

# PELAHATCHIE NEWS NETWORK



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July 2024 ■ Volume 13, Issue 7 ■ Pelahatchie, MS

# PHS Beta Club Living Literature Team competes at Nationals



Special to Pelahatchie News

The Pelahatchie High School (PHS) Beta Club's Living Literature team recently traveled to Savannah, GA, to compete in the National Beta Convention. These exceptional students represented Pelahatchie well both in competition and in character. PHS is proud of them and grateful to the Tribe community for helping them make this a reality. The Beta Club also wants to thank Tip Nutt and Brandon Herd for volunteering to drive.

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# Pelahatchie HS alum, competing in national conference

By KNOE/Kenya Ross

MONROE, La. (KNOE) - A student from the ArkLaMiss region is preparing to go to a national competition after winning first place in a regional competition for architectural drafting.

Tarren Harvey, a nontraditional student attending Texas State Technical College, will compete in the Architectural Drafting category at the SkillsUSA National Leadership and Skills Conference in Atlanta next week.



Photo courtesy of KNOE/Texas State Technical College

Monroe native Tarren Harvey (center) won first for Architectural Drafting at the 2024 SkillsUSA Texas Postsecondary State Leadership and Skills Conference in Houston.

Continued on page 10



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# Making the most of Summer Break 2024 at Pelahatchie



By Guest Columnist, Voncille Anderson, Head Principal, Pelahatchie High School

Summer in Mississippi is a time of relaxation, an opportunity to vacation, and a time

away from the school day routines. Most students and teachers are eager for the 10 week break to reset before a new school year begins.

Although some students choose to sleep late, travel, or lounge around a swimming pool, others are involved in extracurricular activities. Students can be seen around campus at early morning workout drills in football and volleyball, participating in basketball games, practicing cheer, and preparing for band camp. Some teachers have been busy leading and attending educational workshops to sharpen their pedagogical skills.

While enjoying the sun, salt water, and road trips are all fantastic ways to recharge, it is also wise to consider summer learning loss and how to prevent it. Here are some tips to make the most of your summer while keeping your mind active:

1. Read for pleasure: Choose books that interest you and make reading a daily habit. Whether it's fiction, non-fiction, or magazines, reading helps maintain and improve your vocabulary and comprehension skills.

2. Explore educational apps and websites: There are plenty of fun apps and websites that offer educational

games and activities in subjects like math, science, and languages. These can be engaging ways to learn without feeling like traditional studying.

- 3. Work on ACT skills: Download an app and practice for about 30 minutes each day. Choose math one day and English the next. Exercising your brain daily with ACT questions can keep you sharp and ready for the assessment when you take it in September..
  - 4. Visit museums or cultural sites: If



you're traveling or even staying local, visiting museums, historical sites, or cultural landmarks can be both enjoyable and educational. Many places offer guided tours or interactive exhibits that make learning fun.

- 5. Practice writing: Keep a journal of your summer experiences, write short stories, or even start a blog. Writing regularly helps improve your writing skills and keeps your creativity flowing.
- 6. Stay curious and ask ques-

tions: Whether you're at the beach, in a park, or visiting a new city, keep your curiosity alive. Ask questions about what you see and experience. It's a great way to learn about the world around you.

7. Engage in hands-on activities: Experiment with science projects, cooking, gardening, or DIY crafts. These activities not only teach practical skills but also encourage problem-solving

and creativity.

8. Review and practice previous learning: Spend some time reviewing what you learned during the school year. This can help reinforce concepts and prevent forgetting important information.

By incorporating some of these tips into your summer routine, you can strike a balance between relaxation and learning, ensuring that you come back to school feeling refreshed and ready for new challenges.



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# Pelahatchie HS English teachers attend RCSD Leadership in Literacy workshop

This week, Pelahatchie High School English teachers attended the Central Mississippi Leadership in Literacy training at Northwest Rankin Middle School. They joined English teachers from RCSD and surrounding districts to discover the significance of teacher agency, everyday advocacy, shared experiences, and personal stories to support teacher and student advocacy. The workshop, sponsored by the University of Mississippi Writing Project, was facilitated by Mrs. Cindy Christian and Mrs. Voncille Anderson.



Special to Pelahatchie New



# Local residents take time to enjoy Farmers Market

On Saturday, June 15th, residents gathered to shop, browse, and enjoy the new local Farmers Market that was started by Grace Sanders. The market is located at Muscadine Park on Go Forth Street.

The market is scheduled to operate on the second or third Saturday of each month from April through December, opening its gates from 9 AM to 1 PM.

Grace Sanders, the driving force behind this initiative, encourages community involvement in various aspects of the market.

For further information regarding vendor applications, market dates, or general inquiries, interested individuals are encouraged to contact Grace Sanders at 601-466-9179.

















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# spring 2024 Graduation List

Nearly 3,500 students are on the spring 2024 Graduation List at Mississippi State University. The following local students are included in this honor:

> Amber Beeman, of Pelahatchie, MS, receiving a Bachelor of Science from MSU's College of Education.

Zachary Nettles, of Pelahatchie, MS, receiving a Doctor of Veterinary Medicine from MSU's College of Veterinary Medicine.

Lauren Nickles, of Pelahatchie, MS, receiving a Bachelor of Arts Cum Laude from MSU's College of Arts and Sciences.

Jarrett Pennington, of Pelahatchie, MS, receiving a Bachelor of Science from MSU's College of Education.

Lona Perrett, of Pelahatchie, MS, receiving a Master of Science from MSU's College of Education.

Anna Shamburger, of Pelahatchie, MS, receiving a Bachelor of Science from MSU's College of Education.

Bethany Smith, of Pelahatchie, MS, receiving a Bachelor of Science from MSU's College of Education.

Brandon Thompson, of Pelahatchie, MS, receiving a

Master of Business Adm from MSU's College of Business. Jessica Ries, of Pelahatchie, MS, receiving a Bachelor of Science Cum Laude from MSU's College of Arts and Sciences.

Jason Wuestefeld, of Pelahatchie, MS, receiving a Bachelor of Science Magna Cum Laude from MSU's College of Education.



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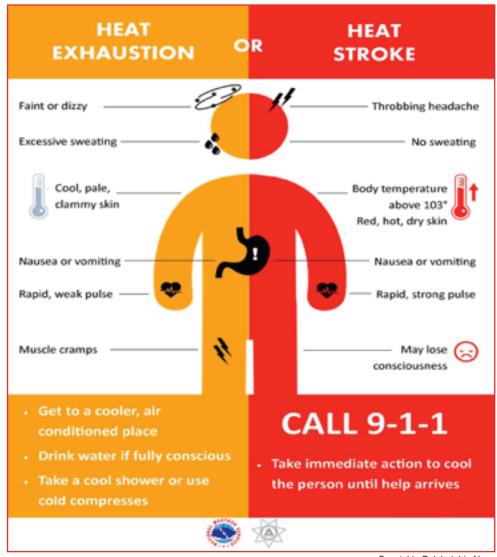
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If you enjoy writing, working with the public, and are interested in being a part of what is going on in our town and local community please contact Clay Mansell

claymansell@pelahachienews.com

# Local students on MSU's Heat Safety: Know the Signs

Spending time in the heat and sun could lead to heat stress and illness if someone gets overheated. Recognize the signs of heat exhaustion and heat stroke. Heat stroke is a medical emergency, so knowing how to respond and get a person to medical care quickly can save their life. More safety and first aid information is available from the ĈDC at https://www.cdc.gov/extreme-heat/signs-symptoms.



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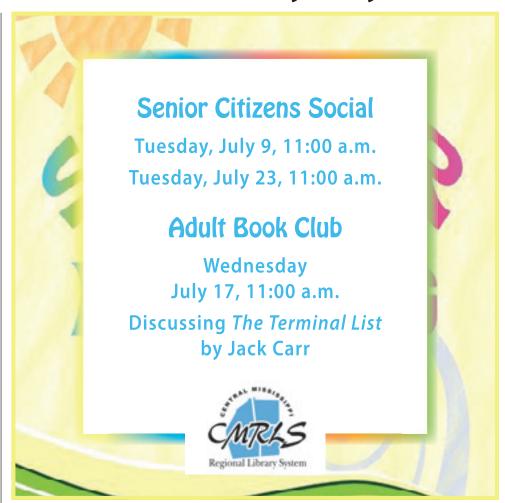
# NEWS elahatchie

# PHS Alum named HCC Drum Major Pelahatchie Library July Events



Special to Pelahatchie News

Congratulations to alum Mariah McGill on this fantastic achievement!! Pelahatchie High School is proud to see our alumni do great things.





