

Holleman and Meriwether graduate from leadership program

News Release
Holmes Community College's Director of Financial Aid Clate Holleman, Ed.D. and Director of Health Science Programs Ginger Meriwether, MSN, recently graduated from the Mississippi Community College Leadership Academy.

The MCCLA is organized around the practical needs for future community college leaders, specific to the Mississippi community college system. The program was developed in 2009 to address the projected need for upper-level leaders in the Mississippi community college system. Holleman joined the Holmes family two years ago. Prior to his position at

Holmes, he worked as a financial aid administrator at Belhaven and the University of Mississippi. Holleman earned a bachelor's degree in English, a master's in higher education and a doctorate in education from the University of Mississippi. He is a member of the Mississippi Association of Financial Aid Administration (MASFAA), the Southern Association of Student Financial Aid Administration (SASFAA) and the National Association of Financial Aid Administrators (NASFAA). Holleman's hobbies include playing golf, playing guitar and collecting coins, and he is also a member of Christ United Methodist Church of Jackson. He and his wife, Virginia, have two sons: John (3) and Ben (8 months). Meriwether has served as director of health science programs for three years but has been at Holmes for 14 years total. She previously served as an Associate Degree Nursing (ADN) instructor. Prior to working at Holmes, she was employed by Grenada Lake Medical Center and Grenada Lake Medical Center Home Health Agency for eight years, was a school nurse for East Tallahatchie School District for two years and a charge nurse for North Sunflower Hospital for one year. She has also served as coroner/medical examiner investigator for Tallahatchie County for 16 years.

Meriwether holds a Master of Science in Nursing from Delta State University, a Bachelor of Science in Nursing from Mississippi University for Women and an Associate of Applied Science degree (ADN) from Holmes. She is president of the Mississippi Coroner and Medical Examiners Association (MSCMEA), a member of the National League for Nursing (NLN) and a member of the Mississippi Community College Board Leadership Forum. She was also named Parent of the Year for the Grenada School District twice. Meriwether is an active member of Emmanuel Baptist Church of Grenada where she assists with youth activities, leads Vacation Bible School (VBS), sings in the choir and is an ensemble member. She is also a volunteer first responder for Cascilla Volunteer Fire Department, a member of Delta Kappa Gamma Society International and a member of New Century Book Club. In her spare time, Meriwether enjoys being outdoors: hunting, fishing and gardening are some of her favorite hobbies and she processes and cans as much produce as possible every

year. She loves listening to all styles of music, reading different genres of books and trying out new recipes. Most of all, she enjoys spending as much time as possible with her family. Meriwether and her husband of 24 years, Al, have a daughter, Meredith (16), and a son, Will (13).

Previous MCCLA graduates from Holmes include Diane Allgood, Dr. Alice Austin, Ryan Beggs, Dr. Mike Blankenship, Dr. Michelle Burney, Dr. Don Burnham, Martha Cofer, Dr. Kathryn Cox, Dr. Stephanie Diffey, Steve Diffey, Dr. LaWanda Herron, Dr. Joye

Jones, Dr. Luke Jones, Kay Kelly, Dr. Tonya Lawrence, Dwight Myrick, Bronwyn Martin, Slade Redwine, Matt Surrell, Dr. Larry Webster, Dr. Amy Whittington and Dr. Amy Wolgamott. For more information on MCCLA, visit <https://www.mccb.edu/mccla>.

TUESDAY
JUNE 8
(CITY HALL)
RE-ELECT
Robin
McCrory
MAYOR
LEXINGTON

*Paid for by McCrory for Mayor

PUBLIC HEARING

THE WEST HISTORICAL AND PRESERVATION SOCIETY WILL HOLD A PUBLIC HEARING ON MONDAY, JUNE 14, 2021, AT 4:00 P. M. IN THE ALEXANDER BROCK BUILDING IN WEST, MISSISSIPPI IN ACCORDANCE WITH REGULATIONS ESTABLISHED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE – RURAL DEVELOPMENT DIVISION. THE PURPOSE OF THIS MEETING IS TO ALLOW THE PUBLIC TO BECOME ACQUAINTED WITH THE WEST HISTORICAL AND PRESERVATION SOCIETY APPLICATION FOR FEDERAL FUNDING THROUGH THE RURAL DEVELOPMENT COMMUNITY FACILITIES PROGRAM AND DISCUSS WHETHER AN ENVIRONMENTAL IMPACT WOULD BE INVOLVED. THE PUBLIC IS ENCOURAGED TO ATTEND, PARTICULARLY THOSE PERSONS DIRECTLY BENEFITING FROM THE PROJECT.

2020 Annual Drinking Water Quality Report
Town of Tchula
PWS#: 260016
May 2021

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to providing you with information because informed customers are our best allies. Our water source is from wells drawing from the Upper Wilcox Aquifer.

The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. A report containing detailed information on how the susceptibility determinations were made has been furnished to our public water system and is available for viewing upon request. The wells for the Town of Tchula have received moderate rankings in terms of susceptibility to contamination.

If you have any questions about this report or concerning your water utility, please contact General Vann at 662.235.5112. We want our valued customers to be informed about their water utility. If you want to learn more, please join us at any of our regularly scheduled meetings. They are held on the second Thursday of the month at 5:30 PM at City Hall.

