

Conservation Corner

by James Cummins
Executive Director
of Wildlife Mississippi

With today's high gasoline and diesel prices, more people are learning ways to save money while driving their vehicles. If we practice the following tips, it will help our pocketbook as well as our environment.

First and foremost, learn to drive more slowly. (I need to work on this myself.) Gas mileage usually decreases rapidly when you drive above 60 mph. You should also avoid hard-braking and sudden stops. Using cruise control on the highway, interstate or long trips will cut fuel consumption because the vehicle is maintaining a steady speed. Rapid acceleration causes an increase in your gasoline usage.

Proper engine maintenance can improve mileage by an average of 4 percent. Replace air and fuel filters regularly as instructed by your vehicle's manual. This will not only improve your gas mileage, but will keep impurities from damaging the

inside of your engine. Another 3 percent improvement in mileage can be obtained by keeping the tires properly inflated and aligned. These are small items, but they can help.

Try to avoid using roof racks and remove them from the vehicle when they are not in use. They decrease your fuel economy by up to 5 percent. Also, remove extra weight from the trunk. An extra 100 pounds can cut your fuel economy by 2 percent. Reduce the use of your air conditioner at low driving speeds. When driving over 40 mph, using the air conditioner uses less fuel than having the windows open. However, operating the air conditioner on "max" can reduce your mpg by 5 to 25 percent.

When driving around town, you can combine errands to reduce the number of trips. Several short trips will use twice as much fuel than a longer, multi-purpose trip. For any stop you



Living With Children

By John Rosemond
Copyright 2017, John K. Rosemond

You're right, many drug tests are not reliable and teens have learned how to fool them. I searched "fooling over-the-counter drug tests" and discovered that doing so requires no special expertise or anything more difficult to obtain than lemon juice or vinegar. Apparently, concealing marijuana use from OTC tests is almost laughably easy. As one expert commented, drug testing has turned into a "cat-and-mouse

expect to last more than a minute, shut off the engine rather than let it idle. Park in the shade and/or leave windows slightly open to reduce the need for air conditioning. Also, carpool whenever possible.

Lastly, calculate your car's gasoline mileage periodically by dividing the total miles on a tank by the number of gallons needed for a fill-up. A decline in mileage can be an early indicator of mechanical problems

game." I'd recommend that you ask your son's physician how you can go about enrolling your son in a reliable, professionally-administered drug-testing program of the sort used by the airline industry and law enforcement agencies.

In the meantime, fulfill your responsibility to the community by taking away your son's driving privileges until he has passed at least one year of randomly-administered

or a need for servicing. You can also save money by not using mid-grade or premium grade gasoline unless specified for your vehicle.

James L. Cummins is executive director of Wildlife Mississippi, a non-profit, conservation organization founded to conserve, restore and enhance fish, wildlife and plant resources throughout Mississippi. Their web site is www.wildlifemiss.org.

tests. Make no mistake about it, marijuana and driving do not mix. In May, 2016, AAA reported that fatal automobile accidents involving drivers who had recently smoked pot doubled after Washington state legalized the drug. The additional problem is that your son may be especially susceptible to marijuana's effects. It's been discovered that impairment levels vary widely from person to person. I can't emphasize enough: Get him off the road!

Obviously, your son is running with a bunch of like-minded peers in which case you should apply appropriate restrictions to his social life. The message you send to him should be "find new friends or we are your new friends." Yes, he will probably be able to go around your restrictions to some extent, but restrictions in combination with random drug testing will be fairly effective.

Last but certainly not least, take away his lifeline to his current peer group. I'm talking about his smart phone. As I've said many, many times in this column and on my weekly radio show (American Family Radio, Saturdays, 6:00 PM ET)

there is no rational justification for giving a teen a smart phone. They are anti-social devices and researchers have discovered that they induce physiological effects that are similar to those induced by addictive drugs.

Confiscate the current phone. Obtain a basic cell phone (believe it or not, most providers still carry them) that can't access the Internet and doesn't facilitate easy texting. Give it to him only on those occasions when you want to be able to get in touch with him or vice versa. That is all the phone any teenager needs anyway.

