IN THE KITCHEN WITH LeeAnn

Going to the Beach

School is officially over! It is time for the beach and some rest and relaxation. Last summer, we moved into my husband's parent's home. I can't tell you how many things we have either misplaced or inadvertently thrown away. In preparation for our trip, I have discovered that two of theses things are our luggage and our swimsuits! I hope this isn't a bad omen as we prepare to leave. We haven't always had the best luck in our travels, but that is an entire article in itself. Today I have 5 new summer salad recipes that I hope you will give a try. Thanks for reading.

SUMMER SALAD

¾ cup olive oil
4 Tbsp. grated Parmesan cheese, plus more to taste
½ tsp. salt
Freshly ground black pepper
¼ tsp. sugar
Dash of paprika
Juice of 2 fresh lemons
1 tsp. minced garlic

Place all ingredients in a jar and shake well; refrigerate for at least 24 hours.

Green lettuce leaves
½ red onion, thinly sliced
1 cup red grape tomatoes, halved

Serve the dressing over these salad ingredients.

CREAMY ITALIANO SALAD

½ cup mayonnaise
3 Tbsp. milk
1 Tbsp. red wine vinegar
1 Tbsp. sugar
2 tsp. Italian seasoning
1 tsp. garlic powder
Salt and pepper to taste

Whisk dressing ingredients together and store in a Mason jar to refrigerate.

1 (9 oz.) bag chopped Romaine lettuce
1 cup sliced seedless cucumbers
1 cup croutons
½ cup sliced banana pepper rings
½ cup cherry tomatoes, halved
¼ cup shaved Parmesan cheese

Combine all salad ingredients in a large bowl and toss with salad dressing before serving.

BUTTERMILK PASTA SALAD

1 (16 oz.) pkg. penne pasta, cooked and drained well
1 cup fresh basil leaves, torn
1 cup cherry tomatoes, halved
1 cup diced cucumbers
½ cup chopped fresh chives
½ cup diced red onion
½ cup mini sweet peppers, diced
½ cup salted sunflower seeds
1 cup crumbled feta cheese
½ cup buttermilk
1 cup mayonnaise
1 Tbsp. lemon juice
1 Tbsp. hot sauce
1 tsp. minced garlic
1 tsp. red pepper flakes
Salt and Pepper to taste

Place prepared pasta in a large bowl. Add basil, tomatoes, cucumber, chives, red onion, peppers, sunflower seeds, and feta; toss well and set aside. Whisk together buttermilk, mayonnaise, lemon juice, hot sauce, garlic, and red pepper flakes; season with salt and pepper. Pour dressing over pasta mixture and toss to coat. Refrigerate overnight before serving.

LAYERED VEGETABLE SALAD with PARMESAN DRESSING

1 (8 oz.) pkg. sliced fresh mushrooms
2 cups broccoli florets, chopped
1 (10 oz.) pkg. shredded carrots
5 small yellow squash, sliced
2 large red bell peppers, cut into 1-inch pieces
2 green onions, sliced
Parmesan Dressing

Layer half of each of these ingredients in a glass bowl (trifle bowls work nicely). Spread half of the dressing on top and repeat layers. Cover and chill overnight.

Parmesan Dressing:

¾ cup grated Parmesan cheese
½ cup sour cream
½ cup mayonnaise
¼ cup Italian dressing with Balsamic Vinegar
½ tsp. cracked black pepper

Whisk ingredients together until smooth.

LAYERED CLUB SALAD

1 (8 oz.) pkg. cornbread mix, cooked according to package directions
1 (16 oz.) bottle peppercorn ranch salad dressing
¼ cup milk
¾ cup grated Parmesan cheese
4 cups shredded lettuce
2 cups chopped turkey
1 large bell pepper, chopped
2 tomatoes, chopped
1 Vidalia onion, sliced
2 cups grated Swiss cheese
1 (3 oz.) pkg. Real Bacon Bits
2 green onions, chopped

Crumble prepared cornbread; thin salad dressing with milk and add Parmesan cheese. Layer half of each of the cornbread, lettuce, turkey, bell pepper, tomatoes, onion, Swiss cheese and bacon bits. Repeat layers and drizzle with half of salad dressing. Cover and chill; Just before serving sprinkle with green onions and remaining salad dressing mixture.

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.*

2018 Annual Drinking Water Quality Report
Town of Pickens
PWS#: 0260013
May 2019

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is from wells drawing from the Meridian Upper Wilcox Aquifer.

The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. A report containing detailed information on how the susceptibility determinations were made has been furnished to our public water system and is available for viewing upon request. The wells for the Town of Pickens have received a moderate susceptibility ranking to contamination.

If you have any questions about this report or concerning your water utility, please William Primer, Jr. at t 662.468.2171. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled meetings. They are held on the first Tuesday of each month at 7:00 PM at the Town Hall @ 163 N. Second Street.

