

# Atlanta Braves Have Been A Highlight In My Shift To The South

It is the worst of times and the best of times. It is the heat of September in Mississippi and it is the Atlanta Braves sitting on top of the National League East Division.

Now you might decide "this don't interest me none" and skip along, looking for something else to read. But not knowing the excitement of this team limits your experience of pleasure in the waning days of summer when the garden is dead and the heat keeps you under the fan, waiting for dark in your comfy chair.

This baseball team has it all. Power at the plate, speed on the base paths, strong arms on the mound and a scoring surge saved for the late innings.

First, the drama. While baseball offers many fine points for the long-time observer, to my mind nothing beats the crack of the bat driving a ball nor the slump of the pitcher's shoulder as that ball leaves the park. And Atlanta hits home runs. The trio of right-fielder Ronald Acuna, Jr., first baseman Freddie Freeman and third baseman Josh Donaldson will each likely top 40 long balls in the regular season.

Second only to watching home runs is watching young pitchers learn their trade throwing strikes. The composure of the 22-year-old-Canadian Mike Soroka has earned him the second-best ERA in Major League Baseball. The right-hander is also in contention for both the National League Cy Young and the Rookie of the Year awards. He commands all his pitches and can throw them in any count.

And he has grit. After the star of the Washington Nationals, Max Scherzer, took young Mike to the woodshed in a game, Soroka confessed it gave him a little more "giddy up" when to win their next matchup.

The strong management of Brian Snitker displays all that is good about the game. Young players are brought along and taught how to do things the right way. While pitch counts and fatigue are monitored, Snitker holds his players accountable.



Dixie Scovel, a former New York newspaper reporter and editor, moved to Mississippi and Water Valley three years ago. Her column about the experience appears on the first and third weeks of the month.

When outstanding lead-off hitter Acuna didn't get out of the box but paused at the plate to admire his powerful hit that unexpectedly fell short of the fence, Snitker pulled him from the game, explaining that he couldn't let his team down like that. Acuna took his medicine, apologizing and saying there was no excuse.

Along with young players, the Braves lineup has seasoned players like an old New York Yankee favorite, catcher Brian McCann, and the great Nick Markakis teaching how winning players conduct themselves on and off the field.

This team even has a young Mississippi boy from Southaven. Left fielder Austin Riley burst on the field in May sending home runs over high walls only to hit a slump and an injury. But all his power is there just waiting for him to get his Mississippi legs under him again in the upcoming playoff games.

The Atlanta Braves have become a highlight of my shift to the South, and if you are not watching, whether a baseball fan or not, you are missing something great.

And speaking of baseball, in case you didn't know, our own Don Larson is a New York Yankee fan who traveled North and rode the subway to the stadium last month to watch his team play. It's fun to find a New York fan in the grocery aisles of Water Valley. Don fears the Astros as I fear the Dodgers, but soon it will be October, and anything can happen in baseball.

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# Sharing History To Make History

## Outstanding Black Women of Yalobusha County: The Project Continues

Gratified is the best way to describe how I feel about the response to this column and the stories of outstanding, unsung black women of Yalobusha County. I wish I had time and the space to share all the phone calls, emails and encouraging comments I have received about the 28 articles published so far. If not for this project I might never have seen the 1947 picture of my family. Nor would I have known the impact my mother, Helen Chapman, had on Georgia Barry, a native of Water Valley. After reading the article Georgia called me and sent the following note:

"My name is Georgia Phillips Barry, and I am the second child of Fred and Hazel Phillips. I thoroughly enjoy reading your articles that are appearing in the Water Valley paper. Whenever I saw your mom at church, she would tell me how proud she was of me for my academic honors in college. She would then dig into her purse and pull out a handkerchief with a knot in it. She would pull out a few wrinkled dollar bills and with a hug, encourage me to keep working. I am now a retired school counselor from Shelby County Schools in Memphis. I honor your mom by passing along a hug, a little money and words of encouragement to college students. I will always remember cousin, Mrs. Helen Chapman." Georgia Phillips Barry

I was so pleased to learn that even after her children had left Water Valley, my mother continued to show love to young people in her surrounding community.

As this project moves into the next phase, I encourage others to share their stories to motivate our youth, to instill pride and to make the world a better place. Consider it an opportunity to give back, to make a difference. In these days of "see something, say something," "the me too" movement, "Black Lives Matter" and "going high instead of going low," what can you do to make a positive impact in this community?

Let's remember: "Each one teach one!"

As previously mentioned, the next phase of this project, beginning in October, will be the collection of oral histories of black families in Yalobusha County. The eventual permanent record will be available to current relatives and future descendants. The North Mississippi Herald column will continue and will be used to update you on the oral history portion.

