



L&S: Are there any plans for expansion to other cities in the future?

Angel Leaf: We're always open to additional opportunities, but for now Natchez /Adams County is our focus.

L&S: As a new business what do you foresee as your greatest challenges?

Angel Leaf: I see our greatest challenge is operating in a new program and immature market as it relates to cannabis. Patient engagement and education is another challenge. We're restricted to how we can reach out to the public.

L&S: I am sure that insurance is accepted here. What are the major insurance companies you work with?

Angel Leaf: Insurance is not accepted for our medicine as of now.

L&S: Tell us about the State regulations pros and cons.

Angel Leaf: Being a new program there are significant growing pains from a regulatory perspective. From staffing, compliance enforcement, and taxation the state has a tremendous challenge in developing a program to be responsive to patient needs. We as a company look forward to participating and growing in this environment.

L&S: When should a person see a medical marijuana specialist?

Angel Leaf: There are over 20 qualifying conditions for patients that are listed on the Department of Health website. If an individual has one of these conditions, they should see a physician that can make a recommendation for the use of cannabis.



L&S: What do you enjoy most about your profession?

Angel Leaf: I enjoy the opportunity to serve patients and provide access to this new medicine for their conditions. It is absolutely a mission at Angel Leaf to provide accessible medicine.

L&S: What do doctors think about medical marijuana?

Angel Leaf: We currently have approximately 10 doctors that can write recommendations here in Natchez.

L&S: What makes medical marijuana such an important commodity?

Angel Leaf: Possibilities. There is still a negative stigma on Cannabis and some

physicians haven't acknowledged the medical benefits yet. Research is just beginning. We currently have 10 physicians and nurse practitioners in our service area that provide recommendations. When we started there was only one. People evolve and there will be others as time moves forward.

L&S: Why is medical marijuana better than other drugs?

Angel Leaf: You've never heard of a cannabis overdose. While I'm not a physician, recent research suggest that cannabis could be a safer choice than other pain-relieving drugs such as opioids and benzodiazepines. Cannabis may be safer because its side effects are not life threatening. Opioids and benzidines, however, cause thousands of accidental drug over doses and deaths every year. You've never heard of a

Cannabis Overdose.

L&S: What makes Angel Leaf different to other dispensaries?

Angel Leaf: As hemp farmers we are true to the plant. Our dispensary is decorated with hemp derived floors and furniture. We guarantee affordable medicine, and the best prices for our patients. We believe in diversity, equity and inclusion. At Angel Leaf we give homage to all the Black, Brown, and poor people that are still incarcerated for crimes pertaining to cannabis, even now over 20 states are capitalizing on taxation of Cannabis and Cannabis derived products.

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Black History 365

The Color of History

By Phoebe McPherson

I usually sit out front on fair weather days and drink coffee first thing in the mornings and try not to watch the news until later. I pray for all the men, women and children in war torn countries, the impoverished, hungry, and homeless.

I ran into a friend of mine in the store last week, reminiscing about high school and our kids. My memory was not as keen as hers as I was almost embarrassed, I could not remember certain things as well. Today I am sure this is why history for People all over the world should be documented accurately.

History helps us as a people to understand how societies have evolved. In general, how we got to where we are. But sometimes my story is not told, is it too colorful? Does the color of one's skin denote their history any less important? Why is the history of African Americans manipulated by Europeans (Whites). Civilized nations (as they call themselves) have maimed, killed, enslaved, and stripped people of their history, leaving behind torrid history.

Everywhere Colonizers have traveled, people have suffered and been demoralized. In the 1800's, Germans put Africans on Display in Zoo's for re-enactments of their culture, this would be the gateway to German Africans social inequality in Germany. African Germans would continually be demoralized and denied citizenship. African Brits are told to go back, to which they reply, "We're Here Because You Were There," referring to European

Colonist in Africa. Australian politicians try to gloss over the brutal colonization of the Aboriginals even today. Countless stories of massacres are handed down from generation to generation. Settlers' letters and records found in old journals give grave insights into some of the worst crimes against the Aboriginal people in the early years. Complete Aboriginal communities wiped out by gunfire, herded off cliffs, burned alive and poisoned using strychnine which is widely regarded as one of the most excruciating ways to die. On Queensland Station, the owner had forty sets of Aboriginal ears nailed to a wall. But these are civilized people (Europeans) coming to uncivilized lands to annihilate and civilize whoever remains in servitude. What an Oxymoron. History today whitewashes how enslaved Africans endured.

(122) Racism in Germany | DW Documentary - YouTube

If our children are to remember their history, African American History must be taught truthfully in K-12 public schools. Chuck Yarborough, a U.S., and African American Teacher for 26 years, (White) teaches at the Mississippi School of Mathematics and Science in Columbus. He surveyed 1400 of his students, five out of 18 in class have some basic knowledge of the Civil War and the role slavery played in the war. Very few know the role that slavery played in it, or the connections between the war, white supremacy, Jim Crow laws, and how this legacy continues to uphold racial segregation and inequities in Mississippi,

the entire country.

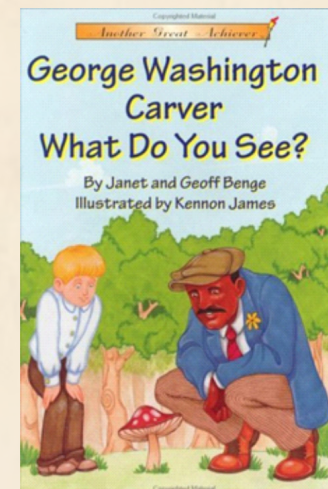
"In theory Yarborough stated students are supposed to have been taught Civil War & Reconstruction before arriving, the vast majority of students have not been taught Reconstruction. They've been taught the horrors of slavery, but not taught the complexities of those systems that developed and their continued effects to this day. So, he starts teaching with the end of the Civil War—1865—and then Reconstruction for several weeks of the class. But mind you, this is not a public school".

To find true African American history you must seek books, (not in public schools), visit museums, magazines and watch documentaries that air. Children of Color in K-12 will not be taught their truthful African American history, nor Native American. In the last few decades, social media, radio, local papers, and now, the internets, as George Bush once referred to it offers a plethora of information on African American History. People of color around the world can now struggle less because, just a click offers history that is not taught in schools.

In Florida, Ron DeSantis approved the removal of hundreds of books from K-12 schools. George Washington Carver "What do You See," was put on the ban list of Brevard County Florida's lower elementary schools; in

summary, the book tells the story of George Washington Carver's life, a unique and gifted scientist who made some of the most unusual discoveries. He saw things others overlooked, born as a slave, and rejected as a student; he triumphed over incredible obstacles in his quest to become educated.

According to the new teaching guidelines in Florida, new State Academic Standards, teachers in middle schools are required to teach children, "Slaves developed skills which in some instances could be applied for their personal benefits". What an Oxymoron. Then why ban George Washington Carver, "What Do You See" for children 8-10 years old banned.



Parents, both white and black demonstrated outside the MO board meeting before the meeting, chanting, "Let Them Learn".

Francis Howell School District board ends Black History electives | ksdk.com

What's so sad, many white Americans will buy into this because they know African American History here is harsh, they don't want their children exposed and are in denial about the atrocities placed on humans.

Florida Statute 1014 now exempts children from coursework or classroom material their parents deem objectionable. Any parent can challenge material according to the statute, simply by informing the school administration. The tiniest minority in a Florida community, a minority of one sometimes can decide what's unacceptable for their child by extension, becomes unacceptable for all students. **Book Bans in Florida Schools: The Complete List | Miami New Times**

The new standards of teaching bans teachers in 5 states. Arkansas, North Dakota, Mississippi, Texas, and Virginia, are among the 18 states that have passed "anti-CRT" laws, which impose restrictions on lessons about race and racism that make students feel "guilt or anguish" for past actions of their race.

Florida Board of Education approves new Black history

standards that critics call 'a big step backward' | CNN
Ron DeSantis ban forces Florida teachers to remove books from classrooms | The Independent

The White majority was comforted in St. Charles County MO, when an all-white Francis Howell School Board met, December 2023, they voted to remove AP Black History Electives for High School Students in their last two years along with other course material. Where was the Diversity on the St. Charles County school board. Shouldn't school board members have a child in the race and be diverse representative of all the community. Why are people with no children allowed on school boards?

past actions of their race.

People of Color all over the world must go to public libraries, museums, watch documentaries to name a few outlets to get their history. Books on African American history are being banned in schools and libraries even today. I applaud the National Park Services, they continually put on display local history accurately according to the area, Pretty, Ugly, or Cruel, they focus truthfully on the original cultures that lived in their areas, telling the complete story.

During the civil rights movement some public schools across the country closed to avoid segregation. Freedom Schools were opened mostly in the south, especially in Mississippi (1964) to educate African American children. The Freedom Schools are one example of Remediation. How do we rebound, teach all our history in schools. What's our children's chances of truly learning their history in schools K-12.



Freedom Schools (spartacus-educational.com)

Freedom Schools were often targets of white mobs. Over 80 volunteers were beaten by white mobs or racist police officers. Maybe this history would change the mindset of some to think more clearly.

We seldom see the entire history of how Africans truthfully evolved in America becoming a race of many shades. The first African Creoles, indentured servants, worked with European indentured servants in the British Colony of Jamestown 1619. These African Creoles would lose all rights and freedoms in this new world as European indentured people would be free eventually. In Africa, the term Creole refers to any ethnic group formed during the European Colonial era, with a mix of African and non-African racial or cultural heritage. Creole indentured people were formed from race intermingling, emerging from the Portuguese, Dutch, French, and British becoming African Creoles. This was

the case before the African Atlantic Slave Trade took full force in the Newly formed country.

We can look around every day and see battles in this country over how the history for people of color is taught. When a civilization knows their entire history, from the Sublime to the Wicked, humans are better.

After the Spanish conquest of the Aztec civilization, Spaniard soldiers remained in the country marrying native women. These marriages created a new race, Mestizo, a combination of Mexican and Spanish blood. This is their unique way of identifying themselves. Yet Mestizo's are identified as Mexicans by most, disregarding their race. It seems there is no gray area for race. While stationed at Lackland Airforce base I learned some of the culture, especially the food. The Mestizo race identity is more biological in roots.

Are Mexicans Native Americans? The Answer Might Surprise You! (talkradionews.com)

In the 1800's "Fire Eaters" (Rich Planters and Politicians) from the South pursued the continued use of slavery. In 1808 African Slaves were banned from entering the country through a congressional enactment. Slaves were still being shipped into the country through the Gulf of Mexico illegally. Some Fire Eaters sought to revive America's Trans-Atlantic Slave Trade, (Shipments of enslaved people from Africa) for King Cotton. This is the true nature of African American history in this country, and we must teach our children their origins here in this country and around the world.

