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recognized for excellence**
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NEWS Pelahatchie

**January
2017**

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Issue 1
Pelahatchie, MS

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Pelahatchie News
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Pelahatchie plan receives state and national awards

Special to Pelahatchie News

The Town of Pelahatchie Comprehensive Plan developed by the Central Mississippi Planning and Development District (CMPDD) has received two prestigious awards, 2016 Innovation Award and Best Project Award.

The CMPDD received a 2016 Innovation Award from the National Association of Development Organizations (NADO) Research Foundation for the Town of Pelahatchie Comprehensive Plan. NADO is a Washington, D.C.-based association promoting local governments, communities, and economies through regional cooperation, program delivery, and comprehensive strategies. The association's Innovation Awards program recognizes regional development organizations, and partnering organizations, for improving the economic and community competitiveness of the nation's regions and local communities. Award winners

were showcased during NADO's 2016 Annual Training Conference, held October 15-18 in San Antonio, Texas.

The CMPDD also received the Best Project Award from the Mississippi Chapter of the American Planning Association (APA-MS) for the Town of Pelahatchie Comprehensive Plan. This award recognizes best practices, results, and state-of-the-art planning methods for an outstanding plan. The award was presented to the CMPDD at the Mississippi and Alabama Chapters of the American Planning Association (APA) Joint Annual Conference, held September 14-16 in Biloxi.

This new plan is a first of its kind in Mississippi in that it incorporates an online version with an interactive digital format that is linked to a GIS map viewer. Those viewing the plan are able to view all areas of the town and activate various map layers such as land use, zoning, infrastructure, building footprints, community

services, and ward boundaries. The user may also view aerial photography as well as topographic and street maps.

The new online version of Pelahatchie's Comprehensive Plan is not only a guide to growth and development, but is also an economic development tool that highlights the character and small town atmosphere that people and businesses find when coming to Pelahatchie.

The new Comprehensive Plan may be viewed at pelahatchie.org.



Special to Pelahatchie News

The Town of Pelahatchie Comprehensive Plan is the first of its kind in Mississippi in that it incorporates an online version with an interactive digital format that is linked to a GIS map viewer. Shown at the National Association of Development Organization's 2016 Annual Training Conference, held October 15-18, in San Antonio, Texas, are (l to r) Donovan Scruggs, president of APA-MS; David Wade, CMPDD; and Joan Wesley, chair of APA-MS Awards Committee.

Little Chiefs send cards to soldiers



Special to Pelahatchie News

In December, Pelahatchie Elementary School Little Chiefs worked hard to prepare holiday cards for members of the Mississippi Army National Guard who are deployed and spending time away from their families. With the understanding of how hard it can be for so many individuals who may be suffering from the loss of a loved one, faced difficulty due to natural disasters, or other hazards, PES students realized that thinking of others is what is most important. A few students are pictured with Stephanie Raines, family readiness support assistant with the Mississippi Army National Guard. Raines assisted the students in sending well wishes, appreciation, and an overflow of love to the men and women who are sacrificing time away from their families, so that others may spend time with theirs.



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Linda Brewer, RN, CFNP, CGNP

Chief's Comments: Dial 911 for all emergencies

By Chief Kevin Poole,
Pelahatchie Police Dept.

- Emergencies are top priorities and we will respond immediately. If the Pelahatchie Police Office number, 601-854-5223, does not answer, call "911." That rings in the Rankin County Sheriff's Office and an officer will be paged immediately. During remodeling in our office beginning this month, there is the possibility that our lines will be down. We plan to have an emergency number added here during construction.
- Do you know the history of businesses downtown? If so, let us know. As I've said before, we are collecting stories and history of the area, and would like to know about the building we are remodeling as well as other businesses in town.



Photo by Pelahatchie News

Officer Willie Robinson is taking police chaplain courses, and the police department will soon make this service available to the community.



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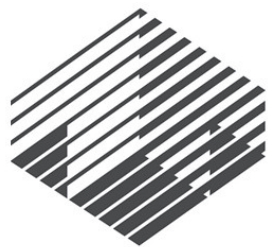
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James Westbrooks recalls the 1962 accident at Pelahatchie school

By Susie A. Wolfe

Jimmy Westbrooks was in Mrs. Beasley's fifth grade class at Pelahatchie in October, 1962 when four of his fingers were blown off. James N. Westbrooks recently recalled the day that one of the boys brought a dynamite cap to school, and he was digging the powder out with a fingernail file, when it blew up taking four fingers off his left hand.

"I've never been handicapped," said Westbrooks, who lives in Brandon. "I've always done what I wanted to."

He is retired from Empire Trucking Company where he worked as a mechanic. He also drove trucks and fork lifts in his career. Never one to sit around, Westbrooks makes metal items as a hobby. He uses horseshoes to make tables, swings, etc. He has also written poetry.

