



THE CANTON NEWS

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Canton News
P.O. Box 1163, Canton, MS 39046

Good News You Can Use • December 5, 2024 • Vol. 10, No. 12 • Canton, Mississippi

On the 12th day of Christmas, Cantonians gave to me a beautifully decorated city!

Special to The Canton News

Canton is a town that comes alive with unparalleled charm and nostalgia during Christmastime. Known as the “City of Lights” for its extraordinary holiday displays, this small town weaves a tapestry of history, community, and festivity that captures the essence of the season. Every corner of Canton transforms into a wonderland, blending its rich heritage with the warmth and joy of Christmas, creating an unforgettable experience for residents and visitors alike.

At the heart of the Christmas magic is the historic Courthouse Square, which becomes a glowing centerpiece of celebration. Thousands of twinkling lights adorn the square, draped over the majestic Madison County Courthouse and the surrounding buildings. This enchanting display is not just a visual delight; it feels like stepping into a holiday postcard from a bygone era. The architecture of the courthouse and the preserved facades of the downtown shops enhance the vintage atmosphere, reminding everyone of Canton’s deep historical roots.

One of the most anticipated events of the season is the Canton Christmas Festival. The festival, running throughout December, features a host of activities that appeal to all ages. Children and adults alike marvel at the life-sized animated displays scattered around the square, depicting scenes of holiday cheer and classic Christmas tales. The air is filled with the sweet aroma of roasted nuts and hot cocoa, sold by vendors lining the streets, while carolers dressed in Victorian attire serenade passersby with timeless melodies.

For history lovers, Canton’s Christmas celebrations offer a unique blend of tradition and storytelling. The town is proud of its role in preserving Southern history, and during the holidays, this pride is on full display. Guided tours of the Victorian-era homes are a highlight, with many homeowners decorating their historic residences in period-appropriate Christmas décor. Walking through these homes feels like a journey back to the 19th century, as docents share anecdotes about the families who lived there and how they celebrated the season in simpler times.

The Old Jail Museum, located near the square, becomes an even more popular destination during Christmas. Here, visitors can learn about Canton’s history while enjoying special holiday exhibits. The museum’s staff often hosts storytelling sessions, recounting tales of Christmas traditions in the Deep South, interwoven with the town’s unique past.

Community spirit is another hallmark of Canton at Christmastime. The locals take pride in coming together to make the season special for everyone. From church choirs performing live Nativity scenes to the beloved Christmas parade, the sense of camaraderie is palpable. Children eagerly await their chance to meet Santa Claus, who sets up shop in a charming little house on the square, ready to hear their Christmas wishes.

Canton’s magic during the holidays is more than its lights, decorations, or events; it’s about the atmosphere it creates. It’s the feeling of walking hand in hand with loved ones through streets glowing with lights, warmed by the knowledge that this town treasures its traditions and its people. In Canton, Mississippi, Christmastime isn’t just a season—it’s a celebration of the past, a gathering of community, and a joyful reminder of the magic that resides in small-town life.



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Lunch with loved ones at Reuben B. Myers Canton



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The Reuben B. Myers Canton School of Arts and Sciences' Lunch with Loved Ones is an event where students, families and staff come together for a day of connection and fun. This year, the highlight was a special performance by the school choir, which showcased the students' talents and brought the community closer.



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MCBL&F Steering Committee announced



all photos Special to The Canton News

Pictured (l to r) are, front row: Ellis Wise, Madison County Business League & Foundation; and Rochelle Thompson, American Lung Association; and, back row: Jon-Michael Trimm, Trustmark National Bank; Emily Harrison, MCEDA; Kristy Daniels, Origin Bank; Grant Montgomery, Cadence Bank; Kelsey Tartt, Service Specialists; and Austin Stewart, Adams and Reese. Not pictured are Martin Palomo and Argent Wealth.

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The Madison County Business League & Foundation and the Madison County Economic Development Authority recently announced the 2025 Madison County Executive

Leadership Steering Committee. This committee is dedicated to advancing the mission of the Madison County Executive Leadership program, which aims to deepen MCBL&F members' understanding of the diverse opportunities within Madison County. The

Committee is responsible for planning engaging, empowering program days that focus on key topics influencing Madison County's quality of life, such as economic development, education, advocacy, infrastructure, healthcare and leadership training.

Canton Garden Club: November update

By Guest Columnist Joy Foy

Members and guests of the Canton Garden Club enjoyed an outdoor meeting at the home of Joy Foy on November 12 at 3 p.m. After refreshments were served from the bar in the kitchen, Susan Buttross Riddell conducted the business meeting on the porch, welcoming four guests from the Garden Clubs of Mississippi and numerous guests.

