

JULY 2021



The Legend

Community Education for Change Agents
"One-stop educational enrichment program."

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Legacy Education and Community Empowerment Foundation, Inc.

Legacy Education and Community



Empowerment Foundation, Inc.



&



@leacef



LEGACY'S 10 ANNIVERSARY CELEBRATION COVID-19 EDITION

To be emailed to Legacy Change
Agents and Commemorative
Booklet, and gifts will be mailed.

BROWN SCHOOL SUPPLY CONTRIBUTION

The William Brown Preppin' 4 Back 2 School is by appointment only due to COVID-19 and its Delta Variant. Call 601-469-0990 between July 26-28, and the date, time, and location will be given to the families. We are happy that Tina and Eddie Brown will assist in distribution. Their late son, William, was an asset to Legacy Summer Camps. He was charming, witty, handsome, and brilliant. We miss him dearly.



2021 BADGE

Thank you for rating our community education service. We pride ourselves on being accountable, transparent, reliable, and responsive. We are here to serve you, the Legacy Change Agent Family. If we may be of any assistance, please do not hesitate to contact us. If you have not rated us, please feel free to do so by visiting: <https://greatnonprofits.org/org/legacy-education-and-community-empowerment-foundation-inc>



RECENT LEGACY CHANGE AGENT CONTRIBUTORS



- Ms. Nettie Ware
- Dr. Deborah Hyde in honor of Mrs. Ann Huff McDonald
- Mr. & Mrs. Ruben Ruiz
- Mr. Lawrence Evans
- Judge & Mrs. Tom Lee in honor of Connie Slaughter, Roseanne Lynn, and Lucile Patrick
- Ms. Patricia Qualls in memory of Eula B. Qualls and Vera Jordan
- Beverly Hollingsworth
- Constance Slaughter-Harvey, Esq. in memory of Rev. Dr. Richard Middleton, III.
- Dr. Chris Gilmer with love and respect in honor of his sister of choice and Legacy Founder, Constance Iona Slaughter-Harvey, Esq.
- Palmer Insurance (Scott Palmer)
- Monsignor Elvin Sunds
- Dr. Lori Martin in memory of her mother, Edith Rand Burns
- James Burwell II, in memory of his mother, Myrtis Marie Gray-Burwell (Memorial Scholarship)
- The Olivia Group LLC in honor of Legacy Summer Scholars
- James Burwell III in honor of his NaaNaa Constance Slaughter-Harvey, Esq.
- Bertha Brown Moore
- Jane Morgan, Esq. in the sponsorship of a summer scholar
- Representative Tom Miles
- Dr. Rhonda Kelley in memory of her late parents, Helen J. Kelley and John Wesley Kelley
- Chris Gomillion, Esq.

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GREETINGS FROM BOARD MEMBER, ANDRE' HOLLIS

Legacy Education and Community Empowerment Foundation, Inc. grabbed my attention due to our mission of helping community children. I have dedicated my life to helping the community by mentoring children and presenting them with opportunities they might not have received due to their social or economic status. I know that helping others is one of God's blessings. There is no deed too small that can brighten and empower someone's life. I always remember the wonderful feeling I feel when people help me along the way.

I recently received a social media post from a young man I mentored at Scott Central, and I was shocked for the recognition and grateful that I blessed him.

"I am grateful to have met you and gotten to know you. I am thankful that the Lord put you in my life. I look up to you and am very thankful for all the things you have done to help me become a better person and to help me realize what I want to do with my life."

As a parent, mentor, and former Morton and University of Mississippi football star athlete, I understand the importance of stress management and not being overwhelmed with all of life's tasks. In addition to physical exercise, mental health is key to stress management. To help others, you want to be

in good mental health yourself. It is easy to forget to focus on your self-care or feel guilty about taking care of yourself. Self-care and stress management is crucial for a successful life. Our bodies are His temple, and we should never feel guilty about putting in the required time to take care of what He created. Taking care of ourselves is crucial during the COVID-19 Pandemic. We have to continue to accept the wisdom of God-given scientists and doctors. We owe it to our children and mentees to be good role models. I remain honored to bless others through my life's blessings as God continues to bless me.

HOLLIS SELECTED FOR UMMC MEDICAL PROMISE

Legacy Board Member Andre' Hollis' (Anitra) son, Christian Hollis, was selected for the UMMC School of Medicine PROMISE Program and will be eligible for a UMMC School of Medicine position. Hollis is a student at the University of Mississippi and a Morton native.



LEGACY LIBRARY BOOK RENTAL HOURS



The community is welcomed to call and make an appointment to check out library books on the honor system next to the Legacy Headquarters. Due to our location and for convenience, many families can walk to our library. Times are available during weekdays and weekends. If you would like to contribute books, educational items, or computers, contact us.

Pardon our renovation at the Slaughter Memorial Library as President Slaughter-Harvey, Esq. has purchased the building for Legacy use and is making state-of-the-art changes. Deacon Crudup and Board Treasurer Slaughter are making technological improvements.

LEGACY HEALTH IS WEALTH PROGRAM CHALLENGE

- Drink only water
- Get 8 hours of rest a night



- Exercise daily for 10 minutes
- Eat fresh foods and less junk food

You're very welcome!



Thank you to Joe Montana Bell, Jr. for sending Legacy a card to show his gratitude for his scholarship and reassuring us that he will proudly apply it to his school tuition. Joe, it is our pleasure.

COVID-19 EMERGENCY HAND SANITIZER SEVEN-COUNTY DISTRIBUTION FROM MEMA



The Mississippi Alliance for Nonprofit and Philanthropy ensures COVID-19 emergency grants are available to Mississippi nonprofits. The Mississippi Emergency Management Agency (MEMA) approved our grant for hand sanitizers to be distributed to our families and partners in the seven counties of Scott, Leake, Newton, Rankin, Lauderdale, Madison, and Hinds. Swift Transportation delivered the donation of hand sanitizers to our partner at the Crudup Ward Center.

Legacy Change Agents unloaded, delivered, and received the emergency supplies. Special thanks to Field Organizer, Deacon Crudup, Legacy Contributor Carolyn Knowles, Legacy Advisory Liaison Coach Datodrick Pinkston, and Hollingsworth Rental Enterprises for making this project successful. If you would like hand sanitizer, please contact us.



