



TV Commercials

I love to watch television. The moment I get up in the morning I turn on all the lights, televisions, and open up the windows. I have my favorite things I like to watch, but enjoy quite a variety of shows. This brings me to the subject of commercials. The average American watches over 24,000 commercials a year.

The first commercial was shown over 75 years ago and was a black and white ad for a Bulova watch. The cost of the ad was nine dollars. Today television commercials are a \$75 billion industry.

Our favorite commercials are usually a familiar catch phrase or something else memorable that touches our hearts and minds. Everyone has their favorites, but see if you remember these:

- *The Energizer Bunny
- *Folger's Coffee is Good to the Last Drop.
- *Kentucky Fried Chicken is Finger-licken Good.
- *Frosted Flakes – They're gr-r-r-eat!
- *The American Tourister Luggage Gorilla.
- *Alka Seltzer – "That's a spicy meatball!"
- *Wendy's – "Where's the beef?"
- *Mean Joe Greene sharing a Coke with a young friend.
- *Fried Egg – "This is your brain on drugs."
- *The California Raisins
- *The Singing Cat – Meow Mix
- *Life Cereal – "He likes it! Hey, Mikey, He Likes it!"
- *Max Headroom for Coke.
- *"Wassup!"
- *Dunkin' Donuts – "It's time to make the donuts"
- *Brylcreem – "A little dab'll do ya"
- *The Crying Indian – Keep America Beautiful
- *"Flick your Bic"
- *"Silly Rabbit, Trix are for kids!"
- *"Snap, Crackle, Pop"
- *"Spuds McKenzie"
- *"I'd like to teach the world to sing"
- *Hungry Betty White needs a Snickers!

Of course for all the great ones there are some that are not so great. I often wonder what was left on the cutting room floor. This summer there have been several that appear and I take the opportunity to run a quick household errand.

I'm tired of hearing about "Sheila's She Shed" burning down. That mama and daddy bear need to pick up their bear cub's underwear from the floor. Something isn't right about milking a

giraffe and getting a bucketful of Skittles! Just to name a few. The ironic thing is that we have that insurance, use that brand of toilet paper, and we love Skittles – go figure!

I hope you will give this week's recipes a try. It is for a great quick and easy meal. Thanks for reading.

GOURMET GOULASH

- 1 lb. ground beef
- 1 chopped onion
- 1 chopped green bell pepper
- 1 clove minced garlic
- 1 tsp. salt and pepper
- 1 pkg. wide egg noodles
- Do Not Cook
- 2 ½ cups tomato juice
- 1 ½ tsp. Worcestershire sauce
- 1 ½ tsp. celery salt
- 1 can beef broth
- 1 small can sliced mushrooms, drained
- 1 cup sour cream

Brown beef, onion, bell pepper, and garlic in a large skillet; drain fat. Add all other ingredients, except for sour cream. Simmer for 20 minutes; stir in sour cream and heat thoroughly.

MARINATED ASPARAGUS SALAD

- 1 tall can green asparagus spears
- 1 can artichoke hearts, quartered
- 1/3 cup sugar
- 1/3 cup water
- 1/3 cup white wine vinegar
- 1 tsp. celery seed
- 1 whole cinnamon stick

Drain asparagus and artichoke hearts and place in a shallow dish. Combine remaining ingredients and heat to boiling; pour over vegetables and chill overnight.

PARMESAN CHEESE BITES

- 2 Tbsp. butter, melted
 - ¼ cup corn oil
 - 1 large can butter-flavored biscuits
 - 1 cup grated Parmesan cheese
 - 1 Tbsp. dried parsley flakes
- Mix butter and corn oil; quarter biscuits and roll in mixture. Mix cheese and parsley and roll biscuits in this mixture. Place biscuits close together on a parchment lined cookie sheet. Bake according to directions on biscuit can. Watch carefully as not to burn.

**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.*

Goodman native trains for rural clinic practice

Press Release

Jamie Riggs, a graduate of the University of Mississippi and a native of Goodman, was recently selected to participate in the pre-matriculation portion of the Mississippi Rural Physicians Scholarship Program (MRPSP). Riggs is the daughter of Alton and Jackie Haley of Goodman.

Created in 2007, MRPSP identifies college sophomores and juniors who demonstrate the necessary commitment and academic achievement to become competent, well-trained rural primary care physicians in our state. The program offers undergraduate academic enrichment and a clinical experience in a rural setting. Upon completion of all medical school admissions requirements, the student can be admitted to the University of Mississippi School of Medicine or William Carey University College of Osteopathic Medicine.

During medical school, each MRPSP scholar may receive \$30,000 per year based on available funding.