New members Dr Vibha Vig and Susan Montgomery attended for the first time. The club continues to grow, and prospective members Cindy Thomas and Leslie Gowdy Ledbetter came. Other special guests were Dorothy Chadwick and Marcia Heywood. Hostess for the meeting were Sarah Ellis, Cris Bryan, Sherry Anderson and Joy Foy.

Member Sherry LaCour had cereus cuttings (a night blooming plant) to share with everyone. Red, purple and green bell peppers from the garden were shared with all before moving to the work area for a lesson on cement



Special to The Canton News

leaf making.

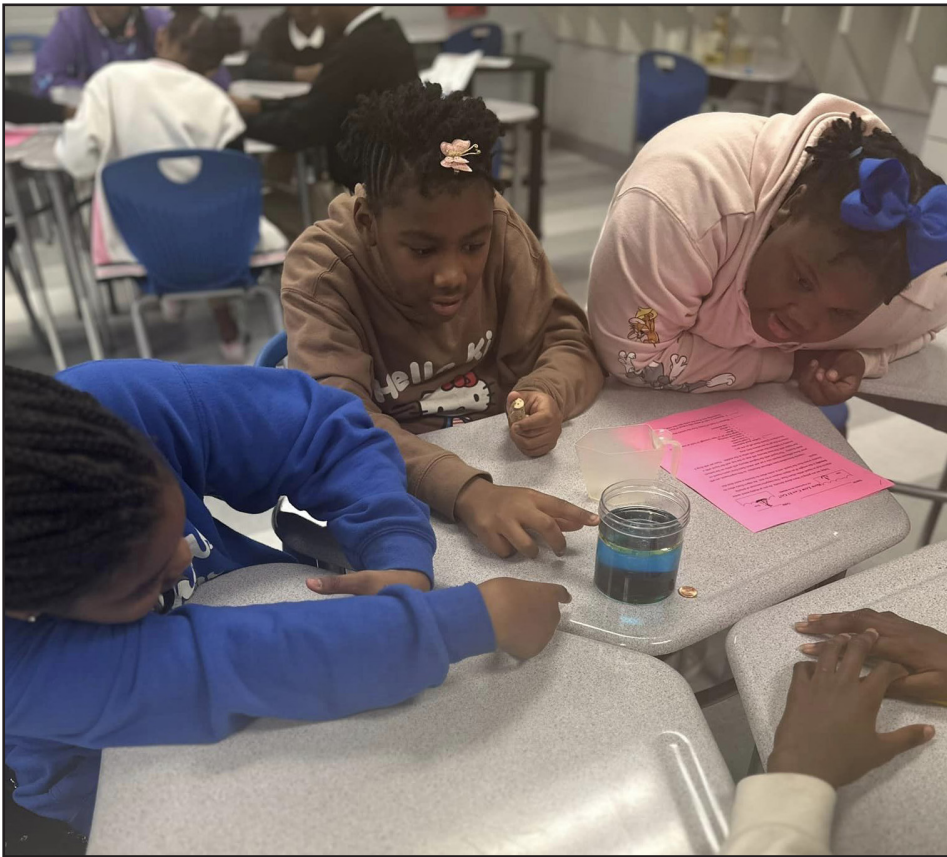
Using elephant ear leaves, sand and cement, the details of making bowls were demonstrated with the making of a big leaf bowl. Other cement leaves, made days earlier, were unearthed and

presented as the end product, so that the process from start to finish could be explained and showcased.

A small cement leaf bowl was given to everyone attending as a remembrance of the beautiful day.

McNeal students learn about density

Drones flying at Canton Career Center



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Sink or swim? Ms. Smith's fifth-grade science class at McNeal Elementary School recently dove into

a hands-on lab, as they explored relative density by comparing physical properties of objects and why they sink or float.



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Recently, students from Canton Career Center's digital media technology and engineering programs enjoyed learning about and flying

drones, thanks to a lesson taught by Dr. Charles Bland of Mississippi Valley State University and Dr. Kathy Bryant of Jackson State University.

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A LOOK BACK

C. O. Chinn was an integral figure in the civil rights movement in Canton, Mississippi. Known for his bravery and strength, Chinn had what scholar John Dittmer calls a “deserved reputation for courage and stubbornness.”



Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹
As good as Medicare is, it was never meant to cover everything. If you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.
The best way to avoid large dental bills is preventive care. Experts recommend checkups twice a year.

Previous dental work can wear out.
Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.
Unexpected bills, like \$190 for a filling, or \$1,213 for a crown³ can be a real burden, especially if you're on a fixed income.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

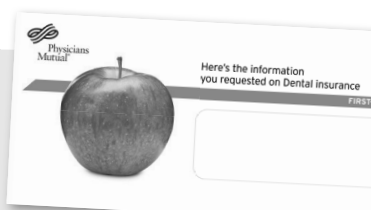
1 "Medicare & You," Centers for Medicare & Medicaid Services, 2024. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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Amelia Cook donates to MadCAAP

By Courtney Warren

Recently, Cantonian Amelia Cook set her eyes on making a donation to MadCAAP.