In today's society we see truthful history for people of color mostly through print, public libraries, documentaries, museums and especially National Park Services. Park Services I must tip my hat to continually focus on events from the past, The Good, The Bad and The Ugly, focusing truthfully on the original cultures that lived in their areas, telling the complete story of all. Not just the victorious Europeans, but of those conquered.

Is the European History of Colonizers our only history necessary, seems like it. How do we instruct children of all cultures, tell true lineage. White parents and Educators are calling African American history Indoctrination. Let's define indoctrination. Education vs. indoctrination is a topic that's been debated for decades. While both words are often used interchangeably, they have vastly different

meanings.

Education is the process of acquiring knowledge and skills through various forms of learning, such as schooling, training, or experience. It involves critical thinking, analysis, and the development of independent thought and ideas.

On the other hand, indoctrination is the process of teaching a specific set of beliefs or ideas to someone without allowing them to question or think critically about those beliefs. It involves the imposition of a particular ideology or belief system onto an individual or group, often through propaganda or manipulation.

Is this what teaching Reconstruction is. Propaganda?

What about Native history, the people originally here. How do we teach their children that thousands of Bison were destroyed to extinction to continue slavery in the south and starve a nation of natives at the same time? These animals sustained their ancestors' lives in so many ways, a source of food, warmth, and ecological resurgence. Killed by European Americans to push forth a slave expansion in the west. European Colonist have destroyed many things, not concerned about the waste left behind or how others will survive.

Hard News today focuses on events, incidents considered timely, consequential to people, regionally, nationally or internationally, these events give concept to events of today, like the George Floyd story. George Floyd's hard news break was consequential to people worldwide. Why do you think people around the world rallied around Floyd's death? Because these types of incidents are happening all over the world to people of Color.

If we genuinely want to understand the present times we live in and ourselves, we must begin with history, past and present, truthfully. History is not simply a study of the past; it is an explanation of the past and how we arrived at the conclusions and lifestyles we live in today. I took an African American Literature class at Copiah Lincoln under Frances Doss. I learned more about my culture than I'd ever learned or never learned in K-12.

Education.com is an official Blog that gives 8 recommendations on ways parents can teach children of Color their history year-round. One of their most profound recommendations I have used myself. When my children were in

their pre-teens, I purchased the "Eyes' on The Prize Civil Rights Series". My children learned Civil Rights from the comfort of our home, documented and true. This was a purchase worth my money. This was truthful education for our children, not indoctrination, or glossed over information which European Whites withhold and alter.

Education.com recommends 8 ways to inform and educate your children.

1. Don't wait until Black History Month to teach your child black history. teach them year-round.
2. Learn more about black history yourself. it will be easier to explain.
3. Think locally. You don't have to travel far to give your children black-history experiences. Find local black history events start participating.
4. Watch movies about Black history and/or the Black experience during family movie night. Movies like The Great Debaters
5. Donate books about Black History to your child's classroom.

Because of State Standards, Of Course, some books are forbidden..

6. Incorporate learning about Black History into family vacations.

Add museums, Historical sites and trivia to trips. Make learning fun.

7. Explore black culture through food.

Add some traditional African dishes to your menu to spark conversations about black history, explore Creole cooking,

8. Listen to podcasts and books about black history while you're commuting with Children. Download books and podcast for the ride to work. Easy picks at first, so they will become more inquisitive.

On Jan 26- April 1, 2024 The National Park Service at the Melrose Antebellum Estate in celebration of Black History Month, presents compelling photographic images. "Critical Places: Sites of American Slave Rebellion"; the exhibit focuses on how revolts in the United States are remembered. These images will be in the South Slave Quarter, it is temperature controlled, chairs are also there for those needing seats while reading. While there you can walk the grounds for free, each building has a green placard that links you to the history of that building.

Not ideology

For more information call 601.446.1104 or email nlcc@colin.edu • www.colin.edu/nlcc



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- TICKETED EVENTS -

Tour of the Natchez City Cemetery
Feb 22, 2024 at 4:15-4:30-4:45 & 5:00 PM
Natchez City Cemetery - Natchez, MS

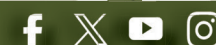
Wake at Sunnyside
Feb 22, 2024 at 6:00 PM
Sunnyside - Natchez, MS

Ancient Rituals of the Catholic Church
Feb 23, 2024 at 7:00 PM
St. Mary's Basilica Basement - Natchez, MS

Mimosas in the Mourning
Feb 24, 2024 at 9:00 AM
Church Hill Variety - Church Hill, MS

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BLUFF CITY POST HOW IT ALL BEGAN

Words by Akachi

One of our stories honoring Black History Month is that of the Bluff City Post. As far back as I can remember, we'd get a monthly newspaper titled Bluff City Post in our yard. When I'd open it, I got to see stories of people who I could identify with, people who looked like me. This publication is still in circulation today.



Theodore C Johnson

Alex Green

and business plan. The name Bluff City and Post was chosen because that name has been associated with newspapers since the founding of the nation.

Next, the men started seeking a bank that would lend them the start-up money. Of course, in 1978, it was not easy to borrow money for a business, especially a newspaper. Fortunately, the leading officer was friends

with Mr. Green and Mr. Johnson, and let them have the money as a personal note (on their signatures). However, the company's name could not be on the loan papers.

The first eight years the Bluff City Post's office was in the King David Grand Lodge Building at 325 Pine Street (now MLK St.). In February of 1988, the Bluff City Post moved to 719 Franklin Street where it has been located for the last thirty-six years. During this time, the newspaper went from using typewriter scripts that were pasted onto a newspaper grid sheet, to a compugraphic machine, the forerunner of the computer and finally to a computer, even with the use of our first computer, we still had to cut and paste the info onto a grid sheet. In 2003, we upgraded our computer system with the necessary newspaper software, which brought Bluff City Post into the modern printing age.

The newspaper has had many triumphs and many ups and downs. Unfortunately, in 1982, Mr. Alex Green was killed in a bus accident. There were other times when the paper suffered severely due to economic downturns. In 1983, Diamond International, where William worked, closed with only a seven-day notice. Through all the hardships, Johnson and Terrell were determined not to abandon their dream. They struggled and persisted and continued to grow the newspaper business.

Mr. Johnson came to work every day until six weeks before his death. On his deathbed at the Natchez Regional Medical Hospital, Mr. Johnson called William Terrell and turned his part of the business over to him and once that was done, within the hour he died.

In 1991, William Terrell, along with his wife Flora, became publisher and owner of the newspaper. They continued to operate the Bluff City Post with the help of a dedicated staff, several contributors, family members and loyal supports. Today, William continues to cover state, local and national events. He can be seen all over the Miss-Lou area with a camera and a notepad.



I reached out to Mr. William Terrell for the back story, he was kind and much obliged in our interest. The following words are those of Mr. Terrell himself. I am honored to share these words with you, the reader. I hope you find the strength and courage of these men as interesting as I did. Despite fear and discrimination three men set out to create a voice in the Black community, during a time when it was unheard of in Natchez.

The story of the Bluff Post began in 1976 when Theodore C Johnson, Alex Green, and William H Terrell, were trying to solicit enough publicity to generate interest in the NAACP Annual Banquet. Because it was so difficult to get publicity through local media, Mr. Johnson, a previous newspaper owner, brought up the idea that the African American Community needed its own newspaper. Determined and willing to try any venue, in the summer of 1978, the three men created a company name



Educators Jim & Judy

Setting myths and whitewash to truths - LET THERE BE NO MISTAKES.

Words by Lavada Miller

James and Judy Wiggins are educators with over 60 years of experience in higher education. Both retired from Copiah Lincoln Community College, they've continued to use their talents and skill set in the community. Jim graduated from Mississippi State with a Bachelors and Master's degree in History. Judy has a degree from Co-Lin, Bachelors from Southern Mississippi, and a Masters from Appalachian

State University. Jim taught at Mississippi State before moving here in 1981 to teach. Jim taught World Civilization and American History at Co-Lin. Judy has taught at all three Natchez locations of Copiah Lincoln. Judy taught English Literature and Composition. Judy also Coordinated the Institute for Learning in Retirement and Exploritas, (ILRE) formerly Elderhostel, now Road Scholar. Jim and Judy were both involved in the Road

Scholar Program until Covid in 2020. Judy now works for Viking Cruise Lines docking in Natchez. Judy says she loves our inviting city where tourists and crew feel welcome as soon as they step onto our Loess Soil.

When Jim first came to Natchez, his plans weren't etched in stone here. Jim started sending out resumes to leave Natchez. Jim was house setting in the country, moving back to the city later. He met Judy at Co-Lin, his relationship with Judy bloomed and kept him anchored in Natchez, the resumes were put in file 13. Jim and Judy have been married 33 years and have 3 daughters, Julie, Jeri, and Janie. The empty nesters now only have Elanor Roosevelt a rescued kitty and Clementine their pup keeps them company at home.

Jim's focus since retiring has been fundamental to History still. Jim taught a series of special interest classes for the public; the class series lasted 8 to 10 weeks on various topics. Jim says as an educator, this was an important part of his job, offering classes to the community beyond tuition paying students. The classes were reasonably priced for those interested.

The first classes were on Islam and Modern Middle East History, 2003. Jim began teaching a more relevant offering, from 2011 – 2016. One series was on Slavery and the Origins of the Civil War, then Slavery and the Civil War. These classes Jim says were important as they sat on the heels of sesquicentennial, the 150th anniversary of the Civil War. Jim wanted basically to teach and affirm the true cause of the Civil War, slavery. The classes were well received and attended.

Jims classes explained in-depth knowledge of how and why slavery was the central issue and cause of the Civil War. Students asked a lot of questions Jim commented. One student asked Jim, "how could that be true

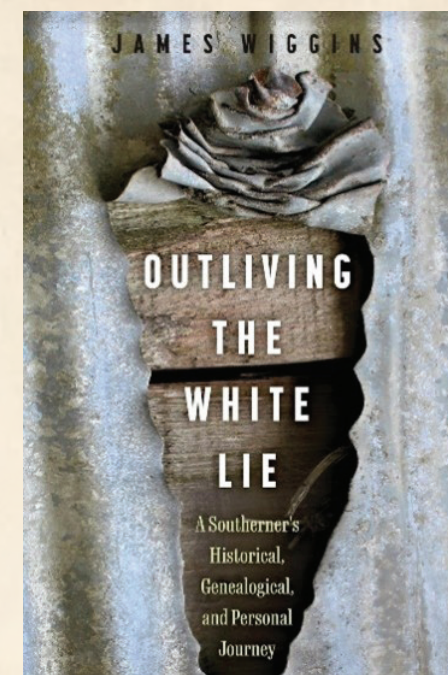
if most white southern households didn't own slaves". The Reconstruction classes really provided him with an in-depth study of the South, slavery, and race. The Classes on slavery and Reconstruction were so well received it led him to more comparative studies on slavery. Jim studied slavery from ancient Greece to the Antebellum South, he compared and contrasted slavery in the two cultures. These classes were springboards for more to come.

Jim strives to set myths and whitewash to truths in his new book. After the 2016 presidential election Jim went into high gear preparing research for his new book. He wanted true facts, not fake news. Hard truthful research was necessary and would be well documented, "Let there be no Mistakes". Jims's research and memoirs in his book are a testament of how myths overshadow facts.

Jim was fueled with dedication and wrote accurately on history and the White Lie. His desire for truthful history led to his new publication being released January 2024. The book will be offered in hardcover, paperback and kindle, published by University Press of Mississippi. Enthusiastic about true history, Jim's publication, *Outliving the White Lie: A Southerner's Historical, Genealogical, and Personal Journey* reflects on his personal memoirs, describing personal application references in his life's experiences. This book charts conflicting narratives of America and southern identity through a blend of public, family, and deeply personal history for Jim.

Jim will be speaking at the Natchez Literary & Cinema Celebration, Friday February 23rd, at 1:00 pm. "Outliving the Ritual of Race" will be the comparative he speaks on relating to his own life and Living the Lie. His new book will be available for Signing.

Jim pairs historical research with his own experiences in the memoirs. *Outliving the White Lie* looks squarely at misrepresentations taught today and are continually proliferated as truths. Jim Debunks the history we've been taught exposing the Oxymorons of those stories. The legacy of prolonged lies has set in deep indoctrinations that will and have set true history aback for decades. One



example he gives is white America and the misrepresentations of Black Confederates to the myth of a "post-racial" America".

Jim was born in the Delta, Long Shot Mississippi, a rural community near Greenville. Although a small area, Jim says it was large enough to live the lie propelled by white America. Jim focuses on his ancestry in "Outliving the White Lie" and says, "he was hardly a purist". His memoirs reflect his thinking then and now, from Southern boy to Educator. Factual history guides his thinking now and improves how others view factual history. His life is so much better and others he has taught.

The major subtopics in *Outliving the White Lie* include, Biography and Memoir, Race and Ethnicity, Whiteness Studies, History, Southern History and "Mississippi". Southern History is focused on untenable history; *Outliving the White Lie* will aid you in understanding why so many (Brothers against Brothers) lost their lives in the war. History is not simply a study of the past; it is an explanation of the past and how we arrived at the conclusions and lifestyles we live today. Jim's research studies our past and speaks truthfully of how it affects our lifestyles today.

Jim says Judy was essential in editing his research and final cut. Jim says Judy is like a beacon of light and he gives her high accolades. When I wrote for the Democrat, she constantly told me "Your sentences are too long". When I read over my former

articles, I can see my style of writing has changed.

I asked Judy and Jim if you had one wish for your students, what would be the best wish you could wish for them. Jim and Judy both agree, focus and pay attention to work. The attention span of students Jim said seems to have declined the last few years he taught, "it was like talking to the air". Students are distracted by social media with a barrage of things not class related, to which they both agreed. Jim commented, if a student(s) gets interested in a certain topic the rest of the class will chime in and it becomes interactive as they take part. Judy says as a Composition teacher she saw students turn in work they've copied from the internet, thinking she wouldn't notice, it's not their work. They only hurt their progress by using the work of others, she commented.

I asked Jim his thought on tourism and the narrative tour guides use, and these are his thoughts:

The eternal dilemma of doing history for tourists -- How much focus on what the paying customer wants to hear, and how much focus on the "real" history needs to be heard no matter how unsettling? But what if the two approaches are not necessarily contradictory? I think we underestimate many if not most of our tourists. When Road Scholar was still operating, I gave four lectures on slavery and race for each group that came through Natchez. My experience tells me that most people want the real story. Maybe it is more discomforting and complex, but it's also more interesting.

You will never satisfy everybody, no matter how carefree or somber your presentation may be. But happy-talk history is not "positive." It is dishonest. For Antebellum Natchez, THE story is white supremacist chattel slavery. The mansions and hoop skirts are subplots within that story. If you want to leave out the meat of the issue, you want history à la Disneyland. And if that's what you want, I'll give you directions out of town. But Natchez is history, not fantasy. Show tourists that you respect their intelligence.

Jim continually researches history. He and Judy have a great home library, it reflects his love for research in his new book. If their knowledge was carpentry, their home would be a Castle. They have a lovely home here in Natchez.





Elijah Lewis Jr.

Thought Leader, Producer, Emmy Award Winning Cinematographer

The Spirit of The Most High go before us and guides us on our earthly journey to evaluate truths and contribute to the development of our brothers and sisters in far reaches of the earth. Elijah Lewis Jr. was born from a long lineage of historical family of Pastors, Levis and as the most high God guides his children to the path wherein they should walk, he continues to guide Elijah's steps.

God in Christ in Sibley and Roderick, pastors Great Words Church of God in Christ also additionally, he is the pastor of New Beginnings Baptist Church. We come from a long lineage of historical family of pastors.

I see that, and why you're not a pastor too? I am. I call myself the Digital Pastor. Through consultancy, I see myself as a bridge for non-profits and church executives' leadership to transition to digital content enabling them to be sustainable within this new era. Some of the main churches I have worked with includes DWO Church, Straight Gate Church, West Angeles Church of God in Christ, Dr. Dave Martin Motor City Church (A Hillsong Church)

in Troy, Michigan, as a matter of fact, the list is extensive.

L&S: Did you go to school here?

I did. I went to what was called North Natchez High. During the time when I grew up, there were two public high schools: North Natchez and South Natchez. Where Natchez High is located today is where South Natchez presided. North Natchez was mostly black, South Natchez was basically the mixed version of the high school. And which is very interesting because in the '80s, and '90s, imagine that was still happening. So most people don't want to

tell that story about Natchez, but maybe that's a story for another day.

L&S: I learnt that the schools were integrated in 1976? Correct?

Yeah, but in 1989, we were still separated, North Natchez was black. South Natchez was basically white and black. My discipline was Engineering and Music, and coming out of those two disciplines, I decided to move to Detroit as I wanted to work in the Auto Industry.

L&S: And how did that go?

It went pretty well. I went to school at Wayne State University for Electrical Engineering, and I ended up working for a company called Zicom where we built computer motherboards for the stock market main frames, also 3 M Healthcare. Three M Healthcare was at the time building the machine called "the quantum - for the heart and lungs", like a defibrillator, and everything had kind of gotten boring and repetitive at that point. But this was also around the time when Tech and media was starting to grow, so I went back to school for Sound Engineering, and when I did that, Sound Engineering took me to a lot of different areas. Both my brothers and I were in Detroit together.

When did you leave Natchez?

I graduated high school at 16 and left Natchez, went to the Detroit area, I turned 17 on October 28 and started college in the fall. While we were there, we met Dr. Mattie Moss Clark, Sister Clark, in the gospel industry in Detroit. My brothers and I were able to meet all of the people in the gospel circuit, so we got plugged into that. The Winans, The Clark Sisters, The Commissions, all of the gospel industry people. We were able to make some waves. A lot of those people are my friends now. So, you know, it became such an amazing thing. Before, I was looking at and listening to the material they created, and now I can just call them personal friends. That's why I encourage people to just lock in their dreams and go for them; picture them, then picture yourself doing them.

That journey was amazing. So, that was the beginning of it. I came out of that and got involved in a lot of different things, consulting for churches, and working for different people, and then working in film followed. I wanted

to do motion graphics for show openers and stuff like that. One of the first ones I did was for Mary-Mary show tour opener. And after that, there was another gospel group in New Jersey on Interscope GospoCentric Label called Natalie Wilson and SOP. Me and my friend Joe Wilson got together, and he produced the album called "THE GOOD LIFE. Joe, Flip Wilson, and Rodney Jerkins, produced that record together and I produce all the intros, sounds design, segways and special effects. From there, I went into the music aspect, and I started doing more of the visual stuff; but in the beginning, it was audio intros and segways; we did the 'Cheetah Girls' last tour, Lady Gaga, Monster Ball -Tour from Atlantic City to New York to DC, and HBO special. So that was the music world. And then, I came out of that and got into commercials, becoming a Producer and Creative Director.

L&S: So, what are you working on right now?

I am headed back to Johannesburg, and I'm starting on a couple of films that I am in queue to make. You ever heard of Kings of Joburg? Johannesburg is becoming big on Netflix. I have met some of the people. A friend of mine named Samad Davis from New Jersey, Executive Producer of King's of Joburg and many more films. I have also met Actor Connie Ferguson and Owner of Ferguson Films, and I have managed created a networked there, and they have queued me in to be a consultant for some of the films that are coming through. The thing that I'm personally working on is a project called 'The Return of the Royals'. It's going to be a documentary and a film that I'm putting together that is going to uncover the continent.

What I'm personally working on is 'The Return of the Royals Docuseries' I have all of this documented.

L&S: The Royals? You mean the Queens and Kings from way back in the day? going?

Not exactly. I am going to deal with it in two parts; what's currently happening, and then I'm going to film what's going to happen. 'Return the Royals' means, for me, the people who have been displaced, being returned, that's another thing- repatriation. That is one aspect. Also, highlighting the people who are already there and bringing their stories

forward; exploring culture and what that really means.

The name 'The Return of the Royals' came from me visiting South Africa for the first time. I was going to South Africa basically as a tourist to visit as this would have been my first time tracing my roots back to the Lemba tribe. So, I called some friends that I know, and they were like, hey, maybe you can visit some royalty while you are there. My first contact was Lady Tee Thompson, a Gender Equality Executive Advocate and Executive Director of Argrobiz.org. So, she called and said, "Well, let's meet and talk to the kings and queens of that region." And so, I ended up going for cinematic research on rural agriculture, equality, tourism, and traditional leaders in the rural area of Free State. I was joined by the chairman of the Collen Mashawana Foundation, Philanthropist, Mr. Collen Mashawana.

When I arrived there, I was given royal treatment. I was able to see that their story wasn't told. And so now, this woman, "Her Majesty Kgosi Gaboilelwe Moroka" the real women king of Thaba Nchu, South Africa another brilliant untold story.

My goal with this film is to take their stories to the world. Everybody is coming to see this Kgosi (chief), because she is one of the first women chiefs in South Africa, because the line of men is gone. So, she is called the woman king. Remember the movie the "Woman King". Take that same concept, that is happening in life right now. I'm helping develop stuff here and bringing stuff to their region. It is amazing, the potential quality stuff that is being presented. Partnering with them is like a dream fulfilled. So, I'm starting right there with 'The Return of the Royals' because she just returned.

I'm known for my high-quality work, I have a team of amazing skilled people, and will also be training and building local people to join the team.

The producer in me is coming forth. The creative genius in me is fighting to explode all over "The Return of the Royals" to leave a legacy that will be remembered for all times. As a people, every significant step counts in the journey to capturing this incredible story.

Be sure to follow Elijah Lewis Jr, DP Interactive LLC, on elijahlewisjr.com and Instagram: [elijahlewisjr](https://www.instagram.com/elijahlewisjr) – email: elijahlewis@me.com Come with him as he answers "THE CALL FROM HOME".



In each issue of Miss-Lou Life&Style magazine, with your help, we will seek out the Bridge Builders in our communities. These are the people through their hard work are determined to change the conversation from what's best for me, to what is good for us all. By building mutual respect across our deepest differences, our communities will find those creative solutions for perfect unity. This will not only rebuild the fabric of the community itself, but also stand the test of time in the changing winds of our society.

**OUR LIFE – OUR STYLE
– COUNTY**

Miss-Lou Life&Style Magazine is proud to present

Miss-Lou
Bridge Builder
**WMIS and
WTYJ**

*May the Work I've
Done, Speak for Me...*



WTYJ & WMIS
Live 97.7 FM & 1240 AM
Strongest Black Programming in the Miss-Lou

Radio Station WMIS... The Passing of the Baton

Words by Akachi

Growing up in Natchez, I remember WMIS and WTYJ being the local sound of the Black community. It brings back so many memories of my childhood. I can remember the voices of the DJ's flowing through the speakers of my Parents car as we drove through town. I also remember sitting in our living room making mixed tapes off their jams. In this addition of Miss-Lou Life & Style we wanted to share the story of how WMIS and WTYJ came to be, how they sustained and where they are now.

I wanted to get a little history on the stations, so I talked with Diane Ewing-Nutter whose family owned WMIS. Diane was so helpful in giving me some backstory for you the readers. WMIS was initially an AM radio station owned by Nutter's Father and Brother PK Ewing and PK Ewing Jr. After her father's sudden death Nutter stepped up to run the station continuing her family's legacy.

I asked Nutter about some of the on-air personalities from back then, she went on to tell me about DJ Walter Squalls. Squalls was not only the first Black DJ, but he was also the first Black Police officer in Natchez. I knew this had to be a challenging time with race relations back in those days. Nutter went on to explain that "It was dangerous, but my husband and I thought it to be necessary, there was a need and we felt obligated to fill it." I also talked to Walter Squalls's daughter Angela, who told me about how proud she was that her dad played such a big role in

Natchez's Black history. She also confirms the dangers that were at play. She remembers her dad being threatened by the Klan, her dad however was able to persevere.

WMIS was the station Blacks could turn on their radios and hear a voice that sounded like ours. The Black community was able to be aware because there was self-representation on the radio. I wanted readers to know that it was not easy for WMIS and DJs of color to bring us the sounds we grew to love. Mrs. Nutter recalled having to put bullet proof glass on the windows where Squalls was on the air, due to threats by the Klan. Nutter said her children still remember the threatening calls her family received during that time. Despite the terrorism WMIS progressed.

I wanted to know how they end up owning WTYJ, Nutter went on to tell me that they purchased it in 1986 after it had been off the air for some time then. Nutter's husband Jim passed away in 2015. Nutter new she wanted to sell the station because she felt it

was time. Because of the deep history and its involvement in the Black community Nutter wanted the station to be Black owned. That dream came true in 2021 when the station was sold to New Vision Broadcasting LLC, owned by Malcolm Inniss and his wife Tamika Hoskins-Inness who is a native Natchezian herself.

I was enlightened on the struggle and plight that Blacks and those who assisted them had to face, just to bring something self- relatable to our town. This article isn't to make anyone angry about the past, its to understand the hardships that were endured to bring us music and programing. If anything should be taken away from this story, it should be how listen at your heart and following you purpose pays of eventually. There is still work to be done, Nutter stated there are still certain areas of radio that Black stations are still excluded from.

You can tune in to 1240 AM WMIS and 97.7 FM The Beat (formally WTYJ) for music and community events.



MEET THE KINGS

A Culinary Blend of Expertise

Ever since I arrived in Natchez, I have heard about Mrs. Jarita Fraser King and soon after had the opportunity to meet with her. In that meeting we spoke only about Soul Food Fusion and Mardi Gras, but little did I know about the depth to which her expertise goes.

Words and photos by Elton Callwood

Mrs. Fraser-King is a professional soul food chef with many years of catering experience. She is the co-owner of Natchez Heritage School of Cooking, a heritage tourism school that's been in operation for the past eight years which had

a two-year recess due to Covid. The school caters primarily to tourists who stop by on tour buses. Jarita teaches them all about how Native Americans and African Americans influenced what is called Southern Soul Food. Jarita shared, "Being in this area of Mississippi we had a variety of people who inhabited this space and a lot of times Mississippians

particularly, we do not get the credit for our contributions to our culinary history."

At the school much emphasis is placed specifically towards domestic enslaved women who gave so much to what is now the Southern Soul Experience and Mrs. Fraser-King also incorporate a bit of my own family history. She said, "I am an eighth-generation descendant



of a story between George FritzGerald who was a Scottish man who married a Jamaican woman who they believed was enslaved and we do have documentation of that." She also showcases the culinary lessons learnt from her grandmother who left Natchez at the age of 19 to work at New Orleans Airport, which is now called Louis Armstrong New Orleans International Airport where she worked as a sous-chef for many years.

At the school Jarita also talks about her husband, Rodrick Duwayne King's passion for Barbecue and the techniques through linguistics that was changed to barbecue but was originally called Barbacoa which is a Spanish term. She explained that enslaved people were not the first people to barbecue, it's been done since the beginning of time.

However, through the slave trade it became popular in the United States.

Natchez Heritage School of Cooking is not a typical culinary school where you learn culinary skills and graduate, in Jarita's own words, "It' is an edutainment school".

Mrs. Fraser-King is in the process of publishing her cookbook entitled 'Things my Grandmother Taught Me, Recipes from The Heart.' It is an interactive cookbook where you can insert pictures and make notes. It's being designed as a piece of memorabilia where you can sit it on the coffee table and can also serve as a family heirloom which is something we are losing out on as most of our seniors are passing and we don't get to record that information.

CANNABIS

Jarita is a licensed cannabis edible chef and she also incorporates samples of her cannabis recipes into her edutainment classes once you have a medical marijuana card. If you are on a tour at least one person from your party must have a medical marijuana card to sample the treats. "It is all for 'educational purposes', where I talk about the benefits of CBD and THC!" she exclaimed.

Jarita explained that she is blessed to be one of twelve women who have been granted a scholarship into the McBride Sisters SHE CAN Fund. With the launch of their SHE CAN wines in 2019, The McBride Sisters SHE CAN Fund was created by the McBride Sisters Wine Company founders Robin McBride and Andréa McBride John to promote the professional



advancement of women in the wine industry in a concerted effort to help close the gender and race gap. Jarita explained her goal is to become a wine sommelier and create her own blends of cannabis infused wines. "Look for my cannabis wines at Soul Food Fusion in September 2024," she said proudly.

PARTNERSHIP

For the past year and a half, the eatery known as the Blues Bowl Lounge owned by Mr. and Mrs. King has been closed. Rodrick Duwayne King explained that it was too much for him to handle on his own. "We took a break from the business because I am a full time postal carrier and Jarita's jobs took her out of the city a lot, kids were graduating and finding reliable help was tough. As a team, Jarita does all the cooking since she is a culinary expert and I do the grilling and with her being gone and along with everything else, I couldn't do it alone. She is back now, so here we go again." Rod explained while cutting up some freshly grilled smoked pork ribs.

With the relaunch of the business came a rebranding. It is now called Rod's Grill and Chill. It is a place where you can come and grab a good meal, have a few drinks, listen to some

good Blues and Southern Soul, relax in the backyard after a long day of work, and pretty much chill. "Trust me, we are goanna have you satisfied by the time you leave, because Rod's Grill and Chill has barbecue smoke down to a science," Rod said confidently.

"I am a grill and chill kind of fella, hence the name. Pretty much anything we can smoke, we smoke." Rod said. Before the military he was never on a grill, but shortly after he came home from service, about 20 years now, he has become a grill master. "It really got started because I loved hanging out with my family, relatives and friends and I took to the grill because I love a good libation and with grilled food, they pretty much go hand in hand. It then became a passion, because when you get on the grill it becomes competitive with everybody else, because everyone wants to be the best griller. So, I had to fine tune my technique to stay ahead of the competition and pretty much everyone knows my grilled food is good. I call my style 'Low and Slow,'" the grill master shared.

Breakfast will start in the middle of March from 6am – 10am and 'edutainment classes' will be going on during the day with team building workshops, wine and rouge class



where guests can learn how to cook some sort of rouge-based dish. "You are not going to leave these classes and be the next top chef. You will pick up some knowledge about our heritage to take back home with you, but it is more about having fun," Mrs. Fraser-King explained. They are open Thursday to Sunday until 10 pm with the grill starting at 6pm.

If you want to call in and place an order the numbers are 601 807-1008 or 601 870-8302 and if you want to stop by, they are right across the street from West Funeral Home.



Roasted Butternut Squash Soup

INGREDIENTS

- 1 large butternut squash (about 3 pounds), seeds removed
- 1 tablespoon olive oil, plus more for drizzling
- ½ cup chopped shallot (about 1 large shallot bulb)
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced
- 1 teaspoon maple syrup
- ¼ teaspoon ground nutmeg
- Freshly ground black pepper, to taste
- 3 to 4 cups (24 to 32 ounces) vegetable broth, as needed
- 1 to 2 tablespoons butter, to taste



Suffed Portobello Mushrooms

INGREDIENTS

- 4 large portobello mushrooms or 8 smaller ones
- 1 tbsp olive oil
- ½ medium onion chopped
- 4 cloves garlic minced
- ½ medium green bell pepper chopped
- 2 cups spinach chopped
- 4 cocktail tomatoes chopped
- ¼ cup goat cheese crumbled
- ¼ tsp salt or to taste
- ¼ tsp pepper or to taste
- 1 tbsp hot sauce Frank's
- ½ cup breadcrumbs
- ½ cup mozzarella cheese shredded

Directions

Prep the oven: Preheat oven to 400°F. Prep the mushrooms: Carefully remove stems from mushrooms, reserve and chop the stems for the stuffing. Place the mushrooms stem side down onto a baking pan. Bake for 10 to 15 minutes until the water leaks out of them. Remove from the oven and using paper towels soak up excess water. Set aside. Make the filling: In a skillet, heat the olive oil over medium heat. Add the chopped onion and garlic and saute for a couple minutes until the onion is translucent. Add the green pepper and spinach to the skillet and cook for a couple more minutes, until the spinach wilts. Add tomatoes, goat cheese, salt, pepper, mushrooms stems, hot sauce and breadcrumbs. Stir and cook for an additional couple minutes. Stuff the mushrooms: Stuff the mushrooms with the mixture equally. Top with mozzarella cheese. If using smaller mushrooms you should have enough mixture for about 8 mushrooms. Bake: Bake for 10 minutes or until the cheese melts.



Mini Rosé Wine Toasting Cakes

INGREDIENTS

- 1/4 ounce package powdered gelatin about 2 tsp.
- 2 tablespoons cold water or rosé wine
- 3 egg yolks
- 1/2 cup 100g sugar
- 1/2 cup 120ml rosé wine, hot but not boiling (put in the microwave for 30+ seconds)
- 8 oz. high quality white chocolate disks or finely chopped bars
- 1 1/2 cups 350ml heavy whipping cream
- Few drops of pink gel food coloring
- 10 ounce pound cake cut into 1" squares
- 1 1/4 cups about 12 ounces prepared white vanilla butter cream (click here for recipe)
- 28 small fresh mint leaves
- 14 fresh blackberries
- Short skewers or novelty drink stirrers

Directions

Place the 2 tablespoons cold wine in a medium saucepan and sprinkle gelatin over water or rose wine. Let stand for 1 minute. Whisk in egg yolks and sugar; mix well. Stir in hot wine. Cook over medium heat, whisking constantly until thickened, about 7-10 minutes. When done, it should be thick enough to coat the back of a spoon. Stir in the chocolate and let stand in the hot mixture for 1 minute. Blend with a whisk until the chocolate has melted and even in color (no streaks!). Let cool to room temperature. Meanwhile, whip the heavy cream to soft peaks with an

electric mixer. When mixture has cooled, pour it into the whipped cream and add a few drops of pink food color. Gently fold whipped cream into the cooled chocolate-rosé wine mixture until well blended. Place the silicone molds onto flat baking sheets. Fill the silicone mold cavities half full and insert a cake piece into each cavity. Fill the cavities with mousse until overflowing. Rap the pan on a work surface so that the mousse levels into the molds and releases air bubbles from around the cake pieces. Spread the mousse over the cavities with a large offset spatula; scrape away

excess mousse so the cakes are completely level. Freeze overnight. Push the frozen cakes out of the molds from the bottom. Place each cake on small dessert plates or in small pastry liners (the former is sturdier and preferred). Transfer the butter cream to a pastry bag fitted with a sultan tube; pipe a large sultan shape in the center of each cake. Garnish each cake with two fresh mint leaves. Skewer a fresh berry and place in the center of each butter cream flourish. Place the cakes in the refrigerator to thaw, about 2 hours. Serve chilled cakes on a large platter alongside tall stemmed glasses of rosé wine.

Eating Disorder

HOW DO YOU SEE YOURSELF

By Virginia Rubain
Clinical psychologist

Health & Wellness

FRESH HEALTH, COOL LIFE



Eating Disorder

A Preventable and Treatable Illness

An eating disorder is marked by extremes. It is present when a person experiences severe disturbances in eating behavior, such as extreme reduction of food intake or extreme overeating, or feelings of extreme distress or concern about body weight or shape.

A person with an eating disorder may have started out just eating smaller or larger amounts of food than usual, but at some point, the urge to eat less or more spirals out of control. Eating disorders are very complex, and despite scientific research to understand them, the biological, behavioral, and social underpinnings of these illnesses remain elusive.

Two main types of eating disorders are anorexia nervosa and bulimia nervosa. A third category is “eating disorders not otherwise specified (EDNOS),” which includes several variations of eating disorders. Most of these disorders are similar to anorexia or bulimia but with slightly different characteristics. Binge-eating disorder, which has received increasing research and media attention in recent years, is one type of EDNOS.

Eating disorders frequently appear during adolescence or young adulthood, but some reports indicate that they can develop during childhood or later in adulthood. Women and girls are much more likely than males to develop an eating disorder. Men and boys account for an estimated 5 to 15 percent of those with binge eating disorder. Eating disorders are real, treatable medical illnesses with complex underlying psychological and biological causes. They frequently co-exist with other psychiatric disorders such as depression, substance abuse, or anxiety disorders. People with disorders also can suffer from numerous other physical health complications such as, heart conditions or kidney failure, which can lead to death.

Eating disorders are treatable diseases

Psychological and medicinal treatments are effective for many eating disorders. However, in more chronic cases specific treatments have not yet been identified.

In these cases, treatment plans often are tailored to the patient's individual needs that may include medical care and monitoring: medications; nutritional counseling; and individual, group and/or family psychotherapy.

Some patients may also need to be hospitalized to treat malnutrition or to gain weight, or for other reasons.

Preventing Eating Disorders

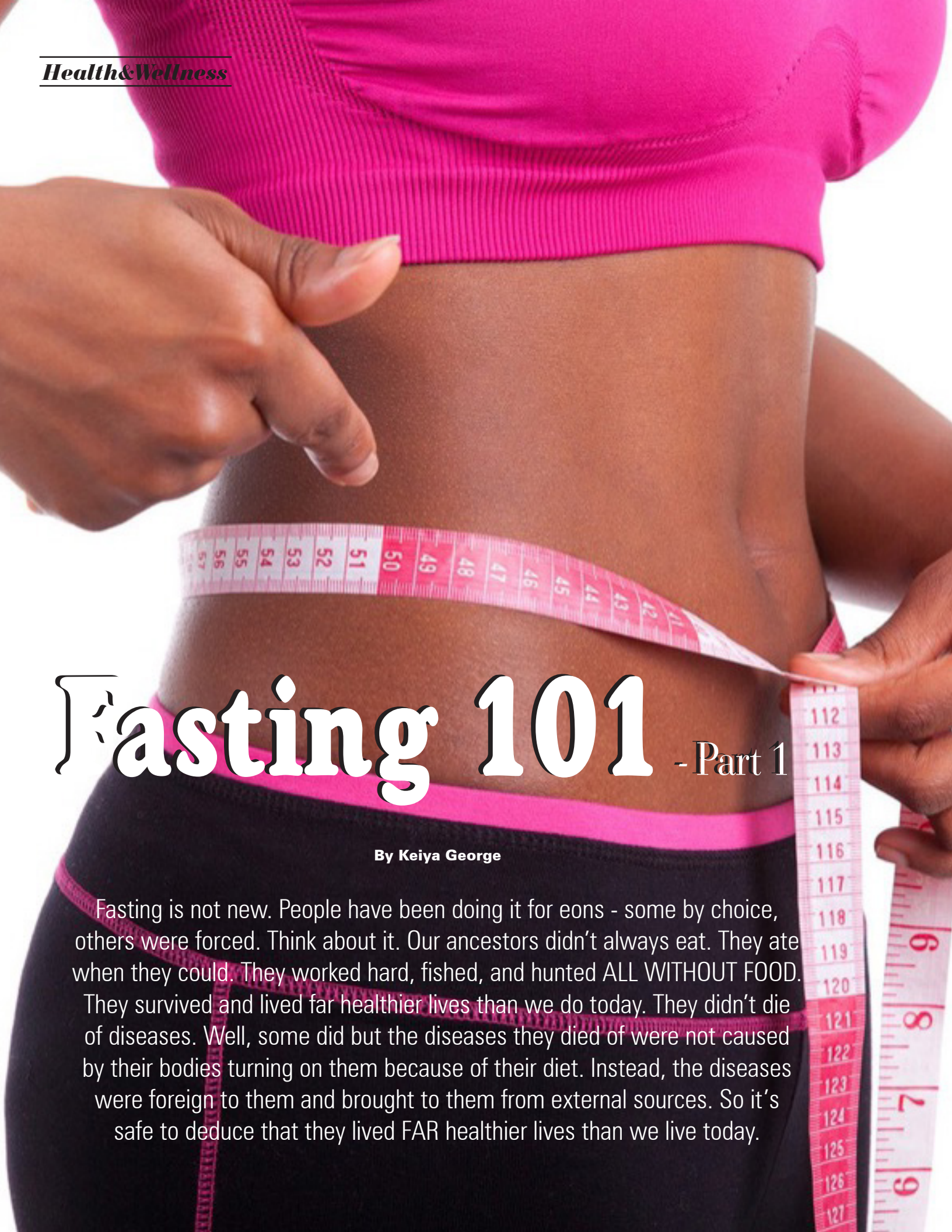
Your approach to food and nutrition can play a powerful role in your child's development of healthy attitudes about food and nutrition.

Your own body image may influence your child. If you constantly say, “I am fat,” complain about exercise, and practice “yo-yo” dieting, your son or daughter may feel that it is normal and acceptable to have a distorted body image.

It is important to make sure that your child knows that you love him or her for who they are and what they do, not how they look.

At a time when there is a lot of societal concern about obesity, it can be particularly tricky for parents to feel comfortable talking to their kids about their eating habits. Many parents worry about how to get their kids a healthy diet and prevent them from becoming obese or overweight without giving them anxiety about food that might lead to an eating disorder. The best thing to do is to emphasize health, rather than their weight.

Finally, take an active role in creating a healthy lifestyle for your child. Involve your child in the preparation of healthy nutritious meals on a regular basis. Let your child know that it is okay to eat when you're hungry and refuse food when you are not. Also, make exercise a fun and rewarding family activity, as well as a regular one. If you have healthy attitudes about food and exercise, your child will have a good example from which to learn.



Fasting 101 - Part 1

By Keiya George

Fasting is not new. People have been doing it for eons - some by choice, others were forced. Think about it. Our ancestors didn't always eat. They ate when they could. They worked hard, fished, and hunted ALL WITHOUT FOOD. They survived and lived far healthier lives than we do today. They didn't die of diseases. Well, some did but the diseases they died of were not caused by their bodies turning on them because of their diet. Instead, the diseases were foreign to them and brought to them from external sources. So it's safe to deduce that they lived FAR healthier lives than we live today.

When you look at what doctors and mainstream media have said about fasting, you'd probably cower in fear. Here are some things we've been taught.

SKIPPING BREAKFAST WILL MAKE YOU FAT

There are benefits to eating early, but think, what does the word breakfast mean? This word is comprised of the words 'break' and 'fast'. When you eat your first meal, you are breaking the fast. That's it. What fast you may ask. The fast you started when you ate your last meal the day before until you eat your first meal... well, whenever you actually eat it. When you eat, you break your fast.

So what are the benefits of eating early? Well, for the undisciplined, it means you won't binge or gorge when you finally break the fast. There's also the benefit that you won't go to bed full which gives your body more time to continue digesting. Allowing gaps between eating is a grand idea for your overall health. That will be covered in another issue at another time.

EATING A BUNCH OF TINY MEALS IS WHAT YOUR BODY NEEDS

If you have ever done a prolonged fast, you will notice some nights, you cannot sleep. Why is this? Well, your body expends a TON of calories (energy) digesting and figuring out what to do with the nutrients you took

in. Eating five meals with 600 calories is no different than eating it all at one time. What should be noted is calories in and calories out is all that counts. Research it. Read the studies. You'll see!

You'll also learn that fasting does not interfere with the metabolic rate. Calories deficiency does. Look at your calorie count over a course of days rather than each day. Also understanding the metabolic rate and how it affects your body is something you should look into further.

YOUR BRAIN NEEDS A CONSTANT SUPPLY OF GLUCOSE

Nope! Not true. What your brain needs is energy and God made your temple to meet your needs efficiently. Glycogen is created when you eat carbohydrates. This is why you feel awful when you are on a low carb or carb-restrictive diet. Your body may feel like it's shutting down and you may feel super depressed or low, but the body will adjust. First, your body's liver will produce glucose from what it has stored. Once used up, your body will create more glucose via gluconeogenesis. Look up this term because there are studies on this that prove that your body is self-sufficient for long periods of time.

Once the glucose is used up, your fat cells will open and release fat (and everything else that's been stored in them) to be broken down. The process, called ketosis, creates a cleaner energy source for the brain to use. It causes euphoria and fosters a keen sense of focus. Your brain LOVES ketones. Your body (and your mirror) rejoices at the fact that you have less fat. This is the true definition of fat loss.

EATING OFTEN IS GOOD FOR YOUR HEALTH

As mentioned above, your body needs a break from eating. When it is not digesting, it's repairing and healing. How can you repair and heal if you are always eating? The 8-10 hours through the night is not enough,

for we have spent our entire lives destroying our bodies? Taking a break from eating is the only way to fix the years of mess your body is in.

On a cellular level, autophagy can only happen if you eat less frequently. Autophagy is the body's Department of Waste Management. Now, this isn't referring to the waste that is removed via the digestive system. Instead, it takes old cells and reuses them by eating them up. I guess you can say it's the recycling system of the body. It wastes nothing and reuses everything to be a stronger cell.

FASTING IS THE SAME AS STARVATION

Starvation is going long periods of time with a reduction in calories for weight-loss. Fasting is going periods of time (long or short) with NO calories which will result in weight-loss (because there is fat to lose). They aren't the same. When you are reducing calories, your body is doing all it can to hang on to do stuff that requires calories, like digestion. When you are in a fasting state, your body is doing what it is designed to do which is heal. It doesn't require energy to be consumed to do this. It will use what's in the body already to efficiently do this. Simple as that. Didn't I say the Creator made our bodies perfectly!

This list can go on and on and on and on... There are so many myths to be debunked when it comes to fasting. Please believe, if there is a myth, there is most likely a reputable study that shows that it's not true. Just think about it, who makes money if you aren't eating! Have you considered what amount of money is spent to ensure that people have information that encourages them to keep spending money? You spend, they make more, and they have more to spend to make you spend. The cycle doesn't end with them. So you end it. Just stop eating!

Miss-Lou Health & Wellness will be featuring more articles as it relates to fasting and the benefits of this lifestyle. Stay tuned for more.

Avocados

eaters tend to be healthier

Avocados are popular and loved by many. But how much do you know about the creamy green fruit (yes, it's a fruit!)? Are there avocado health benefits you should know about? Where do they come from? And are they sustainable?

You can find avocados almost everywhere, from grocery stores and farmers markets to your neighbours' or family's backyard.

Once considered a delicacy, this green tree fruit is now a common addition to tables and menus all over the world.

People's love affair with avocados has gained traction in recent years. The growth in sales outpaces that of any other fruit. And in 2015, The Washington Post dubbed avocados "America's new favorite fruit." But long before 2015, I can tell you, this has been the favorite fruit, especially at breakfast.



What Is an Avocado?

The avocado is an evergreen, tropical tree with green, pear-shaped, nutrient-dense fruit. The term avocado refers to both the tree and the fruit.

Avocados come in hundreds of different varieties. And the tree is a member of the flowering plant family, Lauraceae.

The fruit itself is technically a berry containing one large seed. But keep in mind that the scientific definition of a berry (a fruit derived from the ovary of a single flower) varies from common usage. Botanists will tell you that eggplant is a berry and a strawberry is not. So I wouldn't jump at a berry cobbler made by a botanist!

While they aren't sweet, avocados are a satisfying and versatile food with a creamy, buttery texture. And they have a rich flavor from the high-fat content.

Avocado Health Benefits: The Skinny on This Healthy Fat Fruit

Avocados offer an abundance of fiber, potassium (more than a banana!), and vitamins B6 and C. They're also rich in folate, which can boost your mood!

But any way you slice it, the nutrients avocados offer the most of is fat. In fact, one cup of avocado provides 21 grams of fat. The type of fat found in avocado, therefore, matters a great deal. And it's mostly a mixture of monounsaturated and polyunsaturated fats.

Polyunsaturated fats are essential. This means they're necessary for your body to function, but it can't make them itself. Your body uses these fats to build cell membranes and the covering of nerves. And they're also needed for blood clotting and muscle movement.

Monounsaturated fats are similar to the fats found in olive oil. Some studies have linked them to reduced inflammation, lower risk of heart disease, and anti-cancer effects.

While many people debate the health effects of specific types of fat, I think that's a bit like debating whether a trumpet is a good instrument. Taken by itself, it's arguable. But when it's in a talented band, playing excellent music, the equation can change considerably.

To me, avocados are a bit like one of the finest orchestras ever assembled. They're not only delicious — but they also contain a fabulous and nutritious symphony of components that combine to create a nourishing, satisfying (and, in my personal opinion, delicious!) result.

And unlike, for example, avocado oil, a cup of avocado provides 10 grams of fiber.

When Is an Avocado Ripe?

As many avo-lovers are aware, avocados can ripen quickly — often too quickly!

Most of us know the pain of forgetting about an avocado and then realizing it's become too mushy to eat.

So how do you know when your avocado is ripe? It does depend on the variety. Hass avocados grow darker as they ripen, but so-called greenskins keep their color.

To determine ripeness, gently squeeze your avocado with all fingers. If a slight amount of pressure causes it to "give," it's ready!

Don't press avocados with your thumb, though. It can bruise the fruit. (That technique is why many supermarket avocados end up ruined.) The human thumb is the natural enemy of the avocado!

You can also peel back the small stem or cap at the top of the avocado. If it comes away easily and if you find green underneath, you've got a good avocado that's ripe and ready to eat.

And with a thicker-skinned or hard-shelled

variety, you can pull out the little cap and stick a toothpick in. If it's soft, the avocado is ready to eat!

If you are picking avocados directly from the tree, first shake the fruit to feel if the seed is loose. If so, then it's the perfect time to pick it and if not, leave until ripe.

How to Store Avocados

For storage, keep avocados at room temperature until they're ripe.

If your avocado is ripe, but you're not quite ready to eat it, put it in the fridge. They'll usually keep that way for three to five more days.

To speed up the ripening process, put your avocado in a brown paper bag and add an apple.

If you have half an avocado or it's already cut up, squeezing a little lemon juice on it will help keep it from browning.

Avocado Smoothie with Almond Milk Recipe

Avocado, an energy rich tropical fruit is highly loaded with fat, vitamin, calcium and dietary fibers. This characteristic of avocado makes it an ideal choice to make a creamy and healthy smoothie with almond milk, orange, spinach

and honey, which is not just delightful to drink but provides lot of energy as well.

Ingredients:

- 1/2 small Avocado
- 1/2 cup Almond Milk or Low Fat Milk or Water
- 1 cup Spinach
- 1 Orange or Juice from 1 Orange
- 1 1/2 tablespoons Honey or Sugar
- 4 Ice Cubes

Directions:

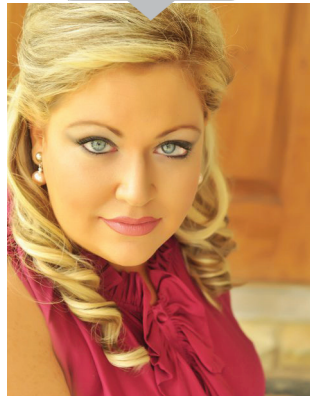
1. Peel and cut avocado into halves and remove the stone. Using a spoon or knife remove the pulp from one half and keep another half for other use. Peel and cut orange into halves and remove seeds.
2. Pour almond milk in a blender jar. Add avocado, orange, ice cubes and honey.
3. Blend until smooth and creamy texture. Pour it into a chilled serving glass and serve immediately.



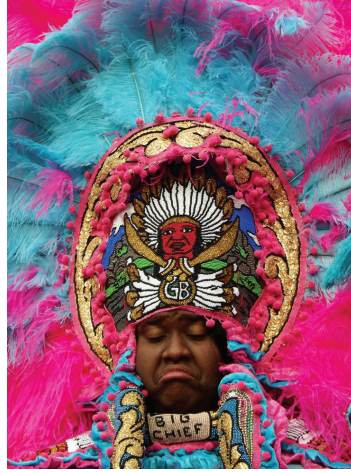
15 Ways Avocados Can Support Your Health

Avocado health benefits are extensive and include:

1. Avocado eaters tend to be healthier.
2. Avocados can help you better absorb antioxidants.
3. Avocados may help prevent and treat cancer.
4. Avocados can reduce your risk of heart disease.
5. Avocados may aid in weight loss..
6. Avocados may boost brain health and memory.
7. Avocados may help lower the risk of depression.
8. Avocados can help prevent neurodegenerative diseases, such as Alzheimer's and Parkinson's.
9. Avocados can keep your eyes healthy as you age.
10. Avocados can help prevent gum disease.
11. Avocados can help ease osteoarthritis.
12. Avocados can combat metabolic syndrome.
13. Avocados can help prevent food poisoning.
14. Avocados can help reduce liver damage.
15. Avocados can be great for pregnant women.



By Guest Columnist
Diane DuPont



MARDI GRAS INDIANS, A Beautiful Mysterious Tradition

The Mardi Gras Indians of New Orleans, Louisiana are one of the most fascinating Mardi Gras traditions that have managed to survive through the ages, ride the wave of wealth and depressions, political changes, and cultural tides.

The organization was formed by a secret male African American society in the back rooms of the 9th Ward. This ensemble of a very small, handpicked individuals would meet and discuss the theme of the costume they would present that year then the seamstress of the group commonly a man would start the arduous painstaking process of sewing and constructing the elaborate garments. The seamstress would be bent over under a tiny spotlight from there

on out for hundreds of hours to produce these masterpieces of cultural representation.

The pieces are comprised of thousands of beads all of which tell a story. Beads are strung and sewn point to point in the design outline and then fixed with minute stitches across the string. The seamstress of the group is the sole one trusted to bring the vision to life. These ceremonial costumes are known to be some of the best examples of African-American folk art in North America and are rarely seen outside a few culturally isolated neighborhoods.

The black Indian masking tradition sprang from a myriad of African American heritage and nineteenth century experience in Creole Louisiana. The ritualistic combination of dance, music chanting, and use of ceremonial textiles is still relatively mysterious to the Anglo community at large. In Colonial America foundations forged in the early Afro-American experience evoked distinctive expressions of a transposed heritage that managed to remain remarkably consistent and intact. One of these obscure phenomena to emerge was the Mardi Gras Indians in New Orleans.

Over the years the Indians have been trivialized by the uneducated public as simply a colorful costumed parade of Pre-Lenten celebrations in the city. The Indian however is by situation and choice not of Native ancestry nor part of the official, public, or elite Carnival celebrations. They have also chosen not to be part of rural folk tradition or mainstream religious expression. They are cloaked in privacy but very influential within the working classes of the black neighborhoods in which they exist.

As Africans made their way into the French Louisiana, they entered a blended culture of which they were only one of several forcibly

immigrated groups. These varying cultures rallied together under circumstances and common situations. The groups turned to each other repeatedly for support and safe harbor. By the 1800's the African creole culture was one of six ethnic groups with a sizeable creole population. They played a notable role in the economy and society of the city. Sunday gatherings in Congo Square can see 500- 600 attendees; there were hundreds of people performing a circular cultural dance called the calinda to the beat of various drums.

This time frame also saw the peak of Caribbean infusion into the area and they brought with them their cultural Voodoo, the indigenous religion of Haiti and all sorts of indigenous music, magic, and medicine practices that served these new people to this area with expression of their heritage and avenue to power on the community spectrums. The Mardi Gras Indians were sprouted from these roots and are based on the mixture of some of these religious roots and idealism and practices. The Indians do not put on a show but follow rituals enacting power and pride. Most individual accounts of a successful Indian mask making session include a sensation of being possessed.

The second carnival, as it was called, surfaced when the Louisiana State Legislature made it legal to march on Mardi Gras Day from sunrise to sunset. The first of the African American krewes Zulu did just that. Today they still parade down the routes of the first

carnival krewes and act as an escort to Rex. Two distinctive neighborhood expressions of the second carnival genre also appeared in the 1880s: the Baby Dolls and the Mardi Gras Indians. Neither have been part of the traditional official carnival nor particularly influenced by white society nor conventions.

The Indian masking tradition is used by the black working class males of the tribes to metaphorically express the marginalized position of the Native and African American by using mediums of expression deeply rooted in African heritage. In the 1880s when the oral history of the Mardi Gras Indians began the first group "The Creole Wild West" was founded by Becate Batiste, a Seventh Ward creole descent. The tribes were established as benevolent societies, not social or pleasure clubs, or carnival krewes and that remains to this day. Traditionally, their only public appearances are made on Mardi Gras Day and Saint Joseph Night in the neighborhood. The tribes are stabilizing and powerful groups in the black community. The members affiliate with different tribes such as Golden Star Hunters, Black Eagles, Yellow Pocohontas, White Cloud among many others. The formed Indian Council estimates there are about 32 tribes with an average of 10-15 members each. They are basically defined by neighborhood, cultural and aesthetic preferences within the territory.

Challenge and competition through drumming, chanting, dancing, oral poetry, and costume are the venues through which

tribes test each other and gain supremacy. During the fall the Indians can be found practicing in local bars and clubs. Each tribe has a hierarchy of assignments and roles for members. These include Wild Man, Medicine Man, Spy Boy, First Flag, Second Flag, Council Chief, Second Chief, Big Chief, and Witch Doctor. A complicated well-rehearsed ritual is developed to prepare the tribe to meet other tribes in confrontations designed to intimidate and subjugate. The Chief uses direct tribe signals and street directions. Prior to World War II confrontations took place largely in an area cleared to build the Superdome. The Indians still parade down the street and their cry still sends chills down the back of most downtown people and smiles on the faces of those who know of them.

Their costumes are basically made up of three elements, leggings, a tunic and elaborate belt, and an enormous headdress. It can also include gloves, a separate mask, and handheld accessories. The suits can weigh more than 100 pounds and cost several thousands of dollars. Each designer designs and creates his costume in relative secrecy until the finishing is revealed. There can be up to as many 20 helpers in the end stretch and there are no professional designers or craftsmen involved. The emphasis is on personal creation and commitment. Several months are spent creating these elaborate ensembles. The suits are not usually reused or repeated. With the media discovery of the Indians in the 1970s some of the organizations have participated in shows, exhibits, Jazz Fest or public performances in recent times. These public appearances have been able to finance the expenses for the making of these costumes which have continued to climb. Distinctive differences in aesthetic expression exist most of the time by neighborhoods.

The Mardi Gras Indians history is an oral and closely private due to choice. Recent public interest in the Indians has been met by mixed reactions from its members. While these opportunities have expanded possibilities for their creations to be seen by the public and appreciated by a larger audience, that was never their intention. Some of them have felt exploited by the exposure of this private culture and feel like the attempts to explain the Mardi Gras Indian culture to the outside world have often trivialized the concepts at the core of their spiritual being.



12 Gifts to Give Yourself in 2024

When I was a little girl, I couldn't wait for Christmas morning to see what gifts were waiting for me under the tree. To this day, I still look back at pictures of little me and I can't help but smile when I see that gleam in my eyes again.

By Marva Titley-Smith

Now that I'm older, I find myself looking to my children for their sense of wonder and excitement. But what if we could carry the joy of Christmas and gift-giving throughout the year? What if instead of giving gifts to others, we give gifts to ourselves but not in a selfish way? What if the gifts we give are intangible, yet truly meaningful gifts, that have the power

to transform us from the inside out? Well, wonder no more. This year we'll do something different, and we don't even have to wait until Christmas. Let's give ourselves gifts that keep on giving, starting right now. Are you ready? Here goes!

1. The Gift of Connecting with Nature:

Spend time outdoors, connecting with nature to rejuvenate and find peace. With generally good weather year-round, we have every reason to get outside and enjoy all the BVI has to offer. Maybe this year, you'll go on more beach outings or finally join that hiking crew you've been seeing on Facebook. Whatever you choose, I'm sure more time outdoors will be good for your soul.

2. The Gift of Learning and Growth:

Cultivate a thirst for knowledge, whether through books, courses, or experiences, to stimulate personal growth. Is there something you always wanted to learn? Nowadays with so many options available to us online, it's easier than ever to learn new skills or start a new hobby. Begin by doing a little research and you might even find courses that you can do for free. In 2024, there really is no excuse for not developing yourself, so take the bull by the horns and get started.

3. The Gift of Gratitude:

Gratitude comes from the Latin word 'gratia', meaning grace, graciousness or gratefulness. It is a thankful appreciation for what one receives, whether tangible or intangible. And believe it or not, gratitude is linked to happiness. According to a 2021 Harvard Medical School article, "gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." (Giving Thanks Can Make You Happier, 2021) So, if you're hoping for more happiness in 2024, gratitude is the way to go. Start by dedicating time to reflect on things you're grateful for each day. Also consider simple acts such as praying, counting your blessings, or keeping a gratitude journal. Even thanking someone mentally counts as well.

4. The Gift of Self-Compassion:

For many driven and goal-oriented individuals, it's easy and maybe even natural to be hard on themselves. This year however, it's time to try something new. Treat yourself with kindness and understanding, embracing imperfections, and celebrating self-growth.

5. The Gift of Mindfulness:
Incorporate mindfulness into your daily life through meditation, silence, deep breathing, or simply being present in the moment. This simple gift will help you slow down and appreciate life more.

6. The Gift of Cultivating Relationships:
Nourish and invest time in relationships that bring positivity and support into your life. Perhaps you already have these types of relationships, if so, you'll want to nurture them. If not, seek them out. You can start by connecting with people with similar goals or interests. Consider joining a book club, the local Toastmasters or commit to the regular game night in town. Find new ways to connect with new people and you just might be surprised by the friendships you develop.

7. The Gift of Boundaries:
Learn to set healthy boundaries to protect your well-being and maintain balance in your life. Do you have friends who are constantly draining your energy? Adult children who continually sponge off mom or dad? Perhaps this is the year to draw the line of loving boundaries. Instead of feeling guilty, consider that boundaries are there to protect both you and the other party, so look at it as a gift for you and them.

8. The Gift of Forgiveness:
If there's one thing that will hold you back more than anything else, it's a lack of forgiveness. I'm sure you've heard it said that forgiveness isn't for the other person, it's for you. That saying is so true. Unforgiveness is like a burden no one wants to carry yet very few choose to let go. Let this be the year you decide to let go of grudges and practice forgiveness, freeing yourself from the heaviness of negative emotions and old hurts. You'll be pleasantly surprised how freeing it is to let go and leave that stuff in the past.

9. The Gift of Healthy Habits:
Prioritize your physical health through

regular exercise, balanced nutrition, and adequate sleep. Let's face it, none of us are getting any younger, but if you ever wanted to beat the clock, taking care of yourself is the way to do it. Even if you can't buy yourself more time, you'll probably experience more energy than you had before, and that's almost like getting a new lease on life. It won't happen overnight but taking care of your body is worth it.

10. The Gift of Volunteer Work:
One of the best ways to find fulfillment is by giving to others and what better way to do that than by giving back to your community. Engage in volunteering or community service to contribute positively to society and foster a sense of purpose. Those you serve will benefit from your service and so will you. It's a true win-win situation.

11. The Gift of Presence:
Few things are worse than distracted living, yet in this modern age it's so easy to fall into that trap. Counteract this by being fully present in each moment, savoring experiences and relationships without distractions. When in conversation with someone, put away your phone. Simple little practices like that can make a big difference.

12. The Gift of Celebration
Avoid the temptation of running from one achievement to the next. Taking time to acknowledge and celebrate even the smallest victories and achievements, will foster a sense of accomplishment and motivation.