Legacy Incorporator and Board Member Verna M. Myers and her sister Katherine delivered boxes and coordinated pick-ups for our Madison and Hinds County partners.

MIRA AND LEGACY'S FOOD DELIVERY PROJECT

This summer, Legacy partnered with Mississippi Immigrants' Rights Alliance (MIRA) to assist our thirty Hispanic Legacy Change Agent families with food. Field organizers, Luiz (MIRA) and Miriam (Legacy) shopping at Los Compadres Market.



Katie (Legacy), Luiz (MIRA), Ruby (Legacy), and President Slaughter-Harvey, Esq (Legacy).

SUMMER TEACHER APPRECIATION

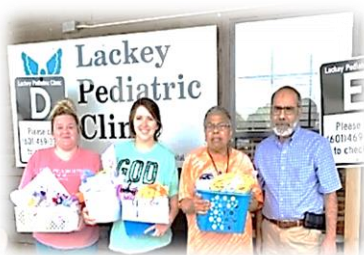
A summer shout-out to our Education Liaison of Teachers: Susie Jackson-Boyd, Supt. Jackie McFarland, Coach Datodrick Pinkston, Chiquita McClendon-Myers, Debra Crudup-Lowery, Kathern Crudup-Qualls, Dr. Rhoda Kelley, Francis Richmond, Carolyn Macon, Shelia Brown, and Kristy Wade.

Thank you cards from the Bettye Mae Jack Middle School students in Mrs. Debra Crudup Lowery's class. They enjoyed their monthly classroom supplies and snacks.



SUMMER COMMUNITY BABY SHOWERS

Legacy remains aware of community issues, especially during the COVID-19 Pandemic. This summer we partnered with Dr. Dorothy McGill of Innovative Behavioral Services to gift Head Start, Lackey Memorial Hospital's Pediatric Clinic, Concord MB Church, Mt. Moriah Baptist, and St. Michael's Catholic Church. This month we were requested to provide more baby gifts to families in need, and we proudly made deliveries to Lackey Memorial Pediatric Clinic and Mississippi Department of Children Protection Services (Scott County). It is our pleasure to be of assistance to our community.



Dr. Mohammad Arain, President Slaughter-Harvey, and Lackey Pediatric Clinic nurses.

Mississippi Department of Children Protection Services Staff and President Slaughter-Harvey, Esq.



FOREST HIGH SCHOOL BEARCATS



Legacy supports the girls' basketball team at Forest High School. Congrats to them for all their successes. A former player (1991-1996), and Legacy's co-founder Constance Harvey-Burwell, ensured that the Lady Cats receive love from Legacy.

Legacy Advisory Board Member Coach Datodrick Pinkston ensures that Legacy supports the boys' basketball team. His leadership is commendable, and he is a longtime Legacy supporter. We wish the teams a great year.

SUMMER CONNECTIONS 2021 (MAY-AUGUST)



We are grateful to conduct our 2nd COVID-19 Pandemic summer

together remotely, despite the Delta Variant. We suggest 1st and 2nd vaccinations, social distancing, masking up and sanitizing our hands as we continue to combat COVID-19 and the new COVID-19 variant, Delta. We continue serving our community families with funeral and emergency support and needs. We hope to reopen to half capacity in January 2022. Until then, we remain in weekly contact with our Legacy Change Agent Families, providing remote professional and personal support.

EPIC ONLINE READING CLASSROOM BADGES



Summer scholars continued their summer digital reading classroom with their Kindle Fire tablets this summer. A social

distancing graduation is scheduled and rewards will be given.

Scholar's Name	Grade	Books Finished	Hrs. Read	Yrs. w/ Legacy
Addison	6 th	20	4.6	1
Av'Anna	5 th	27	6.7	1
Azealiyah	9 th	27	4.5	2
Breyial	8 th	9	6.6	6
Euinya	8 th	6	10.9	1
James	7 th	35	60	6
Kylah	3 rd	21	3	1
Mykeria	9 th	4	10	6
Zikeya	8 th	5	.8	2

SUMMER SCHOLARS' COMMUNITY SERVICE



Past Legacy Summer Scholars Mateo and Juan are preparing for community service hours with Deacon Crudup.

They decided to clean the yard of their elderly neighbor.



MENTAL HEALTH 101

The Parental, Summer Scholars, and College Change Agents agreed that more attention should be paid to the state of one's mind, especially during the global and deadly Pandemic of COVID-19 and its Delta variant. Our July Legend will share mental health myths, facts, and tips to ensure our families are empowered. We hope this information is beneficial to you and a loved one.

Current mental health statistics from the National Council for Mental Wellbeing:

- ✓ 1 in 5 U.S. adults experience mental illness each year.
- ✓ 1 in 20 U.S. adults experience severe mental illness each year.
- ✓ 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- ✓ 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- ✓ Suicide is the second leading cause of death among people aged 10-34.

Source:

<https://www.thenationalcouncil.org/mental-health-month/>

REFLECTIONS



Mental health is a mind condition that affects our overall behavior and interaction within ourselves and with others. It is crucial to be aware of abnormal behavior, so when they are displayed in a person, help can be executed immediately. Being aware

of mental health can also prevent inevitable mental breakdowns.

One of the many steps I take to protect my mental help is to walk with the Lord through constant and fervent prayers. I have several friends that I trust that I share my problems, concerns, and feelings. Life has afforded me insight to develop some positive coping mechanisms that I enjoy. First, I love to read; these readings often include self-help books and autobiographies, and Black romance books. Also, I thoroughly enjoy writing, which keeps my mind occupied until a crisis has transitioned. Other steps that I employ are to exercise or take a walk in the park and enjoy nature. I am still working on good eating habits and setting boundaries. Finally, I am not afraid nor ashamed to seek professional help. ~ Verna M. Myers, Incorporator, Board Member, and Contributor

Mental health awareness is essential in one's life because it helps others to know they are not alone in this fight. They need to know that millions of people face the reality of knowing or having someone with mental illness. Although mental awareness month is in April, the awareness of mental awareness helps educate the public and families in understanding the needs of those who suffer. People need not suffer alone or be ashamed. Let us support Mental Health Awareness, not just during a month, but every day, because people need support to handle their struggles! ~ *Susie J. Boyd, Education Liaison and Contributor*



So many unpleasant stigmas have been associated with mental illness. But mental illness is actual and can be successfully treated. Anger issues, depression, grief, eating disorders, anxiety, death, and stress are just a few ways mental illness can affect you or a family member at any time. It is essential to pay close attention to your children because, sadly, they can suffer also. If there seems to be problems with them, do not fail to get help for them. It is often difficult for children to make their feelings known. You may say my family can't be affected, but it can happen.

