



Pictured above, Medical Billing & Coding/ICD-10 Class (from left): Tionna Colbert, Laketta Cole, Tonia Williams, Verniece Brooks, Corissa Quarles, Alisha Russell, Chris Williams, Miriam Davis, Wendy Robertson, Yolanda Meeks, Gwen Chambers and Instructor Sharon Williams. (Photo submitted)



Pictured above, Advanced Computer Literacy Class (from left): Jerry Benson, Ternishia March, Fannie Jean Archer, Mary Ann Archer, Charles Simmons, and Instructor RaShunda Archer. Not pictured: Alexandria Epps, Vernelia Lowe, Sandra Jordan and Tina Upchurch. (Photo submitted)



Pictured above, Welding Class (from left): James Snow, Sylvester James, Joshua Gale, Ka’Niya Williams, Samuel Hogsett Sr., Anthony Junior, Timothy Gibson and Instructor John Sample. Not Pictured: Arthur L. Newman and Damien Webster. (Photo submitted)

Free Radon test kits available through area libraries

Press Release
The Mississippi State Department of Health (MSDH) Radon Program is partnering with the Mississippi Public Library System to offer free radon home test kits to Mississippi residents.
Radon is an odorless, colorless gas and is the second leading cause of lung cancer nationwide.
More than 20,000 Americans die of radon-related lung cancer each year, and radon causes up to 15 percent of lung cancers worldwide.
Radon is a radioactive gas found in nature. Its source is

natural uranium in the earth. Being a gas, radon moves upward out of the soil and into the air, where it can enter and accumulate in homes. Uranium is found in most soils and in granite.
Test kits are available while supplies last at the following libraries across the state:
Northern Mississippi
Lee County Public Library – Tupelo; Starkville/Oktibbeha Public Library – Starkville; Carrollton/North Carrollton Public Library – North Carrollton; Humphreys County Public Library – Belzoni; Elizabeth

Jones Public Library – Grenada; Indianola/Sunflower Public Library – Indianola; and Greenwood/Leflore Public Library – Greenwood.
Central Mississippi
B.S. Ricks Public Library – Yazoo City; Eudora Welty Public Library – Jackson; Dekalb County Public Library – Dekalb; Attala County Public Library – Kosciusko; Leake County Public Library – Carthage; and Meridian-Lauderdale Public Library – Meridian.
Southern Mississippi
Hattiesburg Public Library – Hattiesburg; and Poplarville Public Library – Poplarville.
For more information on radon exposure, visit the

Lexington Colts Scholarship accepting donations for 2020

Staff Report
The Lexington Colts Youth Sports, Inc. is seeking to award its memorial scholarship for a second year.
The Coach Willie Reeves Memorial Scholarship was awarded last year, to two senior athletes at Holmes County Central High. Thanks to the donors that made this possible last year.
According to Lexington Colts Youth Sports, Inc. CEO Sherri Reeves, the scholarships were made possible through private donations.
The scholarship’s namesake Coach Willie Reeves “was a champion for youth and education in Holmes County. We want to honor his legacy by helping two deserving senior athletes

Grandmother and Sassafras Tea

The flu this year has been one to add to the history books. It seems all my friends and family have been fighting this milady for weeks now. My hands are completely red and rough because of the amount of Germex I have used. I had to go to the doctor this week for a “well check” and I wore my mask, just like the Lone Ranger. I really looked rather odd but hey I surely don’t won’t the flu bug.
As I walked into the clinic



Peggy’s Take

people stopped what they were doing and looked at me as if I was something other than a patient and began to walk away from me and give me a wide berth because they assumed I was contagious. I actually did pull my mask down for the doctor to check my throat.
My grandmother was a doctor in her own right with her concoctions she could mix and cook up. If I had a cold on the weekend and we were visiting her, I begged not to go because I knew she would make me a “poultice” to wear on my chest or fix me a strong drink of sassafras tea. I am not sure which I hated and cursed more.
She always had little bags of flannel, usually made from old shirts, that she sewed together. They were about three inches square. She would fill those little bags with Vicks Vapor Rub, tie it on a string and put it around my neck. Cut little necklace but it smelled so loud and my sinuses did really open. Then she would always have some sassafras root on hand, just in case, and she would boil it until it became a yellowish color juice and pour into one of her prettiest tea cups and serve it to me. She would always

add sugar a little cinnamon to kill the taste but it never completely killed the taste. If I had to describe the taste I would say it had a “wallop.” If it did not take your breath, you were extremely lucky.
She told me when I was older how she made the special tea but as a child I just knew she called it her “miracle, good for everything tea”. She had a sassafras tree that grew along side the everflowing stream down in her pasture. It grew right

along side her persimmon tree. She would dig around the roots of the tree and scrape off the bark to make this concoction. This tea is good for reducing inflammation, act as a diuretic, and I found out that sassafras is used to make file’ and it is used some in Creole cuisine.
I also found out that the use of sassafras has become controversial over the past few years because it contains safrole, a compound that has been banned by the Food and Drug Administration due to its potentially toxic effects!
I don’t suppose that they are really bad toxic as I drank enough growing up to light up in the dark!
I love tea, iced or hot. This is a really good tea for a sore throat or just, for me, to just drink anytime.

Honey Lemon Tea

8 ounces of water
1 regular tea bag
2 t. honey, sugar to taste
1 T. fresh lemon juice
Put tea bag in a coffee mug and pour in hot water and let steep for a few minutes. Add honey, sugar, and lemon juice. Sometimes I like to add orange juice from a fresh orange. Both of these teas are really good and great for a sore throat..
*Peggy Sims is a life-long resident of Attala County and columnist.

with their college endeavors,” according to Reeves. “We are asking individuals, businesses, organizations, etc., to help us with this mission.”
Tax deductible donations can be sent to:
Lexington Colts Youth Sports, Inc.
Coach Willie Reeves Memorial Scholarship Fund
P. O. Box 1102
Lexington, MS. 39095
Scholarships will be awarded on Senior Class Night 2020.
For more information, you may call Sherri Reeves @ 662-633-8053.