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This year, millions are setting New Year's resolutions that involve cutting calories and hitting the gym. If you're on the same path, you might be wondering if that's enough to get you to where you really want to be long-term:

- Feeling your best from the inside out
- Becoming the most confident version of you
- Living a healthy life for you and the ones you love

At Mochi Health, we know it's not about willpower or deprivation. It's about addressing the underlying biology. Mochi uses a combination of ongoing support and medication prescribed for your needs, like a GLP-1, to quiet the constant thoughts about food and reduce cravings. The end result? You lose weight sustainably without the usual struggle and feel more in control.

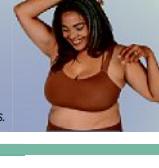
Mochi Health has already helped over 100,000 members achieve their weight loss goals. Many have been with the program for months or even years. The average Mochi member loses 36 lbs in their first year, some losing even more, for a cumulative total of over 4.5 million lbs lost.

Get real results that last. Join Mochi Health today.

Let's make your New Year's goal a reality today. With Mochi Health, you get:

- ✓ Approved in 2 minutes and start seeing results in 30 days
- ✓ Unlimited video visits with compassionate doctors and nutritionists
- ✓ A customized care plan made just for you
- ✓ Weight loss medications delivered to your doorstep
- ✓ A team to take care of the insurance forms for you
- ✓ 24/7 support and online app to track progress

mochi
HEALTH



*Average weight loss at one year. Mochi members lose on average 1-2 lbs a week for the first six months.

Clarion Ledger WEEKEND

SUNDAY, JANUARY 18, 2026 | CLARIONLEDGER.COM

PART OF THE USA TODAY NETWORK

Bridges on shaky ground

Why MS infrastructure is some of the worst in the Southeast

Bea Anhuci
Mississippi Clarion Ledger

Every time Tamika Carter drives to work, she takes a moment to pray that she gets there safely.

Carter, 47, travels more than 30 min-

utes each way for work around Indiana-la, driving on bumpy two-lane roads and bridges older than she is.

"The worst one is less than 10 minutes from my house," she said. "I can't help but hold my breath every time I cross it. I get so scared that my little car is going to make it fall apart, and I'll hit the water."

Carter's commute takes her across one of Mississippi's oldest bridges, a bayou crossing built in 1966. That bridge, like thousands of others in the

state, is in poor condition and urgent need of repairs, according to a federal database.

The National Bridge Inventory, a branch of the Federal Highway Administration, tracks bridges throughout the nation and rates their condition. Bridges are rated as "good," "fair" or "poor" based on the condition of the structure and surface.

Nearly 6% of Mississippi bridges

See BRIDGES, Page 3A

Note to readers

Due to the upcoming Martin Luther King Jr. Day holiday, there will be no mail delivery on Monday, Jan. 19. Instead of receiving your Jan. 19 paper on Monday, you'll receive it in the mail on Tuesday, Jan. 20.

COLLEGE FOOTBALL PLAYOFF

Was 2025 Ole Miss' greatest season yet?

Sam Hutchens
Mississippi Clarion Ledger
USA TODAY NETWORK

OXFORD — Longtime Mississippi sportswriter Rick Cleveland can recall his first Ole Miss football memory in vivid detail.

He was in Hattiesburg, where he grew up. Cleveland and his father sat in their kitchen, listening to a radio broadcast of the 1959 game between Ole Miss and LSU. Because the game was in Baton Rouge, their signal on WWL out of New Orleans was clear.

"You could hear, 'Cannon takes the punt on the bounce at the 11, he has a tackler at the 15,' and then you can't hear anything because of the crowd noise," said Cleveland, a Mississippi Today columnist and a 2017 Mississippi Sports Hall of fame inductee. Cleveland has been in the business for 60 years, including serving as the Clarion Ledger's sports editor until 2012.

LSU running back Billy Cannon, the eventual Heisman Trophy winner, handed the Rebels their only loss that day with a late punt return to win 7-6. Ole Miss wound up dominating a rematch with LSU 21-0 in the Sugar Bowl.

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Mississippi College is located in Clinton. It was founded on Jan. 24, 1826. LAUREN WITTE/CLARION LEDGER

Mississippi College celebrates 200 years

University is oldest institution of higher learning in state

Mary Boyte Mississippi Clarion Ledger | USA TODAY NETWORK

Mississippi College, the oldest institution of higher learning in the state and the second oldest Baptist university in the nation, will celebrate its 200th anniversary on Jan. 21, 2026.

The institution has endured through 47 presidencies with 44 different presidents, Reconstruction, the Great Depression and multiple global pandemics, not to mention the Civil War, World War I and World War II.

Now, the university, on the edge of new era and a new name, is reflecting on two centuries of changes and growth.

A brief history

Originally, the school was called Hampstead Academy, created after the Mississippi Legislature approved the charter on Jan. 24, 1826, just nine years after Mississippi officially became the 20th state.

Hampstead Academy was built on 5 acres in what was known at the time as Mt. Salus, an early settlement in Hinds County. In 1828, the name changed to Clinton, and, in 1830, it became the first incorporated

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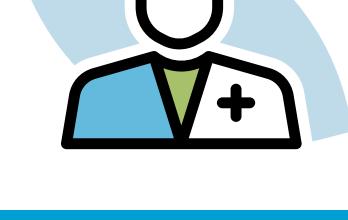
Ole Miss quarterback Trinidad Chambliss, left, and running back Kewan Lacy pose with the Sugar Bowl trophy after the Sugar Bowl and College Football Playoff quarterfinals at Caesars Superdome in New Orleans on Jan. 1. Ole Miss defeated Georgia 39-34.

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