



THE CANTON NEWS

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P.O. Box 1163, Canton, MS 39046

MadCAAP reaches thirty-five years of helping others

By Lori Lycette

Madison Countians Allied Against Poverty, most commonly known as MadCAAP, is an organization that partners with individuals, churches, businesses and civic groups to meet the varying needs of those in the community who are hungry and thirsty, in need of clothing and safer homes, as well as those who are lonely and in need of emotional support.

Thirty-five years ago, Sister Grace Mary McGuire was concerned about the poverty that she saw in rural Madison County. McGuire then gathered several local residents, and they developed a plan to meet the two most immediate needs: education and deplorable housing.

MadCAAP was then formed by a board of directors in 1985. Olivia Harrell, who still serves on the

board, was one of the founding members.

Karen Robison became the executive director of MadCAAP in 2006.

Robison said, "In the beginning, the key elements of MadCAAP's foundation were helping repair hazardous conditions in the homes and providing basic adult education.

"Throughout the years, they added a clothing and household needs closet, a food pantry, a homebuilding program and a community garden. Today, all these programs remain, with the exception of the homebuilding program," Robison added.

MadCAAP continues to offer basic home repairs for families in need, as well as wheelchair ramp construction. Each year, they average sixty-five home repairs including new wheelchair ramps.



Photo by Lori Lycette

Within the New Attitudes Educational Program, classes are offered to assist men and women with children on topics such as parenting, physical and mental health issues, nutrition, healthy cooking, budgeting, literacy and domestic violence.

Clients who participate in the

classes can work towards providing new school uniforms and supplies for their children, as well as Christmas gifts during the holidays. A minimum of twelve hours per session is required for this benefit.

"The education program has

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Tilda Bogue Farm is a glimpse into MS history

By Lori Lycette

Nancy Grogan was a passionate historian who loved to collect old things, including abandoned log cabins originally built in the 1800s.

Grogan's first "project" was a very old and dilapidated cabin that she discovered on Georgia Pacific Corporation land, about two miles east of the land that she and her husband Bill already owned on Davis Crossing Road, which is about five miles north of town.

"My family bought this property in the 1970s, and we used it as a weekend getaway from our home in Northeast Jackson," said their son Nolen. "We came up



A current photo of Tilda Bogue

Photo by Lori Lycette

every chance we got to work the property, cut firewood and ride three-wheelers."

Nancy Grogan requested the cabin from Georgia Pacific, and permission was granted to move the dilapidated structure from the

property. The painstaking process of moving the cabin two miles down the country road took eight hours.

The cabin was a two-pen enclosed-run dogtrot house made from fourteen inch hand-hewn,

square-notched oak logs, built in the 1830s, believed to be erected in 1835. It had been updated in the 1850s to Greek Revival detailing, popular with prosperous planters of the era.

A complete restoration of the cabin began in February 1981. Bill and Nancy carefully selected authentic materials to be used in all additions to the cabin and made sure that all the contemporary light fixtures and most of the modern facilities in the kitchen were concealed so as not to compromise the antique feel of the home.

"She was a biologist before we moved to the farm. All her knowl-

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What matters with God is what really matters

By Guest Columnist Reverend
Jasper Bacon



Reverend Jasper Bacon

Special to The Canton News

The church is at a pivotal point in history concerning biblical racial reconciliation. It is with great urgency that Christian believers must study the Bible and apply an authoritative answer to the subject

matter. For too long, the church has sat on the sidelines in fear or anger, and God's work has been hindered. The church must not opt out on being the leader in biblical racial reconciliation. The main reason is God's mandate (Matthew 22:37-40; Ephesians 4:3).

Secondly, the world is looking to the church for guidance on this very important matter. Unfortunately, there has been too little investigation on the biblical and theological principle relating to this issue.

There is a story told of Dr. Billy Graham. He was scheduled to hold a crusade in this one city; ropes were erected to separate certain people groups. When Dr. Graham arrived at the meeting, he personally went over and pulled the ropes down and refused to let them be put back up. There were those who were angered.