“MadCAAP is so near and dear to my heart for so many reasons,” said Cook. “Through my charity, Cakes for a Cause, I was able to raise money and buy food for their food pantry. If you don’t know what MadCAAP is, it is a non profit organization dedicated to assisting families living in poverty. They provide clothing, food, education, and camps year round for families in need in Madison County.” “Not only that, but the church that my family helped plant meets in their facility, so I feel an extra special bond and desire to help them in all of their



Special to the Canton News

efforts.” “As we were counting some of the food, they expressed how they needed exactly 1,500 boxes of mac and cheese in order to begin their preparation for their Thanksgiving bags. A true sign from God, with the mac and cheese I brought, they had exactly 1,503,” said Cook. “I thank God every time I’m able to do things like this, but it would not be possible without the help from my community. Thank you so much to everyone who supported this drive; there will be many more to come! I can’t wait to meet sisters at Magnolia State that are like-minded in community service and partner with them to help even more people,” she said.

Amazon Canton surprises MadCAAP



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Amazon Canton recently surprised Madison Countians Allied Against Poverty (MadCAAP) with a large food donation. MadCAAP is a 501(c)3 non-profit organization dedicated to assisting families living in poverty. MadCAAP is always looking for volunteers. For more information or to volunteer, call 601-407-1404, or visit www.madcaap.org

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Free COVID and flu test available, along with several flu treatments

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Mississippians ages thirteen and older who are not feeling well can now get tested for both the flu and COVID at all County Health Departments. Patients who test positive for the flu can also receive treatment with Tamiflu, as the country enters what are historically the most high-risk months for respiratory viruses.

To take advantage of the health departments' Test and Treat program, walk-ins are welcome, but patients can also make an appointment by calling the MSDH scheduling line at 855-767-0170. Patients who test positive for the flu within forty-eight hours of their onset of symptoms can receive Tamiflu when clinically eligible.

Health departments also offer vac-


cinations for the flu and COVID for ages six months to adults. RSV immunizations are available for infants.

To find the nearest County Health Department, visit MSDH.ms.gov and select "LOCATIONS" on the top right menu bar, or visit MSDH.ms.gov/page/19,0,166.html.

Appointments can also be made on the new MSDH mobile app, which can be downloaded for free in Apple and Android stores under "MSDH Healthy App."

Mississippians can stay up to date on news and updates on the MSDH Healthy Mobile App, on the Department of Health website and on social media - [Facebook.com/healthymys](https://www.facebook.com/healthymys), [Twitter.com/msdh](https://twitter.com/msdh) and [Instagram.com/healthymys](https://www.instagram.com/healthymys).






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Canton High School hosts career fair

Canton High School recently hosted a career fair for students. Scholars were able to learn about the vast amount of career opportunities available to them upon graduation.



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Financial literacy taught at CCC



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As part of National Banking Week, health science students at Canton Career Center received financial literacy

education from First Bank's loan officer Ms. Tracey Henderson and teller Mrs. Sandra, providing essential knowledge for their current and future pursuits.

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Letter from the editor: Making room for 2025

By Courtney Warren

I absolutely love the holidays. Spending time with my family and being cozied up in our house with one another is the absolute best. We also don't have a very large house—and for that I am grateful, because it forces me to be intentional about the items we own. The holiday season always causes our house to get cluttered, because, throughout the fall, we have birthdays, anniversaries, and Christmas. With that in mind, I follow a strict process the week before we go back to school to ensure we start our year off on the right foot. As the festive glow of Christmas fades, the new year beckons with promises of fresh starts and resolutions. After the whirlwind of holiday activities, the idea of cleaning and decluttering might feel overwhelming. This process isn't something to be accomplished in a single day—trust me, you will end up fighting. But turn on a Hallmark movie each day and get after it. I have started setting a timer for my elementary-age daughter to help her stay focused.

Day 1: Gather Your Gifts

The first step is to centralize all the new Christmas gifts you've received. Whether it's toys, clothes, gadgets, or kitchenware, bring every item to one central location. This creates a clear starting point for organizing

your home. Place them in a visible spot, like the dining table or a cleared section of the living room, to make sorting easier later in the week. Resist the urge to immediately scatter these items around the house—they'll only add to the clutter.

Day 2: Take Out the Trash

With your gifts gathered, grab a trash bag and embark on a whole-house sweep for garbage. This is the day to be relentless. Dispose of torn wrapping paper, broken ornaments, expired pantry items, and anything else that no longer serves a purpose. If it's clearly trash or has no immediate place, toss it. The key here is to avoid hesitation—your aim is to remove anything that detracts from your home's potential. That pile of stuff in a closet you swear you'll get to? No ma'am, no ham, no turkey. It's got to go.

