



PINK LEMONADE & SUCH

Last week, I was reading a magazine article about a birthday party a grandmother had given for her granddaughter’s second birthday. She chose to have a “high tea” for her birthday party theme. The young ladies wore their best Sunday dresses as their attire. When they arrived, they were treated to feather boas, long strings of pearls, and crowns. The table for twelve was set with beautiful white linens, silver and china. Finger sandwiches, petit fours and fruit were served to the young ladies. Pink lemonade was poured into Mississippi mint julep cups – I love pink lemonade! What a perfect drink to enjoy as the spring and summer seasons arrive. I immediately added pink lemonade concentrate to my grocery list.

I tell you that story to tell you this one. While reading a book on trivia and facts about food, I learned how pink lemonade was discovered. In 1857, Pete Conklin was working the concession stand for the circus. He unwittingly used a bucket of water in which a circus performer had soaked his red tights. That just took all my enjoyment and love for pink lemonade – I removed it from my grocery list. The thought just kept lingering and I couldn’t help but feel badly for those first few customers who got a glass of the “new and improved lemonade.” Here are a few more appetizing food facts: *Life Savers are the most popular candy in the world. They were invented the same

year the Titanic sank – thus the name. *The average American eats more lettuce than any other vegetable, an average of 27.4 pounds per year – that’s a lot of lettuce. If you are trying to eat healthy and watch those calories, it probably seems like more. *The average American eats 3 hamburgers a week. There is a Hamburger Hall of Fame and it is located in Seymour, Wisconsin. *You can burn 2.3 calories by melting an average size ice cube in your mouth. That’s good to know when the average temperature around here reaches into the high nineties. *Boxes of animal crackers were imported here from England in the late 1800’s. If you have ever wondered why they have the string handle, it is because in England they were hung on the Christmas tree to be used as ornaments. I always thought it was to make it easier for children to carry the box of cookies. *Coca Cola was banned from India in 1977 for refusing to disclose its secret formula. *Lima beans do come from Lima. They were brought

here from Peru by U.S. Navy Captain John Harris in 1824. *When Oreo cookies were first made, they were mound-shaped. The name comes from the Greek word “Oreo,” which means “Hill.” *A woman can talk with less effort than a man because her vocal chords are shorter. This has absolutely nothing to do with food. I just added it for my husband because he found it SO amusing when I read it to him! Hope you enjoy this week’s recipes. Thanks for reading!

CHERRY LIMEADE

- 3 cups water
- 1 cup fresh lime juice
- 1 cup sugar
- ¾ cup maraschino cherry juice
- 4 cups Sprite or 7-Up, chilled

In a large pitcher (about ½ gallon), combine water, lime juice, sugar and cherry juice. Stir until sugar dissolves. Chill until ready to serve. Slowly add Sprite or 7-Up to pitcher, stirring gently to combine. Serve over ice.

CHICKEN PARMESAN PIZZA

- 1 (10 oz.) pkg. frozen

Sports on hold for community colleges

Press Release

As a result of the Coronavirus (COVID-19), the Mississippi Association of Community College Commission (MACC), a group composed of the state’s 15 community college presidents, has suspended all community college activities through March 30. This includes all athletic practices and competition.

The MACC will continue to monitor the situation and update activities accordingly. The suspension is only for athletics and other non-academic events. It is up to each community college to determine how it will address the offering of classes pertaining to the Coronavirus.

garlic bread loaf
½ cup canned pizza sauce
6 chicken strips, grilled or fried
1 cup shredded Italian three-cheese blend
Arrange garlic bread halves, butter sides up, on a baking sheet; bake at 400 degrees for 8 – 9 minutes or until bread is lightly browned. Spread pizza sauce over garlic bread. Cut prepared chicken strips into ½ inch pieces, and arrange over pizza sauce. Sprinkle with cheese. Bake at 400 degrees for 8 – 10 minutes or until cheese melts. Serve immediately. *I use Cole’s garlic bread (which I could make a meal in itself) and the grilled chicken strips found at the meat counter with cold cuts and bacon. What could be easier and more delicious? **Kids love this and can easily help you to prepare.

WEDDING COOKIES

- 1 cup butter, room temperature
- ½ cup powdered sugar, plus more for coating baked cookies
- 1 tsp. vanilla extract
- 1 ¾ cup flour, plus additional for rolling cookies
- 1 cup finely chopped pecans
- Preheat oven to 275 degrees. Line cookie sheets with parchment paper. Cream butter and sugar; beat in vanilla and gradually add

flour. Mix in pecans. With floured hands, take 1 tablespoon of dough and roll into balls. Continue to dust hands with flour as you continue to make cookies. Place onto prepared cookie sheets. Bake for 40 minutes. When cool enough to handle, but still warm, roll in addition powdered sugar. Cool on wire racks. *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.

Bridal Registry

Eryca Edwards
Andrew Gilmore
June 6

Nikki Merchant
Trent Boutwell
June 26

Peoples Drug Store

Court Square 834-2721 Lexington

Coronavirus disease 2019 (COVID-19) and you

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC’s web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



CHAPTER 7 BANKRUPTCY

\$545 Plus Costs

CHAPTER 13 BANKRUPTCY

All Attorney Fees
Through the Plan

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