

Peggy's Ponderings

"The sharing of secrets is how little girls bond."

It's really early on a Monday morning and I would be sitting on my back porch writing this column but it's so hot my chickens are laying hard boiled eggs. So, I am sitting at my dining room table in the sanctuary of my cool cool house.

Do you have a BEST friend? A friend to end all friends? I have had four in my entire life that I

would trust with my most embarrassing stories. One with which I started first grade. One made through my loneliness of my first move away from home, one I met later in life but such a treasure, and then I gave birth to my very best friend, my daughter Pam. Oh, I have a multitude of people I call my friends and they are but not the ones my heart is tethered to.

My oldest and dearest friend and I be-



Peggy Sims

gan first grade here in my hometown. She and I just bonded on our first day. We stayed close through all our school years and into adulthood. She was a bridesmaid in my wedding and I in hers. One of us always stayed weekends with one another. We got into some situations that were hard to talk our way out of several times and to tell you the truth, it was always my fault. We lived apart for nearly fifteen years and when we reunited, it was as if no time had passed, and she had named two of her children Michael and Mark just as I had. She's in the nursing home now with a terrible malady that is taking her from me forever.

My next one was found in Arkansas as we moved with our grocery store to a small

town on the Mississippi river. She was a God send as I was lonely moving away from my home and family and she took up so much of that and returned it with friendship.

My next best friend and I met in an art class about twenty years ago and she was one after my heart and we bonded. We traveled together all the way to New York City and tell each other our "old" secrets.

Then my BFF was born when I was thirty-five and she is the best, best friend I could ever have found, my girl, Pam. She's looks like me so much, acts like me, talks like me, etc. and I am not positive that's all really good, but I thank God for her every day.

I am thankful for all my

friends, best and good ones. I read once that you can never be poor as long as you have a wealth of friends. I am rich!

I've been on somewhat of a "diet" for the past year because of diabetes. Here's one of my go to good ones. Chocolate Cookies

***America at 250**
(Continued from page 1.) denominations to assemble for public worship."

The Founding Fathers believed God answered these prayers. Towards the end of the war, Gen. Benedict Arnold agreed to betray General George Washington at West Point. After the plot was improbably foiled, Washington credited God.

"The Providential train of circumstances which led to

1 1/2 cup or peanut butter, 2/3 cup of oats. 1/2 cup of chopped dark chocolate, 3 T. chopped nuts, 1 T. coconut oil. Mix well and pour 1 teaspoons full on a lined cookie sheet and refrigerate for one hour.

Peggy Sims is a life-long resident of Attala County and columnist.

it affords the most convincing proof that the liberties of America are the object of Divine protection," he wrote about the incident.

This devotion wasn't limited to wartime, as "The American Story: The Beginnings" by David and Tim Barton details. In 1787, as the Constitutional Convention threatened to fall apart, Benjamin Franklin urged those assembled to pray.

"How has it happened, Sir, that we have not hitherto once thought of humbly applying to the Father of lights to illuminate our understandings?" Franklin asked. He continued, "The longer I live, the more convincing proofs I see of this truth - that God governs in the affairs of men."

Also, "We have been assured, Sir, in the sacred writings that 'except the Lord build the House they labor in vain that build it.' I firmly believe this."

Today, many Americans don't. It's led to what we'll examine next week - the threats to America's greatness.



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Mississippi health officials warn of extreme heat dangers

JACKSON, Miss. (WJTV) - As Mississippi prepares for triple-digit heat indexes, health officials are reminding residents to take extra steps to stay safe during the hottest days of summer.

Officials with the Mississippi State Department of Health (MSDH) said extreme heat can quickly become dangerous, especially for young children, older adults and people spending extended time outdoors.

Officials warn that heat stroke can happen when the body is unable to cool itself and may lead to seri-

ous health complications or death. They said one of the biggest dangers is leaving children or pets inside hot vehicles, where temperatures can rise rapidly.

Warning signs of heat stroke may include the following:

- An extremely high body temperature (above 103 degrees, orally)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache, dizziness, nausea and confusion

If heat stroke happens:

- Call 911 for immediate

medical assistance and get the victim out of the sun or heat.

•Cool the victim rapidly using whatever methods you can.

•Monitor body temperature and continue cooling efforts until it drops to 101-102 degrees.

•If emergency help is delayed, call the hospital emergency room for further instructions.

Residents are encouraged to stay hydrated, limit time outdoors during peak heat, check on vulnerable loved ones and never leave anyone unattended in a vehicle.



July 2 - Randy Langford, Angela Hammons, Allison Langford, Edna Newton, Ashley Box, Shane Sanford, Drennan Word, Dwayne Payton, Virgil White

July 3 - Alston Gilbert, Shannon Lewis, Maggie Carter, Brent Richardson, Kelsey Watts, Faye Engle, Terrance Greer

July 4 - Debbie Byrd, Jerry McCrory, Liz Mansoor Helton, Jordan Taylor, Morgan Taylor, Bro. Steve Jordan, Kristen Stevens, Verita Denise Meeks

July 5 - Vera Marshall, Emily Thomas Holland, Ryleigh Scott, Ben Hudson, Donnie Doshier, Markus Horton, Susie Lane Pritchard, Tim Greer, Dea

Hammett Bowling, Tami Burt, Chester Greer

July 6 - Kirsten Gatson, Koby Padgett, Jerry G. Johnson, Toryianna Miller, Emma Burns, Timmy Angell, Lamar Ferrell, Hallie Austin, Barbara May

July 7 - Jessica C. Hood, Raymond Smith, Joann Banks, Whitney Matthews, Bryan Ware, Cagnie Johnson, Jessica E. Gilmer, Sally Cohen, Raquan Moore, Gail Hester, Patrick Boyd

July 8 - Carley Williamson, Naquisha Powell, John Grover, Virginia S. Melton, Pauline H. Tomlinson, Joseph Stewart, Jeff Jackson, James Engle



July 3 - Todd and Mitzi Wilson, William and Brenda Powell

July 4 - Jeff and Dana Holmes, Cleveland and Diane Whiteside

July 5 - Harold and Jackie Hammett, Edward and Causey Johnson

July 6 - Johnny and Cindy Lunsford, Christopher and Kimberly Forrest, Brenden and Elizabeth Brunner

July 7 - Danny and Ginny Hill

To add your birthdays and anniversaries to our list, please send your information by mail to P.O. Box 60, Lexington, MS 39095; fax 662-834-1074; email to hcherald@gmail.com; or stop by our office at 308 Court Square in Lexington. No phone calls, please.



MT. MORIAH MB CHURCH
Mt. Moriah MB Church, Pickens, will host its Summer Revival on July 6 thru 8 at 7:00 p.m.
6-18,25;7-2

CHURCH
Trinity MB Church will hold its Pastor's Anniversary on Sunday, July 5 at 1:30 p.m.
6-25;7-2

BETHLEHEM MB CHURCH
Bethlehem MB Church, Highway 51 South, Goodman, will host a Summer Revival Wednesday, July 15-17 at 7:00 p.m.
7-2,9

LEBANON MB CHURCH
Lebanon MB Church, 23040 Highway 17, Lexington, will hold its 157 Church Homecoming on Sunday, July 5 at 11:00 a.m. and a Summer Revival July 6-8. For more information, call 662-739-7089.
7-2

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