Day 3: Return Items to Their Homes

Now that your space is clearer, it's time to focus on the items that do have a place. Start room by room, putting away everything that belongs there. Don't set anything aside for "later"—make decisions on the spot, and return each item to its rightful home. This step will help you rediscover order and create a visual sense of calm in your living areas.



Special to The Canton News

Day 4: Declutter the Gift Pile

It's time to tackle the central gift pile. Sort through each item carefully, deciding whether it's something you'll use, something to be stored, or something to donate. Assign a place for every gift—whether it's a drawer, a shelf, or a bin. For duplicate or unneeded items, consider donating them to charity. By the end of this step, your holiday haul will have seamlessly integrated into your home.

Day 5: Deep Clean and Reflect

With the clutter gone, dedicate this

final day to a deep clean. Vacuum, dust, wipe down surfaces, and freshen up your space. Light a scented candle or play soothing music to make the process enjoyable. Use this time to reflect on the week's progress and the joy of starting the new year in a clutter-free home.

By breaking the process into manageable steps, you can avoid feeling overwhelmed and, instead, enjoy the satisfaction of small victories each day. Now, light that Bath and Body Works candle and threaten anyone that messes up your newly cleaned house.

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Nason recognized as scholar



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Zakira Nason was recently recognized by the National Society of High School Scholars (NSHSS) for superior academic achievement.

NSHSS selected Nason to become a lifetime member of the organization, which recognizes top scholars who

have demonstrated outstanding leadership, scholarship and community commitment.

“We help students like Zakira build on their academic success by connecting them with learning experiences and resources to help them for college and meaningful careers,” stated co-founder Claes Nobel.

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On the shelf: Enjoy some of the top books of 2024

By Courtney Warren

I know it's cliché to say that I can't believe we are almost to the end of 2024, but it's the truth. This year flew by. It was a great reading year, and I'm excited to share a few stand out books with y'all. I tried to vary by genre for this one, so I hope you find something to enjoy.

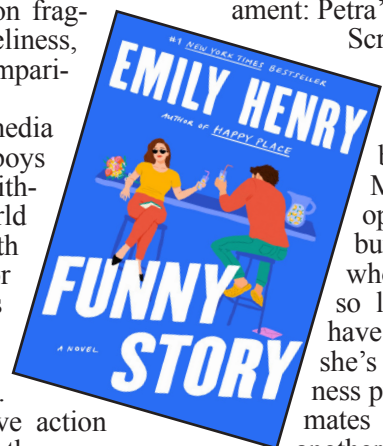
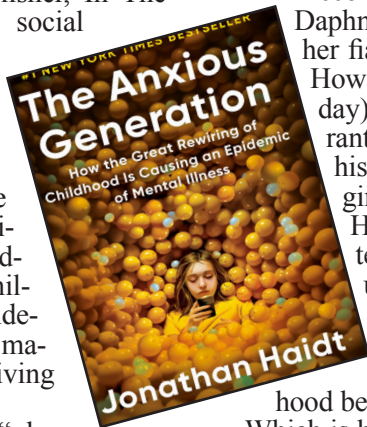
The Anxious Generation by Jonathan Haidt

According to the publisher, In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults.

Haidt shows how the "play-based childhood" began to decline in the 1980s, and how it was finally wiped out by the arrival of the "phone-based childhood" in the early 2010s. He presents more than a dozen mechanisms by which this "great rewiring of childhood" has interfered with children's social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison and perfectionism.

He explains why social media damages girls more than boys and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families and their societies.

Most importantly, Haidt issues a clear call to action. He diagnoses the "collective action problems" that trap us, and then proposes four simple rules that might set us free. He describes steps that parents, teachers, schools, tech companies and governments can take to end the epidemic of mental illness and restore a more humane childhood.



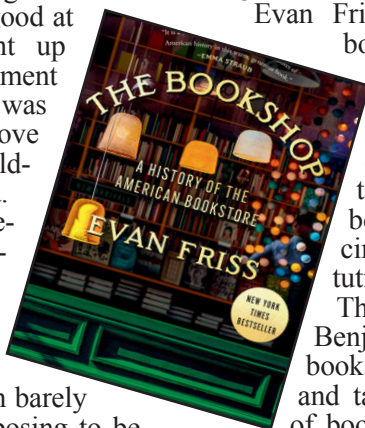
Haidt has spent his career speaking truth backed by data in the most difficult landscapes—communities polarized by politics and religion, campuses battling culture wars, and now the public health emergency faced by Gen Z. He cautions readers not to ignore his findings and protect our children—and ourselves—from the psychological damage of a phone-based life.

Funny Story by Emily Henry

According to the publisher, Daphne always loved the way her fiancé Peter told their story. How they met (on a blustery day), fell in love (over an errant hat), and moved back to his lakeside hometown to begin their life together.

He really was good at telling it...right up until the moment he realized he was actually in love with his childhood best friend, Petra. Which is how Daphne begins her new story: Stranded in beautiful Waning Bay, Michigan, without friends or family - but with a dream job as a children's librarian (which barely pays the bills) - and proposing to be roommates with the only person who could possibly understand her predicament: Petra's ex, Miles Nowak.

Scruffy and chaotic—with a penchant for taking solace in the sounds of heart-break love ballads—Miles is exactly the opposite of practical, buttoned-up Daphne, whose coworkers know so little about her they have a running bet that she's either FBI or in witness protection. The roommates mainly avoid one another, until one day, while drowning their sorrows, they form a tenuous friendship and a plan. If said plan also involves posting deliberately misleading photos of their summer adventures together, well, who could blame them?



But it's all just for show, of course, because there's no way Daphne would actually start her new chapter by falling in love with her ex-fiancé's new fiancée's ex...right?

The Bookshop: A history of the American bookstore by Evan Friss

According to the publisher, bookstores have always been unlike any other kind of store, shaping readers and writers, and influencing tastes, thoughts and politics. They nurture local communities, while creating new ones of their own. Bookshops are powerful spaces, but they are also endangered ones. In *The Bookshop*, readers see the stakes: what has been, and what might be lost.

Evan Friss's history of the bookshop draws on oral histories, archival collections, municipal records, diaries, letters and interviews with leading booksellers to offer a fascinating look at this institution beloved by so many. The story begins with Benjamin Franklin's first bookstore in Philadelphia and takes readers to a range of booksellers, including the Strand, Chicago's Marshall Field & Company, the Gotham Book Mart, specialty stores like Oscar Wilde and Drum and Spear, sidewalk sellers of used books, Barnes & Noble, Amazon Books, and Parnasus.

The Bookshop is also a history of the leading figures in American bookselling, often impassioned eccentrics, and a history of how books have been marketed and sold over the course of more than two centuries—including, for example, a 3,000-pound elephant who signed books at Marshall Field's in 1944.



Emily Wilde's Map of Other Lands by Heather Fawcett

According to the publisher, Emily Wilde is a genius scholar of faerie folklore who just wrote the world's first comprehensive encyclopaedia of faeries. She's learned many of the secrets of the Hidden Ones on her adventures... and also from her fellow scholar and former rival Wendell Bambleby.

Bambleby is more than infuriatingly charming. He's an exiled faerie king on the run from his murderous mother and in search of a door back to his realm. And, despite Emily's feelings for Bambleby, she's not ready to accept his proposal of marriage: Loving one of the Fair Folk comes with secrets and dangers.

She also has a new project to focus on: a map of the realms of faerie. While she is preparing her research, Bambleby lands her in trouble yet again, when assassins sent by his mother invade Cambridge. Now, Bambleby and Emily are on another adventure, this time to the picturesque Austrian Alps, where Emily believes they may find the door to Bambleby's realm and the key to freeing him from his family's dark plans.

But with new relationships for the prickly Emily to navigate and dangerous Folk lurking in every forest and hollow, Emily must unravel the mysterious workings of faerie doors and of her own heart.

Big by Vashti Harrison

According to the publisher, this is the first picture book written and illustrated by award-winning creator Vashti Harrison. It traces a child's journey to self-love and shows the power of words to both hurt and heal. With spare text and exquisite illustrations, this emotional exploration of being big in a world that prizes small is a tender portrayal of how one can both stand out and feel invisible at the same time.

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Holiday season can be hampered by stress and depression

By Nash Nunnery

A special period for family, events and activities, the fall holiday season is perhaps the most wonderful time of the year for most Mississippians.

For some, however, Thanksgiving and Christmas are a time for angst - in the form of stress and depression.

Shopping, gift and travel expenses, the stress of hosting social events or just managing a full calendar add to the anxiety. Loneliness and grief can also be heightened during the holidays.

A November 2023 poll conducted by the American Psychological Association revealed that nearly nine in ten (eighty-nine percent) Americans said that concerns about finances, missing loved ones and possible family conflict causes stress during the holiday season.

As a former director of Mississippi College's Student Counseling Services Center and an MC psychology professor for thirty-six years, Buddy Wagner is all too familiar with the pitfalls of the holidays that affect the general public.

According to the long-time Clinton resident, depression and anxiety are at the root of the seasonal blues. Also, there is no particular age group or gender that is more susceptible than the other.

"Depression comes from living in the past," said Wagner. "Thinking about a time in the past, whether it's loss of a loved one or the loss of a job, can bring about depression."

"Anxiety stems from living in the future. People get pre-conceived notions that having a large family gathering or making sure they buy all the right gifts ensures a stress-free holiday experience. Living in the future can cause

plenty of anxiety."

