



People fall into two categories when it comes to difficult situations: those who have experienced one and those who will experience one. Sooner or later we all find ourselves in need and on the flip side, we find ourselves in a position to fill a need. Eating keeps us alive, but if fuel were the only reason to eat, we could meet that need by popping a frozen dinner in the microwave. Food and eating are more than a fuel stop; eating is a profoundly social urge. Food is almost always shared and sharing a meal is the way we share ourselves with those we care about, or those we

want to know better, or those we want to be kind to. When you hear of a family that could benefit from a home cooked meal, don't panic. It doesn't have to be complicated; in fact it's better if it is not complicated. Choose simple, warm, comfort food to soothe and nourish both body and soul.

Pack the food in containers that are suitable for re-heating and do not need to be returned (be sure to note this). Nothing makes a stressful time more stressful than trying to return 10 identical Pyrex casserole dishes to the rightful owner.

Include detailed information about how to store, freeze and re-heat the food. Make sure to include food that will satisfy the fussiest of eaters, so the family won't have to prepare extra. Focus on fresh, healthy and hearty family meals. Prepare enough for your family too; choose recipes that double well. Reduce your stress by feeding two families at once.

This Shepherd's Pie recipe is a tried and true favorite. It goes together in a flash, freezes well and will satisfy the pickiest of picky eaters. Choose the frozen veggies that appeal to your family; if your family will only eat carrots, use carrots. Don't hesitate to use frozen potatoes for the mashed potatoes; they work perfectly in this recipe. Cookies are always welcome. This basic, peanut butter cookie recipe makes enough to keep and have plenty to share. Consider it a blank slate; add chocolate chunks or oatmeal to personalize the recipe.

A loaf of pumpkin bread

Local students attend conference on health activism



The Mississippi Tobacco-Free Coalition of Madison, Yazoo, and Holmes Counties and their Youth Advocates attended FREE FEST sponsored by Generation FREE at the Two Mississippi Museum in Jackson, Mississippi on October 25, 2018. FREE FEST is a regional, youth-led, youth tobacco prevention conference designed to educate, empower and develop youth leaders and advocates helping to combat the dangers of tobacco and nicotine. The Youth Advocates joined more than 200 students who came together to learn how they can create change in their communities through becoming youth leaders and activists by addressing the public health needs of their community. The advocates participated in engaging breakout sessions and activities to further develop skills that will help them combat youth tobacco use and influence positive health decisions for their communities. For more information on youth tobacco prevention programs and other youth events, call The Partnership for a Healthy Mississippi at 601.420.2414. Pictured above (from left) Sharon Nettles, Sha'Becca Harris, Shandrea Whitt, Tawanna Jefferson and Carolyn Love.



Keep meals for a friend in need, simple and easy to transport. Choose containers that can be reheated and do not need to be returned. (Photo by May Vokaty)

Crop	CBOT Month	Delivery Period	Futures Price	EGT Basis	Net Price	Change
Wheat	Jul 19	2019 Jun	5.42	-0.22	5.20	0.16
Corn	Dec 18	2018 Nov	3.71	-0.02	3.69	0.01
Corn	Dec 18	2018 Dec	3.71	-0.01	3.70	0.01
Corn	Sep 19	2019 Aug	3.99	-0.07	3.92	0.01
Soybeans Sidon	Jan 19	2018 Nov	8.83	-0.82	8.01	-0.04
Soybeans G'wood	Jan 19	2018 Nov	8.83	-0.59	8.24	0.11
Soybeans G'wood	Jan 19	2018 Dec	8.83	-0.35	8.48	-0.04
Soybeans G'wood	Jan 19	2019 Jan	8.83	-0.35	8.48	-0.04
Soybeans G'wood	Nov 19	2019 Aug-Sep	9.35	-0.42	8.93	-0.02
Soybeans Minter City	Jan 19	2018 Nov	8.83	-0.60	8.23	0.13
Rice	Nov 18		10.645			0.050
Rice	Jan 19		10.650			0.035
Cotton	Dec 18		76.38			-1.710
Cotton	Mar 19		78.25			-1.610

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works for breakfast or as a quick snack. This recipe makes a moist spicy loaf that is both comforting and nourishing. It freezes beautifully for up to 6 months, so always have one tucked in the freezer for last minute needs.

