

Sports & Entertainment

Grizzlies celebrate legacy of Dr. Martin Luther King, Jr. with events across the Mid-South area... from sports page 1



formation to bring the Museum's story to new audiences through Feb. 28.

The Grizzlies and the National Civil Rights Museum will collaborate on a one-of-a-kind hoodie to showcase the unique relationship between the entities and the city of Memphis. Fans will have the opportunity to purchase the hoodie on Martin Luther King Jr. Day, Jan. 19, at the National Civil Rights Museum and during the Grizzlies game against the Atlanta Hawks at FedExForum on Jan. 21. All proceeds of sales will benefit the Museum.

Fans can support the National Civil Rights Museum with a

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Fans who want to support the Memphis Grizzlies and purchase 2025-26 season tickets, single game tickets or partial plans can do so now by going online to grizzlies.com/tickets. For single game tickets and more information on the Grizzlies, visit grizzlies.com, 'like' Memphis Grizzlies on Facebook or follow @memgrizz on Twitter/X and Instagram.

Memphis Grizzlies sign Christian Koloko to a second 10-day contract

MEMPHIS, Tenn., January 2, 2026 – The Memphis Grizzlies announced the team signed center Christian Koloko to a second 10-day contract. Per team policy, terms of the deal were not disclosed.

Koloko (7-0, 230) has competed in five games (one start) and has averaged 2.0 points, 3.6 rebounds, 1.2 steals and 1.2 blocks in 18.6 minutes for the Grizzlies since signing his first 10-day contract on Dec. 22. The 25-year-old also has played in two games for the Los Angeles Lakers and four NBA G League games for the

South Bay Lakers and Austin Spurs this season.

The Douala, Cameroon, native has appeared in 102 games (20 starts) over three seasons with the Toronto Raptors, Los Angeles Lakers and Memphis Grizzlies and has averaged 2.8 points and 2.8 rebounds in 12.2 minutes.

He was selected by the Raptors with the 33rd overall pick in the 2022 NBA Draft following a three-year collegiate career at Arizona, where he was named the 2021-22 Pac-12 Defensive Player of the Year.

Radians donates over \$500,000 in PPE and apparel to support from sports-military 3

Protective Equipment (PPE). With over 25 years of expertise, Radians offers a comprehensive line of safety products designed to reduce injuries and safeguard individuals across diverse markets, including industrial safety, construction, public safety, and retail. Radians has partnered with highly respected brands including DEWALT®, STANLEY®, DUCKS UNLIMITED®, CRAFTSMAN® and DSM Dynneema to provide high-performance personal protection

products. Radians' brands include Bellingham®, Crossfire®, Neese™, VolCore™, Arctic Radwear®, Nordic Blaze®, and VisionAid®. An ISO 9001:2008 certified leader in the PPE industry, the company is headquartered in Memphis, TN.

It has additional facilities in Thomasville, NC, Bellingham, WA, Mexico, the United Kingdom, and the Netherlands. For more information, visit www.Radians.com

Former Department of War advisor Nicole Lillyman joins Tennessee District Attorneys General Conference from sports military 2

district attorneys statewide.

Lillyman earned her Bachelor of Arts from Arizona State University and her Master of Science in National Security Strategy from the National War College, where she concentrated in strategic ethical leadership and completed a practicum focused on counterterrorism strategy.

The Tennessee District Attorneys General Conference was created by the General Assembly in 1961 to provide for a more prompt and efficient administration of justice in the courts of the state. It is composed of the elected District Attorneys General from the state's 32 judicial districts. www.tndagc.org.

Platinum selling vocalist Sara Evans to join late Dan Seals for duet of classic hit “Nights Are Forever” coming on January 16 from sports-ent. page 5

Diagnosed with mantle cell lymphoma in 2007, Seals faced his final days with the same grace he brought to his music. He passed away on March 25, 2009, at 8:30 p.m.—"Showtime," as he and his manager put it. Seals was posthumously inducted into the Texas Heritage Songwriters Hall of Fame earlier this year.

tistic integrity, only recording songs that stirred him emotionally. His producer, Kyle Lehnning, recalled how he pursued excellence with "light-hearted seriousness" in the studio. When the radio hits slowed, Seals remained a beloved touring act, later performing with his brother Jim as Seals & Seals, bringing their respective catalogs to audiences worldwide. Diagnosed with mantle cell lymphoma in 2007, Seals faced his final days with the same grace he brought to his music. He passed away on March 25, 2009, at 8:30 p.m.—"Showtime," as he and his manager put it. Seals was posthumously inducted into the Texas Heritage Songwriters Hall of Fame earlier this year. His legacy

remains one of versatility, authenticity, and an enduring impact on both pop and country music.