Many of the 20 students in Mrs. Bea-

sley's fifth grade class still live in the area. They include Danny Noblin Gray, JoAnn Bradshaw Brown, and Jackie Shivers.

Brown recalls the "explosion" 54 years ago. "Nothing like that ever happened, so it is still vivid in our minds," she said. "It sounded like several fire crackers going off."

Jackie Shivers remembers the day well. "It's not something you forget, even after so many years. I'm glad he has done well after losing some of his fingers."



Ted Varner
Jimmy Westbrooks
Deborah Westbrooks
Mrs. Jimmy Beasley
Jim Beasley

Henry Bishop
Jo Ann Bradshaw
Charles Bryant
Jody Flanagan
Ann Foy

Joan Franklin
Danny Gray
Kenneth Gray
Linda Henry
Richard McKay

Photo by Pelahatchie News

Mrs. Beasley's fifth grade class in October, 1962, witnessed a terrible accident involving Jimmy Westbrooks. Many of the faces shown still live in the Pelahatchie area.

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Platelet donations: Find the “super” hero inside

By Susan Ates,
Mississippi Blood Services

The Avengers and the X-Men might have their super powers, but none of them can save a life two days before it needs saving. Platelet donors can - just by rolling up their sleeves and donating. Like all heroes, platelet donors are fighting villains, but the foes donors are fighting are not super-power bad guys; the villains are severe injuries and illnesses. It takes two hours or so of their time and a little of themselves, but their gift is a lifetime to patients in need. Mississippi Blood Services (MBS) relies on these heroes to collect and process this life-saving blood product. However, just like the Justice League, blood centers and donors have strict protocols that must be followed.

Mississippi Blood Services prides itself on abiding by the guidelines and regulations set forth in a number of oversight organizations to make sure the blood products MBS hospital partners receive are safe, and MBS donors have an optimal experience. But these regulations have their impact on blood centers and donors, as well. The U. S. Food and Drug Administration (FDA) has passed two new regulations that

have had a major effect on blood centers: the raising of male hemoglobin eligibility from 12.5 to 13 and the mandatory human leukocyte antigen (HLA) test for female platelet donors.

The first regulation impacts all male donors; their hemoglobin levels must now be higher than what was once an appropriate hemoglobin level. Hemoglobin measures the iron in the blood. Prior to August of last year, all donors had to have a hemoglobin reading of 12.5. After considerable study, the FDA changed that for males, citing that males needed a higher hemoglobin level in order to donate with less chance of a reaction. Now, male donors who could once donate when their hemoglobin was 12.5 to 12.9 are deferred until their levels reach 13 or higher.

The FDA also conducted a study on female platelet donors resulting in the implementation of a second restriction. The study found that females who have been pregnant can develop the HLA antibody, which has been linked



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Red cells (left) give blood its dark red color. Platelets (right) are yellowish and opaque, not the dark red most whole blood donors are used to seeing.

to transfusion related acute lung injury (TRALI) in patients receiving platelets and plasma. Although extremely rare, TRALI can be fatal in patients. Therefore, the FDA has now requires all female platelet donors to be tested for the HLA antigen. Not every female donor (even those who have had multiple pregnancies) will be positive for the antigen, but, for those who are, plate-

let donations are no longer an option.

These two rulings have had a steep impact on platelet donations at MBS. As platelets have a short shelf life of only five days, having regular platelet donors is vital to MBS. Platelets are not just the most fragile of blood components, they are one of the most necessary ones, too. Patients needing platelets encompass a wide spectrum of the population, from children suffering from cancer to grandparents needing surgery to trauma patients suffering devastating injuries. Cancer patients rely on platelets to offset the damage done to their systems by chemotherapy and radiation treatments. When their platelet numbers are low, treatment is delayed. This is offset by platelet infusions, allowing treatment to continue. Surgery and trauma patients suffering from blood loss need platelets to help stop the bleeding. Red cells are needed to replenish the lost blood, but platelets work to stabilize the patient and pre-

continued on page 7

2017 Women's Conference at Shiloh United Methodist Church



Karen Ehman

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Persimmon seeds predict weather



By Doug Carter, Rankin
County Extension Agent

Special to
Pelahatchie News

Weather is one of my favorite subjects. The science of meteorology is the study of the weather along with connections to some things that influence it. We know more about the weather now than we once did, but there have been the wrong calls through the years. There are more sophisticated weather prediction methods today, but mistakes are still made. One example is the Galveston, Texas hurricane in September, 1900 that killed as many as 12,000 people.

Some of the oldest methods of predictions still amaze us with their accuracy. One of the strangest methods for long range prediction of weather is the use of persimmon seed. People who follow this school of thought go out and pick ripe persimmons and remove the seeds. The seed is then split across the width to reveal a cross section of the embryo that actually produces the new seedling. The shape of the embryo within the seed is then evaluated for its shape. When the embryo in most of the seeds is shaped like a spoon or shovel, the prediction is for snow. Another shape may be that of a knife. When most seed have this kind of embryo the weather is expected to be icy and cold. The third possible shape is of a fork, indicating that the winter weather may be mild with little snow or ice.

