



Living With Children

By John Rosemond

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Q: Our 8-year-old daughter tries to manipulate us and her siblings (she is the youngest of three) with emotional outbursts and whining when things don't go her way. She is mostly a delightful, cheerful child but this bothersome cycle flares up at least every other day. For the time being at least, she only behaves this way at home. I think she would be embarrassed to behave this way in front of other people, including her friends.

A: Allow me to begin by offering a hopefully helpful correction: your daughter is not

"mostly a delightful, cheerful child." She would be mostly wonderful to be around if and only if the emotional blackmail in question did not occur "at least every other day." That means these outbursts occur more than every other day, which means they occur more than 183 days a year, which means she is sometimes but not mostly delightful. The potential for improvement is definitely there, however.

If you took your daughter to a mental health professional, your description would probably provoke a diagnosis of childhood bipolar disorder, or whatever they are calling it these days. Ignoring for the moment the fact that there is no good science behind this supposed biochemical malfunction (the specific chemicals or nature of said malfunction having never been unequivocally identified), she is not bipolar. A disorder does not operate with the discrimination

you describe. If something was "wrong" with her, she would be obnoxious in front of friends, their parents, teachers, and the people in white coats who came to take her away (tra la, for those who appreciate the reference).

She's not manipulative either. Not yet, anyway. She's not old enough to be behaving in this most terrible manner with purpose. Mind you, she sometimes achieves a purpose, but ends do not prove means. She has simply developed some very bad emotional habits that will, if not nipped in the bud, prove very disadvantageous to her in the not-all-that-distant future. So, let's nip this in the bud. I'm fairly certain I know how to do so.

Tell her that you spoke with the World's Most Amazing Parenting Expert about her temper tantrums. He told you that little girls who are inhabited by such emotional demons (however you want to put that) are not getting enough sleep. As we all know, lack of sleep causes all manner of irrational behavior, even in adults. Some children need more sleep than others and her outbursts are simply indication that sleep is the answer—and the more, the better. So, until her outbursts stop and do not resurface for thirty straight days, she absolutely must be in bed no later than 6:30 every night. If she voluntarily goes to bed at least 30 minutes earlier than 6:30, she gets credit for two days. In the meantime, no birthday parties, special events, or after-school activities that would keep her up past the appointed hour. And no sleepovers either, needless to say.

Put a 30-day chart on the refrigerator so she can see her progress, but remember, if she has a relapse, the current chart comes down and a new one goes up. It may take her a while—I predict two to three months—but if my experience serves me well, she will be a truly delightful and cheerful child by then.!"

Family psychologist John Rosemond: johnrosemond.com, parentguru.com.



Letter to the Editor

I am a Durant homeowner and as most Durant residents I was effected by the tornado on April 30, 2017. The majority of my damage was outside and mostly downed trees. We cut and removed the smaller trees but some were too large for us to cut or move.

Samaritan's Purse attended my church and told everyone there that they were here to SERVE Durant and assist with clean up on our property. I signed up the next week to request their help in removing the large trees from my property. Due to the heavy rain they were not able to get to my property until 6/13/2017.

Samaritan's Purse crew arrived as promised the morning of June 13th around 8:30, they introduced everyone with lots of hugs and huge smiles, they explained what they were going to do and how they would go about doing it. Before the work

started they had a group prayer (including me) they prayed for the worker safety. Etc., and a special prayer for me that had nothing to do with the tornado damages. Around 10:00 o'clock two chaplains from Billy Graham Ministries arrived, thanked me for letting Samaritan's Purse SERVE me and they prayed another special prayer for me, that God would continue to strengthen, protect and uplift my spirits. The group finished the cleanup around 12:30, once again the group had a prayer (including me) thanking God for their safety doing the cleanup, etc., and another special prayer for me. At the end of the prayer I was presented a Bible from Billy Graham Ministries, with my name and date that their services were done. Inside the Bible every volunteer had written a special message to me but all of them thanked me for allowing them to SERVE me. I think ev-

ery family that was blessed with the services from Samaritan's Purse were offered everything that I received.

For me the prayers, smiles, hugs, concern for me and the Bible was one of the most uplifting and blessed experiences I have ever received from people that know nothing about me. Before they left they invited me to have dinner with them and said I could bring a guest to Kosciusko any afternoon I was available and I promised them I would and thanked them for the invite. My guest and I had dinner with the group Thursday evening and it was another blessed experience.