About Sara Evans

Multi-platinum entertainer SARA EVANS is at the top of her game. As the fifth most-played female artist at country radio in nearly the last two decades — her five No. 1 singles include "No Place That Far," "Suds In The Bucket," "A Real Fine Place To Start," "Born to Fly," and "A Little Bit Stronger." Several of those #1's spent 2 weeks in the top spot and were certified platinum by the R.I.A.A. Overall, she's had 15 songs chart in the top 20. Sara continues to thrill audiences around the world playing over 70 shows each year. Sara's "stunning, country voice" (Rolling Stone) has earned her the prestigious Academy of Country Music Top Female Vocalist accolade as well as numerous American Music Awards, Billboard Music Awards, Country Music Association, CMT and Grammy Awards nominations. In addition, the CMA awarded Video of the Year honors for her hit chart-topping single, "Born to Fly" from her double-platinum album of the same name. Evans' discography

also includes the multi-platinum selling studio albums Real Fine Place and Restless as well as the gold-certified projects Stronger and No Place That Far. Evans is also a proud member of the Grand Ole Opry.

Last year Sara launched her podcast Diving In Deep and has had a wide array of guests featured on the show including Crystal Gayle, Bill Anderson, Martina McBride, Ernest, and many more. In addition to a prolific country music career, Sara has been honored for her philanthropic work and in 2018 was presented the NAB Education Foundation's Service To America Leadership Award. A Red Cross ambassador, Sara received the national Crystal Cross award for her work with the disaster-relief organization and has helped raise funds for the CMA Foundation. A longtime supporter of St. Jude Children's Research Hospital, Sara continues to support the hospital as a cause dear to her heart.

For more information on Sara Evans, visit SaraEvans.com and engage with her on Facebook, Twitter and Instagram.

U.S. Army Special Forces combat veteran and former critical care nurse Steve Forti looks at patient demand vs. provider supply ... from sports-military 3

To protect our talent, our institutions, and ultimately our patients, we need to reimagine how we support employee wellbeing.

versity, the MINDBODY-STRONG program equipped new nurses with cognitive strategies through weekly group sessions, yielding sustained improvements in mental health and job satisfaction.

And at my institution -- the Hospital for Special Surgery in New York City -- physicians who fully engaged with our comprehensive

wellness effort, The Resiliency Project, which combined the use of a wearable device with professional coaching, reported a three-fold reduction in burnout symptoms over 12 weeks.

These success stories share common elements. They're evidence based, integrated into schedules rather than piled on top of already heavy workloads, fully funded, and supported by leadership. And the implementers recognize that while individual resilience matters, it can't compensate for the inherent stress that has become a cultural norm in health-care.

We now have the tools and knowledge to make this transformation. Now we need the will to turn them into standard practice. It's time to build a system that cares for caregivers as much as they care for us.

Steve Forti is a U.S. Army Special Forces combat veteran and former critical care nurse. Currently, he serves as the Chief Wellness and Resiliency Officer at the Hospital for Special Surgery. This piece originally ran in The Well News.

NRA blows whistle on NRA Foundation and files lawsuit in what known as NRA v. the NRA Foundation on funding issues, etc. from sports-military 3

fringing the NRA's trademarks, misappropriating funds contributed to support the NRA's charitable programs, and blocking the foundation's attempt to break away from the NRA.

BACKGROUND:

In 1990, the NRA established the NRA Foundation to ensure that financial support for firearms-related activities would be available now and for future generations.

Establishing the NRA Foundation, a 501(c)-(3) tax-exempt organization, provided a means to raise millions of dollars to fund the NRA's gun safety and educational projects of benefit to the general public. Contributions to the foundation are tax-deductible and support NRA programs for a variety of American constituencies, including youth, women, hunters, competitive shooters, gun collectors, law enforcement officers, and persons with physical disabilities.

Funds are raised primarily through the NRA's "Friends of NRA" events held by the NRA, where NRA members and supporters donate money on the understanding that it will be used to support the NRA's charitable programs. The foundation has historically approved requests to fund NRA charitable programs at the end of each year but has so far declined to approve any 2026 grant funding for the NRA. This harms the NRA, its members,

and the public.

Incorporated in 1871, the National Rifle Association is America's longest-standing civil rights organization. "Together with our millions of members, we're proud defenders of history's patriots and diligent protectors of the Second Amendment."

Follow the NRA on Facebook, Instagram, and X (Formerly Twitter).



Watch for The Mid-South Tribune's 31st Annual Black History Month Special Edition.

We celebrate America's 250th Anniversary and our culture of Freedom, Freedom, Freedom!

The Constitution of the United States of America provides the 13th, 14th, and 15th Amendments as testament of America's culture of Freedom and the Pursuit of Happiness!

Coming in February!

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