Wagner added that while connecting with family is good, it can be detrimental to one's mental health and raise stress levels if those familial relationships are harmful.

Exercise, diet and proper sleep all contribute to maintaining a positive mental outlook during the holiday season, Wagner said.

"Even if it's only thirty minutes a day, exercise is very important to your mental health. The key is to do what you can do," he said. "Even though we tend to overeat during the holidays, trying to eat healthy is extremely important."

"Most Americans are sleep deprived - proper rest, eight to ten hours nightly, helps us maintain the strength to cope with the stress that most everyone experiences during the Thanksgiving and Christmas seasons."



The holidays are a time for family and cheer, but making sure the house is clean, the food is ready, and the presents are wrapped and ready to be opened can be overwhelming. These factors can bring unwanted stress and depression in a time meant for happiness.

"One of the biggest problems is people build up the holidays in their minds about exactly how [Christmas and Thanksgiving] should go," said Wagner. "Movies and social media during this time tend to influence people's perceptions. Many people are guilty of having unrealistic expectations of the holiday season. Don't build it up."

Though the holiday blues are usually short-term, talking to a mental health professional can help, Wagner added. A therapist can aid in identifying patterns of negative thinking that contribute to sadness and depression, replacing those thoughts with more helpful ones.

COPING DURING THE HOLIDAYS

Wagner offers some practical ways to cope with holiday stress and depression:

Be in the present

"Call it being in the now. Binge watch your favorite television programs, work on a hobby, read a book... find something that you can lose yourself in."

Where is the depression?

"Am I experiencing it in my chest or stomach? Where is this coming from? What are the feelings I'm having that signal that I'm stressed or depressed? Identify those feelings."

Identify your color or shape of depression?

"Let's say the color red represents stress, and the color blue signifies relaxation. Like a scientist looking through a microscope, examine closely, stay with it and change the color from red to blue."

Talk about it

Wagner emphasizes that a person cannot acknowledge what they don't share with others. Find a friend or loved one who will listen to them about their holiday season stressors.

Merry Christmas!
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Smith and Tupman named Rotary students of the month

Panthers vs Sharks...who won?



Special to The Canton News

By Courtney Warren

Recently, Canton Academy students Zach Smith and Mary Palmer Tupman were named students of the month for Canton Rotary Club. The Rotary speaker was former CA parent Chad A Wages, P.E., owner of Wages

Civil, LLC. Wages spoke on the Amazon and AWS projects. He discussed their progress and economic impact on Canton and Madison County. Rotary International is a global network of more than 1.2 million neighbors, friends, leaders, and problem-solvers who unite to create lasting change.



Special to The Canton News

Aiden Hughes learns about sharks from the inside out.

By Courtney Warren

Canton Academy students recently completed their final dissection project in Marine Biology. Students dissected a dogfish shark and observed both external and internal organs, as well as different body structures. The boy students in particular were thrilled to find the similarities in dissection and skin-

ning deer during hunting season. Dogfish sharks are a diverse group of approximately 75 sharks belonging to the order Squaliformes. Squaliformes, which ranks second among shark orders in its number of species, comprises three families of sharks. The largest family, Squalidae, contains about 70 species that are commonly called dogfish sharks.



THE CANTON NEWS

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Nissan celebrates the season of giving with donation to MadCAAP

Special to The Canton News

“Enriching people’s lives” is the global vision of Nissan and all its operating companies worldwide. Nissan supports this vision by helping to improve the quality of life in the communities where it operates. Continuing its long-time support of Madison Countians Allied Against Poverty (MadCAAP), the Nissan Canton Vehicle Assembly Plant provided Thanksgiving food boxes for 100 MadCAAP client families this holiday season. Additionally, the company donated a Nissan TITAN truck to support their work in Madison County.

“As we enter this season of thanks, we are grateful for organizations like MadCAAP who work tirelessly to help those in need,” said Victor Taylor, vice president of manufacturing, Nissan Canton. “Giving back is at our core. We build more than great cars - we build stronger communities. I’m honored to see one of the final TITANs built at our Canton facility by our amazing team supporting the great work of MadCAAP for many years to come.”

“We would like to extend our heartfelt gratitude to Nissan for their continued and generous support of our programs and the community at large,” said Karen Robison, executive

director of MadCAAP. The donation of the Nissan Titan is a powerful gift that enhances our ability to serve and uplift the impoverished. We are also deeply thankful for the Thanksgiving contributions, which bring warmth and sustenance to many during the holiday season. MadCAAP thanks you for making a meaningful difference in the lives of so many.”

MadCAAP plans to use the Nissan TITAN truck to support their food programs, housing repairs and community garden.

