

A REUNION TO

REMEMBER



Willie & Artnicishel Smith Family

Washington DC 2024

<https://sportandhoney.com/>

Smith Family- Where Do We Come From?

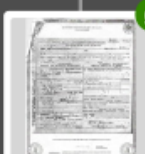


Ulus (Smith)
1877-



Edna L. "Dean-Davis"
1883-1965

John's grandparents



George W. Swan
1854-1930



Mariah Simmons
1870-

John's grandparents

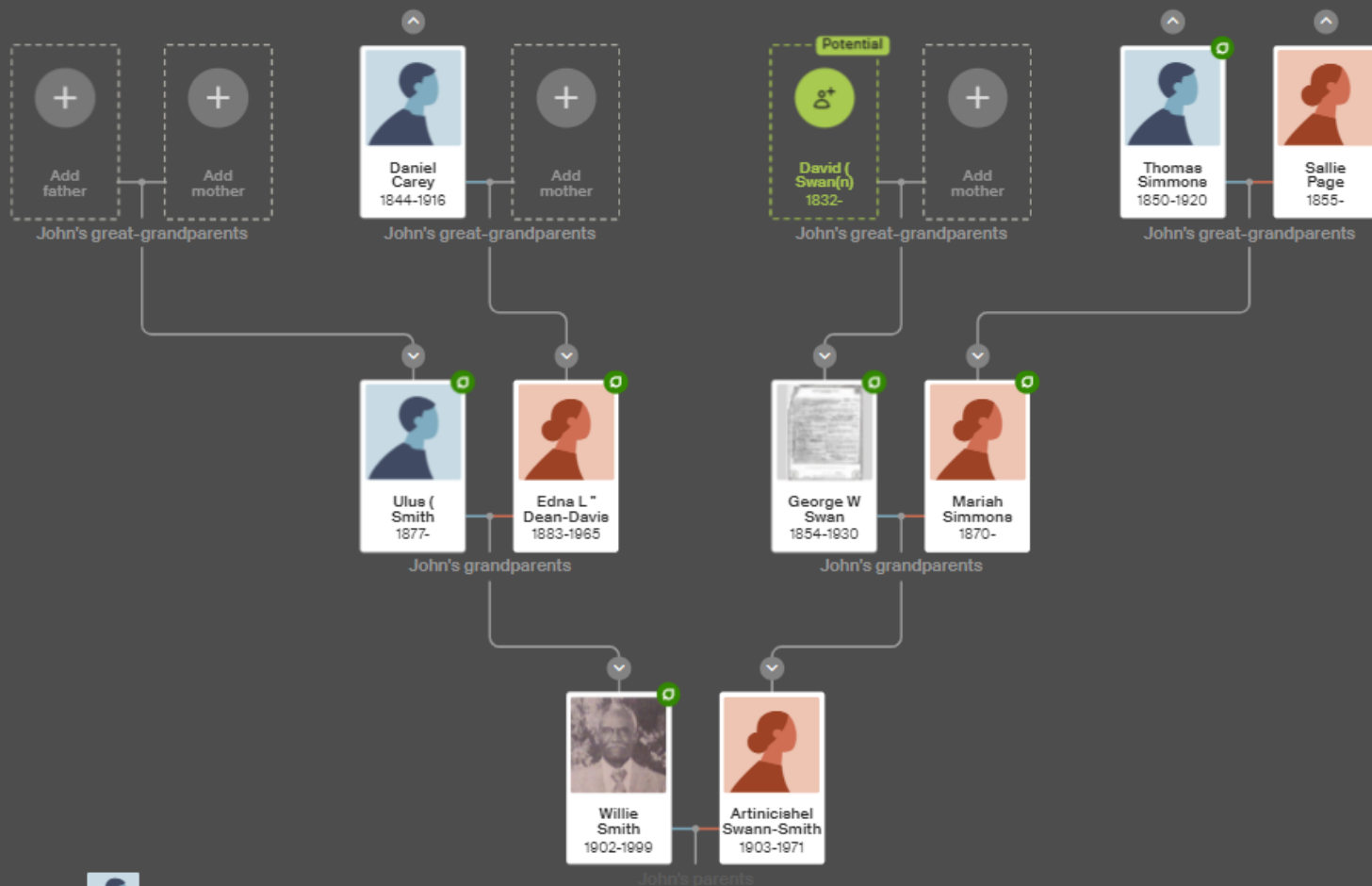


Willie Smith
1902-1999



Artinicishel Swann-Smith
1903-1971

John's parents





Children (1)

● Willie Smith

B: 1902



Edna Louise "Daisy" Dean-Davis

B: 1883 in Mississippi, United States

D: 1965 in Mississippi, United States



Ulus (Ulysses) Smith

B: abt 1877 in Mississippi

Parents



Daniel Carey

1844–1916



Unknown

Smith's Parents Family Trees

Willie Smith

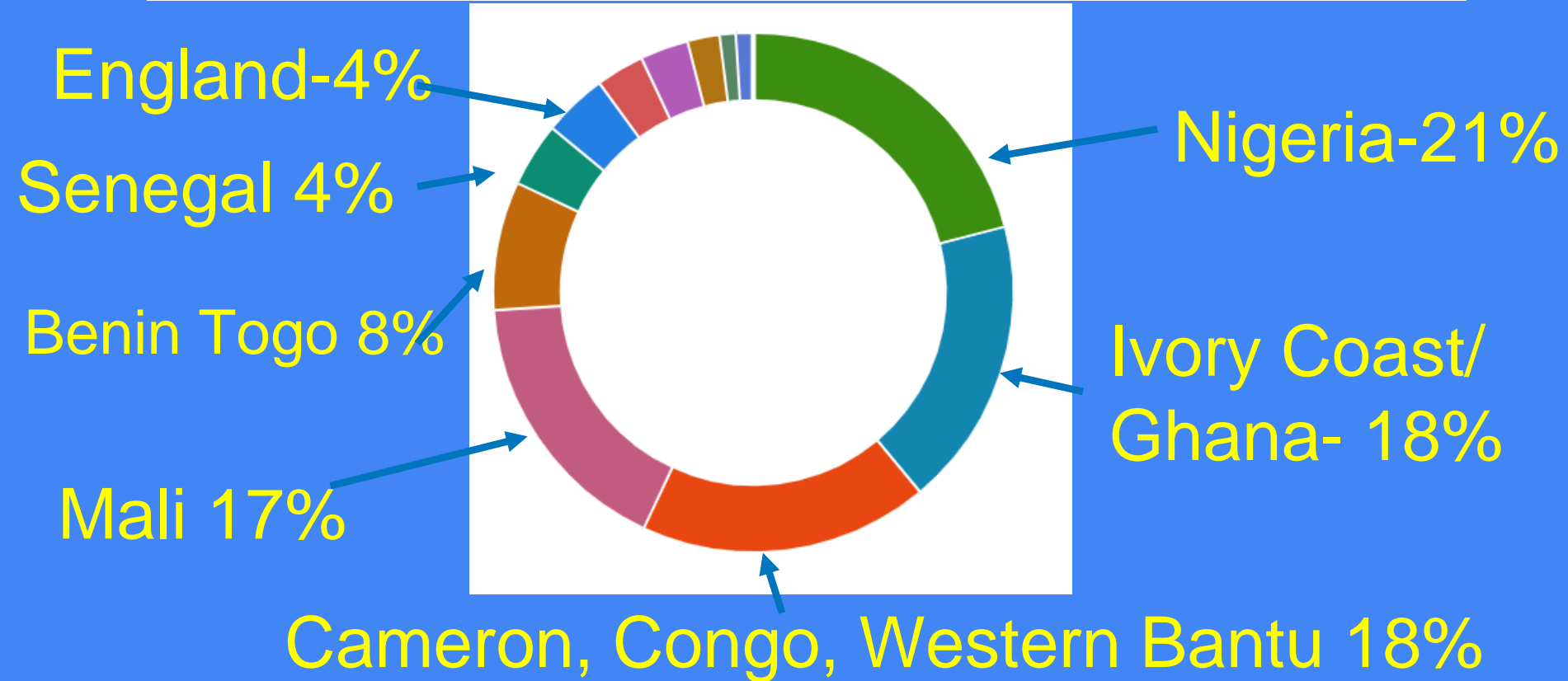
- Davis - Maternal
- Carey – Maternal (Grandfather)
- Batte
- Brown
- Hollins – Paternal
- Adair
- Adam
- Adkins
- Adkison
- Alexander

