

Lake Lorman Community Newsletter

July/August 2026

Around the Neighborhood is an opportunity to share with your neighbors important and fun events including your family and friends.

Lake Lorman's Fantastic Fourth of July 2026, America's 250th

by Diane Pumphrey

This year's annual celebration of the 4th of July at Lake Lorman started off with a parade of boats decorated in keeping with the theme of "Happy 250th Birthday to the USA" to honor the founding of our Country.



There were eight boats in the parade and although few in number, the enthusiasm of the participants was electric. Red, white and blue decorations were in



abundance and who could forget the boat decorated with Uncle Sam riding a motorcycle and another with a huge blue bow. Prizes were awarded for the top two pontoon and ski boats, plus an honorable mention. These went to the Whites, the Heidelbergs, the Mills, the Ramseys and the Thigpens.

After the parade, lunch from Hamil's was provided by



Lake Lorman Corporation. The baked chicken, potato salad and baked beans were a big hit. A birthday cake in honor of the 250th birthday of the nation was served along with snow cones to round

out the meal. The renovated clubhouse was admired and enjoyed by all, from the new floors, to the fresh paint, to the refurbished bathrooms, along with the new guard rails and the enclosed ceiling on the back porch. A water slide was set up for the kids and provided hours of cooling entertainment.



Every One
A Winner!



Thank You
Participants!





Lot owners, Tommy Draughn and Tony Huffman provided a fireworks display shortly after dark which was marvelous and a wonder to behold. It was an amazing and patriotic day on the lake. Thanks to all who participated and helped make this a birthday to remember.



*Pictures courtesy Kathy Warren
& Glenn Sanford*



Take a moment
to reflect on the
importance of this
day and the majesty
of this, our country.



The granddaughters of **Mark and Kathy Warren** recently enjoyed their yearly beach vacation together.

A special thank you to Addison for helping with our Lake Lorman 4th of July Celebration!

R to L: Lane Warren, Reese Warren, Rebecca Warren, Addison Warren and Reid Williams

Good Reports on Lake Lorman Fish

By Kelley Dickinson

After the annual fishing assessment that Southeastern Pond Management conducted early this spring, Scott Kirk, the company's fishery biologist, submitted his report to our board and to Milton Jenkins, our lakes manager. He said the big lake is in the best condition that he has seen in all the years he has done evaluations, Milton reported.

Mr. Kirk wrote, "Lake Lorman is presently functioning as a dynamic, balanced with competing species fishery. As such, our management recommendations center primarily on reducing the total number of adult predators (large mouth bass, catfish, and crappie) and improving the conditions for the production of forage through enhancing the lake's fertility level and supplemental feeding."

He noted an improvement in the bass which have gotten larger. "They remain in excellent condition." The bluegill population is "robust" as is the thread fin shad. He noted thousands of 4 to 5 inch crappies were seen, as well as some 14 inch. Kirk suggested that the thread fin shad population, continued fertilization, and time will increase the size of the crappies.

Additionally, when asked by Milton and George, he recommended placing more shallow structure to help our bait fish production and bream population. Milton said when they asked about the best way to dispense liquid fertilizer, Mr. Kirk recommended putting it out starting at the dam in the deepest water in our lake and moving outward on each pass. Milton commented, "We were amazed at the improvement in the water color in less than a week. We are using less fertilizer and getting better results."

Mr. Kirk's conclusion regarding the small lake was, "Overall, the fishery remains bass crowded. It is imperative to harvest small bass." To reduce these and other predators, he recommends stocking some thread fin shad as supplemental forage and improving the lake's fertility level.

Milton said in response to these suggestions, "On the little lake we have put two loads of thread fin shad (18 to 20,000) in the lake that he recommended in an effort to provide more food for overpopulated bass. We need more bass caught and removed to help with body weight in this lake. Also we need more residents on the little lake to feed the bream to help increase their size and population."

The complete reports, including recommended daily harvests for each species, are in the full report which will be posted at the Lake Lorman website. Thanks to Milton Jenkins for his assistance in writing this update.



The Bird's Eye View

by

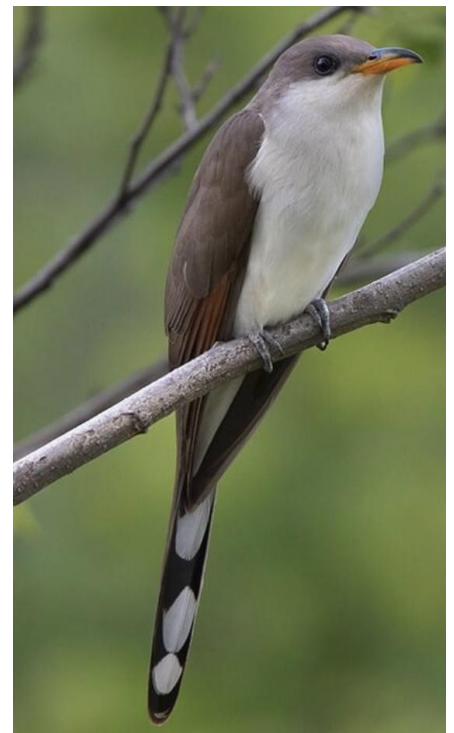
Dale & Sarah Lea Anglin

"We're cuckoo about cuckoos!"

As our governing officials undertake the seemingly yearly discussions about whether to change our clocks forward in

the spring or back in the fall, or not at all, our thoughts turned to cuckoos. Cuckoo clocks, that is, and the actual birds that inspired them. It was when we started studying birds that one of us (who shall not be named) learned that the cuckoo isn't just a fictitious animal that lives in a clock and awakens unsuspecting nappers from their midday slumbers. The European Common Cuckoo is a real bird that lives in the Black Forest of Germany and hangs about calling—you guessed it—CUCK-oo! CUCK-oo! In fact, across Europe, hearing the first cuckoo is taken as a sign that spring has truly arrived. Imagine our delight when, while riding our bikes through the Black Forest a few years ago, we heard live cuckoos imitating the clocks we heard as children. CUCK-oo! It's one of the best examples of onomatopoeia imaginable (a word that sounds like what it describes). We made valiant efforts to actually see the birds, but to no avail. Cuckoos, both here and in Europe, are often heard but seldom seen.

Here in Mississippi, there are two species of cuckoos: the Yellow-billed cuckoo, which we often hear but seldom see all summer long, as they stay for the summer and breed here; and the Black-billed cuckoo, which is transitory, only passing through during migration seasons (which we have never seen, but someone has!). We'll focus on the bird most likely to be heard but seldom seen at Lake Lorman—the Yellow-billed cuckoo. Never have we heard the familiar CUCK-oo outside of Europe, and there's good reason for that: American cuckoos don't cuckoo. Is that cuckoo, or what? How can one fly over the cuckoo's nest and know it's a cuckoo's nest if it doesn't cuckoo? Here's your answer: If you remember the movie "Predator" and the clicking sounds the Predator beast made in the jungle, you've heard something quite similar to a Yellow-billed cuckoo. Its call is an eerie "ka-ka-ka-ka-ka-kowlp-kowlp" coming from the trees, starting with rapid knocking notes that speed up before slowing dramatically. [Click here](#) for the sound. A relative of ours was once convinced there was a bizarre beast in the forest behind his house, only to learn it was the elusive Yellow-billed cuckoo!



A few cool things about Yellow-billed cuckoos: The toe arrangement on their feet is like that of woodpeckers (it's called "zygodactyl")—two toes point forward and two point backward, to aid in climbing trees. Most birds have three toes pointing forward. Cuckoos eat caterpillars, and they can even eat those stinging hairy caterpillars with the urticating hairs (that's your second science word for the day—the barbed bristles that are their defense mechanism). Special adaptations in the cuckoo's digestive tract allow them to handle the irritating hairs. During outbreaks of caterpillars, cuckoo populations often increase because food is abundant. Cuckoos also eat cicadas, and in years where cicadas are abundant, so are the cuckoos. The next time someone says you're "cuckoo", remember that the birds aren't crazy at all (and they aren't scary predators, either)--they're actually superbly elusive birds protecting us from those annoying, irritating caterpillar stings!

We welcome Rosalynn and Corbin May to Lake Lorman!

What brought you to Lake Lorman?

After expanding our family, we were looking for more space and a safe, family-friendly neighborhood where our daughter could thrive. After attending an open house at our current home, we were sold! We submitted an offer within the week.



What are your favorite activities, both in the neighborhood and around town?

In the neighborhood, we love fishing, going for walks, cruising around in the golf cart, and meeting new neighbors. In the community, we are active members of First Ridgeland Church and Reunion Golf &Country Club. We also enjoy eating out, and some of our favorite restaurants include Shapley's, Tuk Tuk Boom, and El Ranchito. Evalynn is a BIG fan of fajitas! Tell us a little about yourself.....job, pets, family, hobbies, passions.



Our family consists of our daughter, Evalynn, who just turned 15 months old; Trooper, our Golden Retriever; and Breezy, our long-haired tuxedo cat. Rosalynn works as a physician at UMMC in the Newborn Nursery. She is an avid tennis player and enjoys playing mahjong, reading a good book, needlepoint, and gardening. Corbin is a Realtor with Pursuit Properties. He enjoys hunting (no species is safe!), photography, and playing golf. We both love hosting family and friends, but more than anything we enjoy spending time with our beautiful baby girl, Evalynn. We are so thankful to have found the Lake Lorman community—it truly is a hidden gem.



Since you have moved to Lake Lorman, what is your favorite thing about living here? While we love the mature landscape, serene lake views, and bird watching, our favorite thing by far has been the neighbors we've met. Thank you all for making us feel so welcome!



SCHEDULED EVENTS:

- **Lake Lorman Utility District Board Meeting:** Monday, August 10 – 7:00 p.m.
- **Lorman Corporation Board Meeting:** Monday, August 17 – 6:00 p.m.
- **Labor Day:** September 7
- **Lake Lorman Utility District Board Meeting:** Monday, September 14 – 7:00 p.m.
- **Lake Lorman Corporation Board Meeting:** Monday, September 21 – 6:00 p.m.



Lake Lorman Yard of the Month

Our Spring/Summer Yard of the Month award has once again begun!
Sponsored by Cindy Holt, winners receive a gift card from Lowes or Home Depot.
Put on your gardening gloves and let's beautify Lake Lorman!



*Yard of the month for June: **Katie and Kyle Howe** 135 Lorman Lane*



*Yard of the month for July: **Lauren and Ken McCoy** 133 Lakeshore Drive*

Board News

August 2026

This is the 10th year of the Road Trust at Lake Lorman. The plan to pave all roads in Lake Lorman in 10 years was fulfilled when Westline Road and Westline Drive were paved last year. The results speak for themselves. Driving around the lake has improved significantly.

Lake Lorman's directors see the need to plan for work on the roads in Gate 7 now. Already patchwork has been done and more places need attention.

The board of directors authorized a study committee to propose another 10 year road plan very similar to the original 2016 plan. That work is occurring now. You will hear more about this work in coming months.

As part of the plan moving forward: 1) the trust's term will need to be extended; 2) a new, three-person road committee must be approved; and 3) a new paving plan and budget must be prepared. All of this will be voted on at the annual meeting of lot owners.

Well before the annual meeting Lake Lorman's Board will deliver via USPS mail and by other means a copy of the proposed terms of the 2027 road trust.

Now is the time to volunteer if you would like to be considered for the road trust committee. We need those with construction experience or other experience that would aid in managing Lake Lorman's roads.

*Please contact Mike Pumphrey at 601-842-5122 or any board member
if you are interested in being on the 2027 road committee.*

To refresh memories of lot owners who have been at the lake many years and to inform others with less time here, we are reprinting below an excerpt from an article previously published in Lake Lorman's newsletter. Kelley Dickinson wrote the original article.

Road Trust

By Kelley Dickinson

First a brief history lesson. After several years of complaints about the roads, the board in 2016 developed a comprehensive plan to tackle the situation.

An earlier five year plan had been developed but not funded and there were never sufficient funds in the annual budgets to do more than patch problem areas. So, roads and drains were repaired on an as needed basis with what funds were available. But as the board explained in 2016 in the first page of the Trust Agreement, "We believe that the wiser, more logical, and better way to preserve our roads, streets, and drainage is to set up a projected comprehensive plan and schedule to conduct this work in an orderly and efficient manner supported by Trust money....We cannot depend on our regular Budget to fund this Ten Year Schedule, so the Board recommends that for ten years, beginning in 2017, we have a Special Added Assessment applicable to each and every lot in Lake Lorman Subdivision, Little Lake, and Big Lake, \$200 for each lot for each yearto be held in trust at Bank First in a Special Trust Account devoted specifically, and exclusively to funding these projects shown on the Map and Plan, and no other purpose."

Attorney Bill Cox (*may he rest in peace and perpetual light shine upon him*) drew up the "Trust Agreement for Specific/Street/Road Drainage and Maintenance at Lake Lorman". This agreement was voted on and passed at the December 2016 Annual Meeting and filed with Madison County. The full Trust agreement, including the schedule of work to be done, and map of the work can also be found at the Lake Lorman website under covenants

Simple Steps to Boost Health and Happiness for Seniors Every Day

by June Duncan ~ Rise Up for Caregivers

Staying independent as you age doesn't require perfection. It requires small, repeatable choices that support both physical and mental well-being. The payoff is a steadier day-to-day life that feels more manageable and hopeful.

Feel-Good Activities That Fit Your Body and Interests

The best wellness habits are ones you'll actually stick with. Here are a few worth building into your week:

Move your body consistently. A simple target is *30 minutes of moderate exercise, five times a week*¹, but starting with 10 minutes and adding a few minutes every few days works just as well. Walking, water walking, chair aerobics, and gentle yoga are all joint-friendly options worth trying.

Eat with intention. Add protein to each meal – eggs, yogurt, beans, fish, or chicken – plus one colorful plant. Prepping one grab-and-go option weekly keeps good choices easy when energy is low.

Stay mentally active. Rotate puzzles, learning something new, and social brain activities like book clubs. A 15-minute learning sprint after breakfast, when focus tends to be strongest, is a good place to start.

Connect with others regularly. Invite a neighbor for a walk, attend a recurring class, or set a standing weekly phone date. Some communities offer programs specifically designed to *promote healthy lifestyles*² – and volunteering through them adds routine, purpose, and social connection all at once.

A 10 to 20 Minute Meditation Routine

A few quiet minutes each day can do a lot for stress and mood. Even a short, steady breathing practice can calm the mind when worries spiral. Many people find structured *mindfulness routines*³ helpful for staying consistent over time.

Daily and Weekly Habits That Keep You Steady

- **Morning light and water** – Open the curtains, step outside briefly, and drink a full glass of water. Daily.
- **Four walks or chair-moves** – A brisk walk or 10 minutes of seated marching. Research on *exercising 4x per week*⁴ shows consistency is what makes routines stick.
- **Protein with one meal** – Supports muscle strength and steadier energy. Daily.
- **Two-minute balance practice** – Heel-to-toe stands or single-leg taps while holding a counter. Daily.
- **Weekly connection** – One call, visit, class, or shared meal on the calendar. Weekly.

Common Questions Answered

How much activity is enough if I'm starting from zero? Any amount counts. A useful benchmark is *150 minutes of exercise per week*⁵, but you can reach it in small chunks over time.

What if I have arthritis, poor balance, or use a walker? Seated marching, gentle ankle pumps, and supported standing exercises all work well. Keep a hand on something solid and stay within a pain-free range of motion.

How do I stay consistent when motivation disappears? Tie the habit to something you already do, like moving right after breakfast. Track it with a simple calendar check mark and focus on showing up, not doing it perfectly.

What should I do after a setback? Reset to the smallest version for three days – a two-minute move, one protein choice, one call or text – then rebuild slowly.

Small Daily Choices Add Up

The steadiest path to better health is built on small, realistic, repeatable actions. Over time those choices add up to real improvements in strength, mood, and quality of life. Choose one step today that feels doable and stick with it for a week. That's where it starts.

Notes:

1. <https://www.helpguide.org/wellness/fitness/the-mental-health-benefits-of-exercise>
2. <https://gatescircle.canterburywoods.org/blog/2025/10/15/senior-independent-living-checklist/>
3. <https://www.zenbusiness.com/blog/living-a-healthier-lifestyle-with-smarter-choices/>
4. <https://lifeline-therapy.com/blog/how-to-create-sustainable-exercise-habits-in-2025/>
5. <https://www.bcm.edu/news/keep-it-moving-the-importance-of-exercise-for-older-adults>

Twin Lakes Baptist Church
Everyone is Welcome!

Regular Weekly services:

- **Sunday-** Life Groups 9:15 am, Worship 10:30 am and 6:30 pm. Children and youth meet at 6:30 pm.
- **Tuesday –** Community Men's Bible Study 6:15 am in church fellowship hall
- **Wednesday,** Supper 5:30 pm and Bible Study 6:30 pm. Call church at 601-856-2305 no later than Tuesday morning to make reservation for meal. Cost \$6.00.