There is a persimmon tree on the hill close to our office. I took the opportunity to cut a few seeds open and found



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what looked like spoons and what looked like knives. Other reports coming in suggest that the most predominant shape of the embryos this year is that of a spoon, with a few in the shape of knives. This suggests that the weather may be cold with more snow than usual.

The Old Farmer's Almanac, which is one of the most revered weather prediction resources in the world is actually agreeing with the persimmon forecast.

Whether this will come true or not, I will not attempt to guess. I know who controls the weather, and it's sure not me. We need the moisture to recharge the soil for next year's growing season, regardless of whether it falls as rain or snow.

EDITOR'S NOTE: Doug Carter serves as the Rankin county extension agent, agriculture and natural resources/county coordinator. He lives south of Pelahatchie, with his wife and two daughters.

Lessons from a Dojang: Keys to success

By: Leslie Trigg, Youth Minister, Shiloh
Methodist Church

January 1 has come, and with it: "Out with the old. In with the new!" It seems that we all make New Year's Resolutions, and we all break those resolutions. For some of us, it lasted all the way to January 2. So how do we stop this trend? Here are four keys to success with New Year's Resolutions.

1. Realistic - As you set your resolutions, make sure they are realistic. Many times, we make our resolutions unachievable. Dream big with your feet planted on the ground.

2. Steps - How do you eat an elephant? One bite at a time. As you look at achieving your resolution, break it down into smaller steps that are easier to manage. Take it one step at a time. To run a marathon, you don't start your first day by running over 23 miles, but

by walking to the end of the street and then running each day. Before you know it, you are running a 5K.

3. Community - Don't do it alone! Find someone to share your resolution with. When you want to quit, you will have that person beside to push you onward. In Pelahatchie, there are great places to find community. First, your local church. Second, for your health, check out the communities at our local Fusion Martial Arts, Brick House Fitness, and Griffin Family Medical's Bootcamp.

4. Celebrate - As you come closer to achieving your resolution, celebrate each small step along the way. Focus on what you have achieved, not have what is left to do. Celebrate each victory, no matter how small it may seem.

EDITOR'S NOTE: Dojang is Korean for Taekwondo school. Leslie Trigg is one of the instructors at Pelahatchie's own Dojang - Fusion Martial Arts.

Books to help accomplish New Year's resolutions

Special to Pelahatchie News

Pelahatchie Library Branch Manager Tina Mauney has some book recommendations for those seeking to accomplish their New Year's Resolution. Go by the library and check them out today.

• **The Life-Changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing** by Marie Kondo

• **The New Health Rules: Simple Changes to Achieve Whole-Body Wellness** by Frank Lipman

• **Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers** by Tim Ferris

• **Essential Oils Every Day: Rituals and Remedies for Healing, Happiness, and Beauty** by Hope Gillerman

• **30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet** by Cara Comini

• **The Sleep Revolution: Transforming Your Life, One Night at a Time** by Arianna Huffington

• **The Program: 21 Days to a Stronger, Slimmer, Sexier You** by Jessie Pavalka



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• **The End of Heart Disease: the Eat to Live Plan to Prevent and Reverse Heart Disease** by Joel Fuhrman, M.D.

• **Retox: Yoga, Food, Attitude: Healthy Solutions for Real Life** by Lauren Imperato

• **How to be Here: A Guide to Creating a Life Worth Living** by Rob Bell

• **The Book of Joy: Lasting Happiness in a Changing World** by Dalai Lama

• **The Whole 30 Cookbook** by Melissa Hartwig

• **Jump: Take the Leap of Faith to Achieve your Life of Abundance** by Steve Harvey

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Classes on cooking, Spanish and CPR available at Excel



Photo by Pelahatchie News

Class in session at The Excel Learning Center in Morton.

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The Excel Learning Center in Morton will host a one-hour workshop on "Cooking with Herbs" on Tuesday, January 10, from 6-7 p.m. Participants will gain useful information about herbs, learning how to use herbs effectively for seasoning, and learning which herb complements which foods.

The speaker for the evening will be Natasha Haynes, Rankin County Extension Service, family and consumer science agent. There's no charge for this evening of information. Donations welcomed.

Conversational Spanish basic level I classes will be offered on Thursdays, January 19 to April 6, from 5-7 p.m. Luis Cartagena will be the instructor

for this twelve-week course. Contact Excel Learning Center by January 13 to register. The cost for the course is \$95. CEU's are available for students taking this Spanish class.

A CPR class will be held on Saturday, January 28, from 9 a.m. to noon. The Heartsaver CPR/AE class is designed for persons planning to become certified in CPR and for those renewing their CPR certification. Sister Pat Clemen, RN, BSN, will be the instructor. Fee for this CPR training is \$35. Registrations are due January 23.

Those who plan to attend are asked to phone Excel at 601-732-1800 since they need to know ahead of time how many people are coming. Excel is located at 383 South Fourth Street, Morton.

Southern Grace & Gifts opens downtown



Photo by Pelahatchie News

Southern Grace & Gifts owners, pictured (l to r): Jamie Perry, Gabby Perry, Ashtin Lanthrip, Suzanne Lanthrip. They opened the Saturday of the Christmas parade in December, offering gifts for the Christmas season.

By Susie A. Wolfe

Pelahatchie has a new family business in downtown, Southern Grace & Gifts, LLC. Owners Jamie Perry and Suzanne Lanthrip said, "God led us to this and praise, which is how we got our name. Now, customers don't have to drive out of town to get gifts or prom dresses and tuxes."

The gift store has pottery, frames, Girlie Girl and Southern Limits t-shirts, Musee Balls, jewelry, Cajun Country Who Dat and Slap Your Mama dips, SIC cups, scarves and candles.

"We are open to suggestions of what customers want to see in our store. We have a suggestion box at our counter," said Lanthrip, a nurse at River Oaks in Flowood. She and her husband, Billy,

live in the Walters area with their children Ashtin, a freshman at Mississippi State, and Chaney, a tenth grader at Pelahatchie High School.

Perry was a stay-at-home-mom before beginning this business venture. Originally from South Jackson, she said she is now where she needs to be, living in the Cross Roads area with her husband, Brad, and her children, Gabby and Madison, students at East Rankin Academy.

"We want to be a part of the community and helping Pelahatchie to grow," said Lanthrip.

Southern Grace & Gifts will have balloons and gift boxes for Valentine's Day that can be delivered to the school and in town. For more information, call 601-759-5019.

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Strategies to help with your fitness resolutions



By Michelle Carter,
Brickhouse Fitness
Center

January 2 is the fitness version of Black Friday. After a holiday of excessive eating, gyms see their membership increase exponentially in the days after the New Year begins. Gym attendance is usually back to normal by mid-February. But it's actually easy to stay committed to becoming healthier – you can do it! Here are a few tips to having your fittest year yet:

1. Be Specific - "I want to lose weight" and "I will exercise more" are common New Year's resolutions. Try setting more specific goals. "I want to lose 10 lbs. by March," or "I will go to the gym two days a week." Being specific with your goals help keep you on track.

2. Make it Manageable - A resolution shouldn't be a fantasy. If you have never ran much before, then attempting to run seven days a week is probably setting yourself up for failure. Instead make small changes gradually. Begin by walking a few miles a week and increasing to jogging and then to

running.

3. Ask for Help - Not knowing how to exercise is no excuse, especially in Pelahatchie. Brickhouse Fitness Center provides free training programs for our members. It's our goal to help you learn how to exercise in the best way possible for you.

4. Keep it Interesting - Even for experienced "gym rats" working out the same way over and over gets boring. Experiment with different programs. Don't be afraid to try something new. The more variety the more fun it will be.

5. Bring a Friend - Begin your fitness journey together. You will have more fun and increase your chances for success if you have a support system. There will be times when you don't feel like working out and a partner can be just the motivation you need to keep going.

There is no better way to start 2017 than to commit to being a healthier you. Challenge yourself to be extraordinary. I'm rooting for you!

EDITOR'S NOTE: Michelle Carter is co-owner of Brickhouse Fitness Center. She is a lifetime resident of the Walter's community south of town, where she resides with her husband and two sons.

continued from page 4

Platelet donations: Find the "super" hero inside

vent further hemorrhaging.

Blood infusions are not as simple as transfusing a patient with whole blood. Blood is separated into its various components, and the patient is infused with that blood product which is needed. Whole blood donations can be divided into a unit of plasma and a unit of packed red cells from a single donor; however, it takes six to eight whole blood donors to make up one unit of platelets. Therefore, MBS uses apheresis platelet donations to collect this valuable component from donors. Platelet donors can donate anywhere from one to three units of platelets with no ill effects to the donor. Because they are reinfused with their red cells and plasma, most platelet donors feel fine after the donation. Another difference in platelet donations is that donors can donate again in seven days (up to 24 times a year), provided they meet the criteria for all donors, i.e. they're in good health, weigh at least 110 pounds and their hemoglobin is at or above the FDA required minimum, 12.5 for female donors and 13 for male

donors.

The need for platelets is daily, and patients needing platelets are like all blood recipients - they rarely have the luxury of time on their side. MBS has been extremely fortunate to have regular platelet donors, but now, because of these new FDA guidelines, many regular male platelet donors are not able to donate platelets as often as they once could, and many female platelet donors cannot donate platelets at all.

MBS is asking Mississippians to consider donating platelets. If you are a regular whole blood donor, think about making a platelet donation; if you've never donated blood before, but are thinking about doing it, consider making it a platelet donation. Like whole blood, all types are needed; donors must be at least 16 (parental consent forms are on the MBS website: ms-blood.com), weigh at least 110 pounds and be in general good health.

Be the hero who saves lives even before they need saving; be a platelet donor.

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Resolutions for a better financial plan

By Todd Barnthouse

This list will focus on your retirement accounts and help you stay on top of your future retirement.

1. Improve Your Savings and Budget: Evaluate your plan and accounts to ensure that you are allocating an appropriate amount. The earlier you start saving, the longer compounding can work for you.

2. Make sure you have a "sleep at night" plan in place: If your current plan keeps you up at night, this is the perfect time to make the changes that will help you feel more confident and secure.

3. "Why do I own these particular investments in my accounts:" It is more important to take the time to sit down with your advisor and make sure that you know why you are invested in particular investments

4. Know how much you are paying in fees: Do you know how much your financial advisor is getting paid? Some

advisors charge commissions, some charge a management fee while some charge a hybrid of both.

5. Turning your bundle of money into income: The main focus of retirement plans is typically on the accumulation of assets, but the distribution options you will have at retirement needs to be considered.

6. Get Connected: 2017 is the perfect time to consider the benefits of alternative forms of communications like social media, online and mobile account access, etc. Ask your advisor if they have a Facebook, Twitter or Instagram account that they post market and firm information on.

7. Recognize that patience is virtually invaluable: It is important to remember to keep a long term outlook on your retirement plan. Do not panic during market downturns and corrections. Corrections are fairly common and help stimulate healthy growth in the economy and market. A market downturn may only be a bump in the

road to a fruitful retirement.

8. Get to know your financial advisor: As a valued customer, you should be able to feel confident that your advisor is trustworthy and that your personalities match. Get to know your advisor personally. Speak with the firm's current customers and see if they are satisfied and would recommend them.

This list will result in a better retirement plan as well as an effective advisor review. Making progress on a few of them can have a lasting impact on your experience with your advisor and the overall success of your retirement plan.

EDITOR'S NOTES: Todd Barnthouse, Financial Advisor with Raymond James Financial Services, Inc. Member FINRA/SIPC located at PriorityOne Bank - 201 Northlake Avenue, Suite 101 Ridgeland, MS 39157 Todd can be contacted at 601-414-2107 or todd.barnthouse@raymondjames.com.



Special to Pelahatchie News

Language and math guides available for free for parents

Special to Pelahatchie News

The Mississippi Department of Education (MDE) has developed family guides to assist with grade-level at home strategies and activities that support both student and parent understanding of the English language arts and mathematics standards. Parents can use the activity booklets at home to support what their children are learning in the classroom.

The Family Guide for Student Success booklets outline what children should know and be able to do in English language arts and mathematics at each grade level from pre-kindergarten through eighth grade. Dr. Carey Wright, state superintendent of education, said parents understand best their child's needs, strengths, abilities and interests, and they can partner with their child's teacher to provide opportunities to learn and grow.

"Parents are their child's first teacher in life. That responsibility doesn't end when a child enters school. These guides were

created to encourage parents and children by reinforcing classroom activities at home and to build a strong partnership with their teachers," Wright said.

The guides list expectations for children at each grade

Spanish and avail-

To download
the free guides,
available for pre-K
through 8th grade, visit
mdek12.org/ESE/Guides.

4TH
GRADE

A FAMILY GUIDE FOR
STUDENT
SUCCESS



Special to Pelahatchie News
The Mississippi Department of Education (MDE) developed
family guides to assist with grade-level at home strategies.



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Ensuring a bright future for every child

fice of Elementary Education and Reading, led the project to create the booklets as a resource for parents who wanted to help their children reach learning goals but needed examples of how to do it.

"Often parents do not understand the terminology and methodology associated with the standards that their child is expected to learn in each individual grade. This project stemmed from my desire to simplify the language used within the standards so parents could help support their child's learning. In addition, it provides teachers with an opportunity to communicate the needs of the student and offers them a chance to model and share these simple strategies and activities with parents," she said.

MDE staff and Mississippi teachers contributed their expertise and time in the development of the guides.

"I want to thank staff and teachers for all the hard work they put into creating these booklets. I

believe that these resources will help build students' knowledge and skills and provide a strong foundation for academic success," Wright said.

able to parents and teachers this month.

Robin Lemonis, MDE's director of Student Intervention Services in the Of-

level and activities that families can do at home. They will be translated into

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Brickhouse has plans for future expansion

By Susie A. Wolfe

Brickhouse is a 24/7 fitness center owned and operated by Michelle Carter and Marlo Sarrett. They offer customized fitness programs to meet goals of losing weight, building muscle, or improving cardio and muscle tone. Carter plans to teach classes once they build a new facility on Highway 80. A time frame hasn't been set due to dirt work needed on the property.

"Knox Ross is the driving force of why we are here," said Carter, who was a teacher and stay-at-home mom before opening the business in February, 2013. She coached junior high track and high school cheerleading at East Rankin Academy for two years and taught History and English at Puckett High School for ten years.

"I was driving to Brandon to exercise, and realized many others were too," she said. "So, after Knox built the building, we opened for business." A certified personal trainer, Carter said, "My teaching background has helped make Brickhouse successful." She designs programs and interacts with her "fitness family," at the gym. She is also a state board member of Fellowship of Christian Athletes. Her partner, Sarrett, handles the books.

"We had mostly 40-50-year-olds when we opened," said Carter, "but now many teenagers, young adults and seniors workout throughout the day." The center averages 300 members. They also offer free unlimited tanning only for members for \$20 a month.

Brickhouse sponsors Project Graduation at both Pelahatchie and East

Rankin. In addition to a donation, they will provide 50-75 T-shirts per school.

She is married to Chris Carter, who operates a cattle and poultry farm south of town. They have two sons, Reed, 17, and Ben, 14.

For more information about Brickhouse Fitness Center, call 601-665-2788 or 601-506-9654.



Photo by Pelahatchie News

Betty Taylor, shown here, and her husband, Lacy, were two of the first members at Brickhouse. Taylor keeps a regular workout schedule at the fitness center.

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It may not snow in Mississippi, so make your own wintry fun

By Stephanie Goss

Snow is not a common occurrence in Pelahatchie. According to www.snowfall.weatherdb.com, Pelahatchie has averaged about 0.8 inches annually over the last 30 years which is 96 percent less than the national average of 22.4 inches. In fact, Pelahatchie's record snowfall in a single day of 11.5 inches on January 23, 1910 was still 36 percent less than the national average.

Many who do not experience much snow often long for alabaster landscapes that glisten in the sun and do not melt at the first inkling of heat. The University of Illinois lists several pros and cons of snow in the *Yard and Garden News* for Northern Illinois. For instance, snow cover functions as an excellent insulator of the ground and helps conserve soil moisture during the winter. One drawback of snow, besides the obvious driving hazards and bitter cold winds that cut to the bone, is that small animals like field mice are protected from predators. This leaves the land, vegetation, and even homes vulnerable to the structural damage and diseases these pests can cause.

Here is an idea if you or your grandchildren are longing for some icy precipitation that falls from the sky – make your own snow! A few

ideas on how to make snow are listed below that were taken from www.kidsplayandcreate.com.

1. Baking soda and shaving cream: Pour one cup of baking soda in a bowl and add in shaving cream slowly until you get the snow consistency that you like. This snow recipe stays cool to the touch and has a powder like feel when you touch it.

2. Baking soda and conditioner: Mix 2 1/2 cups of baking soda with 1/2 cup of white conditioner. This snow is also cool to the touch but has less of a powder feel. It feels more like a wet snow.

3. Shaving cream and corn starch: Pour one cup of cornstarch into a bowl, and mix in shaving cream slowly until you get the snow consistency that you like. This snow feels sort of like powdery crumbs. It is not cool to the touch. It is not as white as the baking soda snow.

4. Corn starch and white lotion: Pour one cup of corn starch into a bowl, and add lotion until you get the snow consistency that you like. This snow feels less powdery. It is not as white as the baking soda snow. You can make small snow balls, but they do not stay together very long.

So, if you are itching for the white stuff, make your own and have a ball!

American Pickers to film in Miss.



Special to Pelahatchie News

American Pickers will film in Mississippi this winter.

Special to Pelahatchie News

Mike Wolfe, Frank Fritz and their team will head to Mississippi to film episodes of the hit series American Pickers throughout the region this winter.

American Pickers is a documentary series that explores the world of antique 'picking.' The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items. The pair

hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They say they are ready to find extraordinary items and hear fascinating tales about them. American Pickers reports that they are looking for leads and would love to explore Mississippian's hidden treasure. Interested parties owning a large private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through may send a name, phone number, location and description of the collection with photos to: americanpickers@cineflix.com or call 855-old-rust.

50s dances set for February



Special to Pelahatchie News

Special to Pelahatchie News

The Milltown Moms are coordinating both the Mother, Son Dance on February 3 and the Daddy, Daughter Dance on February 4. Both 50s dances

are set for 6 p.m. at the Pelahatchie Community Center.

Tickets are \$25 per couple plus \$10 for each additional child's ticket. For more information, contact Jennifer Poole at 601-503-0332.

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Yogi on the Lake recognized for excellence



Photo by Pelahatchie News

Recently, at Leisure Systems' Annual Symposium, Yogi on the Lake was recognized for Outstanding Customer Service and Outstanding Achievement in Recreational Programming, based on guest surveys. They also received the Pinnacle Club Award for Outstanding Achievement and Excellence, a company honor which the Pelahatchie park has received before based on franchise inspections done annually of the 85 Yogi properties.