Artnicishel Swan-Smith

- Swan -Paternal
- Page - Maternal
- Simmons- Maternal
- Larkin
- Ellison
- Johnson
- Smith
- Williams
- Genous
- Jones

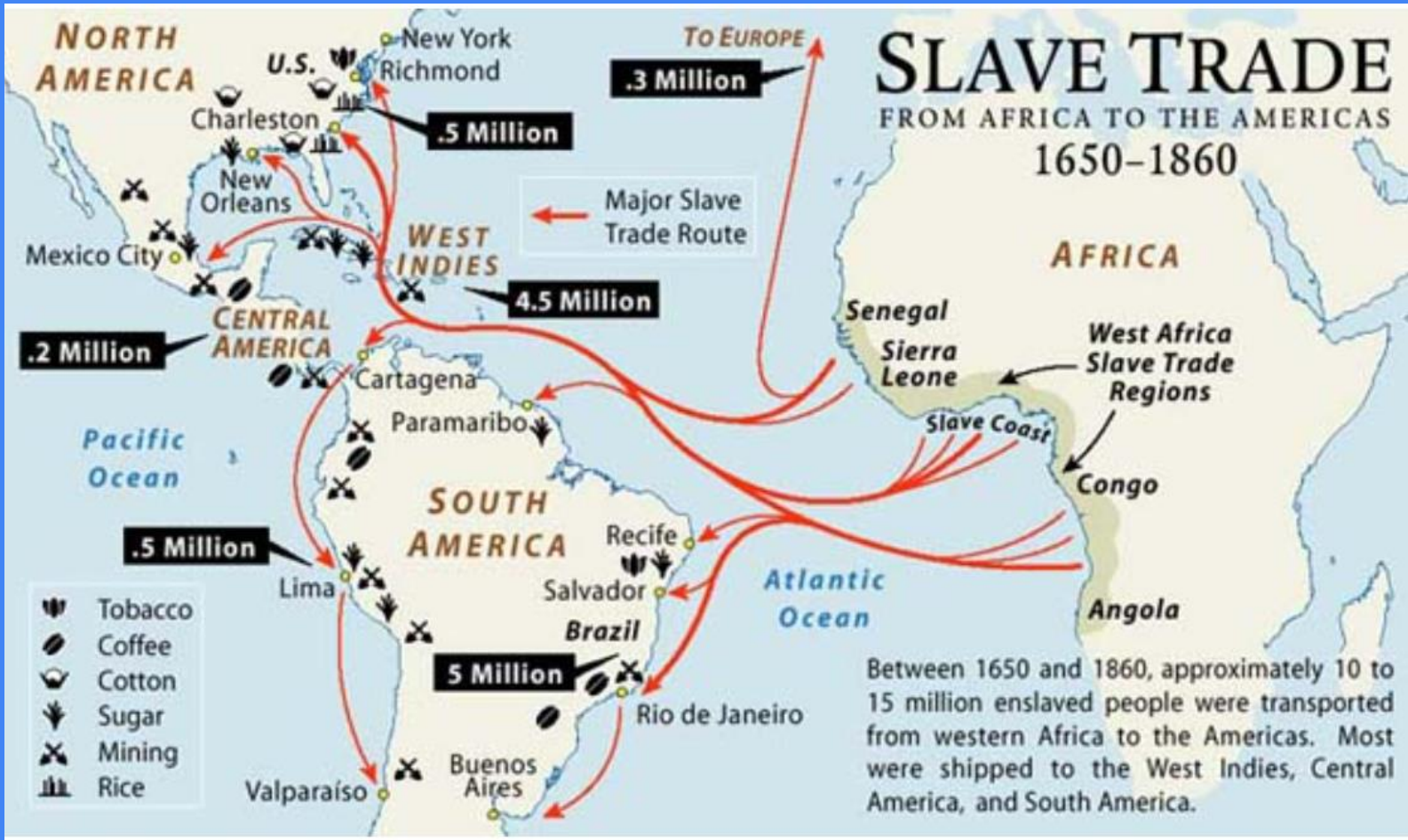
Ancestral regions: Johnnie C. Smith

Your DNA looks most like DNA from these regions





Ancestral Regions	Willie	Artnisichel	Johnnie	Bethenia	Annie
Nigeria	16%	26%	21%	19%	15%
Ivory Coast/Ghana	12%	24%	18%	19%	21%
Cameron- Bantu	16%	16%	18%	22%	27%
Mali	16%	12%	17%	15%	15%
Benin and Togo	12%	4%	8%	9%	9%
Senegal	6%	2%	4%	6%	6%
England	6%	2%	4%	8%	5%



