

OPINION

Managing the holiday blues

BY T.A. JONES

Once again, the holidays are upon us, and this year's tributes to the holidays will be different for many as the Center for Disease Control, CDC as well as the Department of Health and Human Services, DHHS recommends celebrating with preferably only people from the same household during the holidays in an effort to prevent spreading the Coronavirus, (COVID-19). Visit <https://files.nc.gov/.../NCDHHS-Interim-Guidance-for-Thanksgiving.pdf> for more information on having a safe Thanksgiving in 2020. This virus has certainly taken its toll on not only the United States, but most of the world.

As many of us, comply with the 3 W's, Wearing a mask, Washing hands, and Waiting six feet, we are also doing our best to keep our family's isolated as much as possible. And I say Kudos to all who are working tremendously hard to stay safe and to keep others safe as well. Although the fact remains as we move closer into the holiday season, unfortunately for many this "isolated reality" may push or move more people into depression, or what some may call "The Holiday Blues".

Research shows that just as joyful as many are around the holiday season there are others who are sad and depressed. The National Alliance on Mental Illness, NAMI refers to this temporary period of sadness as "Holiday Blues, which triggers feelings of loneliness, sadness, fatigue, tension and a sense of loss. And let's face it, most people have bouts of sadness or depression at times; the key is not to let these times extend into longer periods.

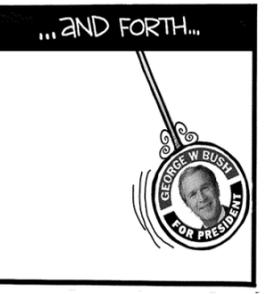
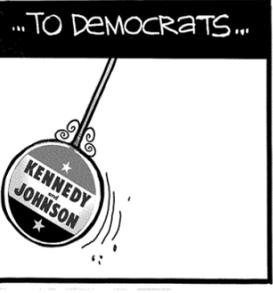
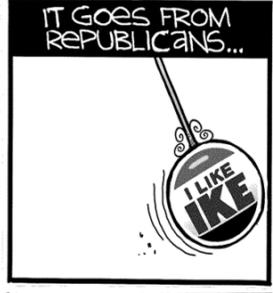
Since many have been alone or socially distanced since March 2020, a greater feeling of sadness or depression may exist this holiday season. Managing the Holiday Blues requires some effort and this year's holiday season will be especially challenging to many so try to stay safe, take care of yourself mentally, physically and stay connected at the same time. For instance, admit how you are feeling and reach out for help if needed; call a Mental Health Provider, and the National Suicide Prevention Lifeline number is (800) 273-TALK (8255).

The holidays hold many fond memories of childhood time spent with parents, grandparents and other loved ones who may have moved away or perhaps are deceased. It is okay to talk about feelings of loneliness. Reach out to others through telephone calls, face time calls, zoom meetings and other forms of contact to a close friend, group of friends or family members who can give you some kind of comfort and cheer. A key point to remember is in order to celebrate future holidays with our loved ones, we will have to forgo this year's large holiday celebrations and gatherings, remembering that COVID-19 is temporary.

For more information on mental health resources contact North Carolina National Alliance on Mental Illness, www.naminc.org.

T. A. Jones is a freelance contributor to The Warren Record, and the author of The Parent Push, Helping Your Child Succeed Through High School and Beyond, to get in contact with her visit tajones.org.

THE PENDULUM SWINGS OF PRESIDENTIAL POLITICS...



SO IF YOU THINK THE PAST ELECTION WILL FUNDAMENTALLY CHANGE THINGS FOREVER ...

...WAIT A FEW YEARS.

KIRK

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Reader letters

Tribute to Frank Newell

I was sad to learn of Mr. Newell's passing this weekend.

It brought back memories of what a wonderful man he was in so many ways.

When we moved to the lake years ago, I started reading his column's and found them so fascinating. Our young grandson started wanting to come stay with us on spring break and then in the summer for the month of July. His parents told us he needed to keep his reading skills up during the summer so we need to have him read everyday while here.

He was all boy and didn't think he needed to read in the summer when he was out of school so we had to make it interesting for him. I started saving all of Mr. Newell's column's for Justin to read during the summer. He found them so interesting he started to enjoy reading and would look forward to the next column.

I would have to say that Mr. Newell was also a good teacher.

May you Rest in Peace, Sir.