Let us remember that to stand with Jesus may lead to misunderstanding and categorizations. Yet, we must resolve that to stand with Jesus and be judged by people is better than to stand with people and be judged by God. Some may read this and say, "that was another era...we have progressed well beyond the attitudes and actions of that day." Yet, I wonder if there are still ropes in our hearts and minds that we need to let God tear down. I wonder if there are still some ropes of hatred, superiority, anger, prejudice, bigotry and stereotyping that are hindering God's work and our personal and spiritual development.

There are at least five biblical principles that will guide Chris-

tians as we navigate the waters of Biblical racial reconciliation.

Principle one: The beautiful picture of biological unity among all mankind. Genesis 1-11 pictures all people as coming from a single original pair (Adam and Eve) and further unity existing through Noah. Paul builds on this unity in his address on Mars Hill. He affirms that God "made of one (man) every nation of mankind to live upon the face of the earth" (Acts 17:26). In other words, we are all related. There is biological oneness and unity.

Principle two: All people possess God's image. The Bible presents all mankind as having a special importance and dignity within the natural order because of their creation in the image of God (Gen. 1:26, 27). It is very important that we show great respect for all people because they bear the image of their Creator.

Principle three: All men are equally sinful. The scriptures plainly state that every person is sinful and broken before God

and needs to be saved through faith in the finished work of Jesus Christ (Isaiah 53:6; Romans 3:23; 6:23; I Corinthians 15:1-4; II Corinthians 5:21; Ephesians 2:8-9; John 1:11, 12). The ground is indeed level at the foot of the cross. There is no room for attitudes of superiority. We are all broken and stand in need.

Principle four: Through the gospel, people are saved and united together in one body. The Bible clearly states that, through the gospel, the death, burial and resurrection of Christ, God has provided salvation and drawn to Himself men and women from every group, community, nation and tribe. God has incorporated them into the universal church. At the center of the gospel is God's heart to reconcile people to Himself and to reconcile people to each other.

Principle five: Spiritual unity exists among all who have received Christ. The Bible teaches that the common bond between believers is greater than

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cont. from front page

MadCAAP reaches 35 years of ministry

grown ten-fold over the years, and classes are held year-round," said Robison.

Project H.O.P.E. (Help Overcome Poverty's Effects) is an in-house job program for impoverished women who are pursuing a GED, furthering their education or learning to read. These women make jewelry by hand, which is then sold to provide them with some income and opportunities to create a better life for themselves and their children.

The Clothes Closet, which provides clothing and basic household goods, has been temporarily closed due to COVID-19; but, during a normal month, around 300 families receive clothing, shoes and household items at no cost. The website, madcaap.org, provides details on items that will be needed again when it reopens.

"I'm sure, like any other organization, the demand for our programs outweighs our resources. We are currently not open to the public and are unable to take in-kind donations but are hoping to have our clothing closet back open in June or July," said Robison.

"The Food Pantry provides food to one hundred families a week, averaging about 4,000 pounds of food being distributed from the center during that time," Robison added. "Right now, we have over 2,800 families registered who are living under the poverty level."

Every Monday at 9 a.m., one hundred boxes of food are distributed on a first-come, first-served basis.

"Since the COVID-19 crisis, the food pantry was the main thing we opened backed up. It's been a juggling act to keep volunteers and

clients safe. We are loading the clients' cars during COVID-19, wearing masks, using gloves, hand sanitizer, disinfectant and following all of the recommended guidelines," said Robison.

About 700 food boxes were packed and distributed last Thanksgiving. All the food is provided by the Mississippi Food Network, food drives and from the MadCAAP garden.

All vegetables grown in the Helping Hands Garden, which produces about 10,000 pounds a year, are distributed to the client families of Mad-

speakers do presentations on a variety of wellness topics, such as healthy cooking, illness awareness (diabetes, hypertension, pneumonia, etc.) and safety in the home, including a fire plan, trip hazards, etc. The presentation ends with a healthy lunch.