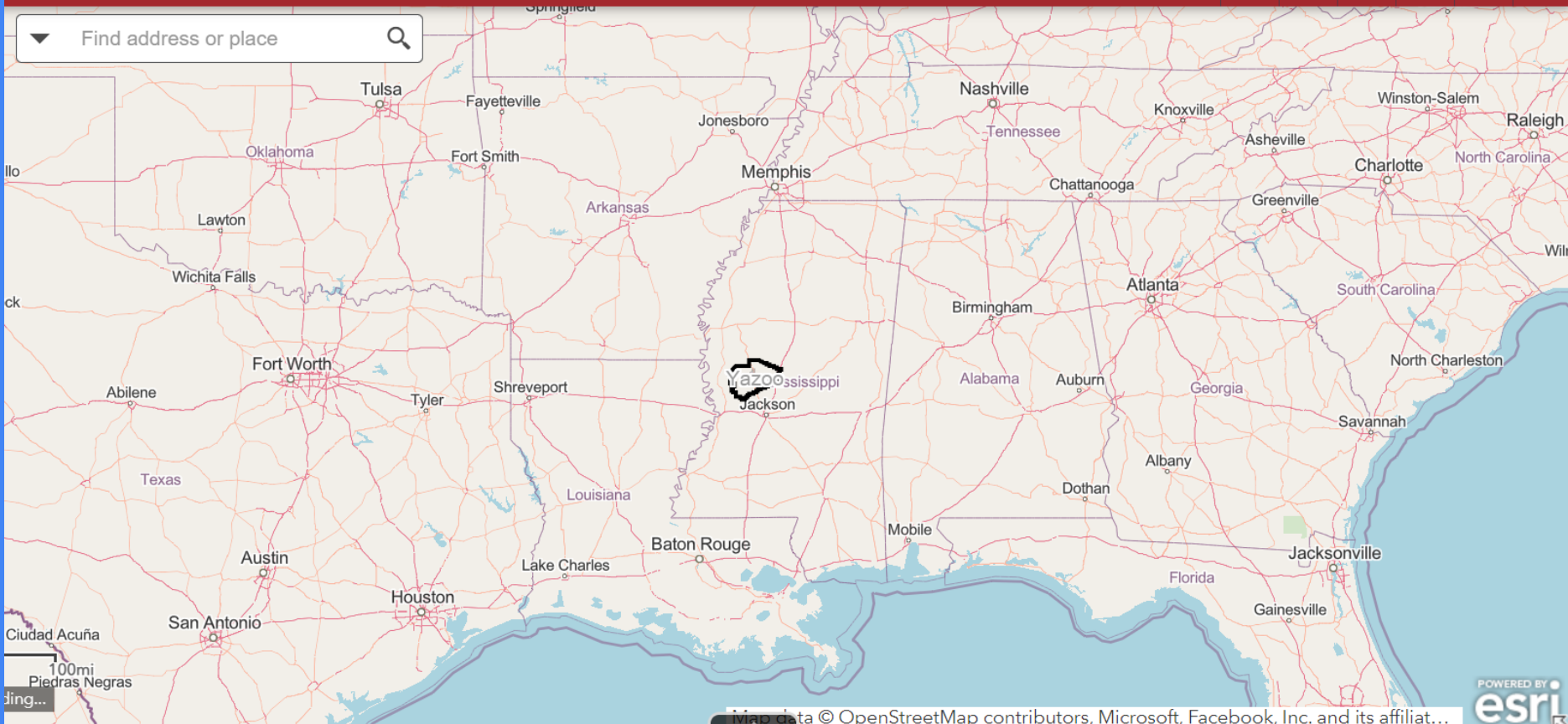




Yazoo City Map Viewer



Find address or place



Map data © OpenStreetMap contributors, Microsoft, Facebook, Inc. and its affiliates



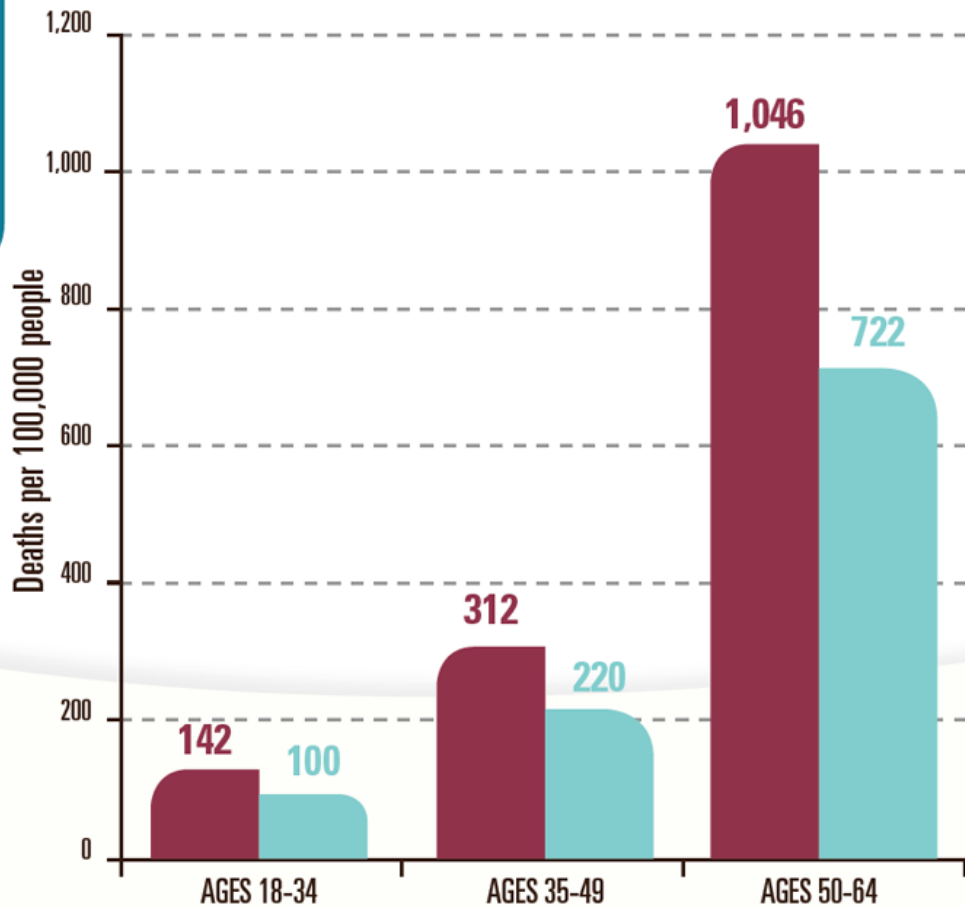
Thrifty (survivor) Gene Theory

- Certain Gene Variants may have evolved to help humans survive environments with limited materials, calories and water
- Modern Society with abundant food may be detrimental and cause obesity, diabetes, heart and kidney disease.
- However with our skill set that we learned during these scares times has allowed us to thrive in modern society and now many of our descendants have become doctors, lawyers, teachers, politicians, and entrepreneurs.

Since Smith was not our Original Family Name-
What are the characteristics of the descendants
of Willie and Artnischel?

- Spiritual
- Motivated
- Inventive
- Talkative
- Happy

African Americans are more likely to die at early ages from all causes.