Consistent legislative support of MRPSP translates to 61 medical students receiving a total of \$1,830,000 to support their education this fall. Additional benefits include personalized mentoring from practicing rural



JAIME RIGGS

physicians and academic support.

Upon completion of medical training, MRPSP Scholars must enter a residency program in one of five primary care specialties: family medicine, general internal medicine, medicine-pediatrics, obstetrics/gynecology or pediatrics. The MRPSP Scholar must provide four years of service in a clinic-based practice in an approved Mississippi community of 15,000 or fewer population located more than 20 miles from a medically served area.

The MRPSP provides a means for rural Mississippi students to earn a seat in medical school, receive mentoring during the medical school application process, earn a \$120,000 medical school scholarship in return for four years of service and learn the art of healing from practicing rural physicians.

Army enlistment incentive offers up to \$65K in student loan repayments

Press Release

The Army is offering up to \$65,000 in student loan repayments for enlistees who obtained a college degree or completed some college coursework.

The College Loan Repayment Program is an enlistment incentive available in nearly 50 different Army and Army Reserve career paths. The total loan repayment amount varies based on the length of an individual's enlistment contract. Some of the current career paths that qualify for the student loan repayment program are below:

Medical laboratory specialist: Performs elementary blood banking and clinical laboratory procedures in hematology, immunohematology, clinical chemistry, serology, bacteriology, parasitology and urinalysis. Collects blood specimens by venipuncture and capillary puncture. Packs, unpacks, inspects, stores and distributes blood and blood products. Assembles, disas-

sembles and maintains laboratory equipment.

Culinary specialists: Bakes, fries, braises, boils, simmers, steams and sautés as prescribed by Army recipes. Operates, maintains and cleans field kitchen equipment. Performs preventive maintenance on garrison and field kitchen equipment.

State education department finalizes teacher pay raise total

Press Release

In consultation with school districts, the Mississippi Department of Education (MDE) has determined that 40,991 teachers and teacher assistants are eligible for the state-funded, \$1,500 pay raise. The number of teaching positions is an increase from the original estimate of 31,157. The additional cost of the teacher pay raise is \$18.5 million.

After determining the original estimated cost of the teacher pay raise, the MDE conducted an additional review of the total number of state-funded teaching positions. During that review, the MDE determined there are additional state-funded teaching positions that the Mississippi Student Information System (MSIS) does not capture as MAEP-funded positions.

The MDE subsequently worked with districts to identify and verify every eligible state-funded position.

The expanded list of teaching positions eligible for the pay raise goes beyond classroom teachers, counselors, teacher assistants and librarians to include specialized positions such as dyslexia therapists, intervention spe-

cialists, audiologists and psychologists, among others.

Districts will be allocated enough money through the current appropriation to cover the monthly cost of the teacher pay raise.

The MDE will continue to work with legislative leaders to secure a deficit appropriation in January to fully fund the pay raise.

"This is the most comprehensive pay raise the Legislature has approved and is intended to provide Mississippi educators with a well-deserved raise," said Dr. Carey Wright, state superintendent of education.

Previous teacher pay raises were allocated to districts through MAEP, which is the state's school funding formula. Based on input from district superintendents, this year the MDE asked the Legislature to appropriate the FY20 teacher pay raise as a separate line item from MAEP so that each school district could clearly see that adequate funds had been appropriated to cover the pay raise.

The total cost of 40,991 educators receiving a \$1,500 pay raise and associated fringe benefits is \$76.9 million.

Send in your news!

The Holmes County Herald welcomes reader submissions for news, events and photos for publication in our weekly newspaper. To submit items, email to: hcheard@gmail.com

Please include all pertinent details, dates, location, name of the event or occasion, all associated people, organizations or groups, reason for event or occasion and **NAMES OF ALL PEOPLE PICTURED IN ANY PHOTOGRAPH.**

We look forward to hearing from you!

-Holmes County Herald Staff

Signal support systems specialist: Maintains radio and data distribution systems. Performs signal support functions and technical assistance for computer systems. Provides technical assistance and training for local area networks. Performs maintenance on terminal devices, assigned vehicles and power generators.

Soldiers who participate in the loan repayment program must decline enrollment in the Montgomery GI Bill however, they can still pursue personal and professional self-development goals with the Tuition Assistance Program that gives Soldiers \$250 per semester hour and \$4,500 per year for voluntary off-duty civilian education programs.

E L E C T

ISAAC TYRONE SLY

LINDSEY

HOLMES COUNTY SUPERVISOR
DISTRICT 4

A proven leader with business development & management experience.
It's time to make a change, HOLMES COUNTY.