# Johns recipient of Sexton Award



Special to Pelahatchie News

Congratulations to Class of 2024 graduate, Tyler Johns, for receiving the Wayne "Twink" Sexton Award during the Crossroads Diamond Club All Star game held in May. Tyler was chosen for this award based on his unselfish love of the game of baseball.



# Local students named to MSU's spring 2024 President's, Dean's List

Special to Pelahatchie News

Students on the President's List at Mississippi State achieved a 3.80 or better grade-point average, based on a 4.0 scale, while completing at least 12 semester hours of coursework with no incomplete grades or grades lower than a C. Also, students named to the Deans' List at Mississippi State must have achieved a grade-point average between 3.5 and 3.79, based on a 4.0 scale, while completing at least 12 semester hours of coursework with no incomplete grades or grades lower than a C.

Some names of students may not appear on this list as a result of stu-

MSU's spring 2024 President's List includes 4,137 students who attained this honor, and the following local students are included:

David Adams, of Pelahatchie, MS
Trey Rhodes, of Pelahatchie, MS
Anna Shamburger, of Pelahatchie, MS
Bethany Smith, of Pelahatchie, MS
Dana Watkins, of Pelahatchie, MS
Jason Wuestefeld, of Pelahatchie, MS
Benjamin Carter, of Pelahatchie, MS
Anna Carter, of Pelahatchie, MS
Elijah Rowell, of Pelahatchie, MS
Holly White, of Pelahatchie, MS

dent requests for privacy from publication through the Family Educational Rights and Privacy Act.

Mississippi State University is a national STEM-focused, doctoral degree-granting, land-grant university offering a wide range of educational experiences for learning and growth to a diverse student body of approximately 23,000 students. Among the National Science Foundation's Top 100 research universities, MSU provides access and opportunity to students from all 50 states and 86 countries. MSU is committed to its comprehensive research university mission, addressing complex local and global issues with innovative ideas and solutions.

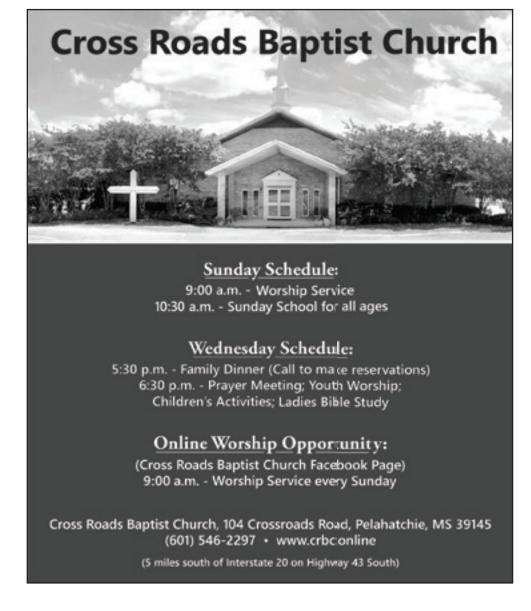
MSU's spring 2024 Deans' List includes 2,364 students who attained this honor, and the following local students are included:

Summer Georgen, of Pelahatchie, MS Emma Ward, of Pelahatchie, MS Mackenzie Smith, of Pelahatchie, MS Mckinley Goodin, of Pelahatchie, MS





MSU's historic Lee Hall, pictured during the 2024 spring semester.







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# **Gipson announces dates,** lineup for 165th MS State Fair

Special to Pelahatchie News

Commissioner of Agriculture and Commerce Andy Gipson recently announced the 165th Mississippi State Fair will be held Thursday, October 3, through Sunday, October 13, at the Mississippi State Fairgrounds in Jackson. For the first time ever, fairgoers can purchase their tickets mission tickets and fair ride wristbands online for the first time in the fair's history. Pre-sale tickets are available now through October 2 at www.msstatefair.com for \$8 per person. Online tickets purchased after October 2, as well as tickets purchased at the gates, will be \$10 per person. View a tutorial video on how to easily purchase tickets at



online ahead of the 2024 State Fair.

"We are excited to announce that tickets to the Mississippi State Fair can be purchased online for the first time in our state's history," said Commissioner Gipson. "Families and individuals can now buy their tickets ahead of October for a discounted price, and from the convenience of any laptop or smart device. This year's State Fair will include several nationally recognized artists and allnew attractions, in addition to all our fairgoers' favorite rides, events and foods. So I encourage everyone to buy their tickets now and join us for the 165th Mississippi State Fair this

Visitors to the annual Mississippi State Fair can purchase general adhttps://youtu.be/GGaW6s9JDi8.