Beginning in 2010, Food for Thought (FFT) has served as MadCAAP's annual fundraising event every October since. Set in the Livingston community, FFT offers food and drinks from over

thirty-five vendors, live entertainment and a silent auction. Many volunteers come from all around to help this event become a major success. Unfortunately, due to the COVID-19 impact, MadCAAP has made the very difficult decision to cancel this year's event.

"It was a very heart-wrenching decision to cancel this fundraiser, especially since it's our 35th year celebration," said Robison.

Robison ended with, "Our programs have grown and grown over

the years, and we now serve and assist thousands of families every year. The outpouring of concern and support has been amazing. We could not do it without the community support."

MadCAAP is a 501(c)3 non-profit organization that is located at 181 Watford Parkway Drive in Canton. Those interested in volunteering, donating or receiving can call 601-407-1404 or email madcaap@bellsouth.net. More information may be found on the website madcaap.org, or on Facebook, Instagram and Twitter. Tax-deductible donations may be mailed to MadCAAP P.O. Box 217 Canton, MS 39046 or through a link on the website.



Special to The Canton News
Volunteer Ken Meacham holding cabbage from the MadCAAP garden

Special to The Canton News

CAAP. Volunteer help is always needed to ready the beds, plant, tend, weed, mow and harvest.

"The Joe" is the common nickname for the Joe Pritchard Homes in Canton, which is a HUD apartment housing community. MadCAAP volunteers visit regularly during the school year to offer tutoring, homework assistance, Bible study, math flashcards and listen to the children read. During the school year, they play cards and board games.

Wellness Wednesday is a program at The Joe that is specifically designed for the elderly. Different



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Volunteer Shelley Loving sorting food for distribution

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Canton High School presents 2020 Valedictorian and Salutatorian



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Jacques Ratliff (left) is the Valedictorian for the Canton High School Class of 2020. Ratliff plans to attend Mississippi State University and major in civil engineering. Raina White (right) is the Salutatorian for the Canton High School Class of 2020. White plans to attend Hinds Community College and pursue a degree in nursing.

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cont. from front page

Tilda Bogue Farm is a glimpse into MS history

edge in restoring these buildings was self-taught, and most everything she did was pre-internet. She was 100% into something once she started, very passionate about things she collected," replied Nolen, when asked if his mother was educated or experienced in rehabbing antique buildings.

Each log still shows the original Roman numeral, which was essential in reconstructing and replicating the original structure. Wide-board heart pine flooring was either salvaged or replaced using reclaimed wood from another structure throughout the home. The tin roof was even salvaged from old chicken houses.

After the home was renovated and restored to its original state, which took about three years, the Grogans sold their Jackson home and moved into Tilda Bogue.

Nancy continued to collect and restore log structures, which included a corn crib from Yazoo County, an old post office from Raymond that was used during the Civil War, and a former slave

house from the Ratcliff Plantation.

After Nancy's passing in 2005, Bill invited Nolen to move back and help him maintain the property. So, he and his wife Julie, and their children Berkley and Will, moved from the hustle-bustle of the Dallas-Fort Worth area into the main house at Tilda Bogue in the summer of 2006 - and have been there ever since.

The first thing they did after mov-

er as a family at meals, so the first order of business was to rip out some walls and put in a real kitchen. The main problem is, anything you do in an old house takes twice

as long as planned and costs twice as much as budgeted," said Nolen.

The couple worked their way through the house, room by room, making the needed updates...

ranging from something as simple as fresh paint to tearing out a bathroom and starting over.

Throughout the process, the Grogans took special care to blend the new with the old, just as Nancy would have done.

Adding a swimming pool was a large addition to the property.

"Our biggest project was integrating the pool into the landscape, so as to not rob the historic nature of the house and its outbuildings," said Nolen. "We tucked it into an area between three outbuildings and used the storehouse to hide pool equipment."

Tilda Bogue Farm is comprised of 1,100 acres of mostly wooded area, but Tilda Bogue, along with the four other log "out buildings," are situated near lush countryside dotted with their own horses, alongside a stocked fishing lake.