We routinely monitor for contaminants in your drinking water according to Federal and State laws. This table below lists all of the drinking water contaminants that we detected during the period of January 1st to December 31st , 2018. In cases where monitoring wasn't required in 2018, the table reflects the most recent results. As water travels over the surface of land or underground, it dissolves naturally occurring minerals and, in some cases, radioactive materials and can pick up substances or contaminants from the presence of animals or from human activity; microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm-water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm-water runoff, and residential uses; organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations and septic systems; radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily indicate that the water poses a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Action Level - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Treatment Technique (TT) - A treatment technique is a required process intended to reduce the level of a contaminant in drinking water.

Maximum Contaminant Level (MCL) - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG) - The "Goal"(MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL) – The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary to control microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) – The level of a drinking water disinfectant below which there is no known or expected risk of health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

PWS # 260013 TEST RESULTS

Contaminant	Violation Y/N	Date Collected	Level Detected	Range of Detects or # of Samples Exceeding MCL/ACL	Unit Measurement	MCLG	MCL	Likely Source of Contamination
Inorganic Contaminants								
10. Barium	N	2018	.0058	No Range	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
13. Chromium	N	2018	1.8	No Range	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits
14. Copper	N	2015/17*	.1	0	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
16. Fluoride**	N	2018	.916	No Range	ppm	4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
17. Lead	N	2015/17*	1	0	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
Disinfection By-Products								
81. HAA5	N	2018	20	No Range	ppb	0	60	By-Product of drinking water disinfection.
82. TTHM [Total trihalomethanes]	N	2018	33.7	No Range	ppb	0	80	By-product of drinking water chlorination.
Chlorine	N	2018	2	.74 – 3.8	ppm	0	MDRL = 4	Water additive used to control microbes

** Most recent sample. No sample required for 2018.*

*** Fluoride level is routinely adjusted to the MS State Dept of Health's recommended level of 0.6 - 1.2 mg/l.*

As you can see by the table, our system had no violations. We're proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some contaminants have been detected, however, the EPA has determined that your water IS SAFE at these levels.

We are required to monitor your drinking water for specific contaminants on a monthly basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. We did complete the monitoring requirements for bacteriological sampling that showed no coliform present. In an effort to ensure systems complete all monitoring requirements, MSDH now notifies systems of any missing samples prior to the end of the compliance period.

To comply with the "Regulation Governing Fluoridation of Community Water Supplies", our system is required to report certain results pertaining to fluoridation of our water system. The number of months in the previous calendar year that average fluoride sample results were within the optimal range of 0.6-1.2 ppm was 3. The percentage of fluoride samples collected in the previous calendar year that was within the optimal range of 0.6-1.2 ppm was 22%.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Our water system is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/safewater/lead. The Mississippi State Department of Health Public Health Laboratory offers lead testing. Please contact 601.576.7582 if you wish to have your water tested.

All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. These substances can be microbes, inorganic or organic chemicals and radioactive substances. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1.800.426.4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline 1.800.426.4791.

The Town of Pickens works around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

2018 Annual Drinking Water Quality Report
Acona Water Association
PWS#: 0260001
May 2019

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water.

If you have any questions about this report or concerning your water utility, please contact Edwin Tolbert at 662.834.3122. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled meetings. They are held on the last Monday of each month at 7:00 PM at the Acona Water Association Office.

Our water source is from wells drawing from the Meridian Upper Wilcox Aquifer. The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. A report containing detailed information on how the susceptibility determinations were made has been furnished to our public water system and is available for viewing upon request. The wells for the Acona Water Association have received a moderate susceptibility ranking to contamination.

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Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny in $10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in $10,000,000.

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Inorganic Contaminants								
10. Barium	N	2018	.0066	.0037 - .0066	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
13. Chromium	N	2018	2.2	No Range	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits
14. Copper	N	2015/17*	.2	0	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
17. Lead	N	2015/17*	1	0	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
Disinfection Byproducts								
81. HAA5	N	2018	4	No Range	ppb	0	60	By-Product of drinking water disinfection.
82. TTHM [Total trihalomethanes]	N	2018	9.64	No Range	ppb	0	80	By-product of drinking water chlorination.
Chlorine	N	2018	1.9	.79 – 2.16	mg/l	0	MDRL = 4	Water additive used to control microbes

** Most recent sample. No sample required for 2018.*

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CLASSIFIED ADS

3 CEMETERY PLOTS in Odd Fellows Cemetery, Lexington, known as Lot No. 606 in the 1967 Addition. Includes a Trust Receipt, No. 376, held in trust by the City of Lexington with the interest to be used for the upkeep and maintenance of Lot 606. Call Bruce Hill at 662-417-9944 to arrange for transfer of Trust Receipt and warranty deed for Lot 606. $1500 total.
2-1ftfn

YARD SALE: JUNE 8, 2019, School House Bottom, 220 MLK, Lexington - miscellaneous items, wigs, clothes, shoes and 2007 C230 Mercedes-Benz, $5,000. 662-889-9347.
6-6p

LOT FOR SALE: 706 N. Washington Street, Durant, $2,000 or best offer. 662-858-0897.
6-6p