

The Mid-South Tribune Sports & Entertainment

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F.Y.H = for Your Health

The importance of helmet safety to prevent brain injury when impact occurs

July 17, 2026 - Acadian Ambulance reminds the public about the importance of children and adults wearing helmets whenever riding a bike, scooter, or engaging in any other activity where your head is vulnerable to injury, regardless of experience level. According to the Brain Injury Association of America, bicycle helmets have been shown to reduce the risk of head injury by 48-60% and reduce the risk of severe traumatic brain injury by 75%.

When an impact occurs, a helmet works by distributing the force over its surface, rather than concentrating on the head. The protective cushioning of thick plastic foam inside the helmet absorbs the impact, highlighted by the American Academy of Orthopaedic Surgeons (AAOS)

Selecting an appropriate helmet is important. Always purchase a new helmet after any significant impact to ensure continued protection. Buyers should look for helmets that meet the safety standards set by the Consumer Product Safety Commission or the Snell Memorial Foundation.

When trying on a helmet, take 5-10 minutes to ensure a proper fit:

- Snug:** It should not slide from side to side or front to back on your head.
- Level:** It should sit squarely on top of your head, covering the top of your forehead, without tilting in any direction.
- Stable:** The chinstrap should securely keep the helmet from rocking. If any part of the buckle breaks, the chinstrap should be replaced.

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TN Titans to induct Chris Johnson into Ring of Honor at home opener at Nissan Stadium on September 13

NASHVILLE, Tenn., July 17, 2026— The Tennessee Titans today announced that former running back Chris Johnson will be inducted into the Titans Ring of Honor, with the ceremony set to take place during halftime of the team's 2026 season opener at Nissan Stadium on Sunday, Sept. 13.

Johnson, selected by the Titans in the first round (24th overall) of the 2008 NFL Draft, spent six seasons in Tennessee (2008-2013) and stands as one of the most electrifying players in franchise history. Johnson's 2009 campaign remains among the greatest in NFL history as he rushed for 2,006 yards, becoming the sixth player to eclipse the 2,000-yard mark and earning him the nickname CJ2K. He added 503 receiving yards, establishing the current NFL-record of 2,509 yards from scrimmage.

During his time with the Titans,



Johnson earned three Pro Bowl selections and was named NFL Offensive Player of the Year in 2009. He finished his Titans career with 7,965 rushing yards, ranking fourth in franchise history, and reached the 1,000-yard rushing mark in six consecutive seasons — a testament to his consistency as one of the league's premier offensive weapons. He also scored 58 touchdowns for the Titans, ranking fourth in franchise annals.

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"Chris Johnson holds a special place in the hearts of our organization and our fans," said Titans controlling owner Amy Adams Strunk. "His stats speak for themselves, and he will forever remain a leader in our record books, but the man behind the yardage deserves just as much celebration. We look forward to welcoming him home on Sept. 13 and officially inducting him into the Titans Ring of Honor."

books, but the man behind the yardage deserves just as much celebration. We look forward to welcoming him home on Sept. 13 and officially inducting him into the Titans Ring of Honor." The Sept. 13 matchup against the New York Jets kicks off at noon CT. Johnson will be formally inducted in a special ceremony at halftime.

He will join 19 previous inductees in the Titans Ring of Honor. Additionally, as previously announced, former radio analyst and assistant coach Dave McGinnis will be inducted posthumously at a home game later in the season.

Meet some of BIHMST Sports Correspondents



William M. Larsha, Jr.



Ashley Braun Gendek

BIHMST Travelers, join correspondents William M. Larsha, Jr. and Ashley Braun Gendek in their sports coverage of The University of Memphis Tigers, Memphis Grizzlies, TN Titans, Southern Heritage Classic, and more!

The Commander-in-Chief shows off special racing helmet presented to him by racers in upcoming 250 Freedom Grand Prix Showcase at the White House



See more Grand Prix Showcase photos on sports 4.

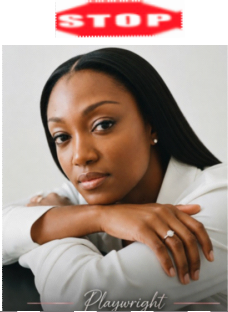
Seven named to USTFCCCA All-Academic Athletes Track & Field

NEW ORLEANS — Seven members of the Memphis men's and women's track and field teams were named USTFCCCA All-Academic Athletes, the U.S. Track & Field and Cross Country Coaches Association announced Monday.

"These accolades highlight the fact that our student-athletes are excelling both in the classroom and on the track," head coach Kevin Robinson said. "This is a true testament of the epitome of our student-athletes."

On the men's side, Daryl Smith Jr. and Marek Waltke earned All-Academic honors. On the women's side, Gizel Clayton, Isabelle Cruickshank, Adela Mullerova, Maddie Roberts, and

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Playwright Milony Jenkins Debuts "A Family Affair," A True Believers Production *see sports-Ent. page 6* ***

Alicia Blue Debuts "Rose of Tennessee"... *see sports-Ent. 5* ***

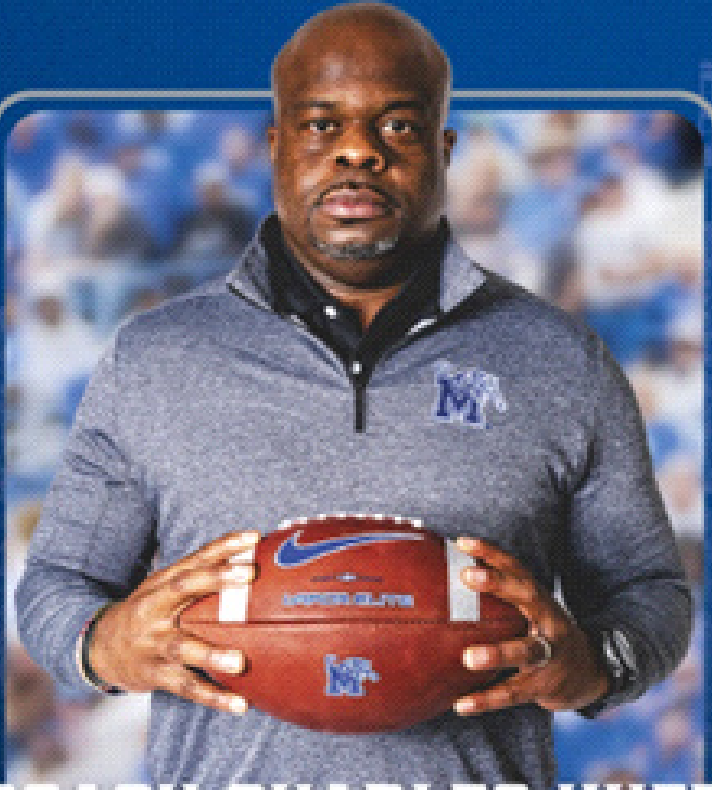
Charles Tolliver Releases "Right Now and Then"... *see sports-Ent. 5* ***

First Horizon Bank Celebrates Client-First in Music, Sports, & Entertainment... *see sports-Ent. 6* ***

FPC Announces Trump DOJ Dismissal of Appeal... *see sports-Military 2* ***

Blackburn Wants SAVE Act Passed... *see sports-Military 2* ***

Los Angeles Auto Show ... *see sports page 4*



COACH CHARLES HUFF



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