Online care, counselors, and clinic professionals can be instrumental in helping to assess your feelings and get the best treatment for you or a family member. You want your family or yourself to be able to function and have a good quality of life.

You are hearing more about children, teens, and adult suicides. They think of suicide as their escape from pain and feeling of hopelessness. We must learn all we can learn about mental health awareness to help ourselves and others receive needed treatments if or when the need arises. Start taking it upon yourself to find out what professional services are available in your area. Don't keep this information to yourself. Would you please share it

with churches, neighbors, family, friends, and others in your community? ~ *Concord Missionary Baptist Church's First Lady Marquita Patrick, Mentor Liaison, and Contributor*

Mental health is vital due to the stress that the mind can place on the body and mental health is fragile at any time for any person. Be kind because you never know what pain someone is experiencing and how life-changing kindness can be at just the right time. Life throws many issues at us that we must deal with time after time. Being aware of mental illnesses and empowered by tips for mental health makes the difference in a life of helplessness and a life of happiness. Change your mind, it may change your life. Stop worrying and focus more on gratefulness and joy. ~ *Constance Harvey-Burwell, Cofounder*

INNOVATIVE BEHAVIORAL SERVICES: MENTAL HEALTH SERVICES



Special thanks to Dr. Dorothy McGill of Innovative Behavioral Services for providing remote mental health counseling to Legacy Change Agent families. She has saved the lives of our families, and we are so grateful for her kind heart and professional counseling services. Contact us for a referral.



FAMILIES AS ALLIES: MENTAL HEALTH SERVICES



You and your child have rights and protections in the systems you are likely to deal with. These rights help your child have the chance to do

the same things other children do.

Your rights with Families as Allies

- ✓ At School
- ✓ In a Public School District
- ✓ In the Mental Health System

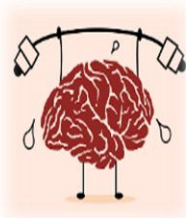
- ✓ In the Justice System, and
- ✓ In a Residential Treatment Center of Hospital

If you have trouble getting the information or help you need about any of these rights or have a meeting related to any of these rights, feel free to contact our office, and we will be happy to help you. Dr. Joy Hogge, Executive Director 601-355-0915

Source: <https://www.faams.org/your-rights/>

What is Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is essential at every stage of life, from childhood and adolescence through adulthood.



If you experience mental health problems throughout your life, your thinking, mood, and behavior could be affected. Mental health problems are common, but help is available. People with mental health problems can get better, and many recover completely.

Early Warning Signs

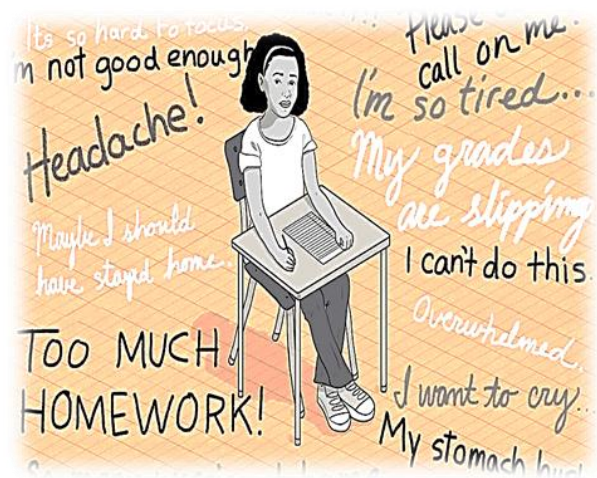


Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

1. Eating or sleeping too much or too little
2. Pulling away from people and usual activities
3. Having low or no energy
4. Feeling numb or like nothing matters
5. Having unexplained aches and pains

Source:

<https://www.mentalhealth.gov/basics/what-is-mental-health>



COLLEGIATE SCHOLARS'

MENTAL HEALTH REFLECTIONS

Many "issues" commonly experienced by students in college can sometimes pose significant challenges to study, play, socializing, and living. In the following, some of these challenges are identified and described, and suggestions are provided for further exploring or managing them.

HOMESICKNESS: What might help?

- Keep in good contact with the people you have left behind and give yourself time within the university to begin to get involved here.
- Remember that many other students will be experiencing similar feelings
- You are allowed to feel sad and homesick!
- Be realistic about what to expect from student life and yourself. Establish a balance between work and leisure
- If work is proving too tricky, you may need to improve your study skills or your organization of time.

I faced many challenges during my freshman year. The biggest challenges were anxiety and homesickness. I was highly overwhelmed with schoolwork and the new environment. It was so easy to get distracted and forget the main reason why I was in college. I also struggled with being away from my grandmother. She and I are incredibly close, but thankfully I wasn't too far away from her. After a lot of self-discipline



and prayer, I got it together. The challenges never stop. ~ *Tashera*



I would feel more homesick. I'm used to being at home all of the time. It's going to be challenging the first couple of weeks, or maybe just the first week. I adjust quickly. ~ *Ma'Kyla*

I have faced homesickness, difficulty sleeping, anxiety, and depression throughout my four years of college. Being a college athlete and trying to maintain my grade point average can be very hard at times. It can also be draining on my mental and physical health. My proven solution has been to put God first and have faith to overcome any problems that may mislead me from successfully earning my degree. ~ *Olivia*



During my first year of college, I will face several challenges such as homesickness, difficulty sleeping, and anxiety. I think the challenges of homesickness and difficulty sleeping will come along because I like to stay at home in my bed. I never really attended sleepovers coming up, so I know the first couple of

weeks at school on my own will be tough. Continuously, I would face anxiety because I am beginning a new chapter in my life in a new environment with hundreds of new people. Overall, the challenges may be challenging, but I plan to pray and walk in the path that God puts in front of me to overcome each challenge. ~ *Khaki*

DIFFICULTY SLEEPING: What may help?

