

# Peggy's Ponderings

My mother was five feet eight inches tall, my daddy five feet and 10 inches, my brother nearly six feet and my sister a little taller than me at my almost five feet. My mother used to joke and tell me she placed a book on my head so I would not grow taller. I was the shortest person in our graduating class. I was the one who was always placed on the front row. I guess I missed my elevating gene. Only one of our children inherited short stature, our oldest, Michael. He's not a whole lot taller than me. His brother is over six feet and his sister at the least five feet eight.



Peggy Sims

I have a small white stool I carry around with me, ALL THE TIME, just to help me climb onto and into things I need. I also have one of the "grabbers" to get things from cabinets or high shelves. My housekeeper is somewhat taller than me and she always places the dishes I need just

out of reach, so I am constantly asking for help or using my stool or my grabber. All my husband's vehicles are high off the ground, and I always need my stool to climb in. In my younger years, it was easier to scramble and clamber to higher places I needed to get to but as I get older, I find that my "scrambler" is somewhat lacking in mobility. When we rebuilt our log house, I told the contractor I needed two ovens as I cooked lots during the visits from our children. I have a microwave, an oven over an oven, a wall of ovens and I can in no way reach the top. I suppose the contractor didn't take a good look at me. So, yep, I need my stool. I remember once I had to go to the grocery store and all that was here to drive was my husband's jeep, Ruby. Ruby is really high off the ground, and I had to have my stool to climb in. Only

# MONKEYPOX

First case identified in MS

JACKSON, Miss. Monday, July 25, the Mississippi State Department of Health is reporting its first case of Monkeypox in a Mississippi resident. The specimen was tested at the Mississippi State Department of Health Public Health Laboratory. An investigation to identify persons who may have encountered the patient while they were infectious is ongoing. Development (incubation) of the disease after exposure is one to two weeks. Nationally – as of July

22, 2022 – 2,891 cases have been confirmed with no reported deaths. While this is the first reported case in MS, it remains likely that other cases will be identified as well. Transmission can occur with close skin-to skin contact – kissing, cuddling or sex – with an infected person. Transmission can also occur by touching clothing or linens, bedding, or towels of an infected person, or inhaling the respiratory droplets during prolonged close contact with an infected person. Orange Crush Cake – one box of orange cake mix, 1 package of vanilla pudding mix, 4 eggs, 1/3 cup of oil, 1 cup of Orange Crush. Mix all and beat on medium until smooth. Pour into a tube pan and bake 55 minutes at 350\*. Icing – 2 cups of powdered sugar and 3 Tablespoons Orange Crush. Mix well and drizzle over cake. Peggy Sims is a life-long resident of Attala County and columnist.

son. According to State Epidemiologist Dr. Paul Byers, "While anyone can get Monkeypox, many of the cases identified in the outbreak in the US and globally have been among men who have sex with men." Monkeypox is a rare disease caused by infection with the Monkeypox virus. Symptoms may start out as a fever, swollen lymph nodes, headache, and muscle aches, followed by a rash that starts out as flat and then advances to pimples, or blisters and ulcers on the face, body and private parts (sexual organs). The rash can be itchy and painful. It can be confused with sexually transmitted infections such as syphilis and herpes, or with chickenpox. The illness typically lasts two to four weeks. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash. The Mississippi State Department of Health has received limited doses of vaccine that will be used to treat MSDH identified individuals exposed to a case of Monkeypox.



