

## THE POSTSCRIPT

## Eating Broccoli

By CARRIE CLASSON  
Columnist

“I thought more broccoli because I knew you were coming,” my mother informed me.

You can never get enough broccoli, that is my belief.

I am lucky in that I never had to acquire a taste for vegetables out of some sort of concern for my health.

I have always loved vegetables. My mother has a picture of me at three years old, sound asleep with a serving spoon in my hand. I had apparently offered to finish up the remaining peas. I did, then fell fast asleep at the table. I think I could still do that today.

My sister also loves broccoli, so I am inclined to think it was our upbringing that instilled our love of vegetables. She remembers the time when she had dinner at a friend's house as a child and realized the modest-sized bowl of broccoli was intended to feed the entire table—a bowl she could easily have eaten on her own. My broccoli-eating capacity exceeds my sister's, and this is why my mother (who prefers to buy things in small quantities) bought twice the normal amount of broccoli before my visit. We cooked it all. It was all eaten.

Eating vegetables is not something I have to worry about doing. I saw an advertisement for “vegetables in a pill” and was appalled. I have a hard time believing there is anything in those pills approximating a vegetable but, even if there were, why would anyone want it? Eating vegetables is one of my favorite things in life.

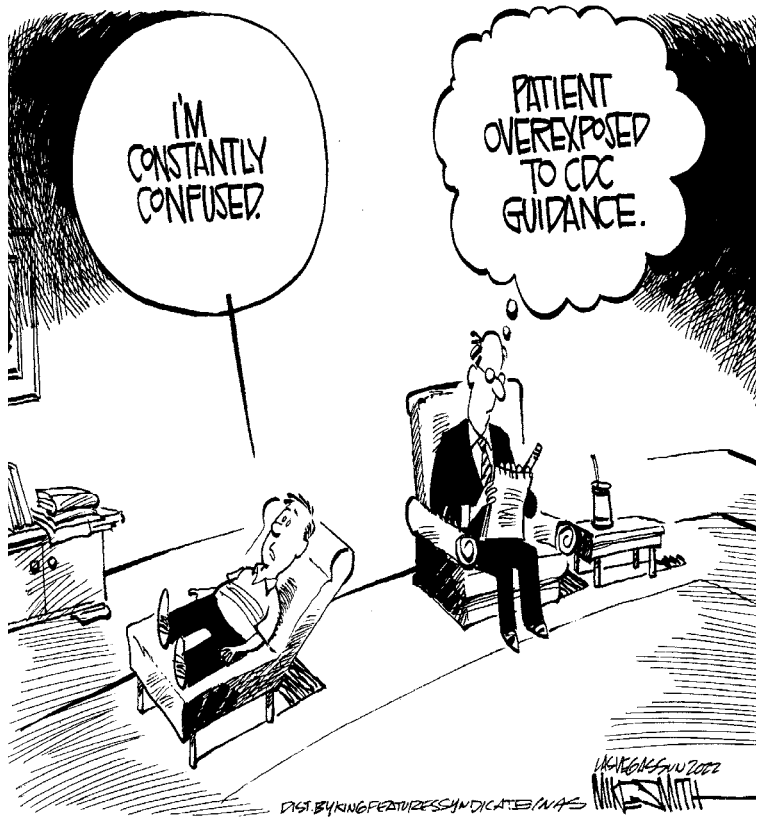
I'm reading a book about habits right now. I hesitated to buy the book because I thought I

had pretty good habits already, and I thought it would be about breaking a bunch of bad habits or training myself to eat broccoli. But it turns out that habits are even more important than I imagined. A lot of habits don't pay off for a long time, which makes staying motivated to keep them hard. But habits will have more influence on accomplishing goals than actual goal-setting. Most of us have similar goals. Not everyone has habits that make accomplishing the goals possible. The author suggests that, instead of celebrating big accomplishments, we should celebrate sticking to a good trajectory, staying the course, making and keeping good habits. It doesn't sound quite as exciting as celebrating a big success, but maybe that's OK because the morning after the big success usually means going right back to the boring habits that made the success possible. And that's a good thing. Especially if you like broccoli.

The year is still new, and I'm trying out some new habits. I want to read more. I want to spend less time scrolling the internet. I want to do more pushups. I want to try to learn a little more Spanish, since I'll be traveling to Mexico and I feel I've forgotten every word I ever knew. None of these activities will have any effect whatsoever if I only do them for a day or two. So I'm trying to get some new habits in my life and push out the things I'd be doing instead.