- Keep a consistent sleep routine.
- Attend to the sleep environment. Is the amount of light, level of noise, and temperature appropriate for sleep?

- Just as decreasing light helps you sleep, increasing light helps you wake (especially direct sunlight).
- Exercise moderately.
- Avoid naps; they mess up your body's natural sleep clock.

I would have trouble with sleeping because my classroom and basketball schedules are hectic. Having to go from sitting in a class for an amount of time to working out the next few hours is very tiring. On top of that, the sun holds no name and drains with all or no intentions.



A solution is to pray nightly for a good sleep, shower early, and most importantly, do not take a nap before it is time to go to sleep. ~ *Ja'Leah*

TEST ANXIETY: What may help?

- Eat a performance meal (high protein, low carbohydrate) while studying and before the exam to provide optimal mental energy.
- Get enough sleep.
- Exercise (physical energy = mental energy).
- Minimize your alcohol and caffeine use.
- Use a relaxation exercise (see below for samples).
- Study ahead of time and create practice tests like the format of the exam
- Stop negative thoughts ("I don't know enough to pass") about the test and increase positive thoughts ("I know a lot of this information; I'll start with the questions I know").
- Expectations often impact actual performance.

College was a new experience, then the pressure of the ongoing Pandemic made me feel and experience many things, including sleeping difficulties and anxiety. Life became a little easier being around people and things that remind me of home to help ease those challenges I face. I always must remind myself that this new and crazy experience is preparing me for other challenges that will come. ~ *Myla*



STRESS MANAGEMENT: What may help?

- Eliminate unnecessary demands.
- Take an assessment of your ability to cope with stress:
- Do I have enough physical, mental, and emotional energy?
- For more physical energy, attend to your eating, sleep, exercise, and use of substances like alcohol, caffeine, and nicotine.
- For more mental energy, consider changes in your study habits and organization strategies.
- For more emotional energy, find ways to vent and increase your social support through friends, family, and your romantic partner.



I may experience many challenges as an upcoming college freshman in college: college students' stress, keeping your health under control, financial problems, academic stress, and time management for college

students. To avoid all these situations, first and for most, KEEP GOD first 🙏. Learn how to handle things in the correct matter. Always take your time, and never overload yourself. I know I will face all of the five challenges, but I will know how to handle them properly because of all the obstacles I've gone through in my past. All my obstacles make me stronger. ~ De'Aeriel

During my upcoming year for college, the challenge I will be facing will be homesickness, difficulty sleeping, and stress management. I am

not good far from my home, and I can imagine I may experience trouble sleeping in a new environment. Depression is rare. I anticipated that it would be hard for me to make new friends. I will overcome my challenges by being myself and doing my best. ~ Joe (Pictured is President Slaughter-Harvey and Joe during his scholarship award moment



Homesickness and stress management impacted me at college, especially in my first year. I was eight hours away from home and was by myself. I was used to being away from home, but not for an extended period. I did not know what to expect, but I knew I had goals to accomplish. I did not have a car or job. It was stressful, but I made it. ~ Tanaesia



SOCIAL ANXIETY: What may help?

- Change unrealistic expectations ("I should have a close group of friends the first week of college") to realistic expectations ("It takes time to make close friends; I can start by talking to people in my residence hall")
- Turn critical thoughts ("I probably wasn't funny enough") into realistic thoughts ("I can't be funny all the time")
- Build friendships by joining student activities/organizations.
- Pay attention to your body language and use good eye contact, a relaxed but alert posture, and a smile.
- Think of each social experience to practice making connections.
- Use open-ended questions to get a conversation started (i.e., "why, how, what, when.")

Well, if I could choose two, it would be general anxiety and trauma. I will stick to anxiety. I cannot say that I have overcome my fear yet, but I am working on it. I can almost guarantee that this feeling started in the summer of 2020. To tame me, I write in my journal or exercise. I encourage anyone dealing with these challenges to begin doing things that make you feel happy (things you enjoy but find yourself not doing anymore). ~ Melody





I feel that one of the main challenges I'll be facing entering college is anxiety. I feel this way because I have already experienced online college classes during high school, and they were not easy. The amount of homework and lessons for the online classes started making my anxiety increase in my mind. One of the things that I will do is create a planner to see my goals for the day visually. This planner will also keep me focused so I will not get sidetracked by distractions. ~ Casey

DEPRESSION: What may help?

- Talking with a Counselor or Psychologist
- Be aware of your negative thoughts ("Nobody here likes me") and how they affect your mood. Try to stop them and replace them with more realistic ("I've met some people I could build a relationship with") or positive ("I'm going to feel good today") thoughts
- Spend more time with people (this may mean you just have to get out of your room and into a public area)
- Eat a balanced diet and reduce substances that negatively affect your mood (e.g., alcohol, nicotine, caffeine)
- Find ways to express your feelings (e.g., journal, friend); don't suppress them
- Discuss with your therapist the possibility of seeing a psychiatrist to discuss the possibility of using antidepressant medicine to correct the imbalance of chemicals in the brain
- Often counseling, together with lifestyle changes, helps alleviate depression. In some cases, medication may be necessary to help resolve a severe or long-standing bout of depression.