About Madison Countians Allied Against Poverty

MadCAAP serves approximately 2,800 client families living below the federally mandated poverty level in Madison County. These families receive services through MadCAAP’s Food Pantry, Helping Hands Garden, New Attitudes Educational Classes, Clothing Closet, Housing Repair, and Emergency Assistance programs. MadCAAP’s “Back to School” and “Holiday Adopt a Child” programs provide for children whose parent has completed 12 hours of educational classes. Additionally, MadCAAP offers a tutoring program, VBS, STEM projects, Project H.O.P.E., and provides 700 food boxes at Thanksgiving.



Special to The Canton News

About Nissan Canton Vehicle Assembly Plant

Canton Vehicle Assembly Plant celebrated 20 years of manufacturing operations in 2023. The plant employs approximately 5,000 people and has assembled more than five million ve-

hicles since it began production in 2003. The \$4 billion facility currently assembles the Nissan Altima and Nissan Frontier. To date, the company has invested \$14 billion in its U.S. manufacturing operations collectively.

Historical Spotlight: The Canton & Carthage Railroad, from 1800s



Special to The Canton News

Special to The Canton News

Did you know that the Canton & Carthage Railroad (CCA) played a key role in transporting lumber in Mississippi? Originally built in the late 1800s to haul timber for the Canton lumber mill, this small but mighty railroad hauled logs from as far as Pearl River, Louisiana, to Canton. In the 1930s and ‘40s, it even shared tracks with the Gulf, Mobile & Ohio Railroad.

By the 1950s, the CCA had transi-

tioned into a common carrier, using a heavy 2-8-2 Mikado steam locomotive to serve the Canton to Carthage route. After the mill closed, local businessmen in Carthage took over the line, continuing operations until it was eventually abandoned in 1960.

A fascinating chapter in the region’s industrial past, the Canton & Carthage Railroad serves as a reminder of the pivotal role railroads played in shaping the local economy and history.

HAVE YOU HEARD THE GREAT NEWS?



The Canton News new site is up! Go check it out today at www.CantonNews.Net

Try a make-ahead dinner for busy holiday seasons

Make-ahead and freezer meals can be a lifesaver during the holiday season. This recipe is almost fool-proof, and it can be scaled up or down, if you'd like to have leftovers to freeze for later. It's also a good one to make the night (or a couple of nights) before and have ready to pop into the oven when you get home from work. If freezing a batch, be sure to let it thaw thoroughly in the fridge for a day before baking. Toss some garlic bread (or even some not-as-fresh hamburger or hot dog buns spread with butter and garlic powder) into the oven for the last few minutes of baking, and use a bag of salad mix as a quick side, and dinner will be ready in no time!

Baked Ziti



INGREDIENTS

- 16 oz. ziti pasta
- 1 package (4) Italian sausage links, casing removed
- 2 lbs. ground beef
- 1 large onion, diced
- 1 Tbsp. minced garlic
- 2 Tbsp. dried Italian seasoning
- 1 large jar spaghetti sauce
- 1 small container ricotta cheese
- 2/3 cup Parmesan cheese
- 2 Tbsp. garlic salt
- 2 cups finely shredded mozzarella cheese

PREPARATION

1. Boil ziti until just slightly past al dente stage, then drain.
2. Toss ziti with 1/3 of the spaghetti sauce (while noodles are still hot) and set aside.
3. Brown sausage and ground beef with onion and garlic in large skillet, until cooked through and tender. Break/chop meat into small pieces while cooking.
4. If there is more than 1-2 tablespoons of grease in the skillet, drain the meat, then return it to the skillet.
5. Add Italian seasoning and remaining spaghetti sauce to meat mixture skillet and mix.
6. Mix ricotta with garlic salt and Parmesan cheese, then stir in 1/2 cup of the mozzarella cheese.
6. Put a thin layer of the meat mixture in the bottom of a 10" x 15" (3 qt) casserole dish.
7. Layer the ziti noodles on top of the meat in the dish.
8. Top the ziti noodles with half of the remaining meat mixture.
9. Dollop the ricotta mixture over the top of the ziti, spreading it out gently to cover as much of the ziti as possible.
10. Top the ricotta mixture with remaining meat sauce, then cover the entire top with mozzarella.
11. Bake, covered with foil, at 325 degrees for 30 minutes, or until heated through. Let stand for 5 minutes before serving.



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Deaths from heart crises spike during holiday season

By Guest Columnist Jim Pollard

The risk of dying from a sudden, serious heart ailment increases from Thanksgiving to New Year's and is highest on Christmas Day, the day after Christmas and New Year's Day, say paramedics at AMR, a global medical response company. AMR medics recommend avoiding "triggers" for cardiac crisis, paying attention to your heart and calling 911 at the first sign of a problem.



Jim Pollard

Emergency medical teams call the increased risk "holiday heart." While the term was coined in 1978, the first major study on holiday heart was published in 2004 in *Circulation*, an international journal for heart doctors.

