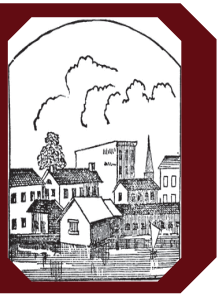


IN AND AROUND LEXINGTON

BY LEONA (LENA) FIELDS



I heard from Mrs. Ethel Cobbins. She's doing fine. She told one of our friends to tell me hello.

One of Rev. James Townsend's daughters is sick. I don't know how she is doing. But let's pray that she is getting better healthwise.

I got my virus vaccine last Thursday, January 21. If you are 65 or older call the hospital or Mallory Clinic to schedule an appointment to get your shot. You might have to call several times; but be patient and keep trying until you get an appoint-

ment.

Churches are supposed to be closed during the pandemic. To those of you that go to church, make sure your building is sanitized regularly. Keep plenty of disinfectant and sanitizer at the church. Make sure you have a thermometer to check people's temperature before they enter the church. Have one special door for everybody to enter to make sure all people are tested before they enter the sanctuary. It's better to be safe than sorry.

UpWords: The Teaching Ministry of **MAX LUCADO** UPWORDS

One Step is Enough

Arthur Hays Sulzberger was the publisher of the New York Times during the Second World War. Because of all the world conflict, he found it almost impossible to sleep.

He was never able to set aside worries from his mind—until he adopted as his motto these five words, "one step enough for me." He took it from the old hymn, "Lead Kindly Light." *Lead, kindly light... Keep Thou my feet; I do not ask to see The distant scene; one step enough for me.*

God isn't going to let you see the distant scene either. So you might as well quit looking for it.

God does promise a lamp for our feet, not a crystal ball into the future. We don't need to know what will happen tomorrow. We only need to know that Hebrews 4:16 promises "we will find grace to help us when we need it."

From *Travel Light*.
Copyright 2007, Max Lucado. Listen to UpWords with Max Lucado at OnePlace.com and find resources at MaxLucado.com. Used by permission.

Living With Children
By John Rosemond
Copyright 2017, John K. Rosemond

A headache does not mean one has a brain tumor, but some brain tumors do cause headaches.

Likewise, ADHD behaviors do not mean one has a food allergy, albeit some food allergies cause, in some children, behaviors that are on the official list of ADHD symptoms. (Mind you, I believe ADHD is one of many bogus psychological diagnoses, but that is subject for another column.)

I take requests, the latest of which comes from a parent who wants me to encourage everyone with a child who is impulsive, lacks concentration skills, and exhibits other ADHD symptoms to see an allergist, preferably one who specializes in allergies to foodstuffs of various sorts. I also turn down certain requests, as I will do with this one.

Several months ago, someone pointed out to

me that no credible, peer-reviewed study has ever confirmed the ADHD-food allergy connection. Well, that's not exactly true. Research reports averages. Research does not report on individual cases. So, for example, if one thousand children are included in a study that purports to determine whether or not food allergies cause ADHD behavior and ten children (one percent) are reactive but nine hundred and ninety are not, the study's authors report that their research failed to find a connection. Not so. I found a connection in one out of one hundred cases. What is reported and what actually happened are two different things.

Are some children allergic to certain foods? Yes. Do certain food allergies manifest behaviorally? I believe so, but don't expect to find a peer-reviewed study that confirms that. If you do, it will be an anom-

Google Chromebooks donated to county senior care centers

Press Release

Google Chromebooks were distributed to nursing homes in Holmes County by the North Central Planning Development District (NCPDD) staff on Thursday, January 21. The portable devices were given to Holmes County Long Term Care Center in Durant and Lexington Manor Senior Care.

Funding for the Chromebooks was made possible through a grant from the Mississippi Department of Human Services' Mississippi Access to Care (MAC) program.

NCPDD's Area Agency on Aging (AAA) staff also presented the Chromebooks to representatives of the nursing homes and assisted living facilities in Leflore County.