Source:

<https://studentaffairs.lehigh.edu/content/challenges-college>



As an upcoming freshman, I have been faced with depression and anxiety before in my life. Now, I have ways to deal with it. I

**Maybe you have to
know the darkness
before you can
appreciate the light.**

Madeline L'Engle

have learned to stay more to myself and ask God to guide me in how He wants me to go. Also, I have learned to do more things I love when dealing with my depression and anxiety. I start with myself then focus on other things around me once I have more control over my anxiety. Many more things also contribute to the way I handle myself when dealing with my depression and anxiety. I've learned to take one day at a time and to always trust God in everything I do. ~ Madisyn



List of Psychological Disorders and Mental Health Conditions

1. ANXIETY DISORDERS
 - *Agoraphobia*-specific phobia paired with a panic or anxiety disorder
 - *Claustrophobia*-panic with small spaces
 - *Depersonalization Disorder*-not being connected to your body or reality
 - Generalized Anxiety Disorder (GAD)-waiting on sabotage or bad things
 - *Obsessive-Compulsive Disorder (OCD)*-anxiety for repetitious behaviors
 - *Panic Disorder & Panic Attacks*-feelings of being in a panic or nervous often
 - *Perfectionism*-disorder connected to a person's self-esteem
 - *Separation anxiety disorder*-intense thoughts of separation that causes panic
 - *Social anxiety disorder / Social Phobia*
2. AFFECTIVE (MOOD) DISORDERS
 - *Bereavement*-grieving from death
 - *Bipolar Disorder*-2 types and 16 subtypes

- *Clinical Depression (Major Depressive Disorder)*-chemical imbalance where the brain cannot regulate emotions
- *Disruptive Mood Dysregulation Disorder*-intense mood swings in children
- *Self-Harm (Cutting)*-self-harm or injury
- *Depersonalization Disorder*-sensation of not being connected to your body

3. AUTISTIC DISORDERS

- *Asperger Syndrome*-mild autism
- *Autism Spectrum Disorders (ASD)*-an umbrella term for mild to severe autism

4. BEHAVIORAL, SELF-REGULATION, AND ATTENTION DISORDERS

- *ADD, and ADHD*-overstimulation causes impatience with everyday life
- *Attachment Disorder*-anxiety caused by a lack of attention by a caretaker
- *Intermittent Explosive Disorder (Uncontrolled Anger)*-intense and continued temper tantrum
- *Kleptomania*-impulsively stealing
- *Oppositional Defiant Disorder (ODD)*-impulsively moody, vindictive, or won't follow rules
- *Pyromania*-obsession with starting fires
- *Self-Injury (Cutting)*-self-harm

5. EATING DISORDERS

- *Anorexia Nervosa*-behavior that destroys the body due to the disorder of body and mind that creates a fear of gaining weight
- *Binge-Eating Disorder*-frequent binge eating associated with adverse mental and physical health
- *Bulimia Nervosa*-binge and purge eating with excessive concern for vomiting or taking laxatives



6. PERSONALITY DISORDERS

- *Antisocial Personality Disorder*-disregard for the rights of others

- *Attachment Disorder*-needs attention from a caretaker
- *Avoidant Personality Disorder*-avoidance of feared stimuli
- *Borderline Personality Disorder*-always in an internal state of turmoil or fear and explains that the way they act is "just how I am."
- *Dissociative Identity Disorder (Multiple Personality Disorder)*-either defense mechanism or true mental illness once known as multiple personality disorder with alters (different personalities)

7. SUBSTANCE-DEPENDENCE DISORDERS AND ADDICTIONS

- *Cannabis Dependence*-addiction to marijuana
- *Cocaine Dependence*-addicted to cocaine
- *Hypersexuality (Sex Addiction)*

8. SELF-PERCEPTION/SELF-IDENTITY DISORDERS

- *Body Dysmorphic Disorder*-obsession with body image due to a perceived deformity
- *Dissociative Identity Disorder (Multiple Personality Disorder)*
- *Depersonalization Disorder*
- *Gender Dysphoria (form. Gender Identity Disorder)*-gender actions depend on personal preferences

9. DEVELOPMENTAL DISORDERS

- *Asperger Syndrome*
- *Autism Spectrum Disorders (ASD)*
- *Intellectual Development Disorder (form. Mental Retardation)*-disabilities that require specialized education



10. STRESS-RELATED/REACTIVE DISORDERS

- *General Adaptation Disorder (adjustment disorder)*-stressful situations cause issues
- *Post-Traumatic Stress Disorder (PTSD)*-impact from traumatic events

11. PSYCHOTIC/THOUGHT DISORDERS

- *Schizophrenia*-continual psychosis

12. SLEEP DISORDERS

- *Insomnia*-difficulty with sleep

- *Sleep terror*-continual and intense nightmares

Source: Advance Psychological Services
<https://www.psy-ed.com/wpblog/mental-disorders/>

COVID-19/DELTA VARIANT PANDEMIC UPDATES

Mississippi COVID-19 Hotline (7 days a week, 7 a.m.–7 p.m.): 877-978-6453

COVID-19 ANGELS



Our hearts remain with the families that lost members quickly and horribly due to the COVID-19 Virus. We continue to play our part in spreading awareness of the deadly, global, and persistent COVID-19 Virus and encourage you to stay up to date on the lingering Virus by listening to the news and following the Centers for Disease (CDC) Website. We continue to provide emergency supplies to our community in hopes of preventing more COVID-19 deaths. We encourage you to mitigate your risk of contracting and spreading the Virus by getting vaccinated, wearing masks, wearing gloves, keeping your hands washed, social distancing, and remaining at home unless you have to venture out.

When our world changes quickly and suddenly because of things like COVID-19, it is common to experience changes in our thoughts, feelings, and behaviors. Feelings of anxiety, fear, or worry are typical in stressful situations. Typical reactions include:



1. Feeling stressed or overwhelmed, frustrated or angry, worried or anxious;
2. Feeling restless, agitated, on 'high alert' or unable to calm down;
3. Being teary, sad, sleepy, or tired, losing interest in usually enjoyable activities, or finding it difficult to feel happy;
4. Worrying about going to public spaces, becoming unwell, or contracting germs; or
5. Constantly thinking about the situation, unable to move on or think about much else

Source:

<https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/>



These tips from the Mental Health First Aid (MHFA) curriculum can help you practice self-care and take care of your mental health during COVID-19:

1. Look for opportunities to laugh! Laughing helps release endorphins, our bodies' feel-good hormones.
2. Get enough sleep. Adults usually need seven to eight hours of sleep each night. If you find you are struggling to fall asleep or stay asleep, try limiting technology use before bed and having a consistent night routine. Having a cup of (decaffeinated) tea and reading are great ways to wind down and signal your brain that it's time to get ready for bed.
3. Exercise as appropriate. Exercise is as good for our emotional health as it is for our physical health. It increases serotonin levels, leading to improved mood and energy. Choose something you enjoy — this can be anything from running around with your kids or playing fetch with your dog to lifting weights or practicing yoga.
4. Create a "no" list. It's more than okay to set healthy boundaries for things that no longer serve you. This can be anything from not checking your email at a certain time to not attending every event you're invited to.
5. Be kind to yourself. You spend the most time with yourself, so make sure your relationship with the person in the mirror is a positive one. You can practice this, and it can be as simple as saying you're proud of yourself today.