Round out the meal with steamed, buttered green beans, a green salad with homemade dressing and bakery rolls. A gallon of iced tea is always welcome.

By providing a meal to a friend in need, you are providing more than nourishment. You provide a love, caring and comfort. You provide an opportunity for a family to come together without the need to cook, or, if you bring disposable utensils and plate, the need to clean up.

Shepherd's Pie
 Yield: 4-6 servings
 1 24-ounce package of frozen Steam and Mash cut russet potatoes
 1 1/2 pounds of ground beef
 1 onion, chopped
 1 cup frozen mixed vegetables
 3 tablespoons all-purpose flour
 2 teaspoons of salt, divided
 1 1/2 cups of beef broth
 1 large egg, lightly beaten
 1/2 cup shredded Cheddar cheese
 Salt and Pepper to taste
 Preheat the oven to 350°F. Prepare and mash the potatoes according to the package direction; set aside. In a large skillet set over high heat brown the beef and onions. Drain and return to

the skillet. Stir in the frozen vegetables. Sprinkle the flour over the meat and vegetables. Stirring constantly, cook the vegetables and flour for one minute. Add the beef broth and cook, stirring constantly for about 3 minutes or until slightly thickened. Taste and adjust the seasoning. Spoon the mixture into a baking dish. Stir together the potatoes, the egg and 1 teaspoon of salt, spoon over the beef mixture. Bake at 350°F for 25 minutes; sprinkle the top with cheese and bake for 5 more minutes.

Peanut Butter Cookies
 Yield: 2 dozen
 1 cup sugar
 1 stick of butter, room temperature
 1 egg
 3/4 cup smooth peanut butter
 1/4 cup crunchy peanut butter
 1 teaspoon of vanilla
 1/2 teaspoon of salt
 1/2 teaspoon baking soda
 1 1/2 cups of all-purpose flour
 Preheat the oven to 375°F. Line 2 baking sheets with parchment paper. Set aside. In a stand mixer, cream the sugar and butter together until creamy, beat in the egg. When the egg has incorporated, beat in the peanut butter and vanilla. Mix the dry ingredients together; stir into the peanut butter mixture but do not over-mix. Roll the dough into 1-inch balls (roll in additional sugar if desired). Place on a the prepared baking sheets (flatten with a fork for the look of traditional peanut butter cookies). Bake for 10-12

minutes. Remove from the oven and cool on wire racks. Store airtight.

Pumpkin Bread
 Yield: 2 loaves
 2/3 cup unsalted butter, at room temperature
 2 cups of sugar
 4 eggs
 1 can of pumpkin
 2/3 cup water
 3 1/3 cup all purpose flour
 2 teaspoons of baking soda
 3/4 teaspoon of salt
 1/2 teaspoon baking powder
 2 1/2 teaspoons pumpkin pie spice
 2/3 cup chopped walnuts
 2/3 cup golden raisins
 Preheat the oven to 350°F. Grease and flour 2 9x5x3" loaf pans; set aside. In a stand mixer, cream the butter and sugar together until creamy; beat in the eggs one at a time, beating well after each addition; beat in the pumpkin and water. Whisk together the dry ingredients. Reserve 1/4 cup of the flour mixture and toss the nuts and raisins in the flour; then set aside. Carefully mix in the remaining flour taking care not to over mix. Fold in the floured nuts and raisins. Turn the batter into the prepared baking pans and bake for 1 hour or until a wooden pick comes out clean. Cool in the pans for 10 minutes; then transfer to wire racks.

*May Killebrew Vokaty is a Holmes County native and an award winning food columnist who writes for The Voice of Blythewood and Fairfield County in South Carolina.

Holmes County Chamber of Commerce

Lexington Holiday Open House

A Different Sticker From Each Merchant To Put On Your "Passport" Will Get You In The Drawing For a \$450 Grand Prize Lexington Shopping Spree!

Turn in your completed Passport at the Holmes County Arts Council Building on the Square for the 4:30 p.m. Grand Prize Drawing. Enjoy tasty treats while you wait!

Jingle While You Mingle!

Santa Claus will be making the rounds also!

Sunday, November 18
Lexington Court Square
2 p.m. to 5 p.m.