"Tilda Bogue is the Cherokee phrase for Rocky Creek. This was the name used on the earliest tax records we could find," said Nolen Grogan. It was recorded as the "house on Tilda Bogue Creek," so they named the entire property Tilda Bogue Farm.

Tilda Bogue is one of the few remaining folk vernacular style log cabins built in central Mississippi during the mid-1800s. The home was placed on the National Register of Historic Places in December 1983.



Special to The Canton News
(Above) Bill and Nancy Grogan in front of the dilapidated cabin now known as Tilda Bogue



Special to The Canton News
The original cabin being transported to the Grogans' property

ing in was personalize the space to their own family's needs, while still being true to the original architecture and old-world feel.

"Julie loves to cook and be togeth-



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Five ways to spruce up your summer salads

By Sherry Lucas

As the weather warms, thermostats inch toward cooler settings. Appetites do, too. Something refreshing, those taste buds seem to say. Something light, those bathroom scales seem to say. Something that doesn't heat up the kitchen, folks in the house definitely say.

Salad, it is. The basic lettuce and dressing of choice fills the bill, but branching out can take full advantage of all the produce that summer sun is helping grow.

Look to farmers markets and local farmers for seasonal bounty, at peak freshness, that can make home salads sing. Look to local ranchers, such as Remington-Lott Farms of Canton, to beef up that bounty, boosting the salad to main event status.

Supper salad — Grilled and thinly sliced flank or skirt steak, fanned atop a large salad, puts protein front and center.

And underneath? "Just anything I can find fresh at the farmers market — tomatoes, bell pepper, celery," says Remington-Lott Farms manager Christy Eaves, who tops all that deliciousness with a light vinaigrette.

Want more heft? Take a cue from the "Black & Blue" menu descriptions, and give blue cheese dressing a shot at the top.

Go to ground — Ground beef cozies up well to fresh produce, too, in a taco salad that's a refreshing change of pace. In cooking the ground beef, "I'll use a taco seasoning, and then we'll add some black olives and cheese, maybe some peppers and onions, and then sometimes

add crushed Fritos on top to add a little crunch to it," Eaves says. Like local farm-fresh produce, it's a product to take pride in (and feel virtuous about its presence on the plate).

"Everything's born and raised on our farm. We don't purchase any of our cattle. We know everything about them," she says, and the meat is preservative-and-hormone-free.

"We dry age it for 18-to-21 days, and that really boosts the flavor and tenderness."

Remington-Lott Farms takes orders online and direct from their markets in Gluckstadt, Flowood, Clinton and Ridgeland. They are often at the Mississippi Farmers Market on High Street in Jackson.

Bold and colorful — "For summer, you kind of have to think beyond greens, because summer is not really greens season," says Peyton Johnson, aka The High Heeled Hippie at the Mississippi Farmers Market in Jackson. "Things like cucumbers and tomatoes make great salads, too. ... So, just shift gears."

Johnson likes to marinate cherry tomatoes or chunks of big heirloom tomatoes in a basic vinaigrette with balsamic vine-

gar, good quality olive oil and fresh herbs.

"A basic vinaigrette, a little salt and pepper, green onions and fresh thyme or basil, let it sit,

Thai one on — Another favorite of Johnson's is a Thai-inspired cucumber salad.

"I grow Thai basil every year, so I can have that salad." This is an easy one, too, with sliced cucumbers and chopped peanuts, dressed with lime juice, fish sauce, chopped basil, and mint if you have it, served over rice noodles or simply rice. Tomatoes and green onions are good on it, too.

"It is cold, and it's great after it has sat and marinated a little bit."

Go super healthy — A super food salad from Cindy Ayers at Foot Print Farms, a Mississippi Farmers Market vendor, highlights her array of fresh-picked goodies that are also good for you.

"We have two types of kale — curly and Dinosaur kale — along with rainbow Swiss chard, parsley, cucumber, fresh onions and yellow squash thin slices, with a light dressing of your choice," Ayers says. "My choice is rosemary olive oil."



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stir occasionally, and they're delicious! You can serve it with fresh mozzarella," from T&R Dairy Farm at the market.



