

Living With Children

By John Rosemond

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Q: Our 15-year-old daughter has become, over the past year or so, quite a disruptive influence in our normally peaceful home. She was a gem until she entered high school when she almost overnight become disrespectful and combatively argumentative. If she disagrees with a decision we make, she will begin scream-

ing at us, calling us names, and the like. Despite the fact that her face is in her smart phone almost constantly, her grades at the secular private school she attends are still good to excellent and she's not, to our knowledge, hanging with a bad peer group. We're at somewhat of a loss to figure this out. Do you ever recommend

boarding school in situations of this sort?

A: Sometimes, the sudden emergence of pronounced problems with a previously well-behaved teen are indicators of drug or alcohol use, the influence of undesirable peers, problems at school of one sort or another, or problems in the home. And sometimes, none of those factors are in play. Sometimes, there's no explaining a flip-flop of this nature—it just is what it is.

Today's teens, and especially the female of the species, seem drawn to the opportunity to create drama out of their lives. These dramas run the gamut, but usually whirl around conflicts with peers. If no other drama presents itself—if everything is hunky-dory in the child's life socially and otherwise—then the default theme is "my parents are, like, idiots and, like, don't understand me or my needs and I am, like, pitiful." I must stress that these dramas do not necessarily reflect any reality outside of some idiosyncratic "reality" that exists solely in the teen's smart-phone-addled brain.

Which is, in fact, a possible so-

lution: to wit, take away the smart phone and get her a flip phone from a box store; one that requires three minutes of concentration to send a five-word text, doesn't access the internet, and doesn't take photos. And no, I'm not suggesting you do this as punishment for her disrespect; I'm suggesting that this be your new and very enlightened policy.

I have spoken of late to more than a few parents who have done exactly that. Without exception, they report that their children become more relaxed, respectful, and sensitive to the needs of other family members, including siblings. "She's fun to be around again," said one such parent. Some have even told me that their kids have testified to feeling generally better, less stressed, less "prickly," and the like. And speaking of that word, one parent told me that after the loss of her smart phone, her teen daughter stopped using "like" every fourth word. Hallelujah!

On the matter of boarding school, I'd try cleaning out the smart phone addiction first. (Beware! The first week of withdraw-

al is akin to living with Satan-on-methamphetamine.) If you see no change in a few weeks, if she continues to be a constant disruption, then boarding school is certainly an option. My general feeling is that at some point, it is best to find other living arrangements for a disruptive child than for the entire family to continue feeling daily emotional torment as the result of his or her presence.

You might also consider helping her get a job as a summer camp counselor.

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Colton Howell is pictured with his horse, Frosty, after having won Division One of the Stake Race. Colton and Frosty, also, teamed up for 2nd place in Pole Bending and Goat Tying, and 5th in Barrels. (Photo by Betsy Padgett)



Emma Cotten is pictured with her pony, Fancy Two Steps, after having won Reserve Champion Pony Mare at the 2017 Northwest District 4-H Horse Show in Tunica. (Photo by Betsy Padgett)



Cin'Kyra Mosley won the Division 2 Pole Bending on Lil' Red, placed 2nd in Stakes on Reba, and 8th in the Barrels after having knocked over a Barrel. (Photo by Betsy Padgett)

*Horse Show

(Continued from page 1.) this case, Abigail Roark, daughter of Carol Dunn Roark. Abi competed in all the speed events placing 2nd in Poles, 3rd in Barrels and 8th in Stakes.

Out of our crew running the speed events, Colton, Livi, Cin'Kyra, Tredell, Sinatra and Semaja, all be running again on June 24 at the State 4-H Horse Championships. Roping and

Ranch sorting will compete beginning at 6 p.m. on Thursday, June 22.

Come on down to the Fairgrounds in Jackson to join in the excitement and support the Holmes County 4-H Boots & Spurs bunch.

2016 Annual Drinking Water Quality Report
 West Holmes Water Association
 PWS# 260027
 June 2017

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to providing you with information because informed customers are our best allies. Our water source is from wells drawing from the Upper Meridian Wilcox Aquifer.

The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. A report containing detailed information on how the susceptibility determinations were made has been furnished to our public water system and is available for viewing upon request. The wells for the West Holmes Water Association have received moderate to higher rankings in terms of susceptibility to contamination.

If you have any questions about this report or concerning your water utility, please contact Otis Clark at 662-299-9908. We want our valued customers to be informed about their water utility. If you want to learn more, please join us at any of our regularly scheduled meetings. They are held on the first Monday in May at 6:00 PM at the office complex.

We routinely monitor for contaminants in your drinking water according to Federal and State laws. This table below lists all of the drinking water contaminants that were detected during the period of January 1st to December 31st, 2016. In cases where monitoring wasn't required in 2016, the table reflects the most recent results. As water travels over the surface of land or underground, it dissolves naturally occurring minerals and, in some cases, radioactive materials and can pick up substances or contaminants from the presence of animals or from human activity, microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm-water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm-water runoff, and residential uses; organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations and septic systems; radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily indicate that the water poses a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Action Level - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level (MCL) - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG) - The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL) - The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary to control microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) - The level of a drinking water disinfectant below which there is no known or expected risk of health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Contaminant	Violation Y/N	Date Collected	Level Detected	Range of Detects or # of Samples Exceeding MCL/AQL/MRDL	Unit Measure	MCLG	MCL	Likely Source of Contamination
Inorganic Contaminants								
10. Barium	N	2015*	0.124	.0059 - .0124	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
13. Chromium	N	2015*	3.1	2.1 - 3.1	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits
16. Fluoride	N	2015*	.171	.162 - .171	ppm	4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
17. Lead	N	2012/14*	1	0	ppb	0	AL=15	Corrosion of household plumbing systems; erosion of natural deposits
Disinfection By-Products								
81. HAAS	N	2012*	20	No Range	ppb	0	60	By-Product of drinking water disinfection.
82. THM (Total trihalomethanes)	N	2012*	16.3	No Range	ppb	0	80	By-product of drinking water chlorination.
Chlorine	N	2016	1.3	.62 - 1.9	mg/l	0	MRDL = 4	Water additive used to control microbes

* Most recent sample. No sample required for 2016.

We are required to monitor your drinking water for specific contaminants on a monthly basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. In an effort to ensure systems complete all monitoring requirements, MSQH now notifies systems of any missing samples prior to the end of the compliance period.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Our water system is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>. The Mississippi State Department of Health Public Health Laboratory offers lead testing. Please contact 601.576.7582 if you wish to have your water tested.

All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. These substances can be microbes, inorganic or organic chemicals and radioactive substances. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline 1-800-426-4791.

The West Holmes Water Association works around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

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