As for counseling, I don't put much stock in it, especially when the patient is a teen who doesn't want to be counseled in the first place. Don't waste your—or your insurance plan's—money.

None of this is going to be easy, but the eventual payoff is a child who is drug-free, whose friends are drug-free, and because of no smart phone, has greatly improved social skills. Hang in there!

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

Businesses and Services Directory

\$16/WEEK
Three Months Minimum



NO BONES ABOUT IT!

THIS SPOT COULD BE YOURS!

Call the **Herald** to find out how! 662-834-1151

Pop's Produce

327 Hwy 12 W., Kosciusko, MS 39090
"Across from the Hospital"
Monday - Saturday 9:00 a.m. - 6:00 p.m.
Fresh - Local - Delicious
Shelled Peas & Butter Beans
Watermelons & Cantelopes
and Amish Cheese!



Diane 662-582-2450
Owners Kenny & Anita Horne 662-633-1839

Little ads
get
BIG results

List in the Directory

Call the Herald at 662-834-1151



Need help getting approved
for Long Term Care?

Let us guide you through
the application process.

Durant Healthcare, LLC

MON. - FRI. 9 A.M. TO 5 P.M. • 662-653-4106
15481 BOWLING GREEN ROAD • DURANT, MS

LIST YOUR
BUSINESS HERE!
CALL MATTHEW OR JULIE
AT 662-834-1151

SCOTT PETROLEUM CORPORATION
www.scottpetroleuminc.com



KENNY JOINER
Division Manager

309 Depot St.
Lexington, MS 39095

Office: 662-834-1089
Fax: 662-834-6082
Cell: 662-299-7461
kjoiner@scottpetroleuminc.com

Visit us in Tchula, Lexington,
Durant, Pickens and Canton.

Do it Best Locally owned
and operated! **Do it Best**
Quality Paints.

109 Carrollton
Lexington • 662-834-9007

LEXINGTON home center

Sam Sample
Land and Home Agent

Cell: 601-668-5697
Office: 601-898-2772
Fax: 601-898-8278
www.TomSmithLand.com
Sam@TomSmithLand.com



601 Crescent Blvd. Suite 103
Ridgeland, MS 39157

FRANKS
CHEVROLET
www.frankschevy.com

sfranks@frankschevy.com
Office (662) 289-4611
Fax (662) 633-4400

STEPHEN FRANKS

1001 Hwy 35 N • Kosciusko, MS 39090

THIS SPOT COULD BE YOURS!



CALL THE HOLMES
COUNTY HERALD TO-
DAY TO SEE WHAT OUR
ADVERTISING SPOTS
CAN DO
FOR YOU!

662-834-1151

RED TOP

BAR-B-QUE & CATERING SERVICE
SLOW SMOKED TENDER MEATS
RIBS - TIPS - PULLED PORK - PAN TROUT
BEEF BRISKETS - FISH - SAUSAGE - CHICKEN

SIDES

BAKED BEANS - POTATO SALAD - COLE SLAW
SALADS - DESSERTS - BURGERS - FRIES - MORE

OWNER WINDA (JERRY) STEVERSON

277 SE Depot St. • Durant • 662-653-0025/0602

THIS SPOT COULD BE YOURS!



CALL THE HOLMES
COUNTY HERALD
TODAY TO SEE WHAT
OUR
ADVERTISING SPOTS
CAN DO
FOR YOU!

662-834-1151

Commercial-Residential - "FREE ESTIMATES"

Store Front / Canopies / Overhead & Garage Doors
Store Front Hardware & Locks

DELTA GLASS & DOORS
JIMMY PHILLIPS

ALL TYPE OF GLASS & MIRROR CUT TO ORDER
Windshield Installation & Repair

P.O. Box 1065
312 South Mound Street
Yazoo City, MS 39194

Phone: 662-746-1983
Cell: 662-571-6064
Fax: 662-746-8864