Source:

<https://www.mentalhealthfirstaid.org/external/2020/11/self-care-take-care-of-your-mental-health-during-covid-19/>

Post COVID-19
Care: 6 Things You
Need To Do After
Recovering From
Coronavirus



Post COVID-19 care: After recovering from a coronavirus infection, it is essential to follow a healthy lifestyle and note any alarming signals. Here's everything you need to know.

After COVID-19 infection, most people form adequate antibodies, which prevents them from contracting the Virus again. Nonetheless, it's unknown territory for medical practitioners worldwide as to how long that immunity can stand. Cases, where patients had the novel coronavirus again have been reported too. In this way, individuals at a high risk of reinfection are either old or don't take enough preventive measures to protect their immune system, making post-COVID care essential for them. While the standard laws of staying safe to suggest everyone cover their face with a face mask, wash hands regularly, and practice social distancing, a reminder of how to keep with your well-being does not cause any harm.

Post COVID-19 care ~ Here are six things you need to do after having recovered from a coronavirus infection:

1. Exercise consistently;
2. Have a nutritious eating routine;
3. Work on your memory;
4. Pace down;
5. Focus on alarming signals; and
6. Make space for others in your recovery journey.

While usually, a COVID-19 patient, for the most part, takes three weeks to recover, new researchers have called attention to those individuals who may have experienced an impact on their kidneys, lungs, and heart long after they recovered. Other conceivable long-haul effects of COVID-19 are neurological conditions and mental health issues, as studies suggest that the infection can likewise attack the brain cells and the nervous

system. While the information does not hold much proof, it is still unequivocally encouraged to follow these six practices to keep yourself fit consistently.

Source: <https://www.ndtv.com/health/post-covid-19-care-6-things-you-need-to-do-after-recovering-from-coronavirus-2302135>

Isolation from friends and family, job loss, and death are challenges we're all facing during these days of COVID-19. You are not alone. COVID-19 is affecting families across the world.

Mental Health Tips on Coping with COVID-19

The Covid-19 Pandemic has affected us all in many different ways—physically, emotionally, economically, socially, and psychologically. We are all dealing with the challenges brought by this Virus, including possible illness and the obstacles and interruptions to our usual way of life. Mental health is not something somebody else struggles with. It is something we all struggle with at some point in our lives—and during this Pandemic, the number of people experiencing mental health issues and distress has understandably risen.

Stress, worry, and anxiety can be very crippling things to struggle with regularly—and even more so during the challenges created by a pandemic. This can make it hard to focus our minds and bodies away from worry, but there are some practical ways that you can try to manage your mental health.



Mental health tips on coping with the Pandemic:

1. Focus on What You Can Control;
2. Deal with Negative Thoughts and Feelings;
3. Mindful Relaxation;
4. Dealing with Anxiety;
5. Take Care of Your Emotions;
6. Look for Balance; and
7. Engage.

We are living the same way before the Pandemic is difficult, if not impossible. However, that shouldn't deter us from living our lives to the fullest and maintaining positivity. These mental health tips are a good start to help you cope with the stress brought by the Pandemic.

Source: <https://www.lifehack.org/892496/mental-health-tips>

Several tips for what not to do are:

1. Don't tell someone to "snap out of it" or to "get over it."
2. Don't adopt an overinvolved or overprotective attitude toward someone who is depressed.
3. Don't use a condescending tone of voice or a facial expression that shows an extreme look of concern.
4. Don't ignore, disagree with or dismiss the person's feelings by attempting to say something positive like, "You don't seem that bad to me."



Many health professionals believe self-help strategies can be helpful when you're feeling depressed or anxious. It is a good idea to discuss the appropriateness of specific strategies with a mental health professional. Some strategies include:

1. Self-help books based on cognitive behavioral therapy (CBT). Researchers have sought to develop a CBT-based guided self-help intervention that may prove useful for adults with intellectual disability in addition to depression or other mental health challenges for which CBT is helpful.
2. Computerized therapy. Self-help treatment programs are delivered over the internet or on a computer; some are available free of charge.
3. Relaxation training. Teaching a person to relax voluntarily by tensing and relaxing muscle groups; some programs are available for free online.
4. Complementary therapies. Scientific studies of complementary therapies such as acupuncture, meditation, mindfulness, yoga, exercise, and

dietary supplements have shown that these therapies do make a difference for depression.

If you're still not sure what to do, reach out to your primary care physician. This person can help you determine the best next steps for mental health support strategies, resources, or treatments. Thank you for choosing to #BeTheDifference for yourself and your loved ones during this difficult time.

Source:

<https://www.mentalhealthfirstaid.org/2020/03/how-to-support-a-loved-one-going-through-a-tough-time-during-covid-19/>

DELTA VARIANT TAKING OVER IN MISSISSIPPI, STATE ISSUES STRONG GUIDANCE ON MASS GATHERINGS

Sarah Haselhorst, July 9, 2021, Clarion Ledger



Under the Mississippi State Department of Health's new COVID-19 guidance, released Friday, residents 65 and

older and those with chronic medical conditions should avoid all indoor mass gatherings regardless of vaccination status.

State health officials pointed to the rapidly spreading Delta variant in Mississippi and low vaccination rates as drivers behind the new guidance. As of Friday, the department had identified around 150 Delta variant cases, almost a doubling in cases since June 29 when there were 78, according to State Epidemiologist Paul Byers.

The department's seen pretty alarming increases in cases, hospitalizations, and outbreaks in the state, State Health Officer Thomas Dobbs said.

"Because of our collective under-vaccination, it's put us all at risk," Dobbs said, adding the new guidelines are meant to increase protection for vulnerable residents.

