

# THE VICKSBURG POST TOPIC

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## MUSIC Q&A



Jay-Z performs in Los Angeles in 2008.

## New Jay-Z album completes trilogy

By Mesfin Fekadu  
The Associated Press

NEW YORK — When Jay-Z released his first “Blueprint” CD on Sept. 11, 2001, the rapper couldn’t have known how monumental, and tragic, the day would turn out to be.

This week, Jay-Z has once again released an album with the “Blueprint” tag, but this time, the release of a CD around the Sept. 11 date is not coincidental, but purposeful.

“The Blueprint 3,” billed as the final album of a trilogy, was paired with a special benefit concert Friday at Madison Square Garden. It benefited the families of police officers and firefighters who lost their lives when the World Trade Center’s twin towers collapsed in the terrorist attacks.

Jay-Z feels the album — which features Kanye West, Rihanna and Alicia Keys — shows how he’s evolved.

AP: Why do you feel this is the right time to release the third installment of “Blueprint”?

Jay-Z: This album was actually supposed to come out last year, but for some reason it didn’t, and whatever happened and however we got to this place, we’re here now.

So it just made sense for me to grasp the moment and make it a bigger thing because the first one wasn’t planned to come out Sept. 11, right? There was no “Sept. 11.” We didn’t know that that tragic event would happen that day. So now with that knowledge, we should never forget and we should always move past it and be strong but never forget.

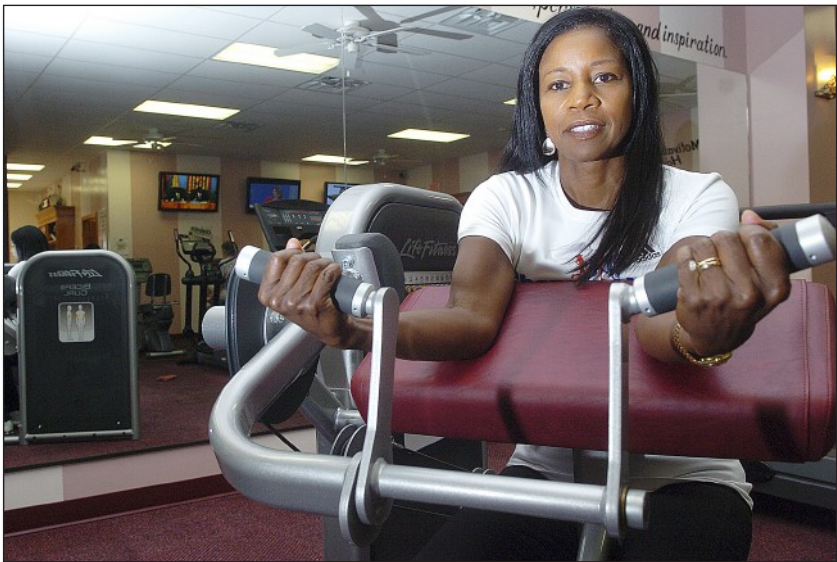
AP: Tell us about the recording process.

Jay-Z: It was great. In the face of everything that is going on, just me personally I just stick to true emotions and feelings and strength and growing in music, and not following trends or anything like that. So for me it was refreshing and a great feeling to put out an album, a full album of music that people can listen to and gravitate to. It took me a month just to put the sequence together.

AP: You announced your retirement in 2003. Since then, have you thought about retiring again?

Jay-Z: I learned from that last one that you should just let it happen. The day that you’re not making music you should just make music. It doesn’t have to be an announced retirement. So I would never say that again. Ever.

## Shed 17,000 pounds



MEREDITH SPENCER-THE VICKSBURG POST

Linda Fondren, organizer of Shape Up Vicksburg

## Gym owner challenging community to get fit

By Manivah Chanprasith  
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If two-thirds of the people in Vicksburg and Warren County shed half-a-pound by the end of January, a weight-loss challenge led by a local fitness club owner will be complete.