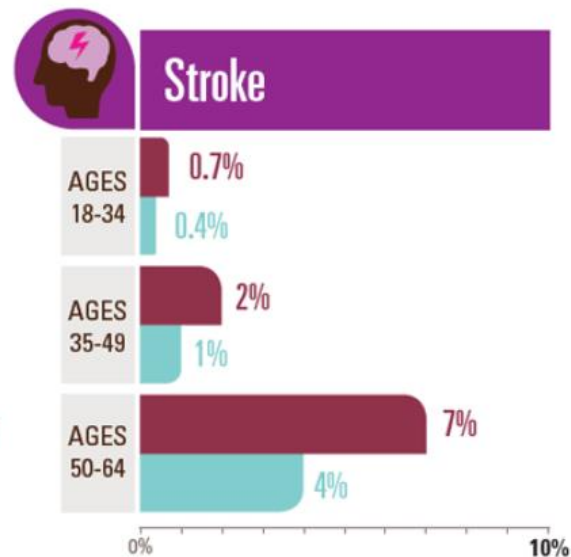
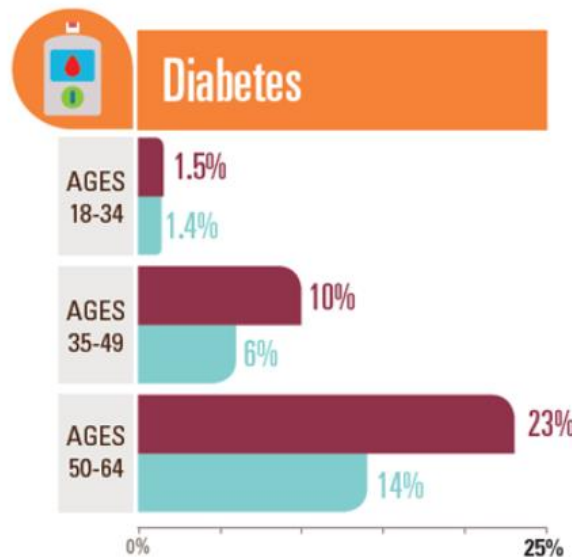
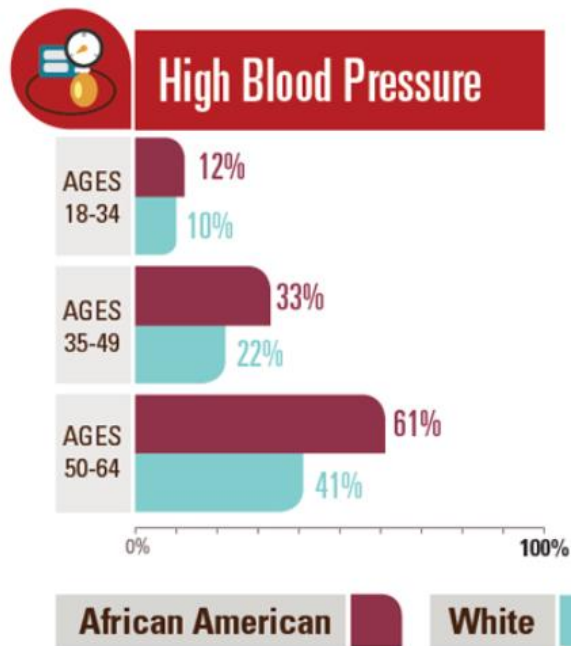
SOURCE: US Vital Statistics, 2015.

Table 1

Top 10 causes of death for black men compared with black women, white men, and white women, 2013. Data taken from Reference [57](#)

Cause of death	Black men	Black women	White men	White women
Heart disease	1	1	1	1
Malignant neoplasms	2	2	2	2
Unintentional injury	3	7	3	6
Cerebrovascular diseases	4	3	5	4
Homicide	5	NA	NA	NA
Diabetes mellitus	6	4	6	7
Chronic lower respiratory disease	7	5	4	3
Nephritis, nephrotic syndrome, and nephrosis	8	6	-	9
Septicemia	9	9	-	10
Influenza and pneumonia	10	-	9	8

NA, not applicable.



African Americans and whites include Hispanic and non-Hispanic origin.

SOURCE: Behavioral Risk Factor Surveillance System, 2015.



STANDARD CERTIFICATE OF DEATH 4799 State File

MISSISSIPPI STATE BOARD OF HEALTH

DEATH *Humphreys* Registered No. _____

Place of death _____ or Village _____

No. _____ St. _____

(If death occurred in a hospital or institution, give its NAME instead of street and number)

Place of residence in city or town where death occurred? _____ yrs. _____ mos. _____ ds. How long in U. S. if of foreign birth? _____

NAME *Wash Swan* (Write or Print Name)

Residence: No. _____ St. _____ Ward. _____

(Usual place of abode) (If nonresident give city or town)

PERSONAL AND STATISTICAL PARTICULARS

1. COLOR OR RACE *negro* 2. Single, Married, Widowed, or Divorced (write the word) *Married*

ed, widowed, or divorced

AND of

WIFE of

BIRTH (month, day, and year)

Years	Months	Days	If LESS than 1 day, hrs. or min.
65			

Profession, or particular of work done, as spinner, _____ *For mining*

MEDICAL CERTIFICATE OF DEATH

21. DATE OF DEATH (month, day, and year) *Mar*

22. I HEREBY CERTIFY, That I attended deceased from _____, 19____ to _____

I last saw him alive on _____, 19____

to have occurred on the date stated above, at _____

The principal cause of death and related causes of importance were as follows:

Coronary-Renal

Contributory causes of importance not related to principal

Wash Swan Death Certificate

Add date

Humphreys County, Mississippi

Category

Document / Certificate



Jonathan Swan originally shared this on 13 Dec 2019

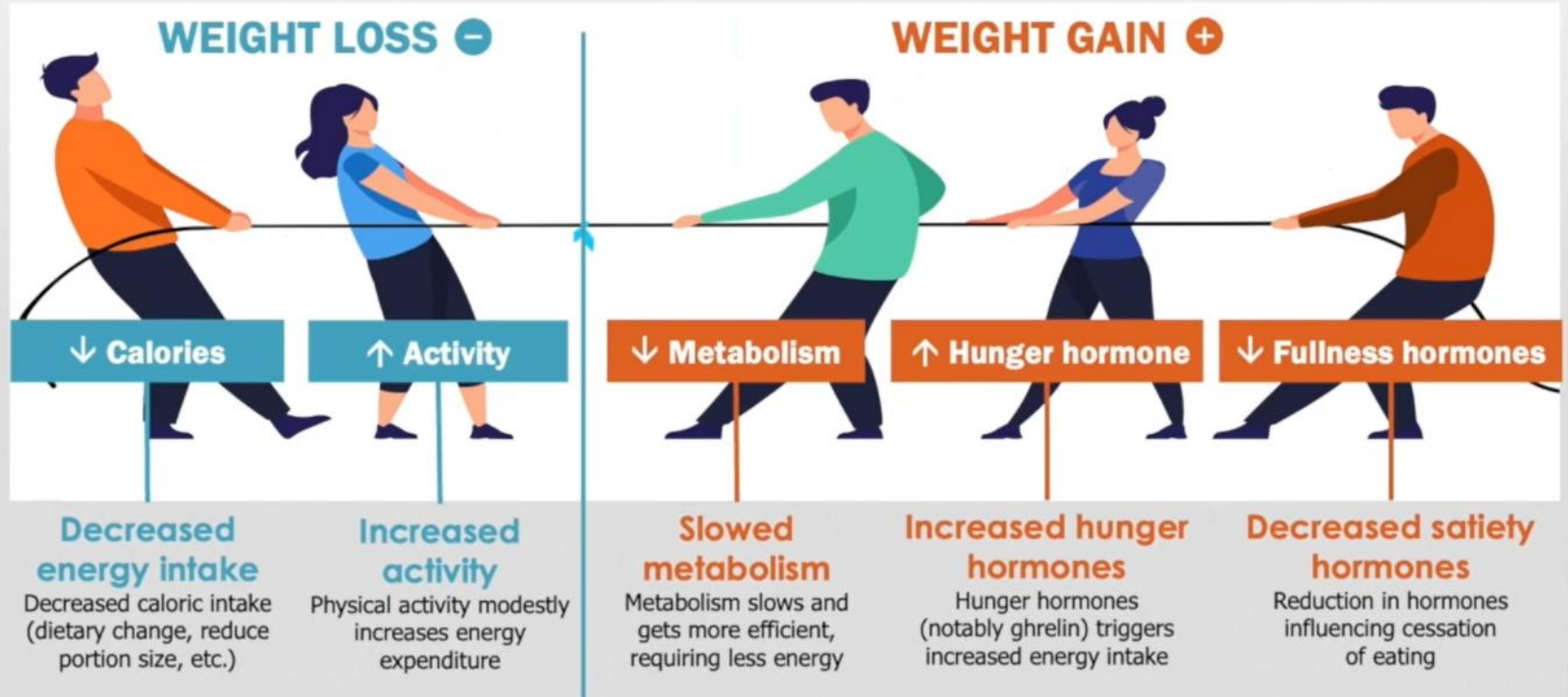
Linked to

George Washington Swan

Add person

Edit details

Why Is It So Hard to Manage Weight?



WEIGHT LOSS

What you think weight loss is based on:

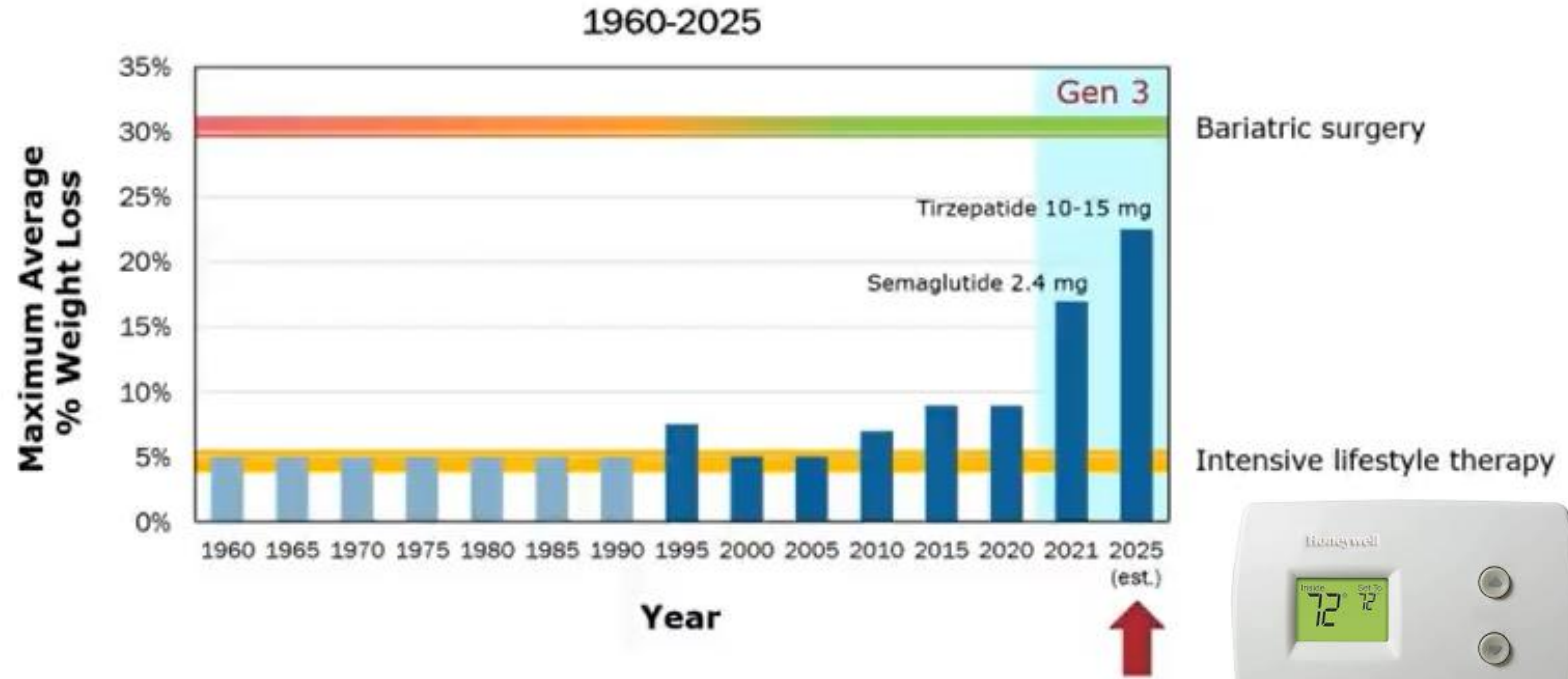
- calories in vs. calories out

What weight loss is really based on:

- hormones
- stress
- food composition
- gut health
- genetics
- physical activity
- sleep
- body composition
- medications
- hydration

