



IN THE KITCHEN
WITH
Lee Ann



The Power of Color

My love of bright colors is evident in my home, wardrobe and even the foods that I prepare. As spring and summer arrive, brightly colored fruits and vegetables are available for purchase. Not only are they pleasing to the eye, but also good for you, too. The color of foods also contains many benefits for our health and well-being.

Red foods include beets, strawberries, red bell pepper, cranberries, tomatoes, radishes, raspberries, red grapefruit, watermelon, red potatoes, pomegranates and cherries. Major benefits of the red foods are to promote heart health, help lower cancer risks and protect against memory loss.

Orange and yellow foods include carrots, cantaloupe, pumpkin, corn, oranges, lemons, sweet potatoes, mangoes, yellow squash, mangoes, peaches, apricots and yellow peppers. Major benefits of orange and yellow foods include supporting the immune system, vision health, reducing cancer risks, promoting collagen formation and healthy joints.

Green foods include dark lettuce, kiwifruit, avocados,

cucumbers, celery, honeydew, green beans, okra, broccoli and asparagus. Major benefits of green foods include promoting vision health, to lower blood pressure, normalize digestion time, boost immune systems and reduce cancer risks.

Blue and purple foods include blackberries, blueberries, purple grapes, figs, plums, eggplant, raisins and purple cabbage. Major benefits of this group include increasing memory function, lower LDL cholesterol, improve urinary tract health, reducing cancer risks and to encourage healthful aging.

Let's all put some color in our lives – even in our food!

Yellow has always been one of my favorite colors. It evokes thoughts of warm weather and long summer days. I love seeing those first few yellow daffodils springing up to announce the arrival of spring. As a young girl living at home, I had a yellow room and later chose to have a yellow wedding. What a bright, cheerful color! I also love the flavor of lemon. I always have fresh lemons in my refrigerator. A slice or wedge can perk up

anything – even a glass of ice water. Hope you enjoy today's lemon recipes. Thanks for reading.

LEMON CHICKEN

(This is one of my family's favorite. The sauce served over the rice is delicious!)

4-6 boneless chicken breasts

- 1 cup lemon juice
- 1 stick butter
- 2 tsp. poultry seasoning
- 2 tsp. garlic salt
- 1 tsp. pepper

Melt butter in sauce pan; add lemon juice and spices. Place chicken in a lightly greased baking dish and pour sauce over. Bake for one hour, basting occasionally. Serve over cooked rice.

BLUEBERRY LEMON BREAD

¼ cup to 2 Tbsp. butter, softened

- 1 cup sugar
- 2 eggs
- 1 ½ cups flour
- 1 tsp. baking powder
- Pinch of salt
- ½ cup milk
- 2 tsp. grated lemon rind
- 1 cup fresh blueberries

Glaze:
1/3 cup sugar
3 Tbsp. lemon juice

Cream butter and sugar until combined; add eggs and beat well. Combine flour, baking powder and salt and add to creamed mixture alternately with milk, beginning and ending with flour mixture. All grated lemon rind and gently fold in blueberries. Pour batter into

a greased and floured loaf pan. Bake at 350 degrees for 1 hour or until a toothpick inserted in the center comes out clean. Combine the glaze ingredients and heat in saucepan until sugar dissolves. Puncture top of baked bread in several places with a toothpick and gently pour glaze over warm bread to allow mixture to soak into bread. Cool in pan for 30 minutes before completely cooling on a wire rack.

LEMON SQUARES

2 cups plain flour
½ cup powdered sugar
1 cup butter (2 sticks)

Soften the oleo and add dry ingredients; mix well. Spray a 9 x 12 inch baking dish with cooking spray and pat dough into the bottom of the dish. Bake at 350 degrees for 20-30 minutes or until lightly browned.

Filling:
4 eggs
2 cups sugar
1/3 cup lemon juice
2 tsp. baking powder

complete all local, consumers will need to dial their area code + telephone number. This applies to all calls within area codes that are currently dialed with seven digits and have 988 as the first three digits.

Who will be affected by this change?

● Anyone with a telephone number in certain areas codes will need to change from 7-digit local dialing to 10-digit local dialing.

When will the change begin?

● Beginning April 24, 2021, you should begin dialing 10 digits (area code + telephone number) for all local calls. If you forget and dial just 7 digits, your call will still be completed.

What does this mean for consumers?

There will be a new dialing procedure for areas of the country that use 7-digit dialing and 988 is used as the first three numbers in 7-digit phone numbers. To

News Release

On July 16, 2020, the FCC adopted rules to establish 988 as the new, nationwide, 3-digit phone number for Americans in crisis to connect with suicide prevention and mental health crisis counselors. The rules require phone service providers[1] to direct all 988 calls to the existing National Suicide Prevention Lifeline by July 16, 2022. To ensure that calls to 988 reach the National Suicide Prevention Lifeline, certain parts of the country will need to transition to 10-digit dialing.

Public Hearing Notice

The Town of Pickens, Mississippi, is considering applying to the Mississippi Development Authority for a Community Development Block Grant of up to \$ 450,000.00 . The State of Mississippi has been allocated approximately \$25 million that will be made available to cities and counties on a competitive basis to undertake eligible community development activities. These funds must be used for one of the following purposes:

1. To benefit low- and moderate-income persons and households;
2. To aid in the prevention or elimination of slums or blight; or
3. To meet other community development needs having a particular urgency because existing conditions pose a serious and immediate threat to the health or welfare of the community where other financial resources are not available to meet such needs.

using the area code and the 7-digit number.
● Beginning July 16, 2022, dialing “988” will route your call to the National Suicide Prevention Lifeline.
During the transition to 988, Americans who need help should continue to contact the National Suicide Prevention Lifeline by calling 1-800-273-8255 (1-800-273-TALK) and through online chats. Veterans and Service members may reach the Veterans Crisis Line by pressing 1 after dialing, chatting online at www.veteranscrisisline.net, or texting 838255.

Important Links:

- Complete list of affected area codes
- 988 Fact Sheet
- NANPA information for local government and community organizations

For media inquiries, please contact mediarelations@fcc.gov.

[1] These rules apply to all telecommunications carriers and interconnected voice over Internet Protocol (VoIP) service providers, including one-way VoIP providers.

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The activities for which these funds may be used are in the areas of economic development and public facilities. Holmes County's proposed project consists of Americans with Disabilities Act (ADA) building improvements. The public hearing will be held April 23, 2021, at 5:00 p. m. at the Holmes County Board of Supervisors' Board Room and will provide more specific details regarding the activities, program requirements, and the rating system. The purpose of this hearing will be to obtain citizen input into the development of the application.

The location for this hearing is accessible to persons with disabilities. If a translator is needed for non-English speaking persons, please contact Rio Winters at (662)283-2675 at least three (3) days prior to the meeting in an effort to accommodate this request. