

GHS Archery Team



(front l to r) Ty Carver, Robbie Dunn, Destiny Goldman, Michell Rankin, Brooke Tatum, (back l to r) Madeline Anthony, C. J. Baker, Cam Morgan, Semya Allen, Will Baker, Shelby Burchfield, Desiree Golding, and Ashley Hankins

Class Participates in Alzheimer's Fundraiser



(back l to r) Phillip Cook, Jacob Turner, Takias Hall, Taylor Evans, (front l to r) Mary Anne Fraizer, Kennesha Brock, Ishmael Chamblee, and Breyton Howell

By Tracey Aldridge
GHS Psychology Teacher

"When I teach the chapter in Psychology about memory, one of the topics we cover is Alzheimer's. Students share their experiences about family members who have been affected by this disease.

I decided the first year I taught this subject that we would do a service project to benefit our Mississippi Alzheimer Chapter. I take each class to the track at

the stadium and the students "walk" for thirty minutes. They are given the opportunity to collect donations for their time walking. I am proud of these students and can say that we have been able to give several hundred dollars each year. This year we donated it in memory of Mrs. Jeanette Williams, the mother of our principal, Mr. Jerry Williams.

Decades of a bad habit can be changed

You don't have to quit smoking alone, you can get free help.

Marie McDowell, a retired administrative specialist for Southern Farm Bureau, has been smoking menthol-flavored cigarettes since she was 16 years old. She started out lighting cigarettes for a friend, but that courtesy turned out to be habit forming.

"There was just one person that I use to light cigarettes for," said McDowell, now 57. "But I kept doing it and I liked it. I just got used to it and started smoking."

About three years ago, McDowell decided to stop smoking for good, but she needed help. She heard about resources provided by the Mississippi Tobacco-Free Coalition through her physical therapist. At the time, McDowell was receiving physical therapy for her leg after a recent surgery. Her doctor told her if she quit smoking she would not only feel better, but her body would respond to her medications better.

"A lot of doctors will tell you when you are on medication, especially pain meds, that you shouldn't smoke because your medicine may not have the full effect," McDowell said. "Once I started the program to quit smoking, I noticed my meds

enhanced. I quit smoking in three weeks."

Experts agree that getting professional help can make a huge difference for those trying to quit smoking. The Mississippi Tobacco Quitline provides free assistance to any Mississippian who has made the decision to quit smoking. Individuals can get help through phone calls, online access, and even text messages.

"If you use tobacco or an electronic nicotine delivery system, make 2017 the year you stop," said Amy Winter, Director of the Office of Tobacco Control at the Mississippi State Department of Health (MSDH).

Quitting can be made easier by calling the Mississippi Tobacco Quitline at 1-800-784-8669 (1-800-QUIT-NOW). The program is free. Calls are accepted from 7 a.m. to 9 p.m. Monday through Thursday and 9 a.m. to 5:30 p.m. on Saturday. Callers to the Quitline can speak with health care experts about tobacco's impact on health, receive advice on successful cessation, and, like McDowell, get free access to counseling and medications.

For more information about tobacco cessation information, visit www.tobaccofreems.org and "Like" us on Facebook at www.facebook.com/MSTobaccoFree.

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GHS Boys Varsity Basketball Team



Photo by Yearbook Staff

(l to r) CJ Hankins, Chaz McDowell, Kevaris Brown, Sirkadesh Holland, Phillip Davis, Josiah Lewis, Christian Cain, Malik Jones, Markel Pittman, Takias Hall, Brent Dalton, Emmanuel Forbes JR., Christian Wortham, and Tye Williams