



Note to Pets & Visitors

I think the world can be divided into 2 groups of people – pet lovers and non pet lovers. My family falls in the category of pet lovers. Steve and I never really go looking for a cat or a dog. They kind of find us. We have his mama’s cat and dog who came with the house when we moved. We even have a dog at our farm that we also feed each day. Our pets are a full-time job, but worth every minute of time and trouble.

Every night when we go to bed, they all join us and curl up in their respective spots for a good night’s rest. They have their own special places where they like to nap during the day. To say they lead a good life would be putting it mildly. Yes, I treat them as if they were my children.

My sister-the cat lover-sent this to me from her home in California. She is REALLY a cat lover. Her cats eat rotisserie chicken from the grocery store.

The following was found posted very low on a refrigerator door.

Dear Dogs and Cats:

The dishes with the paw prints are yours and contain your food. The other dishes are mine and contain my food. Placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing the slightest. The stairway was not designed by NASCAR and is not a racetrack. Racing me to the bottom is not the object. Tripping me does not help because I fall faster than you can run.

I cannot buy anything bigger than a king sized bed. I am very sorry about this, but it cannot be helped. Do not think I will continue to sleep on the couch to ensure your comfort, however...dogs and cats can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other, stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out on the other end to maximize space is nothing but sarcasm.

For the last time, there is no secret EXIT from the bathroom! If, by some miracle, I beat you there and manage to get the door shut, it is not necessary to claw, whine, meow, try to turn the knob or get your paw under the edge in an attempt to open the door. I must exit through the same door I en-

tered.

Also, I have been using the bathroom for years – canine/feline attendance is not required.

Finally, in fairness, dear pets, I have posted the following message on the front door.

TO ALL NON-PET OWNERS WHO VISIT AND LIKE TO COMPLAIN ABOUT PETS:

(1) They live here. You don’t.

(2) If you don’t want their hair on your clothes, stay off the furniture. That’s why they call it “fur”niture.

(3) I like my pets a lot better than I like most people.

(4) To you, they are animals. To me, they are adopted sons/daughters who are short, hairy, walk on all fours and don’t speak clearly.

Remember, dogs and cats are better than kids because they:

- (1) eat less
- (2) don’t ask for money all the time
- (3) are easier to train
- (4) normally come when called
- (5) never ask to borrow the car
- (6) don’t smoke or drink
- (7) don’t want to wear your clothes
- (8) don’t have to buy the latest fashions

- (9) don’t need a gazillion dollars for college
- (10) if they get pregnant, you can sell their children

Hope you enjoy this week’s recipes. Thanks for reading.

CHICKEN ALFREDO BAKED PASTA

- 1 (32 oz.) carton chicken broth
- 1 pound uncooked spaghetti
- 2 Tbsp. panko (Japanese bread crumbs)
- 1 Tbsp. butter
- 1 (8 oz.) package fresh mushrooms, sliced
- ½ cup shredded carrot
- 4 cups shredded, cooked chicken
- 2 (15 oz.) jars Alfredo sauce
- 2 tsp. dried Italian seasoning
- 1 tsp. salt
- 1 tsp. black pepper
- ½ cup grated Parmesan cheese

Preheat oven to 350 degrees. Spray a 9 x 13 inch baking dish with nonstick cooking spray. Prepare spaghetti according to package directions; drain, reserving ½ cup cooking liquid. Melt butter in skillet and saute’ mushrooms and carrots. In a large bowl, combine spaghetti, reserved ½ cup cooking liquid, mushroom mix-

ture, chicken, Alfredo sauce, and seasonings; stir well. Spoon mixture into baking dish. Cover with aluminum foil that has been sprayed with cooking spray to prevent casserole from sticking on top. Bake for 30 minutes. Combine Parmesan cheese and panko crumbs; remove foil and sprinkle mixture on top of casserole. Bake an additional 5 minutes.

TACO CASSEROLE

- 2 lbs. ground beef
- 2 pkg. taco seasoning
- 2/3 cup water
- 1 (16 oz.) can kidney beans, drained and rinsed
- 1 cup (4 oz.) shredded Cheddar cheese
- 2 eggs, lightly beaten
- 1 cup milk
- 1 ½ cups Bisquick
- 1 (8 oz.) sour cream
- 1 cup (4 oz.) shredded Monterey Jack cheese
- 2 cups shredded lettuce
- 1 medium tomato, diced
- 1 can (2 1/4 oz.) sliced ripe olives, drained

In a large skillet, brown and drain ground beef. Stir in taco seasoning and water. Bring to a boil and simmer for 5 minutes. Stir in beans; spoon mixture into a greased 9 inch square baking dish. Sprinkle with Monterey Jack cheese. In a large bowl, combine the eggs, milk and Bisquick until moistened. Pour over cheese and bake, uncovered, at 400 degrees for 20-25 minutes or until lightly browned and a knife inserted near the center comes out clean. Spread top with sour cream, top with cheddar cheese, lettuce, tomato and olives. Cut into squares and serve.

