

# 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**

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 per-

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."

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.*

Medical providers are encouraged to consider Monkeypox infection and to notify MSDH when evaluating patients with a rash, especially if there are known risk factors.

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.



## Bridal Registry

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 [healthymys.com/tobacco](http://healthymys.com/tobacco). For help with quitting, visit [quitlinems.com](http://quitlinems.com), or call the Mississippi Tobacco Quitline at 1-800-QUIT-NOW.

# CROSSWORD PUZZLE

## 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) Ticket'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

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