



National Hamburger Day

July 28th is National Hamburger Day. Everybody loves a great hamburger fresh from the grill. They smell almost as good as they taste. There are countless chains to choose from to order your favorite “fast food” burger. Nothing says fall to me more than walking up to the Friday night high school football game and seeing the Friday night lights and smoke filling the sky from the concession stand burgers being prepared for all the hungry spectators. Not one of these Friday nights takes place that I don’t think about my father-in-law, Henry Forrest. He loved watching his sons play football and his daughters cheer for the Cruger-Tchula Colonels on Friday nights. I can just hear him saying that he couldn’t wait until halftime to go and get his hamburger. He always said nothing tasted better than that concession stand burger on a Friday night. When traveling to away games, he would always judge the halftime experience by how good the school’s burgers were! Hamburgers weren’t really popular until their introduc-

tion at the 1904 World’s Fair in St. Louis. Over 50 billion burgers are sold in America each year. There is even a Hamburger Hall of Fame in Seymour, Wisconsin. If all the hamburgers eaten by Americans were placed in a straight line, that line would circle the Earth over 32 times. Here are some tips on preparing the perfect burger:
 *Start with the right meat – ground chuck with a fat content of at least 18%.
 *Don’t overwork the meat – the more you handle the meat, the tougher your burger will be.
 *Use wet hands to form burger patties – wet fingers help to make the meat come together faster.
 *Make burger patties with a dimple in the center – it will even out as burger cooks to make an even shaped patty.
 *Keep burgers cold until they hit the grill – this helps more of the flavor carrying fat stay in the meat.
 *Start with a clean cooking grate on the grill.
 *Use a hot grill.
 *Flip burgers only once – constant flipping dries out

the meat.
 *Don’t press burgers while cooking – let the burgers hold on to their natural juices.
 *Let burgers rest for about 10 minutes after cooking before serving.
 I hope these tips will be helpful the next time you fire up your grill. Every hamburger needs some great sides. Give these a try – you’ll be glad you did. Thanks for reading.

SLOPPY JOE BAKED BEANS

1 lb. ground beef
 2 Tbsp. minced onion flakes
 1 (1 oz.) packet sloppy joe seasoning mix
 1 (15 oz.) can tomato sauce
 ½ tsp. white wine vinegar
 ¼ cup brown sugar
 3 (15 oz.) cans pork & beans in tomato sauce, don’t drain
 Bacon strips
 Brown ground beef; drain well. Mix all ingredients with the beef, except the bacon strips. Pour into a baking dish and top with bacon. Bake at 350 degrees for about an hour, or until bacon is cooked.

BUFFALO POTATO WEDGES

6-8 potatoes, unpeeled and cut into 1-inch wedges
 2 Tbsp. olive oil
 ¼ cup melted butter
 ½ cup hot pepper sauce (I use Frank’s – you can also use the wing sauce)
 Salt, Pepper, and Garlic Powder to taste
 Preheat oven to 375 degrees. Toss potato wedges in

Mississippi to receive \$16M to expand broadband access

Associated Press
 Mississippi is receiving more than \$16 million in federal coronavirus relief money to provide broadband access to rural parts of the state, officials announced Tuesday.
 The program will provide high-speed broadband internet access to more than

2,000 people, 331 farms, 32 businesses, a post office and six fire stations in Yalobusha, Tallahatchie, Panola, Grenada and Quitman counties, United States Secretary of Agriculture Sonny Perdue announced Tuesday during a virtual press conference.
 Mississippi Gov. Tate Reeves said broadband access has long been an issue in Mississippi. Mississippi ranked 49th in broadband coverage in 2018, according to data from BroadbandNow. A 2017 report by the Census Bureau showed that only 61% of Mississippians had access to broadband in 2015.
 The pandemic has made

that disparity even more obvious, Reeves said.
 “Distance learning had a much deeper price for many of our families; it’s just not an education,” Reeves said.
 “It’s pretty easy to work from home if you’re employed by a marketing agency in New York City. It’s a lot harder to do so if you live in rural Mississippi.”
 Republican Sen. Roger Wicker said reliable internet access is “an essential part of being part of the 21-century economy.”
 The \$16 million is being funneled through the United States Department of Agriculture as part of the \$100 million in coronavirus relief grant funding made available for the ReConnect Pilot Program, which aims to increase reliable broadband in rural areas of the United States. Tallahatchie Valley Electric Power Association will deploy a fiber-to-the-premises network to provide homes and businesses in rural Mississippi with broadband access.

oil and season with salt, pepper, and garlic powder; place on a rimmed baking sheet. Bake for 45 minutes or until potatoes are tender. Combine the butter and pepper sauce and drizzle over the potato wedges and toss. Pop back in the oven for about 10 minutes to heat thoroughly.

