

# No "E" or "D" this year either

Hear we go again, New Year's! Yes, I forgot to exercise and diet last year, and I forgot to exercise and diet the year before. I just didn't have it written down in my yearly planner and I clearly forgot. I don't have it catalogued in writing this year and I feel like I probably won't do the "E" or "D" thing this year either. It seems as if the older I get the more courage I have to say things before my filter

comes into play and I don't feel the need to have that "hourglass" figure body anymore. (As if I ever did.) I have talked to several of my age in common friends and they too seem to feel, as I do, the need for comfort and enjoyment than anything else.

I believe, like so many others that the media puts so much importance on those who just cannot meet this criteria is sometimes

## \*Mississippi

(Continued from page 9.) claimant has a right to have an authorized representative to help them press their claim, but it does not have to be a lawyer - it can be a former disability examiner, a community advocate, or a disability rights advocate.

The representation agreement must be filed with Social Security as soon as the claimant enters into it, and that person must meet certain criteria to collect a fee from Social Security to manage the claim before he or she can be approved as a representative.

A representative (<https://socialsecuritydisabilityadvocatesusa.com/pros-cons-hiring-legal-representation-filing-ssdi>) can collect 25 percent of a claimant's back payment from Social Security up to \$6,000, according to SSA's website. "Some organizations can help you find a representative or give you free legal services, if you qualify. Some representatives don't charge unless you receive benefits. Your Social Security office has a list of organizations that can help you find a representative," according to ssa.gov.

Evans said she was shocked at how many claimants were waiting to see the judge when she went for her court appearance in 2016 - many with more ability to move than she had. "I walked into my hearing and saw why it takes so long - because so many people apply," she said.

"I didn't want to file for disability and I don't feel disabled," she said, sitting on the couch of her Pearl

home. "I just wanted it to be over because I didn't ask for this. Every single person with MS does what you have to do to get things done."

Her advice for people filing for disability? Fill out all the papers and make copies of your records so if DDS can't get them from your doctor, you can send them to DDS, Evans said.

Hammett had much the same take on how people could help DDS's work. Most caseworkers, called examiners, handled about 125 cases at a time in various stages of development when she was supervising them, she said. "So much depends on claimant compliance and assistance from the medical community," Hammett said.

Claimants can educate themselves on how their cases will be handled by going online and reading the medical criteria as well as the vocational rules examiners use to evaluate claims. Go to [www.ssa.gov](http://www.ssa.gov) (<https://www.ssa.gov/>) and search for "listings" in the search bar to see what impairments are considered disabling by Social Security and search for "vocational rules" to see how their age, education and past work could factor into the decision to allow or not allow their claims.

Even with such information online, many people aren't aware of how to go about handling their disability claim after a denial, Evans said.

"A lot of people just give up," Evans said. "And I'm just hardheaded enough not to."

not positive and or favorable thing to the well-being of those of us who do not have the perfect size 0 figure. Who decided this? Who says a female has to be long legged, tiny waisted, and six feet tall? I can assure you it was not a woman that made that assumption.

Like all who make New Year's resolutions, the people who are determined to be the perfect weight and adhere to the guidelines of how we women should look, those who might have gained a

pound or two over the holidays, they have already been in contact with a trainer and will be back on the treadmill or weight machines before the second day of the new year. Well, I wish I could tell you that I am one of the disciplined but I am not. I have never been over 5'2" tall and now in my older years I am barely 5'! I have noticed that my dresses are getting longer, my shoes getting bigger, (feet going from a size 7 down to a 6 or 6 1/2), my feet now step on my pants hem, and I have to carry my little stool around with me to reach high places or to climb into some of the vehicles in which I ride.

I have a real heart felt re-

spect for those of you who have the determination and persistence to go the extra mile to hold onto your beliefs, wants and needs. My daughters-in-law are both health conscious and I praise them for their tenacity. They run for miles a day, lift weights, walk on treadmills, have the small curvaceous bodies we all dream of, but I am just not wired for that scenario.

At my age I am just happy to get this almost 5' body moving in the mornings and hobble/wobble down the hall.

This is one healthy recipe I enjoy!



Peggy's Take

### PEGGY'S BREAKFAST

- 6 slices of deli ham
- 1 cup shredded cheddar cheese
- 6 large eggs
- salt and pepper

Preheat oven to 400\* and grease 6 muffin cups. Line each cup with a slice of ham and sprinkle with cheddar cheese. Crack an egg into each ham cup and salt and pepper. Bake until eggs are cooked through 12 - 15 minutes. Sprinkle remaining cheese on top after removing from oven. Of course I know this is healthy, but I really like it with some of my fig preserves????

\*Peggy Sims is a life-long resident of Attala County and columnist.

## Missionary priests help Hispanics in Mississippi Delta

### Associated Press

Catholic priests known as Redemptorists have spent five years expanding outreach to the Hispanic community in the Mississippi Delta.

The missionary priests are moving away for other assignments, the Greenwood Commonwealth reported.

"I think we made great strides," said the Rev. Scott Katzenberger, leader of the group, which now consists of two others, the Rev. Mike McAndrew and the Rev. Kevin Zubele.

The Rev. Ted Dorcey recently departed for a parish in Whittier, California.

Redemptorist missionaries have been serving from a residence at Locus Benedictus Retreat Center since shortly after it opened in Greenwood in 2014.

"Our goal is to get ourselves out of a job," Katzenberger said.

The priests came to train lay people, priests and others to provide opportunities for worship and support. Katzenberger is particularly pleased to have helped Our

Lady of Victory parish in Cleveland establish a ministry for Hispanic residents.

"We have one there now, a very well established and functioning community," he said. "That has turned into a real success. I think we leave the Hispanic ministry in much better shape than when we got here."

McAndrew has supported Hispanic families facing immigration problems. He will be working in San Antonio to train other priests. Zubele will be stationed at St. Gerard's Parish in Baton Rouge, Louisiana, and Katzenberger will be the rector of the Shrine of St. Anne de Beaupre near Quebec City in Canada.

Magdalene Abraham of Locus Benedictus said the Redemptorists have been a tremendous help in the Delta. She said she hopes more priests and members of religious orders will come to help.

"We are actively looking to get more," Abraham said. "We are confident that God is going to send us more to work here."

# CLASSIFIEDS

**3 CEMETERY PLOTS** in Odd Fellows Cemetery, Lexington, known as Lot No. 606 in the 1967 Addition. Includes a Trust Receipt, No. 376, held in trust by the City of Lexington with the interest to be used for the upkeep and maintenance of Lot 606. Call Bruce Hill at 662-417-9944 to arrange for transfer of Trust Receipt and warranty deed for Lot 606. \$1500 total. 2-1ffn

Sephas Ables (1801-1870) and Susan Jolly Ables (1802-1870). Last known home location was in the Richland Beat. If you have any info email Robert Wright at [rw56344@gmail.com](mailto:rw56344@gmail.com) 7-25tfn

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## ALLOWANCE RATES FOR FISCAL YEAR 2019

STATE	INITIAL CLAIMS	RECONSIDERATIONS
MS	30.5%	6.7%
TN	34.4%	12.1%
AL	35.1%	N/A*
AR	35.4%	13.9%
LA	42.8%	11.0%

Source: Atlanta Regional Office, Social Security Administration

\*Alabama was a prototype state and did not process reconsiderations last year. They started processing them again with FY20.