Commissioner Gipson also announced the headliners for the 2024 Mississippi State Fair as follows:

- Oak Ridge Boys Saturday, October 5
- Matthew West Sunday, October 6
- Ronnie McDowell Wednesday, October 9 (Senior American Day)
- Dru Hill Friday, October 11

Additional details regarding concerts and special attractions will be forthcoming soon. Visit www.msstatefair.com and follow the Mississippi State Fairgrounds on Facebook, Instagram and Twitter for the latest updates.



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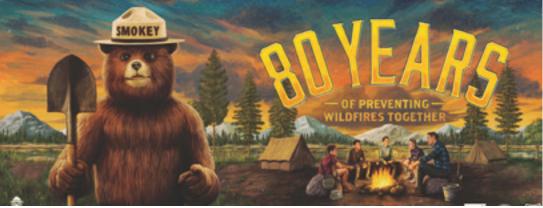
# Celebrating Smokey Bear's 80th Birthday at Pelahatchie Library

By Kenneth McDade

On Wednesday, June 26, 2024, the Pelahatchie Library buzzed with excitement as children and adults gathered to celebrate the 80th birthday of a beloved national icon—Smokey Bear. This special program not only honored Smokey's legacy but also served as an educational event, teaching attendees about fire safety and the history of this enduring mascot.

The celebration began with the singing of "Happy Birthday" to Smokey Bear, whose presence, , brought smiles to everyone's faces. The attendees then delved into the fascinating origin story of Smokey Bear. The story, which was read from a book, recounted how Smokey became the symbol of wildfire prevention in the United States.

Smokey Bear's journey began during World War II. In 1944, the U.S. Forest Service and the Ad Council decided to create a character that would educate the public about the



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dangers of forest fires. Inspired by the tragic loss of wildlife and forest land due to fires, Smokey Bear was born. The first Smokey Bear poster featured the bear pouring a bucket of water on a campfire, with the slogan, "Smokey says – Care will prevent 9 out of 10 forest fires."

The event also featured an educational session on different types of fires, distinguishing between beneficial and harmful fires. Attendees learned that while some fires, such as controlled burns, play a crucial role

in maintaining healthy ecosystems, others can be devastating and need to be prevented. A particularly intriguing topic was the concept of "fighting fire with fire," where controlled fires or the strategic use of flammable materials like gasoline are employed to create firebreaks, stopping wildfires from spreading when water isn't accessible.

A highlight of the day was the demonstration of the gear worn by firefighters. The children were fascinated by the heavy suits, helmets,

and tools used by these brave individuals to combat wild-fires. The firefighters explained how each piece of gear is designed to protect them from the intense heat and flames, ensuring they can carry out their dangerous work as safely as possible.

To wrap up the celebration, each attendee received a goodie bag filled with Smokey Bearthemed items, fire safety brochures, and small treats. These

mementos served as a reminder of the important lessons learned and the fun had during the event.

The 80th birthday celebration of Smokey Bear at the Pelahatchie Library was not just a tribute to an iconic figure but also a valuable opportunity to educate the community about fire safety. As the attendees left with smiles and goodie bags in hand, they carried with them a renewed sense of responsibility to help prevent wild-fires and protect our precious forests.







# Sessums Sentenced to Prison for Possessing, Passing Counterfeit Currency

Special to Pelahatchie News

A Rankin County woman was sentenced to 12 months and one day in federal prison, followed by two years of supervised release, for possessing and passing counterfeit currency.

Mary Glassmire Sessums, 43, was sentenced in U.S. District Court in Jackson.

According to court documents, an investigation by the Rankin County Sheriff's Office, the Pelahatchie Police Department and the Brandon Police Department identified Mary Glassmire Sessums and Purvis Dustin Ward as individuals who had been passing counterfeit United States currency in Rankin County. On November 2, 2019, several residents of Rankin County reported that a man and a woman had been making purchases at garage sales using counterfeit currency. One of the local residents took a picture of the suspects' car and provided a tag number and description to law enforcement. Officers from the Pelahatchie Police

Department later stopped the vehicle. During the



# MARY SESSUMS

TO SERVE 12 MONTHS AND 1 DAY IN FEDERAL PRISON FOR POSSESSING AND PASSING COUNTERFEIT CURRENCY

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Mary Glassmire Sessums

stop, officers observed what appeared to be counterfeit United States currency in plain view in the vehicle. Sessums and Ward were arrested for possession of counterfeit currency. Several victims later identified Sessums and Ward as the individuals who fraudulently passed counterfeit United States currency to make purchases.

