



Things I've learned living in Mississippi

I have always loved all things Southern and especially the state of Mississippi. When I have traveled to San Francisco to see my sister, I am amazed at the differences in our way of life. When she tells her friends about life in Mississippi they are also pretty amazed. Every time I go to visit I feel like a bit of an oddity. They love to hear me talk and listen to the expressions I use. Each birthday and Christmas I make sure she receives at least one gift to remind her of her “Southern Mississippi roots.”

A friend of mine from school gave me this list of things you learn when you live in Mississippi. I thought I would share them, and I hope you chuckle as much as I did.

- A possum is a flat animal that sleeps in the middle of the road.
- There are 5,000 types of

snakes and 4,998 of them live in Mississippi.

- There are 10,000 types of spiders and all 10,000 of them live in Mississippi.
- If it grows, it'll stick ya. If it crawls, it'll bite cha.
- “Onced” and “Twiced” are real words.
- It is not a shopping car, it's a buggy.
- People actually grow and eat okra.
- “Fixinto” is one word.
- There is no such thing as lunch. There is only dinner and then there is supper.
- Iced tea is appropriate for all meals, and you start drinking it when you are two. We do like a little tea with our sugar.
- Backwards and Forwards means, “I know everythin' bout you.”
- The word “jeet” is actually a phrase meaning, “Did you eat?”
- You don't PUSH buttons, you MASH'em.

- You measure distance in minutes.
 - You switch from air conditioning to heat in the same day.
 - All the festivals in the state are named after a fruit, vegetable, grain, insect, or animal.
 - You know what a “dawg” is.
 - You only own five spices – salt, pepper, Tony Chachere's, Tabasco and ketchup.
 - The local papers cover national and international news on one page, but need six pages for local gossip and Mississippi football.
 - You think the opening day of deer season is a national holiday.
 - You find 100 degrees “a bit warm.”
 - We don't need driver's ed, if mama says we can drive, we can drive.
- Hope you enjoy this week's recipes. Thanks for reading.

BAKED SPAGHETTI

1 ½ pounds ground chuck
1 green bell pepper, diced
1 onion, diced
2 cloves garlic, minced
1 (28 oz.) can crushed tomatoes
1 (15 oz.) can diced tomatoes
1 (15 oz.) can tomato sauce
½ cup water
¼ cup chopped fresh parsley
1 ½ tsp. Italian seasoning
1 ½ tsp. seasoned salt
1 ½ tsp. sugar
1 tsp. black pepper
1 tsp. garlic salt
2 small bay leaves

8 oz. angel hair pasta
1 (8 oz.) pkg. Cheddar cheese, shredded
1 (8 oz.) pkg. Mozzarella cheese, shredded

In a large saucepan, brown ground chuck, pepper, onion and garlic over medium heat, stirring until beef is browned and crumbly and vegetables are tender; drain well. In a large Dutch oven, combine meat mixture, crushed tomatoes, diced tomatoes, tomato sauce, water, parsley, all seasonings and bay leaves. Bring mixture to a boil; reduce heat and simmer, uncovered, for 30 minutes. Remove and discard bay leaves. Cook pasta according to package direction; drain well and set aside. Preheat oven to 350 degrees. Spray a 13 x 9 inch baking dish with non-stick cooking spray. Spoon one-third of sauce mixture over bottom of baking dish. Top with half of the pasta, then one-third of the cheese. Repeat layers, ending with sauce and reserving one-third of the cheese. Bake, uncovered, for 45 minutes. Top with remaining one-third of cheese, and bake for 15 minutes more or until cheese is melted. Remove from oven and let rest for 10 minutes before cutting into squares to serve.

ITALIAN CHICKEN SPAGHETTI

4 chicken breasts, cooked and chopped
1 stick butter
½ cup chopped green pepper
½ onion, chopped
1 tsp. garlic powder
2 stalks celery, chopped
1 cup chicken broth
8 oz. thin spaghetti, cooked according to package directions

1 can Cream of Mushroom Soup
8 oz. Velveeta, cubed
1 small jar diced pimiento, drained
2 tsp. parsley flakes
1 pkg. dry Good Seasons Italian dressing mix
1 small jar slices mushrooms, drained

Saute' onion, mushrooms, celery, green pepper in 1 stick of butter. Mix all remaining ingredients and pour into a 9 x 13 inch baking dish. Bake at 350 degrees for 30 – 45 minutes.