VIRGINIA WEST,
Henrico, NC

Ebony (Dollar General) Rezoning Appeal Update

Underway is a lawsuit appealing the actions of Brunswick County Board of Supervisors regarding the controversial 3-2 approval of the rezoning of a property in the heart of historic Ebony, VA for an invasive and over-bearing 9100 sq. ft. Dollar General box store with traffic generation that is calculated to be an increase of 578 trips per day in an area that is already a traffic safety hazard. Proper enforcement of land use management statutes and Counting zoning regulations is designed to prevent this exact thing from happening. The Board of Supervisors is accountable for proper enforcement.

A petition to Appeal was filed by Plaintiffs, Anne Edwards Hartley and Prospect Cemetery Association, on 2/28/20. The County responded with a "Demurrer" initiating a motion that the case be dismissed. The Plaintiffs filed a Response in Opposition to Demurrer at the end of May stating why the case should not be dismissed. A court hearing for the Demurrer was set for the beginning of August.

On August 3rd there was a hearing in Brunswick County Circuit Court regarding this matter in front of the Honorable Carson Saunders on the motion put forth by the County to dismiss the case. Hearing from both sides, he acknowledged there is a lot to consider and would respond with a decision in writing as soon as possible.

Approximately 8 weeks later, we received a letter from Judge Saunders dated September 24, 2020, that gave us 3 weeks to file an Amended Petition to include in the body of the complaint document all of the detail evidence of our complaint that had been filed in a separate document in response to Demurrer.

Furthermore, the letter stated that If we did not file the said Amended Petition within the allotted time frame, that he would sustain the County's Demurrer. We filed the Amended Petition on October 14, within the specified time frame. Litigation continues.

If you are interested in learning more about the details of this case and the grassroots opposition, or just staying connected, visit KeepEbonyCountry.org and follow Keep Ebony Country on Facebook.

All support is greatly appreciated. Stay tuned!

ANNE EDWARDS HARTLEY, Plaintiff
On Behalf of Keep Ebony Country
and All In Opposition

Thank you from Roanoke Wildwood Vol. Fire Dept. and Auxiliary

Roanoke Wildwood VFD & Auxiliary would like to thank everybody for your continued support.

2020 has certainly been a crazy, crazy year for all of us! During the past 8+ months everything regarding us (Bingo, Fund Raisers, Yard Sales) & the World has been cancelled because of Covid 19 - these Cancellations continue thru the rest of 2020 for RWVFD & Auxiliary.

We pray that you & your families have/will all stay safe during these stressful times.

We will make announcements when activities begin again.

As the Holidays approach us, we would like to wish everybody a safe Holiday Season.

Happy Thanksgiving - Merry Christmas -- Happy New Year to ALL!

PAT TRAINUM
RWVFD Auxiliary Publicity

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SENIOR NEWS LINE

by Matilda Charles

Fighting Boredom

Are we bored yet? Of course we are. We're staying indoors, especially now that cold weather has arrived, not shopping, not visiting friends, not doing much of anything. Somehow we have to get through this winter, though, and now might be the time to explore things that are new and different to us. Here are some ideas:

Change the channel. If you watch the same television news every night, switch to a different one (or better yet, skip a night or two). If you watch the same shows all the time, consider watching something different, even if you think it won't appeal to you.

Step outside. Even though it's cold outside, wrap up and go outdoors anyway. Don't try this if there's ice, of course, but even a few minutes spent walking around outside in fresh air can raise your spirits.

Grab your camera. Set up still shots around your house. A fabric background on a table or shelf, a few small statues or trinkets (especially ones from trips you've taken) and a lamp for lighting, and you might discover that you have a real eye for photography.

Or read a new author, learn to watercolor, take a free online course, watch zoo cams...

The idea is to try new things, even given our "stay at home" limitations.

As of this writing, most states are seeing big increases in coronavirus levels, even states that were stable with relatively low rates even a few weeks ago. We seniors are, unfortunately, in the high-risk group because of our age, even if we don't have health concerns.

And as of this writing, the U.S. has more active cases of the coronavirus than any other country in the world, including India. It has four times the population but half the deaths that we do. It's everywhere, and we can't let down our guard.

Stay home, stay safe and look for new things to occupy yourself.

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Send your Letters to the Editor to news@lakegastongazette-observer.com