Rankin County Deputies obtained a search war-

rant for Ward's residence and located counterfeit currency, uncut sheets of counterfeit currency as well as two computers, three printers, specialty ink and paint, all of which was used to produce counterfeit currency.

Sessums pled guilty on March 13, 2024 to possessing and passing counterfeit currency.

Ward previously pled guilty to one count of making counterfeit currency and one count of possessing and passing counterfeit currency. He was sentenced to 30 months in prison followed by 3 years of supervised release.

U.S. Attorney Todd W. Gee and Resident Agent in Charge Kyle Smith of the United States Secret Service made the announcement.

The case was investigated by the United States Secret Service, the Rankin County Sheriff's Office, the Pelahatchie Police Department and the Brandon Police Department.

The case was prosecuted by Assistant United States Attorneys Kabah Ealy and Dave Fulcher.

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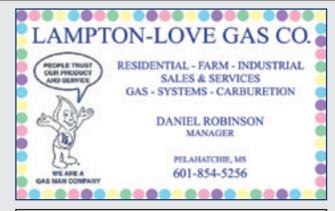
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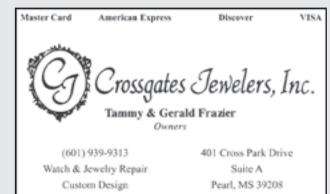
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"I've always been keen on doing architectural drafting, but I'm open for it all. I'm... I've never thought about structural or civil or anything like that, but I'm doing it now, and I like it," said Harvey.

Harvey won first place at the re-

gional competition in Houston in the spring. Now he's preparing to take home the national

"I'm practicing my drafting skills; making sure I have everything I needed - packed and loaded on my computer, so that I can... bring home the gold," said Harvey.

Harvey studies architectural en- France in September 2024.

gineering drafting at Texas State Technical College and offers advice to students who plan to compete in future competitions.

"I would give them those key takeaways that I practice every day: perseverance, prayer, and pa-

tience," said Harvey. "Those three things - it'll take the students that come after me... it'll take them as

far as I have gone."

The conference and competition is from June 24 - June 28, 2024. If Harvey wins, he'll be able to compete at the WorldSkills Conference 2024 in

# Harvey to compete at conference | Gaquaveon Ragsdale, PHS alum, graduates from NWCC

Special to Pelahatchie News

Northwest Mississippi Community College officials announced graduates have been awarded degrees and certificates for the Spring 2024 semester. Degrees were officially conferred by Dr. Michael Heindl, Northwest president, on May 2 and 3, during the college's 116th Commencement. As commencement speaker, Dr. Heindl took the stage sharing some words of wisdom with the class of 2024.

Northwest Mississippi Community College is a public, two-year institution primarily serving 11 counties in Northwest Mississippi. For more informationabout NWCC, visit www. northwestms.edu.



Dr. Michael Heindl, Northwest Mississippi Community College President, giving commencement







Texas State

Technical College.









# PAST HEADLINES

# 2014 - 10 years ago

- · "American Heart Association launches new one-minute video for Hands-Only™ CPR"
  - · "Mississippi Baking Company part of the poverty solution"

# 2019 - 5 years ago

- · "Lady Chiefs Softball hosts Second Annual Car Show"
  - · "Fred's Pelahatchie slated to close this summer"

# 2023 - Last Year

- · "Local Foodtruck plans to open brick and mortar"
- "Southern Pine Electric restores power for thousands"



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# Pelahatchie Baptist Vacation Bible School filled with fun and learning

Pelahatchie Baptist recently hosted Vacation Bible School 2024. The theme was Breaker Rock Beach. Led by pastor Spencer Sullivan and the many volunteers, those who attended learned many things about truth, God's plan, faith, Jesus, the story of the rich, young ruler, the gospel, God's love, Jesus's acrifice, the gospel book of John, and knowing God. There was also time for recreation which included a visit from Mr. Adam Elcan of Tiger Rock Brandon, and for daily refreshments, like watermelon.















