



Mississippi Job Corps Center
THE NEXT EPISODE

"Working Together Towards Excellence"



Eagles are "stepping up" to the plate for success!



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Community Engagement



Former MS-DPS Narcotics Director Visits Center

On Monday, April 29, Colonel Steven Maxwell spoke with the students and staff about fentanyl and its dangerous side effects. His presentation concurs in recognition of National Fentanyl Awareness Day, which will be observed on Tuesday, May 7.

Colonel Maxwell is the former Director of the Mississippi Bureau of Narcotics and recently accepted a role as an administrative officer for the Mississippi Department of Public Safety.



Recreational Activities



“Batter Up”

As the Spring season progresses, students are taking advantage of the longer days of sunshine to enjoy the outdoors. As part of their wellness, students are showing off their skills in softball.



Special Recognition



Congratulations

to

Dominique Moorehead (aka “Big General”)
for your achievement of
Advanced Training

Dominique began her training as a train conductor in Saint Paul, MN. While as a Safety and Security trade student at MSJCC, she served as SGA President and was a member of the Girls’ Basketball. Among others, Dominique was also the recipient of the Eagle “Student of the Month” Award and the Center Director’s Award.

Student Accomplishments



Congratulations to our students obtaining their
Credentials!



CERTIPOINT

(Microsoft Word 2019 & Excel 2019)

Kaniaah Butler *(Word & Excel)*

David Cagle *(Excel)*

Destiny French *(Excel)*

Aariona Lott *(Excel)*

De'Von Matthews *(Word & Excel)*

Jevarius Montgomery *(Excel)*

Tylor Senatus *(Excel)*

Tyson Sims *(Word & Excel)*

Henry Smith *(Excel)*

Driver's License

Destiny French

Sha'Miracle Jackson

Morrow Parker, Jr.

Green Building Awareness Industry Construction

Keshon Cage

Oliver Evan

Jef'Rion Gains

Joseph Kackley

Brian Puckett

Xavier Thompson

Layjaylon van Norman

Completers

Keshon Cage

Diamond Chambers

Stacy Davis

Amber Johnson

Arterriyun Palmer

Tylor Senatus

Joshua Stewart

FEMA

Matthew Jordan

William Sanchez

HBI

(Pre-Apprentice & Building Construction)

Joshua Stewart

HSD/HSE

Henry Smith

Austin Tucker

Cameron Williams

MSJCC FOOD SERVICES MENU

Monday, May 6 - Sunday, May 12, 2024



Mississippi Job Corps Center
May 6- May 12



FOOD ALLERGIES

PLEASE ALERT FOOD SERVICES STAFF IF YOU HAVE FOOD ALLERGIES.
THANK YOU!!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|--|--|
| Honey Glazed Biscuits Pork & Turkey Sausage | Chicken & Waffles | Bacon & Turkey Sausage Eggs, Grits, Biscuits | Turkey Sausage, Egg French Toast Sticks | Breakfast Sandwich | Turkey Sausage, Bacon Oatmeal, Hashbrown | Turkey Sausage, Link Sausage Grits, Eggs Buttered Toast |
| Continental Breakfast Fresh Fruit, Muffins, Bagels, cream cheese and assorted cereals | Continental Breakfast Fresh Fruit, Muffins, Bagels, cream cheese and assorted cereals | Continental Breakfast Fresh Fruit, Muffins, Bagels, cream cheese and assorted cereals | Continental Breakfast Fresh Fruit, Muffins, Bagels, cream cheese and assorted cereals | Continental Breakfast Fresh Fruit, Muffins, Bagels, cream cheese and assorted cereals | Continental Breakfast Fresh Fruit, Muffins, Bagels, cream cheese and assorted cereals | Continental Breakfast Fresh Fruit, Muffins, Bagels, cream cheese and assorted cereals |
| Pizza: Cheese Pepperoni BBQ Meatballs French Fries Mixed Vegetables | Beef Taco or Salad Blackened Tilapia Wild Rice Roasted Corn | Turkey Wings Baked Pork Chops Rice Green Beans Dinner Rolls | Fried Chicken Baked Ham Lima Beans Fried Okra Gravy Cornbread | Chicken Alfredo Fish Sandwich Tator Tots Island Blend Vegetables Garlic Bread | Beef Steak Fingers Tator Tots Island Vegetables | Beef Tornadoes Chicken Tornadoes Peas and Carrots |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Jambalaya w/Chicken and Sausage Jambalaya w/ Chicken Breaded Pork Chops Sweet Peas Dinner Roll | Sloppy Joe Hot Honey Chicken Sandwich Mixed Vegetables Waffle Fries Lettuce, Tomatoes, Pickle | Country Fried Steak Chicken Cordon Bleu Garlic Mashed Potatoes Capri Vegetables Dinner Rolls | Tertazinni Finger Steaks Winter Mix Vegetables Roasted Corn Garlic Bread | Chicken Po Boy Shrimp Po Boy Roasted Potatoes Normandy Blend Vegetables | Sloppy Joe Hot Honey Chicken Sandwich Mixed Vegetables Waffle Fries | Hamburger Steak Chicken Breast in White Sauce Mashes Potatoes Sweet Peas Dinner Roll |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |

Cafeteria Hours

Mon-Fri Breakfast

Mon-Fri Lunch

Mon-Fri Dinner 4:30 pm-5:45pm

(sr) indicates student request

Menu subject to change without notice.

Cold 6:00am-7:30am

1st 11:15am-12:15pm

Hot 6:45am-7:30am

2nd 12:15pm-1:15pm



As a member of the Healthy Eating and Active LifeStyles (HEALS) Committee, you will collaborate staff and students to foster a culture that supports healthy eating and active lifestyles. You will evaluate and improve activities and food options available to students to ensure the encouragement of healthy life practices as a lifestyle! We want YOU!! Please see Health & Wellness Director, Ms. Powell-Crisler for more information on how you can join this committee!!

MAY IS MENTAL HEALTH AWARENESS MONTH



Mental Health Awareness Month is a time to raise awareness of the importance of mental health and wellness. It is also an opportunity to fight stigma and promote support for individuals with mental health concerns as well as for their support systems.

Based on Military Health System data for a yearly average of 1.5 million active duty service members (2017–2021) about:



HOW CAN I DEFEND MY MENTAL HEALTH?



PROTECT

Even practicing a few of these habits daily can build coping skills by increasing:

- Exercise
- Balanced nutrition
- Quality sleep
- Relaxation and meditation
- Goal setting
- Social support connections



SEEK HELP

There are many different professionals and resources available, including:

- Counselors
- Chaplains
- Social workers
- Behavioral health consultants
- Psychologists
- Psychiatrists
- Psychiatric nurse practitioners



OPTIMIZE

These practices and strategies may enhance your mental health and improve quality of life:

- Practice mindfulness
- Journaling and creative expression
- Challenge negative thinking
- Find meaning in everything you do



Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Sunday, May 5 in 2024, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.



History

Cinco de Mayo is not Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juárez—a lawyer and member of the Indigenous Zapotec tribe—was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

Source: <https://www.history.com/topics/holidays/cinco-de-mayo>



Adams Family Fables

Service Focused, Outcome Driven.

May 3, 2024

#AdamsWorkforceOutreachEvents



Set Sail for Success

A cavalcade of employers and Job Corps guests sailed into Exeter for its **Navy Shipbuilding Career Fair**. The event brought together 150 students across 22 Job Corps Centers. It featured major employers such as **General Dynamics Electric Boat** (longtime Exeter partner), **Portsmouth Naval Shipyard**, **Fincantieri Marine Group**, **Amtrol** (another Exeter partner) and military recruiters. **Matt Evans, Director of the NAVSEA Shipbuilding Industrial Base Task Force** kicked off the event, followed by employer presentations and visits to the Welding and Electronics Engineering Technician trades. Portsmouth Shipyard even met with students to discuss their skills. Of course, the event included catering from Exeter's Advanced Culinary crew. Other prominent guests included **Job Corps Regional Directors Aneta Hrebenko, Joel Thomas, Thony Martino** and **Acting Deputy Administrator Peni Webster-Lewis**. (Pictured top left: Center Director Shakisha Holley, Ms. Hrebenko, Adams Executive Director Jibu Kuruvilla, Job Corps Hall of Famer Blanca Maradiaga, Ms. Webster-Lewis, Mr. Martino and Exeter SGA leaders.)



