



IN THE KITCHEN  
WITH  
*LeeAnn*



# Opposites Attract

I have always heard that opposites attract. That certainly holds true at my house. My husband is athletic and enjoys exercise. He loves anything outdoors, especially hunting and fishing. I, on the other hand, can't walk and chew gum at the same time – so I don't chew gum. I don't like being outdoors unless there is a pool involved. I will circle the parking lot forever while waiting for a closer parking space.

Another difference is our taste in music. He is a hard rock and roller. I like country music. We do agree on most of the "oldies" from our earlier days. The driver gets to control the radio. Unfortunately, I don't drive that often. If he gets out of the car, I change the station. Sometimes it takes a while for him to realize what I

have done. Several months ago, I heard that Luke Bryan was coming to the Brandon Amphitheater. He is one of my absolute favorite singers. I didn't even mention going until I realized the concert was on my birthday. I ordered tickets and told him not to worry about getting me anything for my birthday!

Luke Bryan entered the smoke-filled stage on a 4-wheeler and gave one of the most memorable concerts I have ever attended. He sang for 2 hours and I couldn't think of one single song I like that he didn't perform. On the way home, my better half admitted that he enjoyed the concert and even recognized some of the songs.

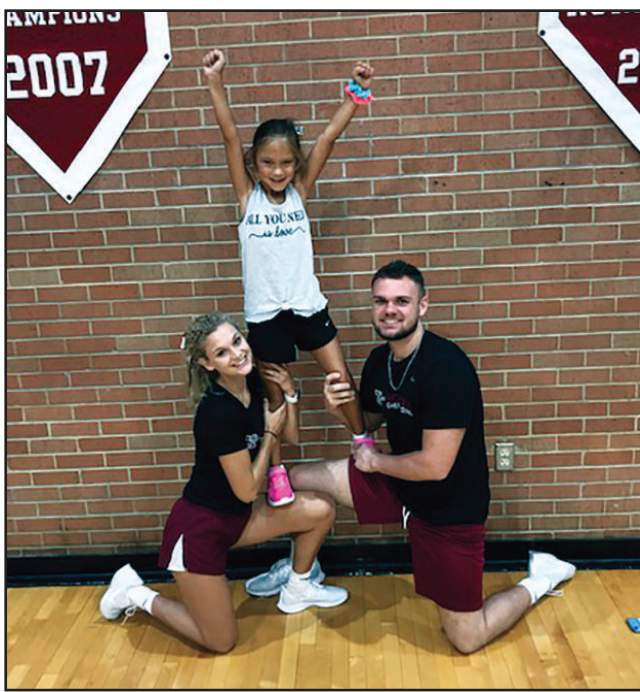
Always remember that when opposites attract, you often have to compromise. One thing we agree on is our love of ice cream. Today I have 2 quick and easy recipes for your ice cream freezer. I hope you will give them a try. Thanks for reading.

**CHOCOLATE FUDGESICLE ICE CREAM**  
1 can Eagle Brand condensed milk  
12 oz. Cool Whip  
½ gallon chocolate milk  
Mix all ingredients and freeze in ice cream freezer.


**HOMEMADE ORANGE SHERBET**  
2 cans Eagle Brand condensed milk  
1 tall can pineapple juice  
1 large Sunkist orange drink  
Pour the 2 cans of condensed milk directly into the ice cream cylinder. Add equal amounts of pineapple juice and orange drink until the fill line is reached. Freeze in ice cream freezer.

*\*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.*

# Lexington girl cheers at camp



Holmes Community College cheerleaders held a cheer camp for elementary age cheerleaders, on Thursday, August 1. HCC cheerleaders pictured are Spencer Burden, at right, and Jordan Pritchard, at left. They are holding up Rylee Jo Banks, daughter of Tony and Terri Jo Banks, of Lexington. Rylee Jo is a 2nd grader at Central Holmes Christian School. (Photo submitted)



*Bridal Registry*  
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## DISTRICT ON-CAMPUS FALL REGISTRATION DATES

GRENADA CAMPUS
AUGUST 13, 9 A.M.-6 P.M.
GOODMAN CAMPUS
AUGUST 14, 9 A.M.-6 P.M.
RIDGELAND CAMPUS
AUGUST 15, 9 A.M.-6 P.M.
ATTALA CENTER
AUGUST 15, 4-6 P.M.
YAZOO CENTER
AUGUST 13, 4-6 P.M.
ELEARNING (ONLINE)
REGISTER ONLINE AT HOLMESCC.EDU OR AT ANY ON-CAMPUS SITE

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\* 8-WEEK TERM  
\* 4-WEEK TERM (ONLINE ONLY)

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## Living With Children

By John Rosemond  
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Q: Some friends of ours who've read a couple of your books and attended one of your talks told us that they solved some major discipline problems with their 4-year-old just by using what they called alpha speech. They tried to explain it to us, but we'd like to get it straight from the horse's mouth, so to speak. Would you please help us better understand what they were talking about, and are there other parenting authors who say the same thing?

