

Students named for academic honors at Central Holmes

Staff Reports
Central Holmes Christian School has released its academic honors for the 2019-2020 school year.

ACADEMIC AWARDS

First Grade: All A's All Year - Brayden Langford, Denson Edwards, Alana White, Houston Cain, Drew Durff, Pierce Thomas, Ainsley Ashley and Jaylen McBride; A's and B's for the year - Sophie Wentworth, Mia Brannon and Annaleigh Bowers; Highest Overall Average - Brayden Langford; Highest Reading Average - Brayden Langford; Highest Math Average - Denson Edwards and Brayden Langford; Highest Spelling Average - Denson Edwards and Brayden Langford; Handwriting Award - Houston Cain.

Second Grade: All A's All Year - Makenzie Bishop, Chance Langford, Ellie Lloyd and Audrey Taylor; A's and B's for the year - Riley Banks, Khylen Donelson, Wilson Tucker and Paxton Miles; Highest Overall Average - Chance Langford; Highest Reading Average - Chance Langford; Highest Math Average - Audrey Tay-

lor; Highest English Average - Chance Langford; Highest Social Studies Average - Makenzie Bishop, Chance Langford and Audrey Taylor; Highest Spelling Average - Audrey Taylor; Cursive Handwriting Award - Khloe Harrell.

Third Grade: All A's All Year - Brice Robinson and Lauren Walbert; A's and B's for the year - Kaylee Bethany, Layla Brantley, Avery Engle, Landry Lawshe, Dalton Ledbetter and Lailon Walbert; Highest Overall Average - Lauren Walbert; Highest Reading Average - Lauren Walbert; Highest Math Average - Brice Robinson and Lauren Walbert; Highest English Average - Brice Robinson; Highest Science Average - Lauren Walbert; Highest Social Studies Average - Brice Robinson; Highest Spelling Average - Lauren Walbert; Cursive Handwriting Award - Brice Robinson.

Fourth Grade: All A's All Year - Skylar Ashley; A's and B's for the year - Conley Bryant, Messiah Cornelius, John Franklin Johnson, Emma Word and Sarah Word; Highest Overall Average - Skylar Ashley; Highest Reading Average - Skylar Ashley; Highest Math Average - Skylar Ashley; Highest English Average - Skylar Ashley; Highest Science Average - Skylar Ashley; Highest Social Studies Average - Skylar Ashley; Highest Bible Average - Skylar Ashley.

Fifth Grade: All A's All Year - Paicey Ingram, Lydia Killebrew; A's and B's for the year - Mary Hathcock, Heidi Hudson, Wilkes Rutledge; Highest Overall Average - Lydia Killebrew; Highest Reading Average - Lydia Killebrew; Highest Math Average - Lydia Killebrew; Highest English Average - Paicey Ingram; Highest Science Average - Paicey Ingram; Highest Social Studies Average - Lydia Killebrew; Highest Spelling Average - Lydia Killebrew; Highest Bible Average - Heidi Hudson.

Sixth Grade: All A's All Year - Preston Carnathan, Hallie Fancher and Jon Langford; A's and B's for the year - Trey Blackstock, Brayden Gibson, Hanna Hood, Cooper Logan, Claire Tate, Joseph Walbert and Chloe Word; Highest Overall Average - Hallie Fancher; Highest Reading Average - Hallie Fancher; Highest Math Average - Preston Carnathan; Highest English Average - Hallie Fancher; Highest Science Average - Hallie Fancher; Highest Social Studies Average - Hallie Fancher; Highest Spelling Average - Preston Carnathan; Highest Bible Average - Hallie Fancher.

SPECIAL AWARDS
Highest Overall Average 4th-6th grade - Skylar Ashley; The Jesse "Dan" Edwards Memorial Political Science Award - Hallie Fancher.

SPELLING BEE
4th Grade District Winner - Skylar Ashley, Top Speller - Skylar Ashley, Alternate - Sarah Word; 5th Grade Top Speller - Lydia Killebrew, Alternate - Pacey Ingram; 6th Grade District Winner - Preston Carnathan, Top Speller - Preston Carnathan, Alternate - Hallie Fancher.

