



## Living With Children

By John Rosemond

Copyright 2017, John K. Rosemond

Blaise Pascal (1623 – 1662) said there is no idea so bizarre that a philosopher has not advanced it. These days, the philosophers in question are psychologists and the bizarre ideas are their explanations of human behavior. Said explanations are bizarre because (trust me on this, I am one) psychologists wear, as a rule, ideological blinders that prevent them from accurately understanding what makes humans tick. Unable to see human behavior for what it truly represents, they justify their existence by inventing and marketing diagnoses as if giving something a name is equivalent to understanding and knowing what to do about it.

The latest manifestation of this fraud is Avoidant Restrictive Food Intake Dis-

order, or ARFID, formerly known as picky eating. Lots of university health centers and independent practitioners offer therapy for people of all ages whose parents never taught them that not eating what someone else, including one's mother, has taken the time to prepare and serve is rude.

One psychologist points out that most of the ARFID sufferers she sees eat the same stuff: macaroni and cheese, pizza, chicken nuggets, French fries, and grilled cheese sandwiches. Lots of folks will recognize those foods as the very ones they wanted their parents to serve at every meal. I know I did. Staring at several table-

## Help in times like these

I feel as if I might be in lockdown, homebound, and under house arrest albeit the ankle bracelet. I can count on my hand the times I have ventured outside in the past three weeks. I am somewhat of a home body anyway, so this has not been actually too difficult for me not to go somewhere every day. For my husband, it has been calamitous. He is so used to going to check his cows, check on our stores, or going to the golf



### Peggy's Take

course that this has really played havoc on his way of life.

One of my children and her family have chosen to live at our farm a few days a week so that they can fish, ride four-wheelers, and just wander the woods. I have been out to visit them and sit outside, six feet apart and just enjoyed the beautiful weather.

We have several ponds on our farm and the kids travel from one to another depending where they find the fish biting on that particular day. One of the boys was going to a pond about a mile away one day this week and a deputy sheriff stopped him and said, "You must not have seen the sheriff's write-up in the newspaper?" Of course, he told him he had not but evidently you cannot ride a four-wheeler on a public road anymore. He only got a warning but now we have to map another way to get to

the white perch pond.

Many of my friends and family have told me that they have never ever cooked as much as they have in the past few weeks. Again, it is nothing new for me. My husband's idea of taking me "out to eat" is packing a sandwich in a brown paper bag and taking me out in the back yard. We have never really eaten out that much, so I am not cooking much more than any other time. I have been asked for recipes much

more lately than ever before.

This has truly been a learning time for some of us. We have to plan our meals, snacks, and extras for a week or weeks at a time in order to bring in enough groceries as we can't run out to pick up things as easily. Families are actually sitting down at the tables, at the same time and enjoying just being together. That is a good thing.

Toilet paper is still elusive and that seems to be somewhat of a problem for some of us. I just keep waiting for those that have "hump-teen" rolls of Charmin hidden in their closet to stand on the street corner "hawking" it for \$10.00 a roll. By the time that happens we all may be willing to pay what we would pay for a good ribeye just for a roll of the priceless and treasured fluff.

As we have trouble finding things readily as we did before all this happened. I am giving you some tips to help

the table was one of the most therapeutic experiences of my childhood. My next therapy session involved Brussels sprouts. That session lasted only minutes.

Now, instead of picky eating being narcissistic and just plain rude, it is a psychological disorder that some people "have." This ARFID thing has become big business, mind you. Google ARFID therapy and you will discover just how big. Some of the therapy programs for picky eating children are residential and cost more than what most people earn in a good year.

One psychologist, quoted in an online article, claims that picky eaters have control issues. That's right. They have control over whether they eat broccoli and Brussels sprouts or not. They choose to be rude because they seek constant affirmation that their almighty feelings represent universal truths to which everyone else should genuflect.

A true story: Once upon a time, a child became infested with ARFID demons at an early age. He would begin gagging and sobbing at the very sight of a food that caused his tongue to feel even slightly less than fully happy. His parents – bless their hearts – catered to the ARFID demons by feeding him only macaroni and cheese, French fries, and fried chicken nuggets. Sure enough, the ARFID demons grew increasingly clamorous.

By the time the parents sought my advice, the child was certifiably insufferable when it came to food. He was well on his way to becoming an adult whom no one wanted to be around if the event involved eating. I told the parents to (a) feed him only what they were eating, but in half-teaspoon portions, (b) set a timer for 15 minutes, (c) put him immediately to

you through.

To freeze a loaf of bread – Add a paper towel to the bag before freezing and it will keep it fresh.

To make brown sugar – 1 cup white sugar plus 2 T. syrup

buttermilk – 1 cup white milk plus 2 T. white vinegar,

half and half – ¾ cup whole milk plus ½ t. butter,

sub for an egg – 2 T. milk plus ½ t. baking powder,

tartar sauce – 6 T. mayo plus 2 t. pickle relish,

Baking mix – 1 ¾ cup of flour plus 1/3 cup of shortening, and substitute bread crumbs with cracker crumbs or uncooked oatmeal

\*Peggy Sims is a life-long resident of Attala County and columnist.