A: The concept of alpha speech is not original to me. In generations past, it was widely understood to be the essence of proper child discipline. I simply named it. I also refer to it as leadership speech. Regardless, it is the very traditional understanding that the successful discipline of a child is more a matter of properly conveying authority than properly using consequences (albeit the latter is also important).

As a rule, today's parents believe in behavior modification. They believe in techniques, such as time out and star charts and approaches of that sort, approaches that involve the manipulation of reward and punishment. Somewhat derisively, I refer to them as "consequence delivery systems."

The wrong-headed notion that correct consequences, used correctly, would solve just about any behavior problem became popularized in the 1970s. The mental health professional community claimed that rewards and praise – the operative meme was "catch 'em being good" – would strengthen good behavior while punishment and ignoring would weaken bad behavior. It all sounded quite simple, utopian even,

but we now know, or should, that what works quite reliably with rats and dogs does not work nearly as well with human beings.

In fact, researchers have found that reward and punishment, when used with children, can be and often are counterproductive, which goes a long way toward explaining why the behavior and discipline of children has become increasingly problematic since parents began relying on behavior modification.

Alpha speech rests on the simple and historically verified proposition that "a child's natural response to the proper presentation of authority is obedience." Before venturing any further, I need to stress that obedience on the part of a child is definitely in the child's best interest. The more obedient the child, the more relaxed and happy the child, which is precisely the opposite of what mental health folks alleged.

Alpha speech in four parts: (1) When giving instruction to a child, speak from a fully upright position (as opposed to the silliness of "getting down to the child's level." (2) Use the fewest words possible. (3) Do not explain yourself, but simply tell the child what you want him to do in a matter-of-fact tone. (4) When a child wants to know "Why?" (which is what children ask in the absence of an explanation), your answer should be "Because I said so" or a variation thereof.

For example, if you want a child to put on his coat and wait by the front door, you say, "I want you to put on your coat and wait for me by the front door." You DON'T say, "I have to go down the street and give a casserole to Miss Gloria and it would re-

ally help Mommy if you'd put on your coat because it's chilly out and wait for me by the front door." That approach is likely to draw resistance of one sort or another.

Alpha speech is nothing more than saying what you mean and meaning what you say. It is employed by effective leaders, thus the alternate label. It is neither threatening or promising. Oh, and when the child obeys, it is best to say simply "Thank you" without an exclamation point as opposed to "Good boy! Mommy's going to take her little man to the ice cream store later today!"

In discipline, as in decorating, less is usually more.



ELIZAH BROOKS

# Lexington police officer completes law enforcement academy

**Staff Report**  
Lexington Police Officer Elizah Brooks completed his required instruction from the Basic Law Enforcement Training Academy held at Mississippi Delta Community College on Thursday, July 25.

Brooks, a ten year veteran in law enforcement, was grateful for the support from his family and fellow officers as he finished twelve weeks of conditioning to serve and protect as a law enforcement officer. Brook's training was paid for by the city of Lexington.



## RENA PRITCHARD

### 2019 DIRECTOR OF THE YEAR AWARD



**Pictured at left, Gay Anderson, SNS, president of SNA and Rena Pritchard.**

B. Rena Pritchard was chosen as the recipient of the 2019 Director of the Year Award for the state of Mississippi. The award was presented at the 73rd Annual School Nutrition Association Conference on Sunday, July 14, 2019 at America's Center Convention Complex in St. Louis, Missouri.

This prestigious award recognized the contributions B. Rena Pritchard have made to the Holmes County School District in her role as the Child Nutrition Program Director. The award is part of the national School Nutrition Association (SNA) that honors school nutrition professionals from every state who meet criteria for the award and are also members of MSNA and SNA. They are recognized for their hard work and innovation, for their support of MSNA, SNA and most importantly for their dedication to the people they serve every day.

B. Rena Pritchard has been the Director of Child Nutrition for Holmes County for over 25 years and has also served as the President of Mississippi School Nutrition Association from 2005-2006. She is a graduate of Mississippi State University (Home Economics and Agriculture) and maintains several school nutrition certifications. Currently she resides in Holmes County and is very active in her community and church. She is the daughter of Mrs. Lena M. Flowers of Durant, MS.