Sixth grader wins Dan Edwards Memorial Award at Central Holmes



Hallie Fancher was awarded the Jesse "Dan" Edwards Memorial Political Science Award for the highest average in the sixth grade. She is the daughter of Michael and Merideth Fancher. (Photo Submitted)

Healthcare workers face effects of COVID-19 pandemic

Mississippi Department of Mental Health

Stress, anxiety, fear, and uncertainty – they are all strong emotions many people are experiencing during the pandemic that has been a part of our lives for months now.

Doctors, nurses, lab technicians, and healthcare workers of all kinds may be responding to this illness and treating individuals who have tested positive with COVID-19, but that doesn't mean they are immune to those same stressors affecting workers across all other sectors of the economy.

Even during normal times, the impact of stress on our physical and emotional well-being can be profound, said Dr. Joe Griebler, Director of Behavioral Health Services at Mississippi State Hospital. Although some levels of stress are not necessarily problematic – and may even result in higher levels of performance – a longer-term barrage of stressors could lead to various mental health problems, such as depression, debilitating anxiety, thoughts of suicide, or simply an exacerbation of existing medical or mental health issues.

"The challenge we face today is we are all being exposed to repeated or prolonged stress resulting from everything we are encountering with the pandemic, and this is in addition to the normal stressors that we each face on a daily basis," Griebler said. "The impact of this cur-

rent moment on healthcare providers cannot be overstated, and we are already seeing evidence of the toll that this moment is having, both at our hospital and globally. As healthcare providers, part of our mission is to set aside everything in our own lives so that we can effectively focus our attention on our patients."

However, with the extent to which so many individuals' worlds have been thrown off balance, it can become increasingly difficult to maintain focus on needs at work. Coupled with the decreased ability to engage in activities that help counter stress – nights out with friends, family dinners, all kinds of social gatherings and close human contact – the workforce, including the healthcare workforce, has a decreased capacity to function at its normal level due to emotional exhaustion.

For healthcare providers, the loss of even one individual can be deeply impactful and traumatizing, as the goal of their entire career is to offer healing and save lives.

Doctors, nurses, and other professionals may experience the deterioration or death of their patients on a near-daily basis. Such losses can lead to a sense of helplessness, self-doubt, or despair.

"This is trauma, without question, and healthcare providers around the world are currently experiencing a collective or communal trauma as they shoulder the

devastation of this pandemic," Griebler said.

During times of such personal and professional difficulty, some people may experience unhealthy coping skills – anything that diminishes someone's physical, emotional, or spiritual well-being. If someone finds himself losing his temper more than usual or is unable to relax and enjoy his free time away from work, it can be an indication of improvement needed in coping techniques.

Without a doubt, compassion fatigue can be a real issue when people experience intense, prolonged stress. It can show itself as dread in coming to work, the increasing use of sick days, or an inability to experience joy or through reduced empathy, said Dr. Mary Ashley Angelo, Behavioral Health Services Training Director at Mississippi State Hospital. People may also experience symptoms similar to depression - mood swings, anxiety, irritability and overuse of numbing agents such as alcohol or other drugs.

Those experiencing compassion fatigue may also display emotional symptoms such as impatience with others, resentment, increased sensitivity/reactivity and poor judgement. Angelo said there can also be physical symptoms like headaches, digestive difficulties, muscle tension and sleep disturbances.

Although healthcare providers may face intense levels of stress, many of the

same techniques that help other professions cope can be helpful for them as well. Eating a balanced diet, getting enough sleep, reaching out to loved ones, going for a walk outside, and spending time in nature are excellent strategies to increase resiliency.

"Just a few minutes a day of prayer or mediation can make a profound difference as well. There are some great guided meditation apps with timers you can set to remind you to take that few minutes to reset," Angelo said. "You can also limit the amount of time you spend watching the news and instead watch something funny on TV. Maintaining a sense of humor helps a lot.

"Above all, everyone, no matter their profession should be encouraged to actively seek support when they feel it is needed," Angelo said.

The Substance Abuse and Mental Health Services Administration has a Disaster Distress Hotline at 1-800-985-5990, and you may text TalkWithUs to 66746 to connect with a trained crisis counselor. The Crisis Text Line can connect someone with a crisis counselor by texting HOME to 741741. The National Suicide Prevention Lifeline is also available at 1-800-273-8255 (TALK).

The DMH Helpline will remain staffed at all times during the COVID-19 pandemic. Call 1-877-210-8513 for information about services or supports near you. Additional resources for Mississippians are located at www.mentalhealthms.com and www.standupms.org.

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