Photos special to Pelahatchie News



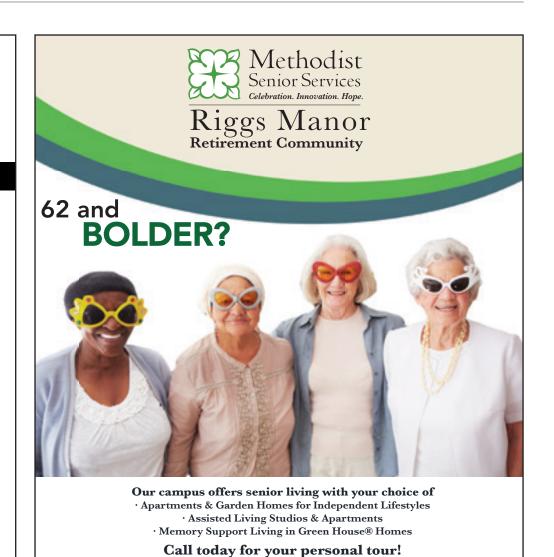
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# Lithium batteries: Safety, storage, and hazard prevention



Special Pelahatchie Ne

By Doug Carter, Rankin County Extension Agent

Lithium Batteries are now found in everything from cell phones to cordless drills, blowers, chainsaws and even electric cars. Their

popular use is due to this battery's high-power capacity in a relatively small package.

There are several different types of lithium batteries, some rechargeable and some non-rechargeable, both of which are generally safe and unlikely to fail; but only as long as there are no defects or damage.

When these batteries fail to operate safely or are damaged, they may present a fire or explosion hazard. Damage can occur immediately or over a period, caused by:

- 1) Improper use, storage, or charging.
- 2) Physical Impacts-dropping, crushing, or puncturing.
- 3) Exposure to extreme temperatures. Too high (above 130 degrees F),

open flames, continuous direct sun exposure, heaters, etc. Too low temperatures (below freezing, 32 degrees F) during charging.

These can result in cell failure, releasing intense heat, which can damage other nearby cells causing a chain reaction known as a thermal runaway. The high energy density in lithium batteries makes

them more susceptible to these reactions. Lithium cell failures can result in chemical and/or combustion reactions, which can result in heat releases and/or over-pressurization quickly leading to an acid exposure, smoke, fire, or explosion.

Lithium battery fires are extremely difficult to extinguish. Fire extinguishers may only temporarily knock down the flames and large amounts of water are often ineffective. Lithium fires usually re-ignite and must burn-out before no longer a threat.



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Therefore, isolating the burning object from other material is often the only way to prevent the spread of a lithium, battery fire.

Preventive steps to use with Lithium Batteries:

- 1) Ensure lithium batteries, chargers, and associated equipment are a high-quality product (recognized by national testing standards; example UL).
- 2) Store, use, and maintain by that particular manufacturer's recommendations.

- 3) When replacing lithium batteries, ensure they are specifically designed for and match that device.
- 4) Remove lithium-powered devices and batteries from the charger once they are fully charged.
- 5) Store lithium batteries and devices in dry, cool locations.
- 6) Clean batteries with a clean, slightly damp cloth, do not use solvents.
- 7) Avoid damaging lithium batteries and devices.
- 8) Inspect them for signs of damage, such as bulging/cracking or rising temperatures.
- 9) If they are damaged, leaking, smoking, remove them from service and isolate them from everything else. For example, smaller batteries can be placed outside in a fire-resistant container. (metal drum).

Source: Mississippi State University, MSU Dawg Tracks, Safety Newsletter, June 2024, "Lithium Batteries", Leslie Woolington.



# NEWS elahatchie

# Pastor's Perspective: Abiding in the True Vine



Special to Pelahatchie New

By Guest Columnist Spencer Sullivan, Pastor, Pelahatchie Baptist

Before Melanie and I were married, we read a book entitled The Five Love Languages by Gary Chapman.

Many of you have probably read it as well. But for those that haven't, Chapman writes and explains how every individual feels most loved through one of what he calls the five love languages. The five love languages are: Words of Affirmation, Physical Touch, Receiving Gifts, Quality Time, and Acts of Service. Even if you are unfamiliar with this idea, I bet you can still examine that list of five love languages and determine pretty quickly which one describes how you feel most loved and which one describes how your closest loved ones feel most loved. The ability to communicate love in the way that is felt and received most by the one that you love is critical to growing and maintaining a strong connection and deep relationship. Regardless of which love language speaks to each one of us the most, in marriage,

and really any relationship, staying closely connected is essential. Without a close connection, relationships weaken. Therefore, we must fight for it and do what is necessary to keep the connection strong.