In studying 53 million deaths nationwide between 1973 and 2001, researchers found, "The number of cardiac deaths is higher on December 25 than any other day of the year, second highest on December 26 and third highest on January 1." On those days, there are about five percent more deaths from cardiac crisis compared to other days of the year. Studies since the first research have corroborated the original findings.

The risk rises due to drinking more alcohol than usual, holiday stress, skipping medications and making dietary mistakes. Cold weather strains the heart, but the spike also occurs in warmer states. Over-exertion is another factor.

A form of cardiac crisis paramedics often see with "holiday heart" is called atrial fibrillation, or "a-fib."

With a-fib, the heart does not pump blood effectively, because the upper and lower chambers of the heart are not beating in synch. Atrial fibrillation can lead to stroke and heart failure.

Too much salt, large meals, eating more fatty food than usual and insufficient rest can also contribute to holiday cardiac crises. Skipping exercise may be another factor.

Ryan Wilson, operations manager at AMR Central Mississippi, said, "This time of year, many people who feel pain in the chest or other symptoms of heart crisis don't tell anyone, put off going to the doctor and even delay calling 911 because they do not want to disrupt holiday festivities. That delay can be fatal."

"It is vital to recognize an emergency heart problem quickly, and call 911 immediately,

continues Wilson. "Atrial fibrillation often comes with a feeling the heart is fluttering or palpitating. Heartbeat may feel rapid, racing, bounding, irregular and even too slow."

"Other symptoms of cardiac emergency can include pain in the chest or jaw down the arm, shortness of breath, weakness, dizziness, sweating or nausea. Women suffering a heart crisis are more likely than men to feel pain in the arms, back, neck or jaw. Women in cardiac crisis are also more prone to feel stomach pain and extreme tiredness, even if they've been sitting for a while. If symptoms such as these last more than five minutes, call 911 first and fast."

EDITOR'S NOTE: Jim Pollard, a paramedic since 1990, is in his thirty-fourth year in the ambulance field. Pollard is the media relations lead in central Mississippi for American Medical Response (AMR).

CALL 911 IMMEDIATELY FOR A CARDIAC EMERGENCY.

Warning signs can include:

- Feeling like the heart is fluttering or palpating
- Rapid, racing, bounding heartbeat
- Irregular or too slow heartbeat
- Pain in the chest
- Pain down the arm
- Shortness of breath
- Weakness
- Dizziness
- Sweating
- Nausea



Women may be more likely to feel:

- Pain in the arms, back, neck or jaw
- Stomach pain
- Extreme tiredness, even if sitting for a while

Paramedics recommend calling 911 first – and FAST – if symptoms persist for more than five minutes.

Be Ready! Winter Weather

Weatherproof your home to protect against the cold.

- Have your chimney or flue inspected every year.
- Install a smoke detector and carbon monoxide detector in your home.
- Insulate walls and attic.
- Make sure the batteries are working!
- Caulk and weather-strip doors and windows.

Make sure your car is ready for winter travel

- Check antifreeze level and have radiator system serviced.
- Replace worn tires and check tire air pressure.
- Keep gas tank full to avoid ice in tank and fuel lines
- Make a winter emergency kit to keep in your car.

If power lines are down, call your local utility and emergency services.

If power lines fall on your car, warn people not to touch the car or power lines.

Prepare yourself for exposure to winter weather.

- Bring your pets indoors as temperatures drop!
- Dress warmly and limit exposure to the cold to prevent frostbite.
- Avoid getting wet to prevent hypothermia.



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Canton through a lens: Oh! What a Morning!



Photo by Betsy Sligh

Canton through the lens: "Oh What a Morning!" Female Downy Woodpecker. The Canton News features a photo each month by a Cantonian or of Canton. This month's feature is by Canton local and beloved Betsy Sligh

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Panthers are Arthropod Architects



Canton Academy fourth-graders recently participated in an "Arthropod Architect": project. Students designed and built their own arthropods.

What is an arthropod?

According to Britannica Kids, arthropods are animals that have a hard outside covering called an exoskeleton. Insects, crustaceans, and arachnids are three of the largest arthropod groups. Arachnids include spiders and mites.

Where do they live?

According to Britannica Kids, arthropods live in all kinds of habitats throughout Earth. Most crustaceans live in the water, often in seas. Most insects and arachnids live on land. They can be found everywhere from cold mountain-sides to hot deserts and tropical forests.

What do they look like?

Arthropods are generally small animals. They range in size from mites that are so small they can hardly be seen to some butterflies and moths with wingspans of about 12 inches (30 centimeters). The largest arthropods live in the water. Some lobsters and crabs can weigh as much as 40 pounds (18 kilograms).

Did you know?

Arthropods carry many dangerous diseases, such as malaria, yellow fever, and typhus.

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