Not only is this group doing great things with the cleanup in Durant but they are lifting spirits and saving souls. God bless Samaritan's Purse and Billy Graham Ministries.

I thank God for sending them to me and to Durant.

Martha Hester
Durant

Holmes student named to Delta State honors list

The following Delta State University student is listed on the President's List for the 2017 spring semester. For the honor, a grade-point average from 3.75 through 4.0 is required of full-time students carrying at least 12 semester hours.

HOLMES

Ashlyn Spell, Lexington

Calendar of Events

Deadline: 4 p.m., Friday

MAYORAL HEALTH COUNCIL TO MEET

The Lexington Mayor's Health Council will meet on Thursday, June 22 at the Lexington Multi-Purpose Complex at 10 a.m. This month's meeting will be on blood pressure and stroke prevention.

6-15,22

ANNIVERSARY TO BE HELD AT SUNNY MOUNT

The members of Sunny Mount M.B. Church, Big Mount Zion M.B. Church, Macedonia M.B. Church and Rockport M.B. Church will celebrate their, Bishop Cordell Mitchell and First Lady Minnie Mitchell, Pastor and Wife's 8 Years Combined Anniversary on Sunday, June 25 at 11 a.m. at Sunny Mt. M.B. Church.

6-15,22

MONUMENT TO BE UNVEILED IN LEXINGTON

The PFC Milton Lee Olive memorial monument dedication will be on Tuesday, July 4. A meet and greet and memorial program will be from 9:30 a.m. to 11:00 a.m. at the Lexington Multi-Purpose Complex Building. The monument unveiling

ceremony will be at 11:15 a.m. on the Holmes County Courthouse Grounds.

6-22,29

SACRIFICIAL SERVICE SET AT ST. JOSEPH COGIC

St. Joseph C.O.G.I.C. in West will hold a Sacrificial Service on Sunday, June 25 at 1 p.m., Sunday School at 11:30 a.m.

6-15,22

ANTI-LITTER PROGRAM SET AT LEX. PUBLIC LIB.

Wanda Woodard from the Mississippi Department of Transportation will present an anti-litter program for children. The program will be at 3 p.m. on Thursday, June 22 and is sponsored by a 2017 Margaret Murray Grant and Friends of the LPL. The program is for children 6 to 12. Children under 9 must be accompanied by a parent/responsible caregiver at least 12 years old. Call 662-834-2571 for more information.

6-15,22

LIVE ANIMAL PROGRAM SET AT LEX. PUBLIC LIB.

The Jackson Zoo will present a live animal program for children. The program will be at 3 p.m. on Thursday, June 29 and

is sponsored by a 2017 Margaret Murray Grant and Friends of the LPL. The program is for children 6 to 12. Children under 9 must be accompanied by a parent/responsible caregiver at least 12 years old. Call 662-834-2571 for more information.

6-22,29

PASTOR'S APPRECIATION SET AT TRINITY M.B.C.

Trinity M.B. Church will host the 17th Pastor's Appreciation for Rev. Dan March on Sunday, July 2 at 2 p.m.

6-22,29

RULE-SIMS FAMILY REUNION TO BE HELD

The Rule-Sims Family Reunion will be held from Friday, June 30 to Sunday, July 2 at Galilee Treadwell U.M.C. in Lexington at 2:30 on Saturday.

6-22,29

EBENEZER BAPTIST SET FOR JULY EVENTS

Ebenezer Baptist Church will hold homecoming and revival services from Sunday, July 9 to Wednesday, July 12 beginning on Sunday at 11 a.m. and at 6 p.m. afterwards.

6-22,29

CONGRATULATIONS
To all the participants in the
4-H Horse Show in Tunica & GOOD LUCK
To all the participants going to Jackson

Reminder: We have everything you need to feed and condition your horses for the upcoming shows.

LEXINGTON FARM SUPPLY

Mon. - Fri. 8 a.m. - 5:00 p.m. Sat. 7:30 a.m. to 5:00 p.m.
Highway 12 E 834-3388 Lexington



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Sara O'Reilly
Jamie Boyette
October 7

Laura Ellis
Justin Rennhack
October 21



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