The same applies in our relationship with God. In the Gospel of John, Jesus makes 7 unique "I Am" statements that accentuate His own deity, but also communicate specific aspects of Who He was as the Son of God. One of those "I Am statements is found in John 15, where He proclaims: "I am the True Vine". Here, Jesus spoke to the importance of staying

connected with Him. He said: "Abide in Me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine; you are the branches. Whoever abides in Me and I in him, he it is that bears much fruit, for apart from Me you can do nothing." How critical is it to stay connected to Jesus as the True Vine? He states that it is impossible for anyone to bear fruit of worth and value to God apart from a



Special to Pelahatchie News

connection to Him. In these 2 verses, to communicate this principle of staying connected to the vine, Jesus uses the word 'abide' 4 times. To abide means to remain or to stay. When our relationship with God seems to weaken or grow stale, it isn't because He moved away from us, it is because we have drifted away from Him. Jesus calls us to abide, to remain, to stay with Him. When we abide with Jesus, then and only then, are we able to bear fruit that looks and tastes like Him.

Just this past week, I became familiar with a song entitled "Abide" that speaks to how utterly dependent we are upon Jesus. Yes, we are fully dependent upon Him for our salvation in that He is the only way for us to be brought into a right relationship with God the Father through His shed blood to cover and pay for our sin. That is the Good News of the Gospel. But, whether we think about it or even want to acknowledge it, we are also dependent upon Him for every other aspect of our lives. Apart from Him, we can do nothing. Some of the lyrics of the song go like this: "For my waking breath, for my dai-

ly bread, I depend on You, I depend on You. For the sun to rise, for my sleep at night, I depend on You, I depend on You. You're the way, the truth, and the life. You're the well that never runs dry. I'm the branch and You are the vine. Draw me close and teach me to abide." My challenge for all of us is to abide (stay, remain) with Jesus. Stay connected to the True Vine and remain. Apart from Him, we can do nothing; with Him, we experience His great power working in and through and all around us.





# Garden Clubs present children's program at Pelahatchie Library

Great team work by members from three Garden Clubs of Mississippi garden clubs working together to present a youth program at the Pelahatchie Library. May Hall with the Forget Me Not Garden Club presented a children's program on how to make animals out of pine cones. Assisting her was Angelia Wade with Spring Lake Garden Club and Dixie Thornton with Wesson Garden Club. Angelia Wade presented Librarian Angelia Ward a bouquet of Zinnias from her yard to complement the National Garden Week display she made for the library. Both the adults and kids had fun time on this project!



















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# Bring something cool to summer with a fresh homemade popsicle

Special to Pelahatchie News

Sometimes, the hot days of summer call for some cool treats that don't require leaving the house. Make use of some fresh summertime fruit, reusable popsicle molds (or paper cups) and the freezer in your kitchen, and whip up some homemade refreshing treats to enjoy from the cool(er) comfort of the indoors. Most popsicles take at least four hours to harden, but overnight freezing is recommended. Freeze times and number of popsicles will vary depending on the size of the molds you are using.

# Peach Popsicles

#### Ingredients:

1 1/4 pounds ripe peaches, (3-4 medium), halved and pitted

Juice of 1 lemon

1/4 cup freshly squeezed orange juice

1/8 cup sugar, or to taste

1/4 teaspoon vanilla extract

# Preparation:

- 1. Coarsely chop peaches in a food processor.
- Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor.
- 3. Puree until smooth.
- 4. Add to the bowl with the chunky peaches, and stir in vanilla.
- 5. Divide the mixture into popsicle molds (or small paper cups).
- 6. Freeze until beginning to set, about hour. Insert frozen-treat sticks and freeze until completely firm, about 1

# Key Lime Popsicles

# Ingredients:

2 cans coconut milk or whole milk Juice and zest of 1 lime

3 Tblsp. honey

Pinch of salt

1 cup chopped macadamia nuts

## Preparation:

- 1. Mix milk, lime juice and zest and honey in a blender/food processor.
- 2. Pour into popsicle molds, and freeze at least hours.
- 3. Before eating, remove from mold and roll in chopped nuts.