A low vaccination rate means the Delta variant has more opportunity to infect unvaccinated people, especially at mass gatherings. State health officials

said Friday they see transmission at summer camps, churches, funerals, nursing homes, and workplaces. The vast majority of transmission is in unvaccinated Mississippians, Dobbs said.

Dobbs said now is not the time to have mass gatherings, especially with unvaccinated people. While the vaccines effectively prevent severe illness and provide protection against COVID-19, repeated exposure to the Virus in vaccinated people at high risk — the elderly and immunocompromised — is still a threat.

"It's a bad moment right now," Dobbs said. "Please, just be careful with the next couple of weeks. At this moment in time, we are at a deeply increased risk."

Coupled with the Delta variant's spread, Mississippi's low vaccination rate poses a problem. For the past two weeks, Mississippi's fully vaccinated rate has stayed at 31%, the lowest among U.S. states. It trails behind the nation's average of 48%.

"We sit on the verge of a moment where we can change," Byers said.

SOURCE: <https://www.msn.com/en-us/news/us/delta-variant-taking-over-in-mississippi-state-issues-strong-guidance-on-mass-gatherings/ar-AALYA1a>



PEDIATRICIANS GROUP RECOMMENDS ALL CHILDREN OVER 2 WEAR MASKS AT SCHOOL

Alex Sundby, July 19, 2021, CBS News

A national pediatricians group recommended Monday that children over the age of 2 wear masks when they go back to school, even if they're vaccinated. The new recommendations from the American Academy of Pediatrics go beyond guidance the Centers for Disease Control and Prevention issued earlier this month that said masks wouldn't be necessary for vaccinated students.

The pediatricians' group said it "strongly recommends" in-person learning but urged officials to use a "layered approach" to combat COVID-19

when schools reopen, which starts as early as next month in Los Angeles, where an indoor mask mandate returned over the weekend.

"The pandemic has taken a heartbreaking toll on children, and it's not just their education that has suffered but their mental, emotional and physical health," Dr. Sonja O'Leary, chairwoman of the group's Council on School Health, said in a statement. "Combining layers of protection that include vaccinations, masking, and clean hands hygiene will make in-person learning safe and possible for everyone."

The group also recommended teachers and staff wear masks unless they have a condition that prevents them from doing so. The group said it made its recommendation because "a significant portion" of the country's students aren't eligible for COVID-19 vaccines — only children as young as 12 are eligible to receive one of the three vaccines available in the U.S.

The academy's Dr. Sara Bode also noted that some people could not get vaccinated.

"It's important to use every tool in our toolkit to safeguard children from COVID-19," Bode, chairperson-elect of the group's Council on School Health Executive Committee, said in a statement. "Universal masking is one of those tools and has been proven effective in protecting people against other respiratory diseases, as well."

After the group released its new guidance, White House press secretary Jen Psaki told reporters President Biden would rely on the CDC's recommendations. Still, she acknowledged the different guidelines could be confusing to parents.

"There will be different decisions made by school districts, just like local communities will make different decisions," Psaki said. "We certainly understand and recognize that, but we will continue to rely on the CDC for guidelines and guidance."

SOURCE: <https://www.cbsnews.com/news/aap-mask-recommendations-kids-2-years-covid-19/>

[vaccine/?utm_source=facebook&utm_medium=news_tab&utm_content=algorithm](https://www.facebook.com/legacychangeagent/?utm_source=facebook&utm_medium=news_tab&utm_content=algorithm)

LEGACY CHANGE AGENT PARTNER UPDATES

MT. MORIAH VACATION BIBLE SCHOOL 2021

Congratulations on encouraging youth and families during their summer program. Deacon Andrew Crudup shared topics with Legacy.



NEW LEGACY NONPROFIT CONSULTANT

Forest native Michael Dozier serves as the principal owner of Carrington, Holland & Leigh, LLC, a nonprofit consulting company whose mission is to empower nonprofits and allow businesses to succeed. His organization has been recognized as an Outstanding Small Nonprofit Organization by the Mississippi Business Journal. Mr. Dozier may be contacted at 601-812-7906, dozier_michael@yahoo.com, www.chlnonprofits.com or

<https://www.linkedin.com/in/michaeldozier>

MOLINA HEALTH CARE: DENTAL HYGIENE

- Brush your teeth before bedtime.
- Brush your teeth at least twice daily
- Replace your toothbrush every three to four months or after an illness.
- Floss once a day.
- Visit your dentist every six months for a checkup and cleaning.
- Brush your tongue to keep it clean and have fresh breath.
- Brush your gums gently.
- Avoid using tobacco products.
- Keep your toothbrush for yourself. Sharing a toothbrush can spread germs.
- Avoid drinking too much sugary beverages such as soda, coffee, sweetened teas and caffeine energy drinks.



- Eat a well-balanced diet.

SOURCE: <https://www.molinahealthcare.com>

MISSISSIPPI CENTER FOR JUSTICE (MCJ)



The Mississippi Center for Justice is a nonprofit, public interest law firm committed to advancing racial and economic justice. Supported and staffed by attorneys and other professionals, the Center develops and pursues strategies to combat discrimination and poverty statewide.

The MCJ President and Chief Executive Officer is Vangela Wade, Esq, a longtime Legacy Change Agent. MCJ provides content for Legacy's remote community curriculum videos. They supported Legacy as President Slaughter-Harvey provided legal assistance to the Legacy Change Agent Immigration Families that were deported and impacted by the ICE raid in 2019. President Slaughter-Harvey later testified in front of the United States Homeland Security Committee at Tougaloo College.

At the heart of the Center's mission to create a just society is a desire to build healthy communities across Mississippi. By engaging elected officials, faith-based leaders, media, community activists, educators, childcare providers, healthcare professionals, and other advocacy partners, the Mississippi Center for Justice provides the legal perspective to policy initiatives that improve the lives of Mississippians. MCJ solves specific issues: health and public benefits, consumer protections, disaster recovery, educational opportunities, housing, immigration, and George Riley Impact Litigation Initiative. Contact: Phone: (601) 352-2269 Website: <https://mscenterforjustice.org/about/>

SOUTHERN ECHO, INC.