If you need even more encouragement to participate either by writing about a woman who influenced your life in a powerful way or by recording your family history, here is yet another comment, this one from Michigan, about the last article. It illustrates how these stories are making an impact beyond Mississippi.

"Wonderful article about a beautiful lady! It's the personal connections that make these articles compelling reads. News of your work is spreading. Friends from the Carolinas with distant ties to Mississippi messaged me yesterday asking if I knew your series!"

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**WEEKLY Health Tips**

**Tips To Control Your Appetite**

One way to control appetite is to drink more water. In a recent study, participants who drank two 8-ounce glasses of water before a meal ate 75 to 90 fewer calories than those who didn't. And over the course of 3 months they also lost five pounds more than those who didn't increase their water intake.

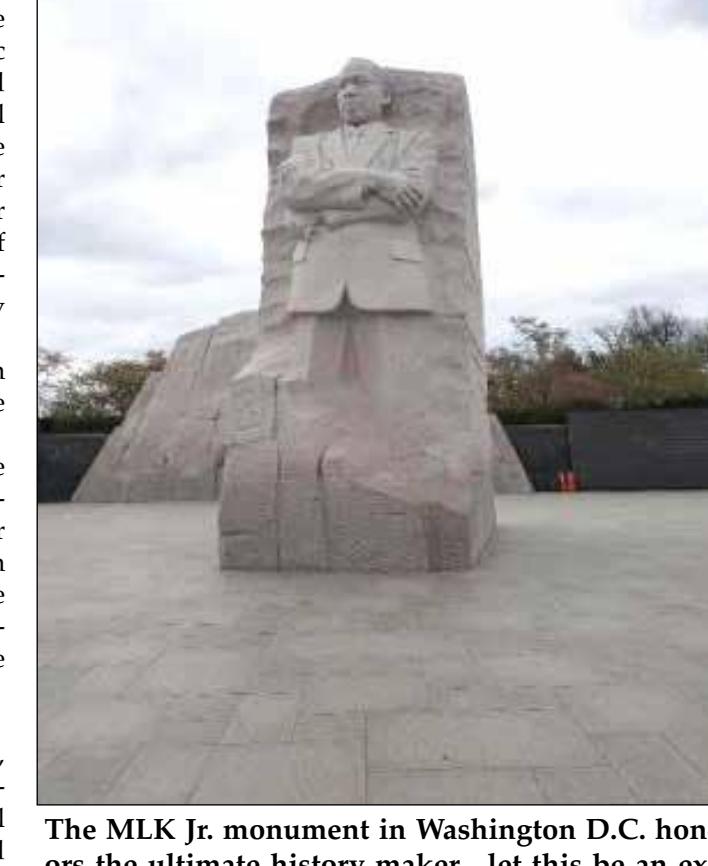
Another tip is to reach for the fiber first; eat your salad and vegetables first, before the main course or other side dishes. Eat slowly and chew thoroughly. It takes about 20 minutes for your brain to receive signals that your stomach is full. So the more quickly you eat, the more likely you are to overeat. Snack on veggies and nuts instead of chips or pretzels.

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By Dottie Chapman Reed

Reed is a native of Water Valley and graduated from Davidson High School in 1970. This article is part of a project to compile and share info about women in the county who have made an impact on the African American community. Her column appears bi-monthly, with occasional exceptions. She can be reached at (662) 825-2356 or reed2318@bellsouth.net



The MLK Jr. monument in Washington D.C. honors the ultimate history maker...let this be an example to us all.

[www.blackwomentofyalobusha.com](http://www.blackwomentofyalobusha.com) is now up and running, and the previously published articles are posted there. At the end of the month I will be meeting with the various departments at Ole Miss to launch the oral history segment.

We now have the power to write our own stories and record our history. Let us not disappoint. Black womanhood was powerful then and is powerful now. We owe it to our mothers, grandmothers, aunts, sisters, nieces, teachers, mentors and friends to shine a light on them for being simply outstanding. Now is not the time to be silent!

*Special Note: The Ole Miss team and I will be in Yalobusha County on September 29th at Spring Hill M.B. Church North and the Mount Moriah Association District Building for worship services and to answer any questions about the oral history project. For more information see Article 27 on the website.*

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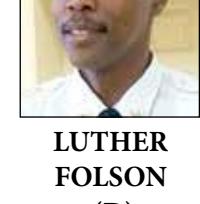
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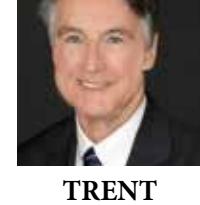
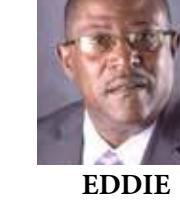
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