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What matters with God is what really matters

any other natural bond. This spiritual unity is stated in I Corinthians 12:13, where Paul says, "For by one Spirit we have all been baptized into one body." Jesus prayed for oneness among his followers (John 17:11, 21). The Apostle Paul further magnifies the spiritual oneness of believers in I Corinthians chapter 12 and Ephesians 2:14-19. This unified love is the proof of our authenticity as Christ-followers (John 13:34, 35).

Biblical racial reconciliation has become a heart matter for me, because I know that this is what really matters to God. I am a living witness that the power of the gospel transforms people to love others with the love God first lavished on us. So how can we be used by God to affect greater change in the area of biblical racial reconciliation?

I leave with you a few practical suggestions: 1) Obey what God says and not what others think; 2)

Courageously live out your faith; 3) Ask God to search your heart; 4) Learn to be accountable to other Christians; 5) Allow brothers and sisters from other backgrounds to be a part of the discussion - stay at the table; 6) Make biblical racial reconciliation a heart matter; 7) Be resolute about guarding Christian unity; 8) Remember hearts are more important than skin color; 9) Be a positive influence; and 10) Stand with God, regardless.

What matters with God is what really matters.

EDITOR'S NOTE: Reverend Jasper Bacon is a Canton native who has served in ministry for thirty-three years. He began in pastoral care before moving on to begin In His Steps Ministries, a nonprofit organization serving the Canton community. He and his wife Carolyn have two children and three grandchildren. He can be contacted at jbacon@inhissteps.org.

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MCCSA and MFN supply free fresh produce box



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The Madison County Citizens Services Agency (MCCSA) and the Mississippi Food Network (MFN) are offering the Farm to Families Food Box Program, in which a free box of fresh fruits and vegetables will be given to the first 300 families to arrive, every Friday through June 26 (possibly longer due to the COVID-19 pandemic), from 11 a.m. to 3 p.m., at the Karl Banks Emergency Management Service Complex located at 1633 West Peace Street in Canton. It is first-come, first-served. A mask must be worn, and the box will be loaded into each vehicle. Call 601-855-5710 or 601-391-1993 with questions.

Mobile food bank helps Canton residents in need



Photo by Lori Lycette

The City of Canton recently partnered with Academy 25 and Mid-South Food Bank to help ease the hardship on families who have been struggling during the COVID-19 pandemic. A mobile food pantry was set up at the Canton Multi-Purpose Center, where over 500 residents received some much-needed food items to take home to their families.

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Canton Lions are still on hold

By Guest Columnist Joy Foy



Special to The Canton News

The Canton Lions, like everyone else, have experienced a much different spring than was planned. The last Lions Club meeting was attended by only ten Lions, and that was back on March 18, right before Penn's had to close for the coronavirus pandemic scare. The club was well into the preparations for the main yearly fundraiser auction and barbecue and was outlining "Canton After 5" programs for the summer.

We thank you all who again this year purchased tickets to eat and participate in the auction and our many supporters who donated items for the auction or purchased advertising in our program booklet. Thanks also to the people who had agreed to come and entertain at the "Canton Af-

ter 5" events.

However, even with so many best laid plans, we have all experienced the truth of Proverbs 16:9 that tells us "Man plans the course of his day, but God determines his steps." Our plans have been stalled, and we still have no projected dates to share about getting Lions Club activities rescheduled.

We are a civic club, and our main mission of supporting the seeing impaired will not change.

Our president, Mark Hopkins, said, "We know it is just a matter of time until we can get back to raising money to support our mission and doing service projects around Canton."

Stay tuned, and, as soon as we have rescheduled times, we will be sure to publicize these as soon as possible.

EDITOR'S NOTE: Joy Foy is married to James Foy and is an active participant in the community of Canton. She is the publicity manager for the Canton Lions Club.

Teaching scholarship opens for 2020 high school seniors

Special to The Canton News

Voyager Sopris Learning, a division of Cambium Learning Group, Inc., recently announced the launch of the 2020 Aspiring Teacher Scholarship contest for graduating high school seniors in Mississippi and Alabama who will be pursuing a bachelor's degree in education.