DILL PICKLE COLESLAW

16 pkg. shredded coleslaw mix
 ½ chopped onion
 1 cup dill pickle relish
 1 cup mayonnaise
 2 Tbsp. pickle juice
 1 tsp. dill
 ½ tsp. garlic salt
 Combine all ingredients and refrigerate overnight for flavors to combine before serving.

**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.*

secondary bacterial infections and delaying healing. Instead, treat bites with over-the-counter anti-itch creams or antihistamines. Rubbing alcohol can also bring some relief, as well as providing some protection from infection.
 Well-meaning friends have suggested painting the bite site with fingernail polish or applying bleach to kill or suffocate chiggers. These are not valid solutions because the chigger is no longer present. To prevent chigger misery, keep them away from your skin.
 Long pants gathered into socks, shirts tucked into pants, and bug spray applied around legs and ankles can help. Cleaning well with soap and water immediately after any outside activity can remove chiggers, hopefully before they had a chance to begin feeding. Wash the clothes you wore outdoors before wearing them again; chiggers can lie in wait and resume their search for a meal if clothes are “recycled” for another wearing.
 Summer is a great time to be outdoors. With a little forethought, your outdoor time does not need to be followed by days of itching from chigger bites.

Holy Goat! Stray animal protects church in south Mississippi

Associated Press
 A stray billy goat has made himself the guardian of a church in southwestern Mississippi.

People in the McComb area are calling it the “Holy Goat.”
 The Enterprise-Journal reports that the animal has been hanging out on the steps of Rose Bower Missionary Baptist Church.
 Associate minister Larry Thomas says the congregation has not been meeting during the coronavirus pandemic, so the goat is not bothering anybody.
 A nearby resident, Anita Campbell, says the goat looks like “a regal king.” Her son, Greyson, said: “Goat might be a Baaaptist.”

Precautions keep humans off chiggers’ dinner menu

Dr. Leslie M. Burger
MSU Extension Service
 As I pondered a possible topic for my next Extension Outdoors article, I caught myself absent-mindedly scratching the chigger bites on my ankle and behind my knees. Eureka! A topic presented itself.



Overgrown lawns, grassy fields and thickets or shrubbery can all provide chigger habitat.
 (Photo by MSU Extension Service/Nathan Gregory)

Chiggers are mites and members of the Arachnid family, a group that also includes spiders and scorpions. Adult chiggers are tiny, not much bigger than a period in a sentence written in 12-point font. They have eight legs and range in color from yellow to red, hence their nickname of “red-bugs.”
 Adult chiggers do not deserve our hate; they are harmless. It is their larvae or juveniles that cause us distress. After hatching from eggs, the larvae seek out a meal on a warm-blooded animal, including hapless humans who move through the vegetation where they live.
 Chiggers like to live in thicker vegetation. Overgrown lawns, grassy fields and thickets, and planted

ground cover or shrubbery can all provide chigger habitat. Keeping household yards trimmed and free of excess leaf litter and weeds will reduce their habitat and help to control their density.
 Hot, humid weather typical of Mississippi summers provides perfect conditions for these species. During months with frosty nights and cold days, chiggers are inactive.
 Contrary to popular belief, chiggers do not burrow into skin or suck blood. They bite and inject enzymes that dissolve skin cells around the bite site. Because they have tiny, delicate feeding structures, they seek out areas of the body where skin is thin, such as around ankles, knees and underwear regions. After sucking up their liquid meal, they drop off unnoticed, leaving behind a telltale, itchy, red bump.
 The larva’s feeding site itches in response to histamines released by skin cells. The itch is intense, and it can be difficult to resist the urge to scratch. Scratching opens the skin, inviting in

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CSLC’s Project F.A.I.R. is funded by a grant from the U.S. HUD Fair Housing Initiative Program (FHIP) Education and Outreach Initiative (EOI).

The Fair Housing Act makes it unlawful to discriminate in housing because of these protected characteristics: Race, Color, National Origin, Religion, Sex Familial status (families with children under the age of 18, or who are expecting a child), and Disability (if you or a person are associated with has a disability).

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