ERA beauty pageant held in December



Special to Pelahatchie News

East Rankin Academy held its Enchanted Christmas Beauty Pageant on Tuesday, December 13. Seventeen of ERA's beauties took part in a celebration of Christmas spirit. Master of Ceremonies, Josh Stuart, hosted the eventing with moving entertainment presented by Jared Vardaman. At the close of the evening, Abi Baggett was named Most Beautiful. The top beauties pictured (l to r), are: Emilee Tadlock, Kaley Crotwell, Corban Nutt, and Hannah Howard.

Obituaries

NAME	AGE	CITY	DOD	Arrangements
Thomas Moore	88	Raleigh, MS	12/4/16	Wolf Funeral Serv.
Larry Bush	66	Morton, MS	12/4/16	Wolf Funeral Serv.
Jasmine Gomez	1	Forest, MS	12/5/16	Wolf Funeral Serv.
C.B. Thompson	79	Newton, MS	12/8/16	Wolf Funeral Serv.
Dazavius Palm	22	Morton, MS	12/10/16	Wolf Funeral Serv.

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Pastors Perspective: Take inventory of your spiritual life



By John Vaughn, Pastor,
Cross Roads Baptist Church

After I graduated from Mississippi State University, I began my first job with Sears Roebuck in the Catalog Store Division. Within a year, I became a store manager in Aberdeen, then Starkville. In both stores, my district manager was Mr. Joe Sharpe.

Mr. Sharpe was a hard-nosed manager who expected everything to be done by his book. One of the things I learned was the importance of inventory control. He expected the store to have an adequate stock of that item so that no sale was ever lost because it was not available. Taking inventory on the sales floor and in the stock room was an ongoing necessity.

I carried that lesson into my personal life. Even today, we keep nonperishable items "in stock" in our home. Who wants to run out of shampoo or toilet paper? That same principle is applied at our church.

As we enter a new year, it's a good time for you to take inventory. But I'm

not talking about coffee cups or laundry detergent. I'm talking about taking a spiritual inventory of your life. What is missing? What have you run out of? What needs to be renewed?

Here are some questions to help you think about your spiritual needs and take inventory in your life:

1. How's your prayer life? Do you separate significant time to talk to the Lord and to listen as He talks to you?

2. How often do you open your Bible? God intends for His Word to provide you with spiritual nourishment. Are you feasting on His Word, or are you on a starvation diet?

3. Are you gathering with other believers on a regular basis? The place to do that is at church. You need your church and your church needs you! Don't neglect your opportunities to worship and fellowship with your family of faith. The list could go on, but you get the idea. As you take inventory of the spiritual needs in your life, be sure you make a commitment to renew, refresh or restock those things that may be missing.

Happy New Year. Be sure to take your family to church on Sunday.

PES elects Junior Beta Club officers



Special to Pelahatchie News

Pelahatchie Elementary recently held student elections for Junior Beta Club officers. Students campaigned and were voted on by fourth through sixth grade Junior Beta members. Pictured (l to r) are, front row: sixth grade representative, Hart Adams; fifth grade representative, Sammy Gibney; and fourth grade representative, Kenlee Valentine; and back row: president, Camden Patton; vice-president, Kyndal Patton; secretary, Ella Tucker; and treasurer, Payton Sanders.

Cross Roads Baptist Church



Sunday Schedule

8:30 - Contemporary Worship Service
10:00 - Bible Study for all ages
11:00 - Blended Worship Service
6:00 - Evening Worship

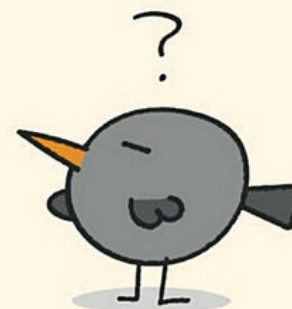
Wednesday Schedule

6:00 Family Dinner
7:00 - Children's Mission Activities • Student Worship
Ladies Bible Study • Couples Support Group
Prayer Meeting and Bible Study

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Fourth graders visit Mississippi Capitol



Special to Pelahatchie News

On Thursday, Nov. 17, Rep. Tom Miles greeted a group of fourth grade students from Pelahatchie Elementary to the Mississippi State Capitol. Rep. Miles talked with students about the law-making process and answered their questions during their tour of the House chamber.

Success for the New Year begins today



Photo by Lyza Danger Gardner

By Nathaniel Sillin

Food shopping can quickly take over your budget despite your best intentions. Perhaps it's due to impulse purchases, unplanned shopping trips, food going bad or a combination of all three. If you're looking for ways to save money while enjoying nutritious and delicious meals, consider these money-saving tactics.

Stick to your budget to save time and money. Look at your food budget before making a trip to the store. If you don't have one yet, figure out your overall budget including food costs with a simple budget worksheet. Knowing how much you want to spend and actually spent can help you make informed decisions.