To be eligible, students this fall must plan to attend a college or university in the same state where they graduated from high school.

The graduating seniors are asked to submit a 500-word essay on why they want to become a teacher. Two winners will be selected, one from each state, and they will each earn a \$1,000 scholarship. The contest is open now and closes July 21, with the winners to be announced August 3.

As part of the essay submission,

students are asked to include information about a teacher who helped them advance to where they are today, as well as a letter of recommendation from a teacher or guidance counselor. Originality and creativity are among the review criteria the judging panel will use to base their decisions.

The 2020 Aspiring Teacher Scholarship is sponsored by LETRS® (Language Essentials for Teachers of Reading and Spelling), Voyager Sopris Learning's landmark professional learning series on the science of reading. Both Mississippi and Alabama use LETRS® as a key part of their statewide literacy initiatives.

For more information and the application, eligible students in Mississippi should visit www.VoyagerSopris.com/info/ms-scholarship.





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CA to hold June graduation



Special to The Canton News

The graduation ceremony of the Canton Academy (CA) Class of 2020 will be held outdoors on the CA football field on June 19 at 7 p.m. This event will include only immediate family members but will be livestreamed via the website cantonacademy.org for other family, friends, or anyone else who is interested in watching the ceremony.

Canton Academy presents 2020 Valedictorian and Salutatorian



Special to The Canton News



Special to The Canton News

Bethany Biggers (left) is the Valedictorian for Canton Academy's Class of 2020. Biggers plans to attend medical school and pursue a career as a pediatrician. Wonderful Lin (right) is the Salutatorian for Canton Academy's Class of 2020. Lin plans to attend Mississippi College and major in finance.

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CA's Feduccia is Star Student



Special to The Canton News

Canton Academy senior J.T. Feduccia has been named Star Student for this school year. He chose Mr. Dan Bradshaw as his Star Teacher. Feduccia plans to attend Mississippi State University and pursue a career in biochemistry and molecular biology.



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Stay Home, Stay Safe
and
Save Energy

AHA provides framework for kids while stay-at-home orders loosen

Special to The Canton News

As cities and states across the country enact phased guidelines to re-open, the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, encourages parents and caregivers to consider the same concept for re-prioritizing healthy routines that influence both immediate and long-term health.

"During this unprecedented time, parents and caregivers have been the primary caretaker, teacher, coach, nutritionist, psychologist, and entertainer while navigating their own pandemic challenges," says Thuy Bui, MD, American Heart Association volunteer medical expert and pediatric emergency medicine physician with Pediatric Emergency Medicine Associates, LLC and associate medical director for the emergency department at Children's Healthcare of Atlanta. "Many households have rightly changed to accommodate shelter-in-place requirements. However, kids

need a path to reset daily routines to best support their mental and physical health."

Experts say returning to a consistent pattern of healthy habits as soon as possible is vital because a healthy routine can help kids feel better, improve mental health and decrease and prevent conditions such as anxiety and depression, according to the latest U.S. Department of Health and Human Services' Physical Activity Guidelines for Americans. The Center for Disease Control is anticipating an impact on children's mental health and an increase in childhood obesity related to the COVID-19 pandemic.

The American Heart Association pediatric healthy behaviors framework is based on current scientific evidence supporting the connections between overall health and well-being, disease prevention and quality of life. Based on individual family circumstances and local rules, the American Heart Association encourages parents and caregivers to set small, achievable, short-term goals to re-prior-



Special to The Canton News

The American Heart Association encourages parents and caregivers to set small, achievable, short-term goals to re-prioritize three key areas - nutrition, physical activity and screen time

itize three key areas - nutrition, physical activity and screen time.

The American Heart Association pediatric healthy behaviors framework is as follows:

Physical Activity: Pre-school-aged children should en-

gage in active play as well as structured movement. A goal is about three hours per day of a variety of activities (light, moderate and vigorous). School-aged kids and teens should try to get at least

cont. on page 14



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Friends of Children's Hospital supports Batson Children's Hospital, part of University of Mississippi Health Care, Mississippi's ONLY hospital designed for the care and treatment of sick or injured children.
*NOTE: All donations subject to change on an annual basis.