Executive Director Rachel Mayes understands that young people must be exposed to STEM fields. She facilitated a STEM program summer field trip to the Infinity Science Museum in Pearlington, MS (Gulf Coast). Summer participants from Southern Echo's Youth Empowerment 4 Scholars (YES!) enjoyed being exposed to learning and technology around science, technology, engineer, and math. Rachel is a long-term partner with Legacy's literacy, leadership, and community empowerment curriculums. Contact them at (601) 214-3601 or visit www.southernecho.org



NOLLIE JENKINS FAMILY CENTER

The American Psychological Association (APA), Intercultural Development Research Association (IDRA), The Education Trust, the Southern Poverty Law Center, and Nollie Jenkins Family Center held: "A Virtual Briefing in Support of The Protecting Our Students in Schools Act" on Wednesday, June 30, 2021, where they discussed the Protecting our Students in School Act of 2021: The effects of corporal punishment in schools.

Every day, in nearly twenty states across the country, students are at risk of being subjected to corporal punishment or the act of inflicting physical pain as a form of discipline. This disgraceful practice can result in serious physical injury, including abrasions, broken bones, bruising, hematomas, and other medical complications, and it can cause damaging long-term outcomes. Research has linked the practice in schools to poor academic performance, physical and emotional harm, and damage to students' self-esteem and their trust with educators.



Pictured: Ellen Reddy holding a paddle that is

used in some schools. Ms. Reddy is a founder of Nollie Jenkins Family Center in Durant/Lexington.

In addition to being both deeply harmful and ineffective, corporal punishment is disproportionately applied to students of color and students with disabilities. Research demonstrates that Black male students are approximately twice as likely to be subjected to corporal punishment as white male students. Black female students are three times as likely as white female students. Furthermore, students with disabilities are struck at higher rates than students without disabilities; nearly 15 percent of all students corporally punished are students with disabilities. For more information, contact Janice M. Harper (Community Organizer/Advocate with Nollie Jenkins Family Center, Inc.) at (662) 653-0122 or by email janice@nolliejenkinsfamilycenter.org

MS DEPT. OF EMPLOYMENT SECURITY



We are happy to announce our partnership with the MS Dept. of Employment Security and Temporary Assistance for Needy Families (TANF) clients. Together, we will ensure our empowerment services flourish. A special thanks to Forest WIN Director Rosa Batiste and Case Manager/Employment Specialist Joy Smercak.

SYLVAN LEARNING CENTER

We enjoyed collaborating with Sylvan for summer assessments and tutorial tips for grade-level math, reading, and writing. Assessments are crucial in determining a student's academic strengths and weaknesses so that remediation can be directed to the specific weakness making the process more efficient and successful. For grade-level assessment, contact us, and we can assist with the fee. Feel free to call Sylvan Jackson Center at 769-447-4407.

ABOUT US

The power that runs Legacy's empowerment and community education is collective of all Change Agents. The teamwork is sustained by Change Agents, namely the investors, the boards, the staff, the scholars, and the families. Without Legacy Change Agents' courageous leadership and support, Legacy's mission and vision would cease to exist. Legacy is a proud team of Volunteer Change Agents whose work intentionally empowers families through community education for over forty years in Mississippi.

Our services have expanded our community services to emergency relief (distribution of safety supplies, food, water, shelter assistance, and counseling) due to the global, historical, and deadly COVID-19 Pandemic. We have fought against nonprofit's odds and continue to work and gain Change Agents who happily and unselfishly contribute to community services through financial, professional partnerships, volunteer, and consulting services.

THEIR STORY

Legacy was incorporated in 2011 and received its nonprofit status in 2012. Before that time, community education services were provided by the W.L. Slaughter Memorial Foundation, Inc. for 30 years, beginning in 1983.

Mr. W.L. Slaughter was a coach, teacher, principal, farmer, entrepreneur, Army veteran, and the first African American Alderman of Forest. He and his wife, librarian, educator, homemaker, author, entrepreneur, and scholar, Mrs. Olivia Kelley Slaughter, empowered the community through political and educational services. Their daughter, Attorney Constance Slaughter-Harvey (the first African American female Mississippi judge

and the first African American female graduate of the University of Mississippi School of Law), and Mrs. Slaughter continued providing services to Forest after Mr. Slaughter passed. In addition, they provided the community with Scouting and Tutorial services.

Upon Mrs. Slaughter's passing, Attorney Harvey and her daughter, Constance Olivia, a certified reading teacher, who grew up participating in the Scouting and Tutorial programs, continue to provide professional community education enrichment and empowerment services. In addition, the late Mr. W.L. and Mrs. O.K. Slaughter's great-grandson, Constance's grandson, and Constance Olivia's son, James "Tre" Burwell, III. is growing up as a Change Agent scholar of Legacy. Together the Slaughter's service provides a legacy of life, literacy, and love for beloved rural Mississippi communities.

MISSION

Legacy's mission is to promote positive developments that encourage community education and social justice for all, including historically underserved and overlooked populations.

VISION

Legacy envisions an empowered community that is led by Change Agents who are intergenerational and diverse. Legacy Change Agents are servant leaders who work to build a sustainable community. Legacy Change Agents are empowered servant leaders who are innovative, community-oriented, service-oriented, diplomatic, educated, respectful, ethical, well-rounded, and confident.

BELIEFS

Community Education is crucial and that:

1. CHILDREN are responsible for their actions and educational success.
2. PARENTS are responsible for youth's food, shelter, safety, security, and encouraging positive educational activities.
3. LEGACY is a servant leader responsible for facilitating new experiences.

CORE VALUES

1. COMPASSION
2. SERVANT LEADERSHIP
3. TRANSPARENCY
4. ACCOUNTABILITY

CORNERSTONES

1. DIVERSITY
2. HOPE
3. ACTION
4. COMMUNITY EDUCATION

TOOLS

1. STORYTELLING
2. LIFE MAPPING
3. SERVICE-LEARNING
4. COLLABORATION

MAJOR INVESTORS

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- Dignity in Schools Campaign
- Directors of Volunteers in Agencies (DOVIA)
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