

# Pinned for Success



The Holmes Community College Attala Center held a Pinning Ceremony for the graduating Practical Nursing Class of 2019 on June 20 at the Grenada Center. Among the graduates were Holmes County residents (left to right) Talisha Randle, Deidre Harris and Marlaina Dees. (Photo submitted)

IN THE KITCHEN  
WITH

LeeAnn

## A Teacher’s Summer

Today I was thinking about how the life of a teacher changes during the summer months. It takes the first couple of weeks out of school to get accustomed to not being rushed. No plans to make, no papers to grade, and not constantly living by the clock. My mornings do not begin at 5:00 A.M. in the summer. When they do begin, there is a relaxed cup of coffee and the Today show. A leisurely load of laundry a day, rather than washing all week-end is a definite plus. Daily meal planning is easier than trying to plan on the week-end what we will eat during the week after we get home from work. Fitting in occasional lunches and pool get-togethers with friends to catch up is a welcome pleasure. I am fortunate to have many friends, but a busy school year lends to not having a great deal of free time. A quick Hello by text is great, but there is nothing like a good visit with girlfriends.

There are occasional “summer projects” that I set for myself. They usually have to do with cleaning and throwing away things that have accumulated throughout the year. I like to make some meals for the freezer to have on hand during especially busy weeks.

As much as I enjoy my summer, I am usually ready for school to get started

about the time the end of July rolls around. Football practice begins and it is time to think about a new school year. I look forward to seeing those fresh new faces in my classrooms along with their new supplies and eager attitudes. I even like the smell of a new box of crayons!

Today I have some recipes for breakfast muffins. They freeze well and are great for a leisurely breakfast or one that is one the go. Thanks for reading.

**MORNING GLORY MUFFINS**

2 cups flour

1 cup sugar

2 tsp. baking soda

2 tsp. cinnamon

½ tsp. salt

1 apple, cored and shredded

2 carrots, shredded

½ cup raisins

½ cup shredded coconut

½ cup chopped pecans

3 eggs, beaten

1 cup vegetable oil

2 tsp. vanilla

Preheat oven to 350 degrees; place muffin liners in 2 muffin tins. Sift together the flour, sugar, baking soda, cinnamon, and salt. Add apples, carrots, raisins, coconut, and pecans and toss to combine. Stir in eggs, oil, and vanilla until well blended. Pour batter into prepared tins and bake for 25 minutes or a tester inserted comes out clean.

**LEMON RASPBERRY MUFFINS**

2 cups flour

1 cup sugar

1 Tbsp. baking powder

½ tsp. salt

2 eggs

1 cup half and half

½ cup vegetable oil

1 tsp. lemon extract

1 cup fresh raspberries (if frozen, do not thaw)

Preheat oven to 375 degrees and insert paper liners in 2 muffin tins. Whisk together flour, sugar, baking powder, and salt in a large bowl. In a separate bowl, combine eggs, half and half, and lemon extract. Make a well in the flour mixture and add egg mixture to stir until moistened; fold in raspberries. Spoon mixture into prepared muffin tins 2/3 full. Bake for 18-20 minutes or until golden brown.

**BLUEBERRY MUFFINS**

1 ½ cups flour

2 tsp. baking powder

½ tsp. salt

½ cup sugar

1 egg

½ cup milk

¼ cup butter, melted

2 cups fresh blueberries

Preheat oven to 375 degrees; fill a 12 cup muffin tin with paper liners. Whisk together dry ingredients; beat egg and milk in a separate bowl. Add egg mixture and melted butter to flour mixture and stir until moistened – batter will be lumpy. Fold in blueberries; spoon batter into prepared liners about ¾ full. Bake for 20-25 minutes or until tester comes out clean.

*\*Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, **The Help**. Fleming can be reached at [lafkitchen@hughes.net](mailto:lafkitchen@hughes.net).*

**Living With Children**

By John Rosemond

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Q: We have two married daughters, one of whom is adopted. The biological daughter has two children who, we recently discovered, have been told that it is wrong to call our adopted daughter “aunt so-and-so” because she is not really family. Nor, according to our biological daughter and son-in-law, is her husband an “uncle.” We’re planning an upcoming visit with our biological daughter’s family. How should we deal with this?

A: Forty-three years of writing this weekly column and I thought I’d heard it all...until now.

First – and I really don’t need to tell you this, obviously – your adopted daughter is legally your daughter. She is not, say, twenty percent your daughter; rather, she is one hundred percent your daughter. Her legal status is not reduced relative to her sister’s because she is adopted.

If in your will you were to assign half of your estate to each of your two children, and your biological daughter claimed the entire estate, asserting that she is your only child, said challenge would not succeed in a court of law. In other words, the terms “adopted” and “biological” are simply adjectives. That, by the way, is straight from the so-called “horse’s mouth,” the horse in this case being a federal judge.

The argument/claim can

be turned around. Your adopted daughter could claim that she was specifically chosen to be your daughter, that your biological daughter was the product of mere chance; therefore she (adopted daughter) is your only true child. Yes, that argument is absurd; nonetheless, it is the equivalent of your biological daughter’s equally absurd argument.

It may be that your biological daughter and son-in-law are simply and innocently mistaken, but I strongly suspect there’s more going on here than meets the eye. I would wager that this “mistake” is the upshot of long-standing jealousy on the part of your biological daughter.

Let’s face it, a disproportionate amount of attention goes to a new sibling when he or she enters a family – whether by adoption or birth. If, as I suspect from the wording of your question, your biological daughter is your first child, she may not have exactly welcomed her adopted sister with open arms. Instead, she may have felt displaced, deprived of attention that she felt “belonged” to her, and harbored a good amount of resentment as a result. To put this another way, she may have long felt that “biological” is a synonym for “real.”

Assuming I am correct, there is a volcano smoldering beneath this is-

sue. I doubt there is a way of correcting what your grandchildren have been told without uncapping the volcano. One option, therefore, is to ignore it. But sweeping matters of this import under a proverbial rug rarely works for long. Sooner or later, this is going to have to be dealt with.

In that regard, there are two aspects to the overall issue: legal and emotional. The legal aspect can and should be addressed by a legal expert. That, relatively speaking, is the easy part. The emotional aspect is the tar pit. In my estimation, a reasonably sane discussion and resolution of the pertinent issues is going to require mediation by a very experienced family therapist.

Even suggesting that is likely – pardon the mix of metaphors – to set the pot boiling. Brace yourselves.

*Family psychologist John Rosemond: [johnrosemond.com](http://johnrosemond.com), [parentguru.com](http://parentguru.com).*

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