

IN AND AROUND  
LEXINGTON

BY LEONA (LENA) FIELDS



On Sunday, May 24, I had some surprise visitors for a little while. I was sitting on my front porch when two ladies and a little girl came from my back yard to my front porch. My cats were on the back porch, so they came around to the front. The ladies were Arthur “Bobby Lee” Wright’s (deceased) daughters, Sherry and Rita. It has been some years since I saw them. I recognized Rita, but did not recognize Sherry. Back in the 1980s I used to keep those girls sometime. I was glad to see them. I followed them to their cars. Peggy Ann, their mother, their brother, Arthur Jr.’s daughter and some other children were in the cars. Rita lives in Jackson, Mississippi. Sherry lives in Cedar Rapids, Iowa.

Betty Walden Wright’s son came home for the Memorial Day Weekend. I don’t know how long he stayed here. But, I bet you Betty enjoyed some good barbecue. He usually does some good grilling when he comes to Lexington.

The fruit and vegetable give away boxes that was given to the Lexington residents on Friday, May 22, sure were nice. If all the residents that got a box are like me, they are very thankful to God, the mayor and all that had a hand in the food give-away.

During Memorial Day weekend, Sammie Horton from Texas came to visit his mother, Katie Horton in Tchula. He left Memorial Day and went home. Also, Terez Landfair came from Cedar Rapids, Iowa on Memorial Day to visit his mother and father. His mother is Goldia Landfair. His family cam with him. They went back home Tuesday, May 26.

Mr. Teeley Rhyne passed recently. Keep the Rhyne family uplifted in prayer. He taught math at S.V. Marshall Elementary School in Tchula.

Lula Pearl Benford passed Monday, may 25. She was in the nursing home in Durant. She shared a room with her daughter, Mary Ann. Before she went to the nursing home, she lived in Tchula. She will be remembered for her good singing. She could sing and loved to sing. Seems like the church was her favorite place to go to.

Jasmine Wright/Braxton is in a hospital in Jackson for a few days. Her stay in the hospital is not from the coronavirus. Last week’s paper stated I talked to my granddaughter; but Lakambia Wilson is my goddaughter. We’re sorry for the error.

One of Mrs. Ethel Cobbins’ Lexington friends heard from her. Ethel is still doing good.



Living With  
Children

By John Rosemond

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In 1972, a Stanford University psychologist conducted a study in which young children, individually, were offered either a small but immediate reward (a marshmallow or a pretzel) or a doubled reward if they were able to wait for fifteen minutes. In follow-up studies, researchers found that children who were able to postpone gratification experienced better life outcomes as measured by such things as SAT scores, academic achievement, and body mass index.

I have long maintained that well-done research in the so-called social sciences does nothing but confirm common sense, and it certainly seems commonsensical that impulsivity and difficulty delaying gratification have a negative impact on life outcomes. The Stanford Marshmallow Experiment, as it is known, bears significantly on childrearing attitudes and approaches. Simply, teaching a naturally impulse-driven child to exercise restraint greatly increases the child’s chances of success.

In previous columns I have extolled the parenting virtues

of “Vitamin N,” referring to the two-letter word that the mental health community began demonizing in the late 1960s, claiming it induced all manner of psychological problems. Supposedly, said vitamin was part and parcel of “shame-based” parenting (which refers to childrearing that activates a child’s conscience). Even today, despite commonsense and a body of research akin to the Stanford study, I continue to hear of parents and pre-schools that adhere to a “no no” policy.

I have been so bold and psychologically incorrect to say that children should hear “no” at least five times more than they hear “yes.” That proportion approximates what they are going to experience post-emancipation as they learn to navigate real world contingencies. The earlier in life a person adjusts his expectations to reality, the better.

Because children are impulsive and instant gratification oriented by nature (as opposed to those traits being the result of chemical imbalances and other pseudo-scientific fictions),

## WIC benefits soon available through EBT cards

### Program will pilot in select counties

#### Press Release

The Mississippi State Department of Health (MSDH) Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is transitioning from a direct distribution food system to a retail food system via an electronic benefit transfer (EBT) card.

WIC participants will go from using paper vouchers for approved items to be picked up at a WIC food center to using an eWIC card to redeem benefits at approved grocery stores and pharmacies of their choice.

In most locations there will be an approved grocery store and pharmacy within a 15-mile radius of their local WIC clinic.

“This will allow WIC participants to use their eWIC card at grocery stores and pharmacies where they will be able to choose their WIC benefit items,” said Diane Hargrove, Director of the MSDH WIC program. “They’ll have access to a wider variety of WIC-approved food products at various sites during more hours of operation.”

The Mississippi WIC transition is scheduled to be piloted in Forest and Lauderdale counties. Participants in those counties will receive their eWIC cards starting in

October at their next WIC appointments.

Final pick-up at those food centers will be at the end of December, and the food centers in those counties will close at the end of February 2021.

The schedule will continue with the rest of the counties throughout the state joining in a four-part rollout from mid-January through April 2021.

Before WIC participants can make their transition, grocery stores and pharmacies have to do their part. Retail grocery stores and pharmacies in the state have to apply to become WIC authorized vendors to sell WIC-approved food products and specially prescribed infant formula to WIC participants.

The agency is working diligently with USDA Food and Nutrition Service and contractors to ensure a smooth, productive transition process with limited risk and disruption to WIC participants.