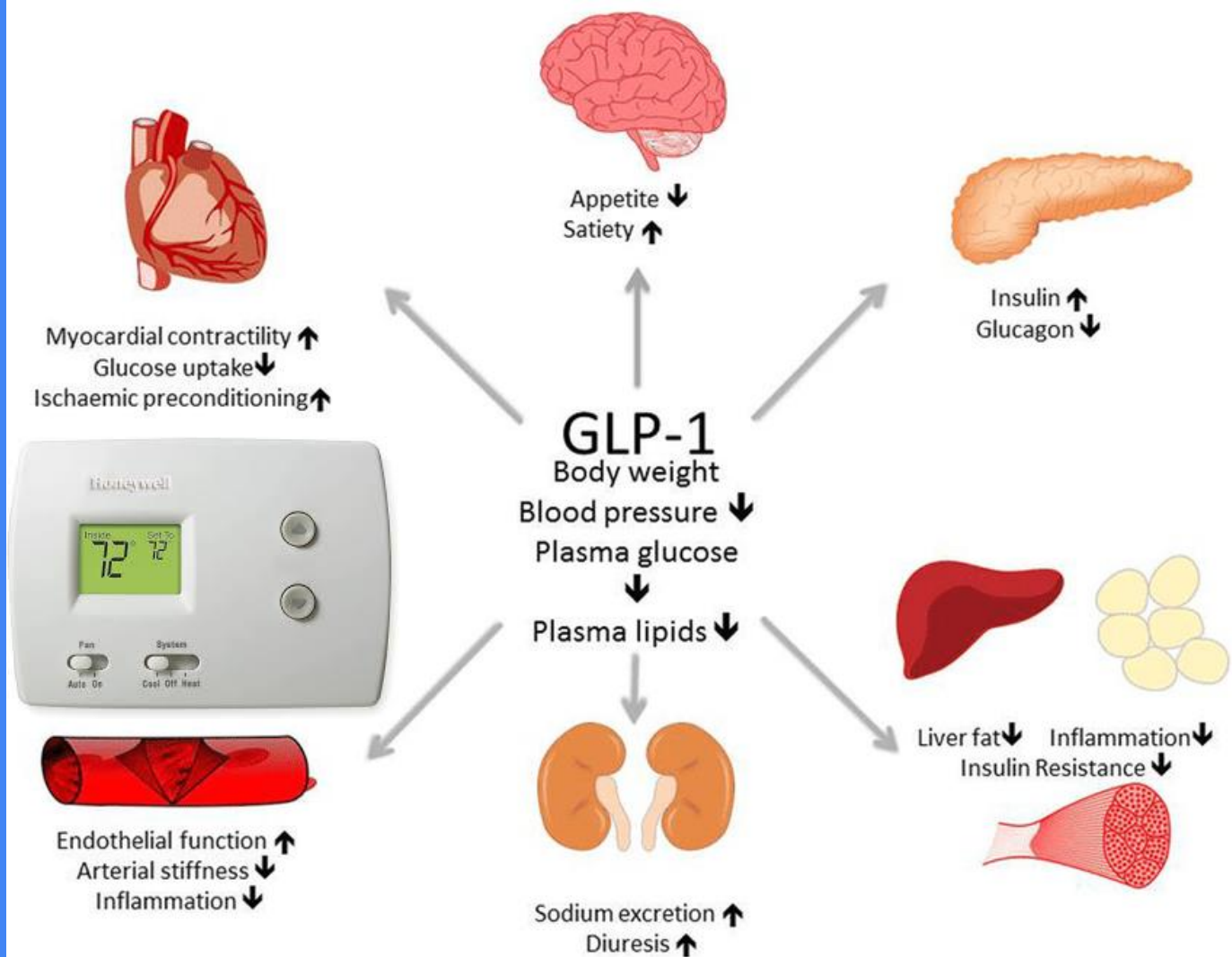
The emergence of truly effective anti-obesity medications

... mimic the action of native GI and CNS peptides



Kaplan LM *et al.*, 2022





Benefits of GLP-1 (Metabolic Supervisor)

- Improves Glucose control
- Decreased excess body fat
- Decrease Cardiac risk (Stroke, heart failure, heart attacks)
- Improves kidney function
- Decreased risk for many cancers
- Improves Sleep Apnea
- Improves Liver Function
- Decreases Alcohol cravings



The New Meds for Diabetes and Obesity

Semaglutide (GLP-1)

