

MARY KATHRYN CARPENTER/THE NATCHEZ DEMOCRAT VIA AF

Graduate student Michelle Fitzgerald, a member of the Classical Institute of the South team visiting Natchez, inspects a bed at the Natchez antebellum house Lansdowne last month, while curator Sarah Duggan, left, and graduate student Joe Ramsey look on.

# PIECES OF HISTORY

#### Researchers studying antique furnishings

MARY KATHRYN CARPENTER THE NATCHEZ DEMOCRAT

NATCHEZ — Every year, thousands of tourists flock to see the untouched beauty of Natchez.

The houses, the gardens and even some commercial buildings have stood the test of time since the city's founding.

This summer, representatives from the Classical Institute of the South at the Historic New Orleans Collection are visiting Natchez for the fifth summer to catalog collections at different antebellum

The program is working with the Historic Natchez Foundation,

primarily HNF Executive Director Mimi Miller.

"Emphasis has been placed on cataloging those collections that include antique furnishings with a Natchez provenance and some information about links to their original owners and the houses that they originally furnished prior to 1865," Miller said.

So far, furnishings have been catalogued at 15 houses, including D'Evereux, Lansdowne, Longwood and Melrose.

Classical Institute of the South Coordinator and Research Curator Sarah Duggan, Winterthur graduate student Michelle Fitzgerald and Tulane graduate student Joe Ramsey have been in Natchez

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**GETTY IMAGES/INGRAM PUBLISHING** 

**WEEKEND PLANS** 

# Mississippi Book Festival, in its 2nd year, a big draw for authors

**MARGARET MCMULLAN AND SCOTT NAUGLE** SPECIAL TO THE CLARION-LEDGER

It was an idea first kicked around by a few farsighted individuals on a conference call. That was in 2013. Two years later in August 2015, the Mississippi Book Festival debuted on the grounds of the state Capitol in Jackson.

Jere Nash, who now serves as president of the festival's board of directors, organized that first conference

"The festival aims to celebrate Mississippi authors and Mississippi readers, to promote literacy, to encourage a free expression of ideas and to share the joys that come from reading a good book," said Nash, co-author of "Mississippi Politics: The Struggle for Power, 1976-2008."





Jere Nash, left, and Jesamyn Ward

This year's book festival is Saturday. Meeting rooms in the Mississippi State Capitol are deployed for authors to speak or participate in panels throughout the day. Dozens of tents line the Capitol grounds for publishers and authors to meet attendees. A designated tent is set aside for authors to sign books. Throughout the day, C-SPAN II broadcasts live from the Old Supreme Court Room in the Capitol.

We have (more than) 150 authors and 100 exhibitors, and this year we celebrate the 100th anniversary of the Pulitzer Prize and the 75th birthday of Curious George. It is free and open to all," said Holly Lange, executive director of the festival.

National Book Award winner Jesmyn Ward will lead a discussion on her latest collection of essays, "The Fire This Time," to be broadcast live on C-SPAN II. Rheta Grimsley Johnson, a nationally syndicated columnist and author of "The Dogs Buried Over the Bridge," will participate in a panel on writing memoirs. Other participating authors include "Treme" writer Tom Piazza, Chris Offutt, Rick Bass, Roy Blount Jr., Trent Lott, Jay McInerney, Stuart Stevens, Ellen Gilchrist, Julia Reed and Pulitzer-Prize winners Jon Meacham, Robert Olen Butler and

Richard Ford. Author W. Ralph Eubanks will be

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### WATSON'S LATEST NOVEL IS 'MISS JANE'

SPECIAL TO THE CLARION-LEDGER

Brad Watson teaches creative writing at the University of Wyoming, Laramie. His first collection, "Last Days of the Dog-Men," won the Sue Kauffman



Watson

Award for First Fiction from the American Academy of Arts & Letters; his first novel, "The Heaven of Mercury," was a finalist for the National Book Award, and his "Aliens in the Prime of Their Lives'

was a finalist for the PEN/Faulkner Award for Fiction. His latest novel, "Miss Jane," brings to life a forgotten woman and a lost world in a strange, bittersweet Southern pas-

toral. For details on the festival Saturday at the Capitol, visit http://msbookfestival.com.

### **IF YOU GO**

When: Saturday; panels from 9 a.m. to 6:30 p.m.