The MSDH WIC Program is currently accepting applications from full-service grocery stores and pharmacies statewide.

More information for vendors is available at [www.freshnewwic.com](http://www.freshnewwic.com).

Follow MSDH by e-mail and social media at [www.HealthyMS.com/connect](http://www.HealthyMS.com/connect).

## Mallory clinic awarded over \$200K for COVID-19 services

#### Staff Report

On May 8, United States Representative Bennie G. Thompson (D-MS) announced the U.S. Department of Health and Human Services has awarded \$2,510,537 through the Health Resources and Services Administration (HRSA).

These funds will be used to expand the range of testing and testing-related activities to best address the needs of their local communities, in-

cluding the purchase of personal protective equipment; training for staff, outreach, procurement and administration of tests; laboratory services; notifying identified contacts of infected health center patients of their exposure to COVID-19; and the expansion of walk-up or drive-up testing capabilities.

Lexington based Dr. Ardenia C. Mallory Community Health Center, Inc. was awarded \$221,749.00.

learning restraint involves psychic pain, which children express in tantrums and various forms of petulance. Teaching restraint, therefore, requires that parents also be able to tolerate pain. Having raised two children and assisted in the raising of seven grands, I can attest that there are few things more painful to endure than the prolonged shrieking of a young child.

And so, it is ironic to note that those parents who are better able to restrain the impulse to end said shrieking by giving in are more likely to raise children who can tolerate delay of gratification and achieve life success. En-

dowing restraint requires restraint. Teaching endurance requires endurance.

Take it from an expert on the subject, when all is said and done, life success is not a matter of money, prestige, honors, and the like. It is a matter of personal contentment, a sense of serenity that no outside influence can disturb.

Contentment is life’s brass ring. Enabling a child to eventually, much later in life, grasp it requires daily doses of Vitamin N, the greatest and most painful of gifts.

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

## Conservation Corner

by James Cummins  
Executive Director  
of Wildlife Mississippi

Whether you are a photographer, a hunter or just like viewing wildlife on a sunny afternoon, anyone who has spent time overlooking a food plot will have a deep appreciation for wildlife plantings.

Food plots are very attractive to wildlife enthusiasts because they can supplement daily nutritional needs at a low cost. These plots can be designed to serve as a source of food and cover.

Well-managed food plots have the potential to not only increase the wildlife population and their quality of health, but can also increase our opportunities for wildlife viewing.

To aid landowners who would like to plant wildlife food plots, Wildlife Mississippi is continuing its popular Wildlife Habitat Seed Program. Through this program, Wildlife Mississippi will make wheat available at a minimal cost.

The Wildlife Habitat Seed Program is designed to provide an incentive for landowners to establish and maintain food plots that will yield a variety of benefits to the landowner as well as to the species of wildlife he or she is managing.

Winter wheat will be available through Wildlife Mississippi’s Fall 2020 Wildlife Habitat Seed Program. All seed is treated and has good germination rates. Wildlife Mississippi will distribute

the wheat in the month of September.

If planted properly, the various types of seed will be utilized by a variety of species of wildlife. White-tailed deer, turkeys, bobwhite quail, mourning doves, waterfowl, and many species of songbirds will benefit from the plantings of the wheat.

The guidelines regarding this program are simple and easy to follow. Anyone interested in obtaining wheat should place their order no later than July 31, 2020. Orders are fulfilled on a first come, first serve basis.

Shipping and handling charges incurred by Wildlife Mississippi are included in the price of the wheat. The cost will be \$9.00 per 50 lb. bag. Pick up locations will be Amory, Flowood, Greenville, and Hattiesburg.

For an order form and planting recommendations for this beneficial program, send a self-addressed stamped envelope to Wildlife Mississippi, PO Box 10, Stoneville, MS 38776. If you wish to place your order online, please visit our website at [www.wildlifemiss.org/seed](http://www.wildlifemiss.org/seed).

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](http://www.wildlifemiss.org).

### PUBLIC NOTICE SECTION 3 BUSINESSES AND SECTION 3 RESIDENTS

The Town of Goodman has received CDBG-PF Program Funds from the Mississippi Development Authority for a construction project that includes improvements to the Town’s sewer system.

In keeping with the requirements of Section 3 of the Housing and Urban Development (HUD) Act of 1968 and the CDBG Program, the Town is seeking to identify the following eligible participants.

**Section 3 Business Concerns** that may be interested in contracting opportunities in connection with the CDBG-ED Project within the Town. A Section 3 Business Concern is defined by HUD as one that is (1) 51% or more owned by Section 3 residents; or (2) whose permanent, full-time employees include persons at least 30% of whom are currently Section 3 residents or within three years of the date of first employment with the business were Section 3 residents; or (3) that provides evidence of a commitment to subcontract in excess of 25% of the dollar award of all subcontracts to be awarded to business concerns that meet the qualifications of (1) or (2) above.

**Section 3 Residents** that may be interested in training and employment opportunities in connection with the CDBG-ED project within the Town. A Section 3 Resident is defined by HUD as (1) a public housing resident; or (2) a person who resides in the Project Area whose income does not exceed 80% of the median family income for the Town as determined by the most recent income limits published by U. S. Department of Housing and Urban Development.

Interested Residents or Businesses should contact John Wiggers at the following address:

North Central PDD  
28 Industrial Park Blvd.  
Winona, Mississippi 38967