Progress in Spanish is slow, and pushups make me tired. I usually start too late in the day to get much reading done. But I am going to keep trying. I like the idea that getting a little stronger or a little smarter or a little more fluent might become easier with time. None of these habits will ever be as fun as eating broccoli, but that's a lot to ask. Till next time,

Carrie  
Carrie Classon's memoir is called “Blue Yarn.” Learn more at [CarrieClasson.com](http://CarrieClasson.com).

By LORAN SMITH  
Columnist

Last Monday night in Indianapolis, I watched the Georgia football team quietly enter the locker room and go through their routine of pre-game preparation.

Although I had experienced that exercise many times through the years, I not done so lately. Owing to COVID 19, everything involving the radio broadcast takes place in the press box instead of the field. I was struck poignantly by what I saw.

Today's locker rooms are a microcosm of our world with different attitudes. There is no enmity, no jealousy, no finger pointing and no fault finding, especially pre-game.

You see big guys like Jordan Davis at 340 pounds and small guys such as Ladd McConkey at

185 pounds. There are black kids and white kids who really do like one another. They would literally go to war for their friends and companions.

There is brotherly love in sports today, especially when a championship is on the line. If only our society, and especially the United States Congress, could adopt the attitudes of our sports teams, maybe—just maybe—we could somehow or other lock arms and sing kumbaya.

The origins of the word, kumbaya, date back to slave times in the coastal areas of South Carolina and Georgia. In the Gullah language, the term means, “come by here.” Joan Baez recorded the song in 1962 and it became a big hit. Kumbaya my Lord, kumbaya,

Kumbaya my Lord, kumbaya,  
Somebody's singing Lord, kumbaya,

Somebody's praying Lord, kumbaya,

Kumbaya my Lord, Kumbaya.

Enslaved people came together in song, to endure the hardships of a blight on our country's history. Even in bondage they became a team to survive.

Kumbaya became something of

## Back in the Day

## 100 years ago his week

After conducting the Busy Bee Cafe in Washington for a period of 10 years, George Pick and George Tregone have sold the business to Charley Jeremias and Nick Economakis. Jeremias has been in Washington about a year, in partnership with Nick Creety in the fruit business.

*The News-Reporter* has never doubted that sooner or later Washington would have a city manager instead of the antiquated government of a mayor and council. Now the Kiwanis Club has given the matter a thorough hearing and is on record as strongly recommending the city manager form of government. With this kind of support, the change should come about in an orderly manner.



## Letters to the editor

## Is This Deja Vu All Over Again?

I was watching some program when all of sudden five or six well known people exploded onto the screen professing that they all were “Fauci Groupies” including Nicole Wallace among other well-known people. These people actually believe everything he says.

Dr. Robert Malone is a U.S. virologist and immunologist who has dedicated his professional existence to the development of mRNA vaccines said,

“The most trusted man in America, is what my local newspaper called presidential medical adviser Anthony Fauci early in 2020.

But the most trusted man in America is a liar,” according to one of the foremost vaccine experts in the country, Dr. Robert Malone.

“Tony has no integrity, I mean, he lies all the time,” Malone told Fox News' Laura Ingraham on Tuesday.

[https://www.westernjournal.com/narrative-smasher-dr-malone-reveals-medical-community-felt-fauci-decades/?utm\\_source=email&utm\\_medium=AE&utm\\_campaign=can&utm\\_content=2022-01-04](https://www.westernjournal.com/narrative-smasher-dr-malone-reveals-medical-community-felt-fauci-decades/?utm_source=email&utm_medium=AE&utm_campaign=can&utm_content=2022-01-04)

“The term for this kind of mass psychology that drives millions of people to act in complete conflict with their own values, education, and often their own self-interest have a name; it is called “mass formation psychosis”.

Some people describe this as mass hypnosis or brain washing executed on a large group of people. Once a doctrine is established with the group no amount of evidence will change their mind.

Mass formation has been used throughout history to establish authoritarian control, such as Hitler's utilization of mass formation theory to seize power in Weimar Germany. Prior to WW2, the German economy was battered by the reparations of WW1 and German people were experiencing desperate economic conditions,

The county will sell \$50,000 in bonds to finance the construction of a road directly between Washington and Tignall, a distance of about nine miles. The road will be what is known as a “sand-clay road.”