Links to COVID-19 Resources



Center for Disease Control

www.cdc.gov



Madison County

<https://www.madison-co.com/>



Mississippi Department of Health

www.msdh.ms.gov



Mississippi Department of Education

www.msachieves.mdek12.org/



City of Canton

<https://www.cityofcantonms.com/>



Canton Public Schools

<https://www.cantonschools.net/>



Canton Academy

<https://cantonacademy.org/>



Also, please visit our website, www.CantonNews.net and our Facebook page for information.

Merit Health Madison to host diabetes prevention program

Special to The Canton News

Shelia Spann, PharmD and Diabetes Educator at Merit Health Madison, has received a grant in order to expand diabetes prevention in Madison county.

“One in three American adults has pre-diabetes, so the need for prevention has never been greater,” says Spann.

Dr. Spann’s expertise in diabetes education has earned her the title of licensed certified coach for the Center for Disease Control to prevent or delaying the onset of Type 2 diabetes through modest lifestyle changes made with the support of her and her peers.

Participants learn how to eat healthy foods, add physical activity to their routine, manage stress, stay motivated and solve problems that can get in the way of health changes.

People with pre-diabetes—higher than normal blood glucose

levels are five to fifteen times more likely to develop Type 2 diabetes than those with normal blood glucose levels. In fact, many people with pre-diabetes can be diagnosed with Type 2 diabetes within five years.

“I’ve tried many times before, but, without this program, I would never have done this on my own,” said Mary Jones, who is a past participant of the program.

Preventing Type 2 diabetes is based on research that showed that people with pre-diabetes who lost five to seven percent of their body weight (ten to fifteen pounds for a 200 pound person) or made modest changes reduced their risk of developing Type 2 diabetes by fifty-eight percent.

Those interested in joining the program are asked to attend an interest meeting on Tuesday, June 30, at 6 p.m. in the Merit Health Madison multipurpose room.

Puckett named Hinds Hero



Special to The Canton News

Katherine Puckett of Canton, Dean of eLearning at Hinds Community College, was recently named a Hinds Hero for spring 2020. She has been with Hinds for twenty years, seven years as a full-time employee. Her duties as dean of the department include education, training, course review, online pedagogy, program review, course curriculum alignment, rigorous assessment and course engagement. Hinds Heroes is an employee recognition program in which employees are chosen who represent the college well, provide exceptional customer service to all its customers and consistently promote the Hinds mission of service. Heroes selected receive a lapel pin, a token of appreciation and one free day off from work.

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For more information on Merit Health Madison Diabetes Prevention Program

call 601-855-4032 or email shelia.spann@mymerithealth.com.

Classes start in July

Madison County receives funding

Special to The Canton News

United States Senator Cindy Hyde-Smith of Mississippi, who serves on the Senate Homeland Security Appropriations Subcommittee, recently provided information regarding the award of \$3.6 million in FEMA Emergency Food and Shelter Program (EFSP) funding for Mississippi.

The funding is being provided through fiscal year 2019 (FY2019) appropriations, as well as funds provided in the CARES Act, which became law in late March to address the economic fallout from the COVID-19 pandemic. These funds are intended to help nonprofit organizations throughout Mississippi address hunger and homelessness needs.

The money allocated to Mississippi combines the EFSP's annual funding with funds designated for food and shelter support under the federal Coronavirus Aid, Relief and Economic Security Act.

Mississippi jurisdictions will receive a total of \$135,189 for FY2019 and \$2,214,864 from the

CARES Act.

Madison, Hinds and Rankin Counties will be allocated a combined total of \$164,483 for FY2019 and \$234,506 for FY2020.

A local EFSP board is responsible for awarding the grant funds to local social service organizations, both nonprofit and governmental, that can best address the identified needs of the community.