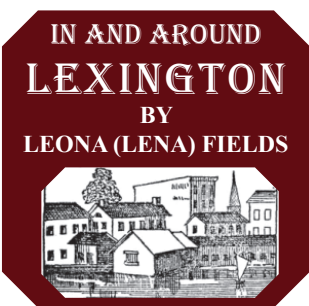
BEAN and SAUSAGE CORNBREAD CASSEROLE

1 lb. pkg. mild ground pork sausage
½ cup red onion
½ cup chopped green bell pepper
4 (16 oz.) cans pinto beans, rinsed and drained
1 (15 oz.) can Ro-tel tomatoes, drained slightly

1 tsp. salt
1 (8 oz.) pkg. shredded Mexican 4-cheese blend
1 cup buttermilk
1 cup self-rising white cornmeal mix

Preheat oven to 425 degrees. Brown sausage in a large skillet until crumbles and is no longer pink. Add onion and bell pepper and saute' until vegetables are tender. Drain; stir in beans, tomatoes and salt. Pour sausage mixture into a lightly greased 13 x 9 inch baking dish. Sprinkle with 1 ½ cups cheese. Stir together buttermilk and cornmeal mix; spoon over cheese. Sprinkle with remaining cheese. Bake for 30 minutes or until browned.

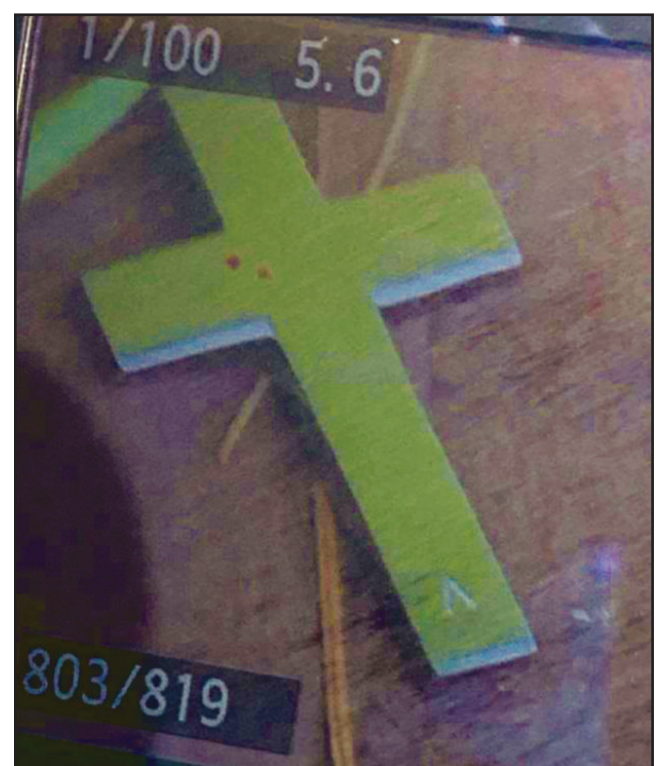
Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, **The Help. Fleming can be reached at laskitchen@hughes.net.*



Mrs. Mae Jessie Newman passed recently. She was a faithful member of Antioch M.B. Church. She had a singing voice that would touch people's soul. She would sing anywhere singing needed to be done. When some of the Holmes County senior citizens were attending the lunch program at the Multi-Purpose Building in Lexington, she attended. When it was time for devotion, we could always count on Mrs. Newman to lead a song. When she first started ailing, her girls brought her to the lunch program. Her children took very good care of her in her ailing years. Keep the Newman family uplifted in prayer.

Members of Trinity M.B. Church sends congratulations to Curtis Hill for graduating from Ole Miss in Oxford, Mississippi. Rev. Dan March, his pastor, and Deacon Cleotha Hill, his grandfather, can stick their chests out with pride. I know his grandmother, Mrs. Shirley Sutton is smiling with pride on her face and in her heart. As long as Curtis keeps the

MBI seeks public's help in identification of victim



The Mississippi Bureau of Investigation is aiding the Clarke County Sheriff Department with a death investigation and is asking for the public's help in identifying a victim. On Sunday, September 6, 2020, a black male was found deceased on the side of MS Hwy 18, east of Pachuta. The subject is 50 to 60 years old, five feet, eight inches to five feet, 10 inches tall, weighing approximately 240-260 lbs. The subject had a cross (pictured below) on a silver colored chain around his neck. If you have any information please call the Clarke County Sheriff's Office at (601) 776-3956 or the Mississippi Highway Patrol Troop H at (601) 693-1926. (Photo Submitted)

Godly qualities he has, he will be a worthwhile citizen of Holmes County or wherever he makes his home.

The mayor says next Friday will be the last time for the free food box giveaways as far as she knows right now.

Sept. 11 Player of the Week

Holmes County Central High School

Jeremiah Williams

SENIOR DEFENSIVE BACK

8 TACKLES FOR LOSS, 3 SACKS AND BLOCKED A PUNT TO WIN THE GAME

Support your local schools

Sunflower

“Your Better Value Food Store”

Highway 12 E. 834-3495 Lexington

Save money and get the best coverage! It is worth taking time to compare

MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

A local Medicare counselor can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
- Help you sign up for a new plan
- Help you avoid high-pressure sales tactics

Call North Central Planning & Development District, Area Agency on Aging to speak with a SHIP Counselor

(662)283-2675

Due to COVID-19 all counseling will be conducted on the telephone.

We have found safe, creative, and socially distanced solutions to continue serving you during the COVID-19 pandemic.

This project was supported, in part by grant number 1801MSMIAA-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.