Tirzepatide (GLP-1)/GIP

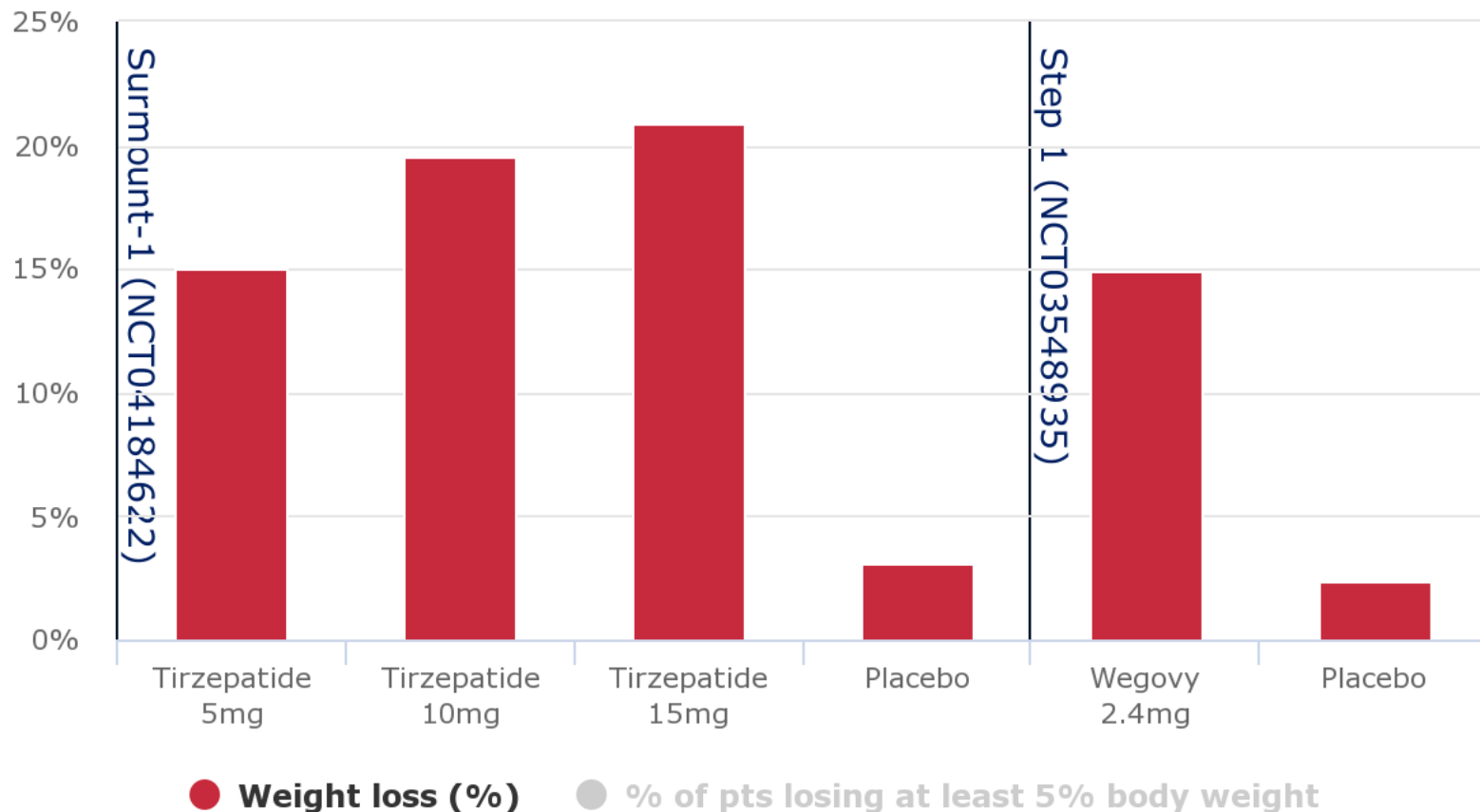


Ozempic - Wegovy
Diabetes - Obesity

Mounjaro - Zepbound
Diabetes - Obesity

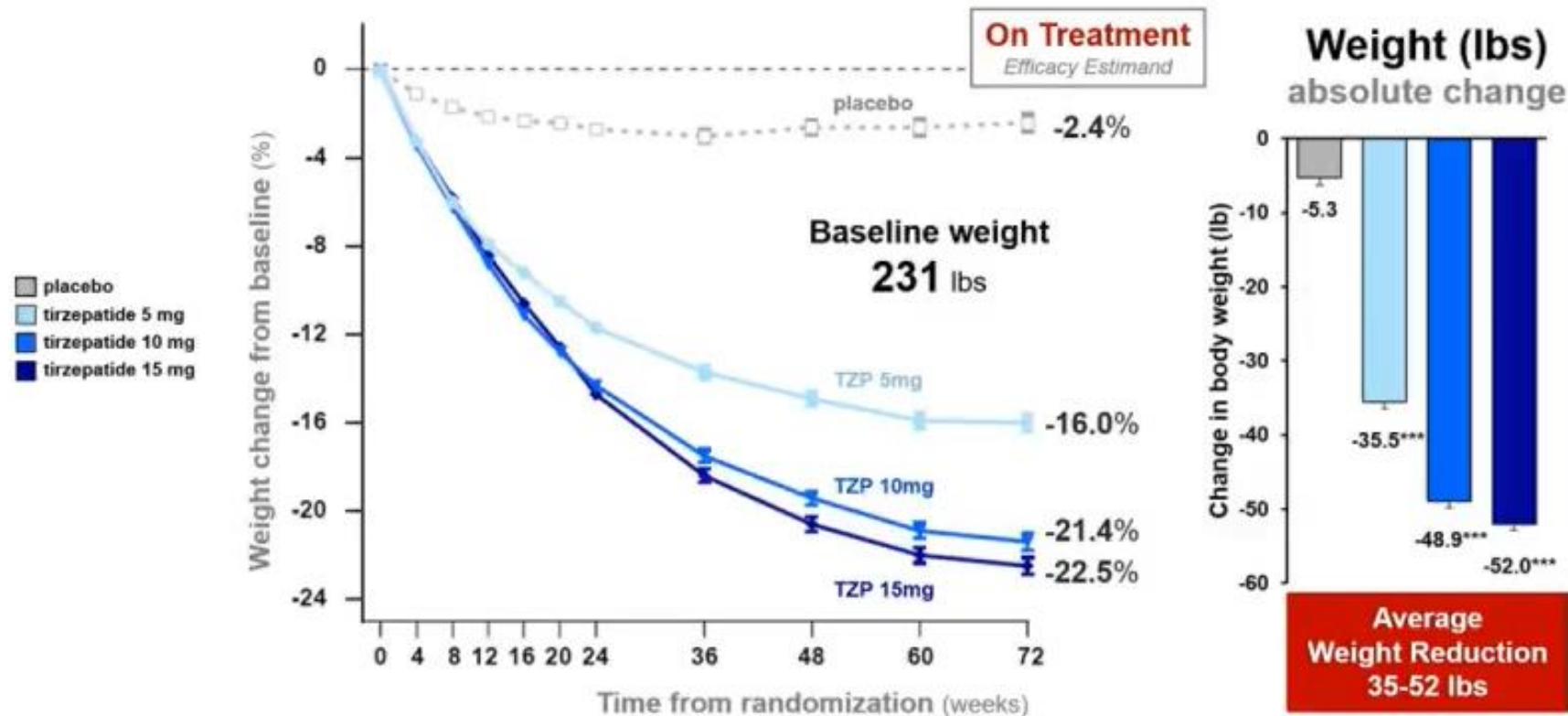
Lilly's tirzepatide vs Novo's Wegovy: Efficacy

Cross-trial comparison



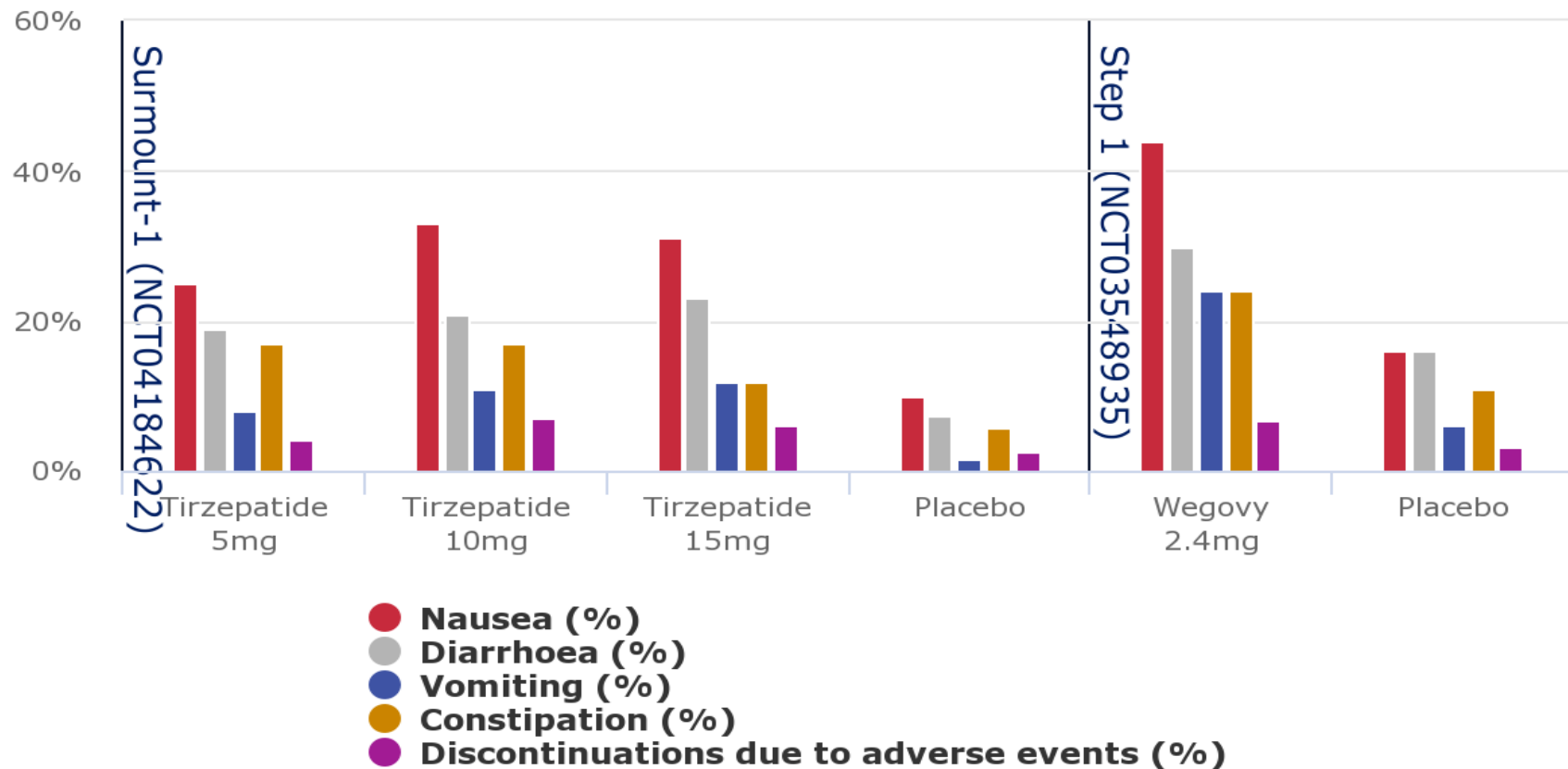
Source: company releases, FDA.