"This funding supports local organizations helping Mississippi's hungry and homeless during the coronavirus pandemic and other disasters," said FEMA Regional Administrator Gracia Szczech. "It can supplement programs offering meals, groceries or food boxes, residential shelters, rent payments or utilities."

With the FY2019 and CARES Act funding, and the FY2020 funding of \$125 million that will be allocated to jurisdictions later this year, the total aid disbursed in the EFSP's thirty-eight-year history will be more than \$5 billion.

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AHA provides framework for kids while stay-at-home orders loosen

sixty minutes per day of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.

Nutrition: Children should consume a variety of foods daily, including the intake of vegetables, fruits, nuts, whole grains, low-fat or fat-free dairies, lean vegetable or animal protein and fish and minimize the intake of trans fats, processed meats, refined carbohydrates, and sweetened beverages. Estimated calorie requirements for children range from 900kcal/day for a one-year-old to 1,800kcal for a fourteen- to eighteen-year-old girl and 2,200kcal for a fourteen- to eighteen-year-old boy. Healthy eating habits are encouraged where meals are served with consistent timing, along with children selecting a variety of foods from healthy choices they already enjoy paired with new foods in a relaxed environment.

Screen Time: Less is better, and

kids should get no more than one to two hours of TV/computer/video games a day, to reduce sedentary behaviors which contribute to obesity and being overweight. In homeschool environments, be intentional, separating leisure screen time and school screen time.

"Factors that will affect a family's plan can range from healthy food access and unemployment to availability of childcare and out-of-home school and activities. It is important to re-prioritize healthy behaviors as soon as families are able without adding additional stress to the household," said Federico M. Asch, MD, FACC, FASE, American Heart Association volunteer medical expert and cardiologist in Washington, D.C. "Any progress in helping kids move more, eat better and reduce screen time are steps in a positive direction."

For more information and free resources, visit heart.org.



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Historic jail preserved in Canton, Mississippi

By Lori Lycette

The Old Madison County Jail, located a short walk from the Canton Square at 234 East Fulton Street, is not the first jail in the county, but it certainly served its purpose longer than any other on record. Madison County was established in 1828, and it is believed that the plans for the original jail were created in 1834 by state architect John Lawrence. The structure was built just off the Square on Center Street in 1836, but ultimately burned down either during or shortly after the Civil War. In 1870, the jail was rebuilt, on East Fulton this time, using bricks from the former cellblock of the newer structure. It was a fully functioning jail, including public executions, either inside by electric chair or hanging.



(Above) Old Madison County Jail

Photo by Lori Lycette

ings in the yard. The residence for the jailer and family was in the front section of the building, while the cellblock was in the back. It was in a rural setting and had farm animals and gardens which were tended to by

the prisoners. The jail served its purpose until 1969, closing after the new, current jail was built on Highway 51 south of town, with only one inmate escaping during the ninety-nine years of operation. Soon after closing the doors, the building was in such disrepair that it was in danger of being demolished and the property devel-

oped for housing. Several local citizens and organizations joined together to purchase the property and then began the restoration process. The Canton-Madison County Historical Society was formed for the purpose of restoring the old jail as a museum. The cell blocks have been restored to their original condition, and it is said to be one of the few penal structures of its period to be so well preserved. The maintenance is an ongoing process, as with any older structure, and depends on fundraisers, grants and generous donations to keep it upright and in compliance with safety codes.

The jail is adjacent to the oldest cemetery in Canton, with tombstones dating as far back as 1812. It contains the historic Howcott Monument, which was erected by William Howcott in honor of his slave, Willis Howcott, and is perhaps the only one of its kind in the South. The log cabin behind the jail is estimated to have been

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CPSD promotes and graduates 2020 classes



McNeal Elementary



Nichols Middle School



Canton High School

All photos by The Canton News

Canton Public School District (CPSD) recently promoted and graduated students in a different way this year due to the COVID-19 social distancing recommendations. The Canton Public School District held drive-through ceremonies for fifth-graders and eighth-graders to receive their promotion certificate and for graduating seniors to receive their diploma.

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