# Chocolate Banana Popsicles

### Ingredients:

5 medium ripe frozen bananas

2 tsp. vanilla extract 3 Tblsp. cocoa powder

#### Preparation:

- 1. Put 2 1/2 ripe bananas and 1 tsp. vanilla extract in a food processor or a blender. Blend until smooth.
- Scoop the mixture into popsicle molds, place in freezer.
- 3. Put the rest of the frozen bananas in the processor with the remaining 1 tsp. of vanilla and the 3 Tblsp. cocoa powder. Blend until smooth.
- Take molds out of the freezer. Scoop the chocolate portion into the molds until molds are filled, and freeze at least 4 hours.

# Berry Popsicles

# Ingredients:

16 oz plain Greek Yogurt

3 Tblsp. of honey 1 tsp. of vanilla extract

4 oz blueberries

4 oz raspberries

# Preparation:

- 1. Mix the Greek yogurt, honey and vanilla extract until well blended.
- 2. Add half of the mixture to the popsicle molds. Add a few whole berries in each mold, and push to the bottom of the mold with a toothpick.
- 3. Freeze the pops for about 15 minutes, just to harden them up a bit.
- 4. Meanwhile, in a blender, puree the remaining Greek yogurt and the ber-
- 5. Add the mix to the ice pop molds, and freeze at least 3 - 4 hours.







I was driving when I spotted a man walking his dogs. The old dog was lagging behind, his tongue lolling out and his movements slow, and as a humane officer who has seen it before, I knew he was in a quietly life-threatening condition.

I stopped and urged the man to let me drive them to the vet.

He responded, "He's OK; he's just been running in the dog park."

I insisted.

The vet's assistant spotted an emergency the moment we came through the door and rushed us inside, but it was too late. Despite the best efforts, the old dog died of heatstroke.

I often see people walking their dogs in the heat, seemingly oblivious to the first signs of trouble. They think that a lolling tongue and panting are "just a dog being a dog." They don't realize that, unlike humans, dogs have no ability to sweat and are trapped in what is essentially a sausage casing, having to rely on panting to try to shed the heat

building up in their bodies. And, when the temperature soars, as with the current heat dome, ridding themselves of excess heat becomes impossible. Their internal temperature rises until they suffer from heatstroke.

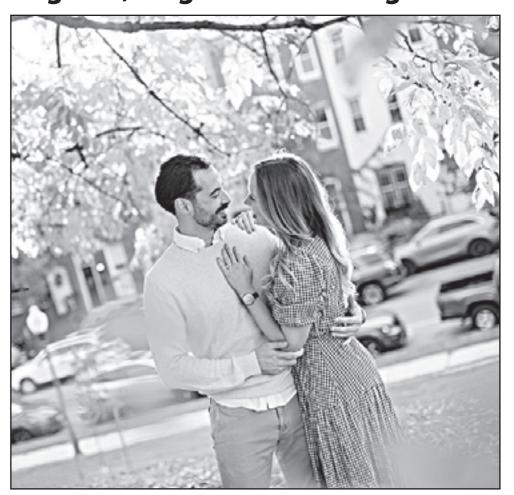
When I politely approach someone who isn't paying attention, many say something like, "Thanks, but she's OK. I've got water in my backpack"—as if it does the dog any good there. That water needs to be on and in the dog, and the dog needs to be walked off the searing hot pavement, onto grass and into shade.

With heat advisories in effect across the country, cars are not the only dangers dogs face. Please walk them only early in the morning or late in the evening. Stay on the grass, take water breaks and be hypervigilant for signs of distress. Your dog's life may depend on it.

EDITOR'S NOTE: Newkirk currently serves as the president of People for the Ethical Treatment of Animals.

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# Coghlan, Rogers To Exchange Vows



Mr. and Mrs. Keith Ross Coghlan of Pelahatchie are pleased to announce the engagement of their daughter, Martha Kaitlyn Coghlan, MD, to Davis Lane Rogers, MD, son of Mr. and Mrs. Jonathan Todd Rogers of Jackson. Dr. Coghlan is the granddaughter of Mrs. Martha Ross Coghlan and the late Mr. Bobby Coghlan of Pelahatchie and the late Mr. and Mrs. Ercell Elbert Wilcher of Pelahatchie.