Weight Reduction Over 72 weeks: absolute change



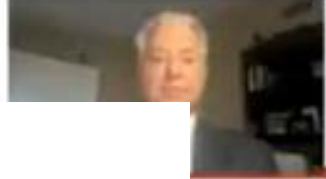
Lilly's tirzepatide vs Novo's Wegovy: Safety

Cross-trial comparison



Source: company releases, FDA.

Tirzepatide

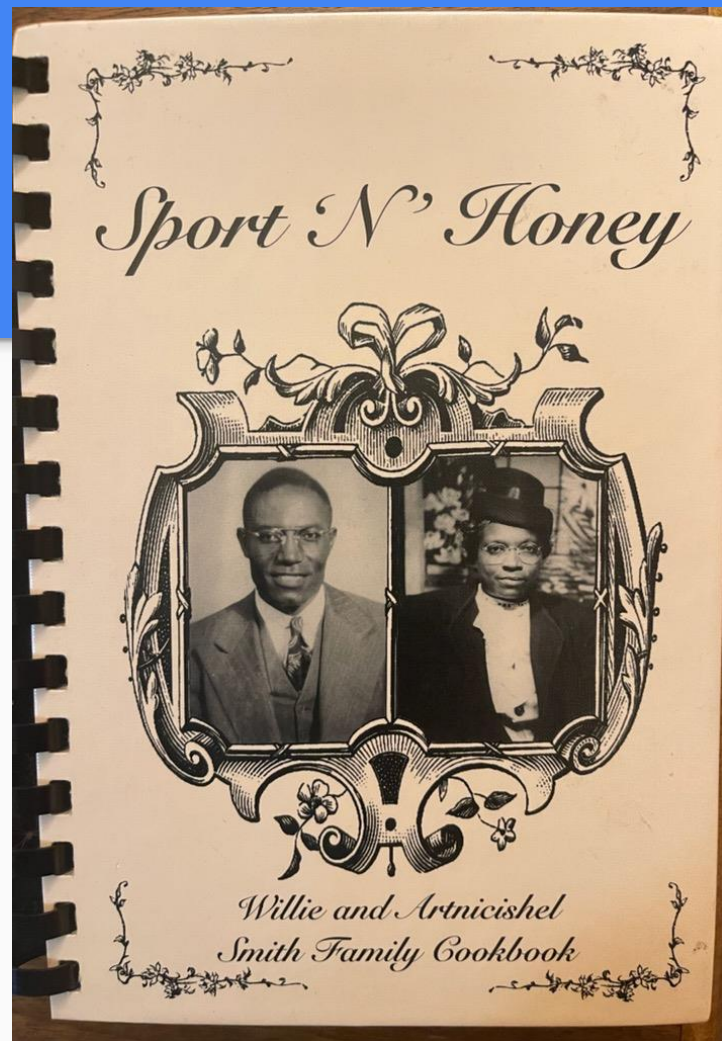


- Weight loss of 15-22.5% depending on dose
- Up to 96% of participants achieved $\geq 5\%$ weight reduction, with up to 63% of participants $\geq 20\%$ weight reduction, up to 40% $\geq 25\%$ weight reduction
- Significant improvement in all cardiometabolic risk factors:
 - Systolic/Diastolic blood pressure
 - Fasting glucose and HbA1c
 - Lipids
 - Liver enzymes (AST, ALT)
 - Waist circumference
 - Fasting insulin
- 95.3% of participants on tirzepatide with prediabetes at baseline reverted to normoglycemia at week 72 as compared to 61% of those on placebo and diet

Presentations



Sport 'N Honey Cookbook



To Redeem Your Certificate

Write on the Back and give to Ruth

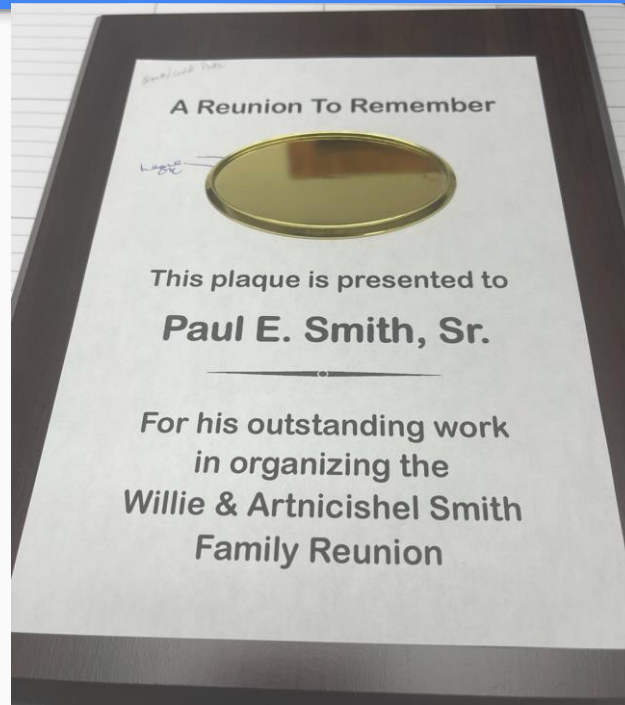
Name

Mailing Address

Phone Number

Email

Special Recognition to Paul Smith, Sr



Pod



Emma Grey Hollins

Lewis-Delaney Family Tree

Birth

11 Dec 1885 • Woodville, Mississippi

Death

30 Apr 1948 • Yazoo County, Mississippi, USA

Parents



Arthur Hollins

1880–1916



Cornelia Brown



Arthur Hollins

Lewis-Delaney Family Tree

Birth

1880 • Mississippi, USA

Death

1916 • Yazoo City, Yazoo, Mississippi, USA