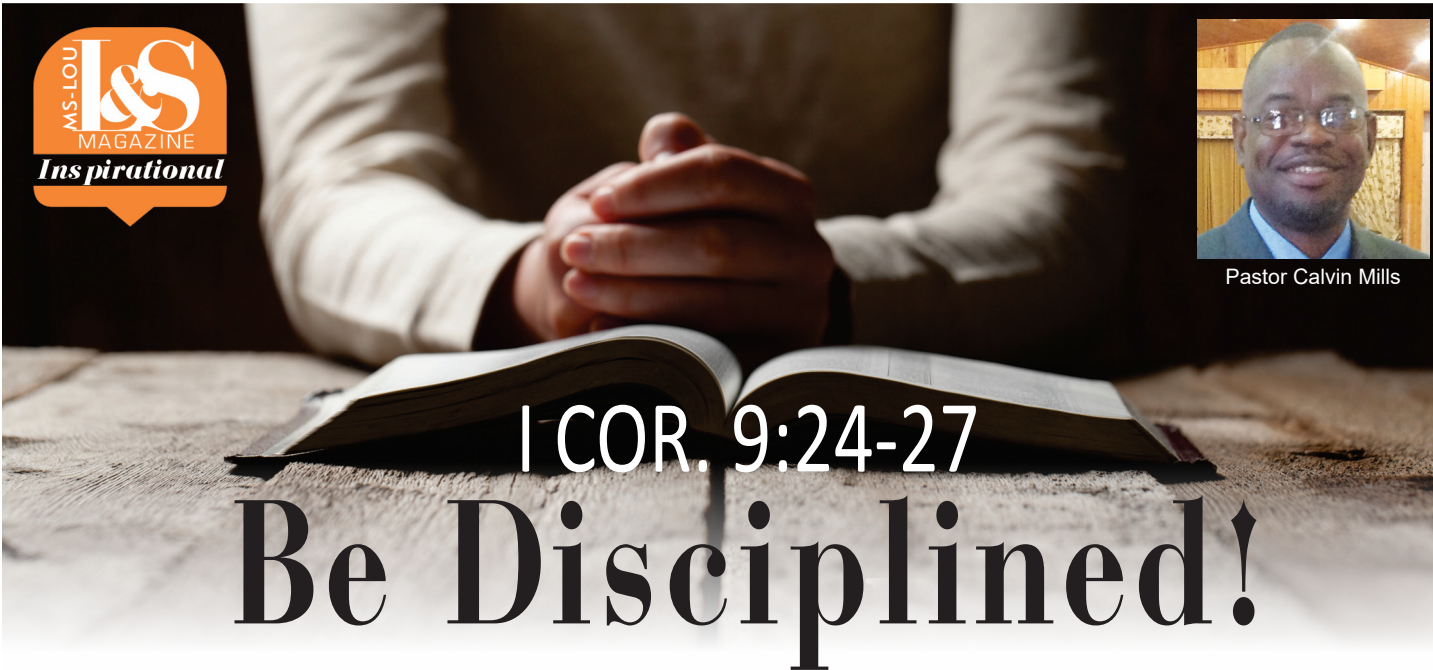
Of all the gifts mentioned above, which gift are you most excited to give yourself? Start there this month. Then each month choose another gift to unpack. That way, you'll keep on giving throughout the year and your best self will thank you.

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Marva Titley-Smith,
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Marva is a work and life strategist with a passion for helping women thrive in all areas of life. She's the BVI's first local female architect and former Chief Planner. In 2012, after 26 years in the Public Service, she successfully transitioned careers and founded the management consulting firm, MatrixSpark, specializing in strategic management, training, and coaching. She later became certified as a life breakthrough coach to address the growing work-life balance challenges facing women. Marva is the author of the best-selling book, *Time to Thrive: A Busy Woman's Devotional Journal*. You can find her writing about work-life balance and intentional living on her website www.MarvaSmith.com.



INTRODUCTION

In our world today, it seems as if only a few of us succeed; the majority of us suck salt! It's my belief, that all of us have potential for success. However, many of us don't know our potential, haven't released our potential, and don't know what it means to maximize our potential. Success in life is not automatic! It comes at a price. Those who desire to succeed in life must be intentional!

Success is birthed out of pain and struggle; yes even failure! Most of us are acquainted with the old adage: "no pain, no gain." I say: no strain, no struggle, no success! Public speaker, Jim Rohn, proclaims, "you must suffer one of two things; either the pain of discipline, or the pain of regret." It is said, "The pain of discipline weighs ounces. Regret weighs tons." Which pain would you rather bear?

PROPOSITION:

The success that God intends for us, requires rigorous self discipline!

What is discipline? What are some of the manifold reasons why we should be disciplined? In what manner should we exercise discipline? And, what are the marks of a disciplined life?

In this article I'm inspired to share with you the what, why, how, and marks of self discipline.

**I COR. 9:24-27
Be Disciplined!**

**I
THE MEANING OF DISCIPLINE!**

The word "discipline" is possessed with diverse meanings. It means, "punishment; a field of study; training that corrects, molds, or perfects the mental faculties or moral character; self-control; to train(yourself) to do something by controlling your behavior." (MWD) The main idea of discipline we are running with today is that of self discipline or self training. Self discipline is training yourself to do what you should, how you should do it, and when you should do it. Self discipline is also that of abstaining or restraining yourself from that which is not permissible or allowable! Discipline, says the late Dr. Myles Munroe, is "self-imposed standards for the sake of a higher goal."

**II
THE MANIFOLD REASONS WHY WE MUST BE DISCIPLINED!**

Self discipline is an imperative for becoming the person that God wants you to be. We must not see ourselves as finished products; we must see ourselves as a work in progress. As Dr. Mary Ruth Stone proclaimed, "we are not merely human beings; we are more so, human becomings!"

Self discipline is key to preparing yourself to carry out your life's mission, or to accomplish your life's dream. It is the key to maximizing your potential. Potential is what you can be that you have not yet been! It

is what you can do that you have not yet done! Potential is "an ability that someone has that can be developed to help that person become successful." (MWD) Author and motivational speaker, Zig Zigler, deems success as " the maximum utilization of the ability that you have."

Self discipline is an absolute must for getting and keeping fit! To be fit is to be "morally or socially correct; suitable for a specific purpose; physically healthy and strong." (MWD) Fitness is not achieved over night; it is the progressive realization of a worthy goal!

Self discipline is the secret to goal achievement! Without discipline, goal setters will not become goal getters! We must discipline ourselves to do something towards the accomplishment of our goals daily.

Self-discipline is crucial for playing the game according to the rules. If we don't practice the work ethics necessary to give us the winning edge, we can be tempted to be deceitful and cheat our way to the top. I recall the young American sprinter who initially won the gold medal in the 100 yard race. She was later tested for steroids and was stripped of her medal and sent to jail. In the Isthmian games of Corinth, victorious combatants were examined after the contest. If they were found guilty of contending unlawfully or of breaking the rules, they were stripped of their medals

and driven from the games in disgrace. The Apostle Paul testified: "like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside." (27; LB)

**III
THE MANNERS OF DISCIPLINE!**

By manners we mean "habitual conduct or behavior." We are creatures of habit; good or bad! It is said: "habits determine 95% of a person's behavior." If we truly desire to be successful, we must make it our endeavor to cultivate winning habits. What are some of the winning habits we would do ourselves good to develop? Let me share with you a few. First of all, cultivate the habit of rising early from bed to start your day. The Bible says Jesus rose early; a great way before day break! We do ourselves good to experiment with the old adage: "early to bed, early to rise, makes one healthy, wealthy, and wise."

Secondly, let me challenge you to make prayer the first activity of every day. The secret of success is putting God first! The practical way to do so is to talk to him in prayer and meditate on His word. Remember, we ought not to worry about anything; we are to pray about everything! It is through prayerful commitment to God as the priority of everyday life that we demonstrate our reliance upon Him and our trust in Him directing our steps. "The steps of a good man are ordered by the Lord."(Ps. 37:23) God told Joshua, the secret to him experiencing good success in his leadership endeavors, was that of meditating on the word of the Lord day and night and observing to do according to all that is written therein. (Jos. 1:8)

Thirdly, we ought to cultivate the habit of investing in our personal development daily. This habit has to do with reading inspirational and motivational books, and listening to recorded messages to expand our knowledge. These habits equips us and

sets up the accomplishments in our life's mission and goals. Alongside of this habit, should be that of always striving for self improvement. We should be getting better and better! We should seek to expand on our skills, improve on our service, and increase our influence! We never arrive in this life! Therefore, we should always strive to better ourselves. I'm sure we all admire Mr. Usane Bolt, the most famous gold medalist sprinter. He had the habit of breaking his own record at each Olympic track meet. He gave us ample proof that he is an advocate of always striving for self improvement. We must seek to strain every nerve to better our best each time.

It is very crucial that we develop the habit of obeying success laws! Such laws guarantee our success when they are constantly obeyed. I don't pose as being an expert in this area. I know about the law of concentration. Focusing all our attention and energies on one thing until it is completed. Sometimes we have to say like the apostle Paul: "this one thing I do!" (Phil. 3:13) In

Home & Garden

DEVELOPEMENT, STUFF WE LOVE, RESOURCEFUL LIVING

Beige is back and its not boring.

By Fran Morrell

This hue delivers a warmer softer and altogether more inviting look and feel which translates to every room in the house. In the South, we can use the undertones of beige in materials that perfectly suit our climate and the design of the spaces we want to create. Wicker, wood, jute and sisal all have similar undertones and can be used together for a harmonious, textural stylish space.

Set beige toned pieces besides white backdrops. Primarily paint the walls white as the background, then pair with beige furniture. Showcase the warm hue of fixed elements and accessories that in turn become the star of the show.

I never thought I would be considering this colour back in my decorating repertoire but here we are! For years, I have been advising against painting walls this colour and changing out old boring sofas, but used

in an updated and different medium, we can still incorporate this colour whilst dragging the look and feel into today's aesthetic giving it classic and timeless feel.

Here are 7 ways to incorporate beige in your scheme:

1. Set sisal and jute rugs as place holders in a room scheme, either under a bed, dining table or seating area.



2. Bold wicker or bamboo sofas and chairs can be placed inside or outside and dressed with accent pillows in an alternative colour. Royal blues and jewel tone greens can look stunning.

3. Lamps and lampshades and pendant lighting all have a part to play here. Many manufacturers are coming up with finer, lightweight and flexible mediums that play well for this look.

4. Don't forget fabrics. From outside Sunbrellas to crisp cotton twills and textured prints. These all play a part. Beige velvets and chenilles are increasingly popular for soft furnishings.

5. Unfinished white oak wood cabinets, doors or panelling look fresh in a kitchen setting. Add in a smidge of black to sharpen the scheme and deliver an edgy more trendy look.

6. Artwork and mirrors are a popular place to repeat this colour vertically. A triptych or mosaic of prints can look extremely effective.

7. Smaller decorative accessories are also easy to incorporate. Baskets for plants, placemats, soapstone pots, rope and bamboo all have beige undertones, so dot these about for a super decorated finish.

Finally; Never underestimate the power of plants and greenery. For a more tropical mix with beige make sure you utilize plants, ferns and palms, be it real or silks for a super polished result.



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