L.O. Fortson, who recently sold the Ford dealership in Washington, has purchased the James H. Prichard Motor Company, 677 Whitehall Street, Atlanta, and the firm will now be known as Fortson Motor Company.

## 75 years ago this week

Judge C.J. Perryman has delayed the February term of Superior Court until March 15. The action was made necessary by the illness of Solicitor General Cecil Davis who remains seriously but not critically ill at his home in Warrenton.

A gala “Roosevelt Birthday Ball” is being planned for Friday evening at the Auditorium-Armory. M. Pembroke Pope is in charge of planning the event which will benefit the Warm Springs drive. It's about time for a COLD SNAP! Don't let it catch you WITHOUT COAL! Order a ton today. THE POPE MANUFACTURING COMPANY.

Faulkner Heard has returned to Washington after spending several months in California.

## 60 years ago this week

R.M. Benton who has served for many years as agent for the Railway Express Company in Washington has announced that he will go on sick leave. In his absence, Connie Mansfield will serve as agent.

At this date the claims for the governorship of Georgia remain little changed from the situation of ten days ago. Herman Talmadge still claims the position based on the write-in votes he received. M.E. Thompson claims it based on the fact that he won election to the position of Lt. Governor.

S.P. McGill has announced that he has acquired the agency for 8Lauderall, a new type of home washing machine which is completely automatic, washing, rinsing and damp drying clothes in one continuous cycle.

Our progressive neighbor, Elberton, now has its own radio station, WSGC. Listeners in Washington will be pleased to know that the news broadcasts are being given by Thomas B. Walton Jr., a former Washingtonian.

## 50 years ago this week

William Higginbotham of Wilkes County attended the National Dairy Council's annual meeting held at the Royal Sonesta Hotel in New Orleans Jan. 24-25. As a member of the board of directors of the Dairy Council of Georgia, Mr. Higginbotham was among some 500 dairy industry leaders gathered from coast to coast.

Farmers and Merchants Bank has petitioned the Secretary of State for approval of a plan to increase its capital stock from \$150,000 to \$170,000, and its surplus from \$250,000 to \$330,000.

Colonial Stores is offering bananas at 10 cents a pound, bread at 29 cents a loaf, Morton Dinners at 39 cents, smoked pork chops at 79 cents a pound

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Telephone: 706-678-2636. email: editor@news-reporter.com

editor and publisher:

Michael Bowen

managing editor and advertising manager:

Joan Bowen

Circulation manager:

George Bowen

Office Assistant:

Margaret Griggs

Staff Reporter:

Morris Branson

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## Locker room, Indy

a theme song for the teams of Bill Parcells with the New York Giants as they won two Super Bowls in the eighties.

A locker room is populated with an amalgamation of teenagers, young adults and heavy-lunged coaches. There are trainers and managers who function as valets, wait staff and confidantes. If a player is moved to make his uniform look spiffier, there is somebody eager to accommodate. There is privacy but there is openness.

There are shouts by some among the many who just sit quietly in meditation. Many nod rhythmically to the beat coming through their head phones. They are serious, they are focused and selfless—all for one and one for all permeates locker rooms and it is as real as shoulder pads and helmets.

Some kids prefer their ankles to be taped a certain way. No problem. There are sports drinks, protein snacks and nutrition bars. There is the humility of the Lord's prayer and the salty language that comes with athletic competition.

If you hark back to the sixties, the integration of the school systems was a challenge, especially in the

South, but it became manageable because of sports. By rallying around the sports teams, the notion of the team concept won everybody over. White kids came to appreciate the abilities of black kids. A white kid makes a block that enables a black kid to score the winning touchdown. The kids bought in which moved the parents to buy in.

If the football teams and the basketball teams, which were the focal points of most school activities, could get along, then that influenced the entire student body to take note.

Leadership makes a difference in any organization and Georgia has remarkable leadership with its coaching staff, but it would have been for nothing, had the players not bought in.

Isn't there a leader in Congress who can get others to buy in to doing what is best for the country? Just imagine if Kirby Smart and his coaches found fault with every team mistake and shouted epithets with the players.

If football teams acted like the Congress of the United States, college football would collapse in a lifeless heap.