Where: Mississippi State Capitol (400 High St.) and Galloway United Methodist Church, Jackson

Indoors: Panel discussions; exhibits from Library of Congress and Smithsonian; tours of the Capitol every 30 minutes Outdoors: Book signings, food vendors, live music; children's activities along West Street

Parking: Free on all public streets, and in garages of the Woolfolk and Walter Sillers buildings the day of the festival Cost: Free



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There are a host of injuries that are common to many sports, and preventing them is the key for successful practice and play. The greatest common denominator to almost all of theses maladies is overzealousness and simply doing too much, too soon, too fast ... or not training within your limits. Training outside your limits leads to a host of overuse injuries because your body has not had time to adapt to the increases in workloads, be them frequency, intensi-

The most commonly reported overuse injuries include; Achilles tendinitis, shin splits, ITB syndrome and tennis

Achilles tendinitis occurs when the Achilles tendon is overused. Initially, pain and inflammation occur. However, left untreated, Achilles tendinitis can become chronic and the injury can worsen until it becomes painful to walk,



Tennis elbow occurs when the tendons in the elbow get stretched beyond their capacity by a repetitive action and become inflamed.

let alone run. It is common among runners and people who participate in sports that involve running.

Shin splints occur when the muscles of the lower leg to the shinbone become inflamed from overuse. Shin splints

often plague novice athletes, those returning to sport after a lay off, inconsistent exercisers and people who try to increase the intensity of their workout too rapidly. Improper footwear or worn-out shoes may also be a factor

in injury onset.

ITB or iliotibial band syndrome, commonly known as runner's knee, occurs when the thick fibrous sheath that attaches to the hip bone and runs laterally down the thigh to the shinbone becomes inflamed. Symptoms include pain to the outside of the knee, tightness in the iliotibial band, pain during flexion or extension of the knee that is further aggravated when running. ITB syndrome is common in runners who increase mileage too fast, have weakness in the hip stabilizers, particularly the gluteus medius muscle, run on cambered surfaces or who run excessive hill repeats.

Tennis elbow (which is also swimmer's elbow, golfer's elbow and gardener's elbow) or lateral epicondylitis occurs when the tendons in the elbow get stretched beyond their capacity by a repetitive action and become inflamed. It is most common to tennis players and golfers but can be experienced with other sports, including hockey and swimming too.

The bottom line is to listen to your body and train within your limits. This means slowly and gradually increasing the frequency, duration and intensity of your workout efforts to ensure you keep on working out.

Angie Ferguson is an exercise physiologist from Fort Myers, Florida. She is a USA Triathlon Advanced Level 2 coach, Ironman Certified coach, Slowtwitch Certified coach, USA Cycling coach and has a Specialty in Sports Nutrition certification. For more training tips, read her blog at www.triathlontrainingisfun.com or contact her at www.gearedup.biz.

#### **Books**

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coming in from Washington, D.C. He recalled the opening night garden party last year at Eudora Welty's house. "(It) made me think about how much Miss Welty would have liked to have been there. It was almost as if she was there, given the camaraderie I felt with all the writers, particularly fellow Mississippi-

Eubanks added that the Jackson State University "Sonic Boom of the South" marching band let the crowd know this was no staid literary affair. "Mississippi is a state with a strong literary heritage and a link to the arts.

My great hope is that the book festival will help strengthen Jackson's connections with arts and culture, which I think are important for enlivening the civic life of the city."

Author Brad Watson will be driving to Jackson from Laramie, Wyo., ending his book tour for his stunning and wellreviewed new novel "Miss Jane," set in a fictional town much like his home-

it's Mississippi," Watson said. "We have long been a literary center, maybe even a mecca of sorts. I expect this festival will become one of the biggest and most interesting annual literary events in the

fiction, Southern cooking, civil rights history and book club picks. A complete schedule is available at msbookfesti-

This year the festival added an extra "The Tale of Despereaux," "Because of from the Capitol. Each student will also

for Young People's Literature, appoint-

On Saturday there will also be three author and illustration panels for picture books, young adult books, and books for middle grade readers.

grow us and heal us and take us into the

town, Meridian. "Mississippi is important to me,

always will be," Watson says. "I don't think I'll ever not reach back to write about it, to set stories and novels here." Watson looks forward to seeing old friends, meeting writers, eating good food and picking up a ton of new books.

"This festival is important because

country. Looks like it's off to good start." Among the panel topics are historical

val.com.

day for young readers. On Friday award-winning author Kate DiCamillo Winn-Dixie") will speak to approximately 750 public school third-graders in the sanctuary at Galloway United Methodist Church, just a block away receive a free copy of her new book. DiCamillo is the National Ambassador

ed by the Library of Congress.

'It's such a pleasure to have a festi-

val now in Mississippi that is dedicated to literature and the power of stories to future," said award-winning young adult author Deborah Wiles, whose books are mostly set in Mississippi.

'The writer Patricia MacLachlan says, 'What you know first stays with you.' That's how I feel about Mississippi. To have a festival in our state, surrounded by stories for young people of what they knew first, says everything about how important literature is to Mississippians," Wiles said.

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SUBSTITUTED
TRUSTEE'S NOTICE OF
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WHEREAS after statutory interest and taxable costs, the present outstanding balance on said judgment is \$20.7 768, 50.

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