Tour Time

Brunswick Admissions Services Manager Janita Beckles caught up with **U.S. Vice President Kamala Harris'** Economic Opportunity Tour! She joined **Atlanta Acting Regional Director Victoria Young** and **Contracting Officer Representative Charles Thomas** in networking with national agencies and community organizations such as the **NAACP, Atlanta Black Chambers, 100 Black Men of Atlanta, The National Coalition of 100 Black Women, Georgia Institute of Technology, Urban League of Greater Atlanta** and **Citizens Bank**. Other speakers included **U.S. Senators Raphael Warnock and Jon Ossoff** and **U.S. Representative Nikema Williams**.

She's a Starr!

Grafton Plumbing Instructor Starr Delgado is shining bright as **HBI's Instructor of the Year**. Ms. Delgado learned of her honor through a surprise ceremony that featured **HBI Vice President of Job Corps Gretchen Cantali**. She also received the prestigious **Philip Polivchak Award for Excellence**, making her the second woman to receive it, after Ms. Cantali. Ms. Delgado is a 2001 Grafton graduate and a testimony to how far Job Corps can take someone. Congrats Ms. Delgado for everything you do for the students and Job Corps!



From the President, Susan Sez

In **Adams'** tradition of innovations, the **Grafton Admissions team** has been selected to pilot the **MyJobCorps 2.0** program for Job Corps. The program's online application will allow applicants to see the status of their application throughout the process. Grafton recently welcomed national and Boston Regional staff, including **Regional Director Aneta Hrebenko**, to the campus and the **MassHire Central** offices to discuss implementation. We all look forward to seeing how the new program will streamline the application process!



ABOUT THE CENTER

The Mississippi Job Corps is located on 32 acres in a residential neighborhood of Crystal Springs, Mississippi. The Center is operated by Adams & Associates (under contract from the U.S. Department of Labor's Office of Job Corps).

The Center serves 277 residential students and 15 non-residential participants. It offers the program participants the opportunity to obtain their High School or Equivalency Diploma, as well as Career Technical Training in seven career areas. Additionally, the Mississippi Center partners with the Copiah County and Hazlehurst School Districts to support the vocational training needs of high school students. While the majority of students are recruited from Copiah and Hinds Counties, the Center recruits from 17 counties in total, including Adams, Madison, Yazoo and Warren counties.

Students at the Mississippi Job Corps Center are actively involved in community activities and have maintained consistent engagement with local agencies including the Copiah County Sheriff's Office, the Mississippi Toughest Kids Foundation, and Camp Wesley Pines.

Employer Partners: The Mississippi Job Corps Center has established linkages with the Copiah-Lincoln Community College, Copiah County School District, Hazlehurst School District, the Crystal Springs Police Department, Pine Crest Guest Home, American Medical Response Inc., and TRiO Educational Opportunity Center. The Center continues to actively engage other local workforce entities to develop partnership opportunities to support our students' career placement needs.

Community Partners: The Center works closely with community partners to support students' community engagement and volunteer activities. These include but not limited to Dress for Success, the Copiah County Sheriff's Office, The Mississippi Toughest Kids Foundation, Camp Wesley Pines, The City of Crystal Springs, American Medical Response, and Jackson-Hinds Comprehensive Health Center.

Key Contacts:

Center Director: Frederick Gyasi - (601)892-7004
Program Director: Desiree Sherman – (601)892-7013
Enrollment/Placement Manager: Tawanna Washington – (601)892-3348



Career Technical Training Programs

Building Construction Technology



Carpentry



Certified Nurse's Assistant



Electrical



Office Administration



Security & Protective Services



Welding