We routinely monitor for contaminants in your drinking water according to Federal and State laws. This table below lists all of the drinking water contaminants that were detected during the period of January 1st to December 31st, 2020. In cases where monitoring wasn't required in 2020, the table reflects the most recent results. As water travels over the surface of land or underground, it dissolves naturally occurring minerals and, in some cases, radioactive materials and can pick up substances or contaminants from the presence of animals or from human activity; microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm-water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm-water runoff, and residential uses; organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations and septic systems; radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily indicate that the water poses a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Action Level - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level (MCL) - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG) - The "Goal"(MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL) - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary to control microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) - The level of a drinking water disinfectant below which there is no known or expected risk of health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Parts per billion (ppb) or Milligrams per liter (mg/L) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Parts per million (ppm) or Micrograms per liter - one part per million corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

TEST RESULTS								
Contaminant	Violation Y/N	Date Collected	Level Detected	Range of Detects or # of Samples Exceeding MCL/MCLG/MRDL	Unit Measure -ment	MCLG	MCL	Likely Source of Contamination
Inorganic Contaminants								
10. Barium	N	2018*	.0051	.0031 - .0051	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
13. Chromium	N	2018*	1.6	1.5 - 1.6	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits
14. Copper	N	2018/20	.1	0	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
16. Fluoride	N	2018*	.118	.106 - .118	ppm	4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
17. Lead	N	2018/20	1	0	ppb	0	AL=15	Corrosion of household plumbing systems; erosion of natural deposits
Sodium	N	2019*	72000	70000 - 72000	ppb	0	0	Road Salt, Water Treatment Chemicals, Water Softeners and Sewage Effluents.
Disinfection By-Products								
81. HAA5	N	2020	13	No Range	ppb	0	60	By-Product of drinking water disinfection.
82. THM [Total haloethanes]	N	2020	7.78	No Range	ppb	0	80	By-product of drinking water chlorination.
Chlorine	N	2020	1.2	.7 - 1.9	mg/L	0	MRDL = 4	Water additive used to control microbes

* Most recent sample. No sample required for 2020.

We are required to monitor your drinking water for specific contaminants on a monthly basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. During June 2019, we did not complete all monitoring or testing for bacteriological and Chlorine contaminants and therefore cannot be sure of the quality of our drinking water during this time. We are required to take 2 samples and 5 were taken. We have since taken the required samples that showed we are meeting drinking water standards.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Our water system is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>. The Mississippi State Department of Health Public Health Laboratory offers lead testing. Please contact 601.576.7582 if you wish to have your water tested.

All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. These substances can be microbes, inorganic or organic chemicals and radioactive substances. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1.800.426.4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline 1.800.426.4791.

The Town of Tchula works around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.



Pictured are (left to right) Holmes Community College's Director of Health Science Programs Ginger Meriwether, MSN; President Dr. Jim Haffey and Director of Financial Aid Clate Holleman, Ed.D., following Meriwether and Holleman's graduation from the Mississippi Community College Leadership Academy.

Drug and Alcohol Rehabilitation and Education

News Release
Prescription benzodiazepines can treat several conditions, including epilepsy, panic disorder, and generalized anxiety disorder. However, professionals continue to debate as to whether long-term use of these drugs are medically acceptable. As more information has surfaced regarding these drugs' addictive potential, medical professionals have shied away from prescribing them. Psychiatrists have argued that benzodiazepines have a low potential for abuse when taken as prescribed, but studies show that over 10 million people are not using them as their doctor advised.

Benzodiazepines are involved in over 10,000 overdose deaths per year, usually combined with other drugs, like opiates. There is also a pronounced effect associated with the use of benzodiazepines, like Xanax, best described as a reduction in the ability to make rational

decisions. This effect manifests itself in various ways, and there have been instances of users doing things that are remarkably out of character for them. These can range from harmless to potentially deadly. There are reports of users getting up in the middle of the night and doing things like laundry, or dishes, only to have entirely forgotten the next morning what took place the night before. More sinister manifestations include stealing for thrills, getting into fights, and spending sprees far outside of one's budget. People make unwise decisions under the influence of Xanax, and sometimes the consequences are grave. Poor decisions aside, there are several unavoidable consequences of Xanax abuse. Some of the more common ones are:

- Sedation
- Lightheadedness
- Decreased heart rate
- Decreased respiration

- Decreased blood pressure
- Slowed reflexes
- Irritability or depression

Dependency and Withdrawal
Daily use of benzodiazepines, even as prescribed, causes the body to develop a tolerance. This tolerance eventually turns into a dependency. This can be life-threatening if withdrawals begin unexpectedly. When someone is dependent on benzodiazepines, it means they need it to function normally. When someone becomes physically dependent on benzos, they will experience withdrawal symptoms like vomiting, sweats, convulsions, and seizures. These symptoms are potentially deadly. For more information on benzodiazepine abuse, visit: <https://www.narcononnewliferecovery.org/blog/five-shocking-facts-about-xanax.html> **ADDICTION SCREENINGS** Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 1- 800-431-1754 This letter can be attributed to Caleb Hughes, Director of Public Relations at Narconon.