Plan out the week's meals with your budget in mind. If you make dishes that rely on the same staples, you can save money by using leftovers to create a new dish - but mix things up to avoid boredom.

Make your trip to the grocery store even easier with a shopping list. Sticking to a list can help limit food waste and make it easy to get in and out of the

grocery store. If you share food shopping duties with a spouse or partner, you can avoid double purchases by using grocery apps that let you create and sync shopping lists.

Stack different discounts and deals to rack up savings. Once you enter the grocery store, it's time to put your plan into action. Plan for the occasional indulgence, and let yourself make impulse purchases occasionally; but try to stick to the list.

You can also often save money at grocery stores by joining the store's loyalty program. Members get exclusive discounts, and some programs offer additional savings at partner stores. Check your membership account online or with the app before checking out, as some programs have electronic coupons that you need to "clip" to get the savings.

One way to increase your grocery budget is to use one, or several, of the apps that give you cash back when you buy groceries. Sometimes you can even earn cash back on general purchases like a loaf of bread or a gallon of milk. Depending on the app and food, you may need to verify the purchase

by scanning the barcode and sending a picture of your receipt.

The store you choose can also significantly impact how much you'll spend.

Strategically plan your shopping route. Planning your grocery shopping after reviewing your local stores' weekly sales and coupons can help you determine what to buy where. Also take the time to explore your neighborhood stores, as one grocer may frequently have high-quality yet inexpensive produce while another might have a great butcher.

No matter where you shop, be mindful of how the store's design can entice you to make purchases. The outside ring is often where you'll find the fewest processed foods; however, you might notice that you need to walk to the back of the store to grab milk or eggs. The store hopes you'll be tempted by something you see along the way.

Sticking to your list, refraining from walking through an aisle unless you need to and remembering that the eye-level products aren't necessarily the best bang for your buck can help you avoid these traps.

Stick to inexpensive foods. Consider choosing store-brand rather than name-brand products as they're often cheaper, but not necessarily lower quality. You may also want to consider changing what you buy. Filet mignon can be delicious, but so can cheaper cuts of meat - and there's a lot of advice online for how to best prepare them. Staples, such as rice, beans and canned or frozen goods are also a low-cost way to supplement meals.

Buying food is a necessity, but you don't have to overspend to keep a well-stocked fridge and pantry. By planning your meals and grocery trips, using the money-saving tactics above and carefully choosing where you shop, you can save time and money — and cook up something delicious.

EDITOR'S NOTE: This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a legal, tax or financial advisor for specific information on how certain laws apply to you and about your individual financial situation. Nathaniel Sillin directs Visa's financial education programs.

Journey to Bethlehem attracts thousands



Photos by Pelahatchie News

The Journey to Bethlehem and Beyond is Shiloh United Methodist Church's gift to the community. More than 2800 individuals, traveling in more than 700 vehicles, viewed 2016's annual drive-through nativity.

Rehoboth Farms opening event venue in the country

By Susie A. Wolfe

Rehoboth Farms introduced itself to the community at the Christmas in the Country event on Saturday, December 17. It featured live music, Christmas Carols, a bonfire, apple cider, hot chocolate, cakes, plus there was Santa and photo backdrops with donkeys, goats, rabbits, and chickens.

Owners Tim and Lynn Loecher and their family also plan to raise free-range chickens and goats and vegetables and flowers. They will have a facility for weddings and family reunions ready in the Spring, plus two greenhouses by the Fall. They've already planted 30 fruit trees.

Note the spelling of Rehoboth. Not as the church and the road north of town, but as in Genesis 26. "22 He moved on from there and dug another well, and no one quarreled over it. He named it Rehoboth, saying, 'Now the LORD has given us room and we will flourish in the land.'"

Tim is a network operations manager with TEC, and Lynn has a house cleaning business. They said God made clear witness for them to serve the community and to provide an avenue to provide for their family in the future. They looked for a place with about 20

acres and 45 minutes from Jackson. They considered a number of places, but were led to this 19 acres where they plan to "flourish in the land."

Currently, the Loecher household includes Tim, Lynn, her mother Shirley Gilmer, and daughters Kristina, 19, and Karen, 16. Their son Justin and his wife, Mary, and daughter Robin also live on the property, and their other son Christopher plans to move there with wife, Leigh, and daughter Mackenzie.

The Loechers didn't grow up on farms. They are from Southern Minnesota and Northern Chicago and are "learning as they go," working with the Alliance for Sustainable Agriculture Practices. They are excited about all the possibilities and opportunities at their new home. For more information, visit Rehoboth-FarmsMS on Facebook.



Photo by Pelahatchie News

The Loecher family at the December 16 "Christmas in the Country" event. Pictured, (l to r), are Christopher, Mackenzie (baby), Leigh, Tim, Karen, Santa (Jerry Shoemaker), Lynn, Kristina, Justin, Robin (baby), Mary, and Shirley.

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