# Mississippi newspaper closing after long loss of ad revenue

Associated Press

A newspaper in the Mississippi Delta is closing at the end of April because of economic difficulties exacerbated by the loss of advertising income to social media sites, its owner says.

The Bolivar Commercial has been in business for 104 years in Cleveland, Mississippi. It currently publishes a print edition on Wednesdays and Fridays.

Lee Walls is president and CEO of Walls Newspapers and owner of The Bolivar Commercial. He said in an article published online Wednesday that he has spent "years and a great deal of money" to keep the paper open.

The newspaper industry has sustained steep declines

bed if he didn't clean his plate before the time expired, and (d) let him have seconds of anything on his plate if he ate everything within the time allotted. Within a week, the ARFID demons had fled – demons cannot tolerate common sense – and said

in ad revenue because of the new coronavirus, causing furloughs, layoffs, print reductions and closures across the U.S.

Cleveland is home to Delta State University. The city and Bolivar County both have a poverty rate higher than 25%, and the area has lost population for decades.

Walls said the newspaper was hit hard by the sharp decline of ad revenue during the recession of 2008-09, including the loss of a local car dealership. He also said Facebook and other social media sites have hurt community newspapers.

"With social media, a user can choose to have a 'news' feed of legitimate stories, incorrect stories, hateful

child was eating everything on his plate and asking for seconds.

My parents invented that therapy, by the way. It costs nothing.

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

rhetoric, harmful gossip and defamatory commentary. As if that's not enough, they can have all of that in the form of video or text. You get all of that by simply giving up your personal data and privacy, no money required," Walls said.

"We don't have the option to compete against that business model because we are held to a higher standard," he said. "Based on very objective statistics, it is clear that people are choosing social media and to give up their privacy, over community journalism."

The Bolivar Commercial's publisher, Diane Makamson, said the newspaper has nine full-time employees and one part-time employee. They have a combined 222 years of working for the paper.

Walls, whose father bought the newspaper in the early 1980s, said: "I have nothing but respect and pride for all of my employees and their hard work, which is why I have personally covered the losses for many years now to keep the paper running."

## THE WICKER REPORT

By: United States Senator Roger Wicker



### Wicker recognizes heroic work of Mississippians

Mississippi Residents Step Up to Help Each Other in Time of Need

In the midst of an unprecedented global health and economic crisis brought on by the coronavirus pandemic, Mississippians from all walks of life have stepped up to meet the needs of our neighbors and communities. Each act, large and small, reminds us that we are all in this together.

I join all Mississippians in extending my heartfelt gratitude to the heroic first responders, health-care, and law enforcement professionals who have been on the front lines of this epidemic. Without their sacrifice, more people would be suffering.

We also owe a debt of gratitude to the grocery and retail workers who keep our store shelves stocked, the agricultural producers who provide a stable supply of food, and the truck drivers who transport vital goods where they are needed most.

#### Businesses Pivot to Fight Coronavirus

I have been pleased to see so many Mississippi businesses stepping up and serving our communities in new and creative ways.

For example, C Spire has partnered with the University of Mississippi Medical Center to provide free telehealth visits for Mississippians who have coronavirus symptoms. This service al-

lows patients to consult with health-care providers online without leaving home.

With restaurants and cafes closing their dining rooms, many are now offering contact-free delivery and pickup options to customers. And while schools remain shut down, some restaurants are stepping forward to ensure no child goes hungry. Establishments like Vowell's Marketplace and The Village Kitchen 219 in Jackson are offering hundreds of students free meals for the duration of the crisis, even as many public schools continue providing meals to students who are learning from home.

Extra Table, a food charity in Hattiesburg, is distributing excess inventory from restaurants and casinos to food banks across Mississippi. Extra Table's business partners are matching up to \$20,000 in donations as part of their #NowMoreThanEver campaign to feed needy residents during this pandemic.

Local news organizations are also pitching in, offering free access to their coverage of the coronavirus outbreak. Papers like the Clarion-Ledger, the Hattiesburg American, the Sun Herald, and the Northeast Mississippi Daily Journal have waived their online subscription fees to

give Mississippians access to accurate, up-to-date information.

Because supplies of hand sanitizer are running low, distillers and brewers across our state are retooling their production lines to make alcohol-based hand and surface sanitizers. Kudos to Rich Grain Distilling, Lazy Magnolia Brewery, and Criddenden Distillery, along with Cathead Distillery, which is providing free hand sanitizer refills.

Several Mississippi companies are now producing medical supplies. Blue Delta Jeans Company in Tupelo recently shifted its sewing operations to create medical facemasks and gowns, with the goal of creating 10,000 masks each day. With vehicle production on hold, Nissan's Canton plant is manufacturing face shields and headbands for medical workers. And Toyota workers in Blue Springs are sewing masks for local hospitals.

High school students in Gulfport are also helping to supply medical needs. Gulfport High School's award-winning engineering and robotics program is producing masks for Gulfport Memorial Hospital using their 3D printing technology.

#### Keep It Up, Mississippi

These are just a few of the many examples of sacrifice and service we have witnessed over the past few weeks. Seeing these and other Mississippians take care of their neighbors should be a source of pride for us all. Let us all keep up the good work, and do our part to help stop the spread of this virus.