Darlana Allen, NCPDD Area Agency on Aging director said, "It is great one nursing homes and personal care homes will have the ability to allow the residents to keep in touch with their family and friends. Not only will they be used during the pandemic, but they will also be beneficial during the influenza season." Assisting Allen with the Chromebook distribution were AAA staff Mary Smith and Ashley Silas.

NCPDD collaborated with Three Rivers PDD in Pontotoc to implement this project. Three Rivers MAC Division Director Bill Renick drew from the resources of MAC supplemental funding due to COVID-19 to explore innovative services through technology to allow nursing home and long-term care patients to communicate with family and friends and increase social engagement.

NCPDD Executive Direc-



Pictured above are (from left): Ashley Silas, ombudsman with North Central Planning Development District, Kimberly Collins, administrator at Durant Health Care Long Term Center, and Mary Smith, ombudsman with NCPDD.

(Photo by Matthew Breazeale)



Pictured above are (from left): Allyson Horne, director of nursing at Lexington Manor Senior Care, Mary Smith, ombudsman with NCPDD, Lisa Williamson, Administrator at Lexington Manor Senior Care, and Ashley Silas, ombudsman with NCPDD.

(Photo by Matthew Breazeale)

tor Steve Russell said, "We are delighted that we could work together with Three Rivers PDD to make it easier for care home residents in our seven counties to communicate with their families

ad friends. This is especially crucial during these challenging times."

Robert G. Anderson, executive director of the Mississippi Department of Human Services said, "Once again,

partnerships at the federal, state and local levels will benefit care home residents. Anderson added that MDHS "...is please to be part of the process of making the lives of residents more hopeful."

ally. Nonetheless, over the course of my career, I've heard hundreds of reports from parents who credibly claim that when they eliminated junk from their children's diets, ADHD behaviors disappeared or abated considerably.

It is a parent's responsibility to feed a child responsibly. That includes eliminating or minimizing refined carbohydrates, cane sugar, caffeine, and processed foods. The latter tend to contain artificial flavorings, preservatives, taste enhancers (e.g., MSG), and colorings. That's simple commonsense.

If your child exhibits ADHD behaviors, and you suspect certain foodstuffs are a culprit, be your child's personal allergist. Eliminate the above junk from his or her diet for two weeks and see what hap-

pens. If you see improvement, keep going.

I need to point out, however, that eliminating certain foodstuffs from a child's diet can have a placebo effect. In other words, if your child thinks that his behavior – which he has seen causes much angst among adults, including you – is going to improve if he eats nothing but fresh veggies and grass-fed, free-range, vaccine-free animals, his behavior may well improve even though he is not medically reactive to any of the aforementioned junk. In that case both you and he will think he is allergic to the typical junk found in lots of foods and your family will eat better and everyone will be happy, which is just fine and dandy.

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

*Senior Trojans

(Continued from page 1.)
11; Cayton Edwards, 6; John Hudson Word, 4; and Kade Ward, 5.

On Thursday, January 21, the Trojans traveled to Indianola to play a district game. The Trojans again played as a determined team in both offense and defense. They battled throughout the game, but eventually, the Trojans beat a very talented Indianola team by a score of 58-54.

Scorers include: Bryce Hester, 4; Lawrence Wiley, 19; Tyler Miller, 14; Jalen Webster, 10; and Jace Dean, 8.

The Lady Trojans continued their winning streak,

playing with a full complement of starters, and beating a very aggressive Indianola team by a score of 58-28. The scorers include: Jesse Burton, 16; and Landry Gardner, 12.

The junior high Lady Trojans came to play hard every minute of the game, finishing with a winning score of 30-17.

The highest scorers for the game were J.J. Brown, 11; and Kenzie Cochran, 9.

The junior high Trojans played hard for this game but came up short, losing to Indianola, 25-34.

Scorers include: Lamarion Buchanan, 9; John Hudson Word, 9; Cayton Edwards, 4; and John Ward, 3.