CHILI SPAGHETTI CASSEROLE

- 1 (16 oz.) pkg. vermicelli pasta, cooked according to package directions
- 1 ½ lbs. ground beef
- 2 Tbsp. dried minced onion flakes
- 2 tsp. chili powder
- ¼ tsp. garlic powder
- 1 (15 oz.) can chili without beans
- 1 (15 oz.) can diced tomatoes, undrained
- 1 (8 oz.) carton sour cream
- 1 ½ cups shredded cheddar cheese
- 1 (2.8 oz.) can French fried onions

Preheat oven to 350 degrees; lightly spray a 9 x 13 inch baking dish and set aside. Cook ground beef and drain fat. In a large bowl, combine cooked beef, onion flakes, chili powder, garlic powder, chili, tomatoes, sour cream and cooked pasta. Transfer to prepared baking dish and top with cheddar cheese and French fried onions. Bake for 45 minutes or until bubbly.

Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, **The Help. Fleming can be reached at lafkitchen@hughes.net.*

LETTER TO THE EDITOR



Dealing with loved ones can be difficult sometimes and that only gets harder when they have a problem with drugs and alcohol. A big part of dealing with a loved one’s addiction is getting them into treatment. But what if they are unwilling to go? Intervention is the next logical step, however what is an intervention and how you pull one off?

Contrary to popular belief, successful interventions usually aren’t like the ones you see on TV or in the movie Hangover 3 with the family sitting around and reading off of notecards. Interventions that are successful usually consist of several different techniques. I hope they help you and your family to have the best chance of saving your loved ones.

The first thing is to do your research on a treatment facility. Before an intervention takes place, you need to know where they are going. Once you get someone willing to go to treatment it is imperative that they go straight in. When someone is struggling with substance abuse they can waffle on the idea of treatment, so you have to have the facil-

ity already picked out so there are no slows or stops on which facility. Adding time in-between when your loved one becomes willing to go and them getting into treatment is deadly.

Number two is building your team. An intervention can either be done by the family or by a professional interventionist. A family can choose the family or friends of the addict that the addict will most likely listen to so it is important those persons are at the intervention. On the other hand, an intervention done by an interventionist is usually conducted on a one-on-one basis, where the interventionist works with the addict alone to get their agreement to go to treatment. Since a lot of interventionists are ex-addicts themselves, they will have a point of reality with the addict which may facilitate the reach for treatment. In some cases, the interventionist may decide to call in family members but that will be decided by the interventionist.

Once you have decided on your team, get them together and go over all the details so everyone is prepared to

pull off the intervention. Make sure any family or friends who are involved are all on the same page and have the same goal; getting the addict into treatment.

With everyone on the same page, you would then bring in the addict. Approach them kindly and at first try to get them to see how treatment will benefit them. Show them the website or brochure of where they are going. It is also a good idea to have someone ready to talk to them from the center to answer any questions they may have.

If this doesn’t work, you should be prepared to bottom line them (give them an ultimatum). An example of a bottom line is, “If you don’t go to treatment you aren’t staying here anymore.” If they run off and refuse to listen, do not give in. You must hold strong or they won’t take it seriously. Even if they do run, most of the time they will come back and listen and then agree to go to treatment.

If you have more questions or want to find out more about getting someone into treatment, read here: <https://www.narcononnewliferetreat.org/blog/intervention-101.html> or call 1 800-431-1754 to get help for your loved ones.

Luke Nichols
Denham Springs, LA

Political advertising available in the *Herald* for 2019 elections

All political advertising/announcements are on a first come, first serve basis.

All advertising must be paid in full before being published in the Holmes County Herald.

• \$200 - Page One political announcement (one run only):

- 400 words with picture**
- 500 words no picture**

• \$300 - Page One top banner - must run minimum four times

- \$5/week for name only listing in political strip**
- All other advertising at local rates. Call 662-834-1151 for more information.**

DEADLINE TO SUBMIT ALL CONTENT FOR ADS IS FRIDAY BY 5 P.M. FOR THE FOLLOWING WEEK’S PAPER.