Maggie Melton  
Sage Mullins  
August 20

Bekah Misner  
Jay Murtagh  
November 4

Emily Martin  
Turner Hathcock  
December 17

Peoples  
Drug Store

Court Square 834-2721 Lexington

# Menthol Cigarettes: More Addicting than Regular Cigarettes

Rankin County resident, 50-year-old Cissy Jones smoked menthol cigarettes for over 20 years. "I started when I was 16. I was young, dumb, and those menthol cigarettes just tasted better." Tobacco companies add menthol to cigarettes so that they feel less harsh, which makes them more appealing to young people. The attractiveness of menthol is compounded by the fact it is more addictive. Currently, menthol is the only allowable cigarette flavoring under federal law. Tobacco companies continue to market menthol cigarettes in poor and underserved communities. Mississippi has the fifth highest rate of smoking in the nation, and the majority of menthol smokers in the state are Black. The chemicals found in menthol interacts in the brain to enhance nicotine's addictive effects, making it harder to quit. Black Mississippians who smoke menthol cigarettes are more likely to experience health consequences, such as heart attack, stroke and lung cancer due to preexisting health disparities as shown in the data collected by the Centers for

Disease Control and Prevention (CDC). While tobacco use has dropped off over the last 20 years, use of menthol cigarettes within groups of smokers has continued to increase, according to the CDC. "I only quit seven or eight years ago," said Cissy. "Had they taken menthol off the market, I would have quit a lot sooner. I just couldn't smoke those regular ones. And it's too easy, my drug was on every corner." The Mississippi State Department of Health (MSDH) offers free options for those who are ready to quit. Our "Ready. Set. Quit" program has a hotline you can call. 1-800-QUIT-NOW. "We are real people who are ready to help!" said Linda Jordan-Jefferson, Director of the Mississippi Tobacco-Free Coalition of Madison, Yazoo and Holmes Counties. Cissy is glad she quit. "I can breathe now, and I don't stink. I've got freedom from the addition," she said. For more information visit healthmys.com/tobacco. For help with quitting, visit quitlinems.com, or call the Mississippi Tobacco Quitline at 1-800-QUIT-NOW.

## ACROSS

- 1) One of the Jackson brothers  
5) Lhasa \_\_\_\_ (small dog)  
9) Four-star review  
13) Ancient  
14) "Bear of very little brain"  
15) Feasts  
16) Dignified sobriety  
18) To the left, at sea  
19) Tisket's partner in song  
20) Swedish money  
21) Automotive "valve"  
22) Meditative martial art  
25) Trigonometric function  
27) Gambler's marker  
29) Musical buildup  
31) Jesus, to many  
34) Bullets, briefly  
35) Opening in a dentist's schedule?  
36) Broke the budget
- 39) "Patriot" add-on  
42) It has six sides  
43) Casual top  
47) Scottish broadsword  
50) Arab ruler  
51) Eli's school  
52) Extremely popular  
55) Green climber  
56) Braid of hair  
58) Poppy plant derivative  
60) In pieces  
61) Enact  
64) "Growing Pains" star  
65) Bowl over  
66) Listed thing  
67) Does simple math  
68) Hamlet, e.g.  
69) Scatters hay

## DOWN

- 1) \_\_\_\_ in turkey (spelling lesson)  
2) Practical joker's cry  
3) Israeli city  
4) English 101 readings  
5) Breathing problem  
6) Kind of license  
7) "Emergency!"  
8) Sounds of acknowledgment  
9) Rest  
10) Making amends  
11) Open porch  
12) Suffix for the very best  
15) At considerable distance  
17) NASDAQ, for one  
20) Broadway's fate?  
21) Many computers  
23) Caught some shut-eye  
24) Cord fiber  
26) Emulate a bunny  
28) Spanish uncle  
30) Bamboozles  
32) Egg cell  
33) Zinger  
37) Pink, as a steak  
38) Not just "a"  
39) Aloof  
40) Gave a high-five  
41) Duck type  
44) Copy  
45) Fastened, in a way  
46) "Don't give up!"  
48) Desires  
49) Japanese leader of yore  
53) Express one's view  
54) "\_\_\_\_ the season ..."  
57) Not his or hers?  
59) Came down to earth  
60) Letters before an alias  
61) Thing dropped for trips  
62) In-flight info, for short  
63) Fat letters

## ANYTHING GOES

By Joel D. Meyers