Linda Fondren, owner of Shape Up Sisters on South Frontage Road, is challenging the community to lose 17,000 pounds in 17 weeks. She’s calling the effort Shape Up Vicksburg.

“We have a problem in this community, and it needs to be addressed,” Fondren said.

### If you go

A kickoff for Shape Up Vicksburg, a weight-loss challenge, will be Oct. 17 at Vicksburg Convention Center. For information, call Linda Fondren at 601-619-7277.

“We’re known as the fittest state in the nation. I want us to be known as the fittest.”

A kickoff is set for Oct. 17 at Vicksburg Convention Center. Participants can sign up for the challenge and weigh in. River Region Medical Center will be on site to

offer free nutritional counseling and health assessments, such as blood pressure, cholesterol and diabetes checks. Other businesses will be on hand to assist.

Fondren, who has brought her plan to the Warren County Board of Supervisors and the Vicksburg Board of Mayor and Aldermen.

arrived at the number 17,000 through simple arithmetic.

She took the total population of Warren County, which is about 50,000, and multiplied it by two-thirds — which equals 33,000. She divided that number in half and arrived at the estimated

17,000.

The Centers for Disease Control said in a 2008 report, “Mississippi: Burden of Chronic Diseases,” that two-thirds of Mississippians are obese. Fondren used that number in her calculations.

Obesity is measured by a person’s body mass index, or BMI. A BMI of more than 40 means a person is overweight by 100 pounds. A normal BMI for a woman is between 18 and 25, said Fondren.

Fondren’s program, she says, is using “baby steps” to help people lose weight.

“We need to stop the trend

of gaining weight first,” she said. “Half-of-a-pound is obtainable.”

She blames weight gain on poor eating habits and a lack of physical activity.

During the 17-week challenge, Fondren will open her gym, free of charge, to participants. She is also working with other gyms to offer free workout sessions during the challenge.

A biweekly weigh-in station will be set up at gyms and doctors’ offices.

“We got a big task ahead of us, but I know we can do it,” Fondren said.

## Drawing lines with nature tough job for the gardener

Ann and Randy Sherard live near Redwood Elementary School, surrounded by acres of undeveloped land in a house she designed for her parents’ use.

Since the Sherards moved in several years ago, they have added shrubs and flowerbeds, but she remains challenged by wildlife wandering through and nibbling on or destroying their shrubs and plants.

Deer are the main offenders but rabbits, squirrels, chipmunks, armadillos and raccoons have also assaulted the fruits of her labor. Hence, Ann Sherard has spent five or six years experimenting with plantings to find ways to cope. It’s made her choosy.

Ornamental grasses and herbs have proved to be some of the most tolerant to wildlife. Pampas, muhly, miscanthus and purple fountain grass have been worked into beds throughout her landscape and she plans to expand her use of grasses in the future. So many easy-to-grow varieties provide interesting shapes and textures all year.

A large raised island bed, visible from the sunroom they added, is stocked with hardy deer-tolerant plants. Rich in organic matter, it boasts a chaste tree; hardy ginger; lantanas Sonrise,



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Ann Sherard sits in her garden at her home in Redwood.



IN THE GARDEN  
MIRIAM JABOUR

Sonset and New Gold; salvias Mystic Spires and Indigo

Spires and African basil, agastache, hyssop, rosemary, cat, mint, society garlic and Russian sage. Much of the foliage in this bed dies back during the winter months. Sherard hangs bright bottles on limb stubs of the chaste tree where it was cut back due to winter damage and creates her own version of

a bottle tree to brighten the bed when flowers are not around. She added a product sold as Preen to the soil before planting to inhibit seeds from sprouting and lots of mulch so the area is tidy year-round.

Other deer and wildlife-tolerant ornamentals and shrubs she has used suc-

cessfully include daffodils, which are highly poisonous, dusty miller, salvia greggii Hot Lips, angelonia, evoluis Blue Daze, nandina, hollies Carissa and Burford, boxwood, dwarf yaupon, sweet olive, juniper, elegans, wax myrtle, azaleas, loropeta-

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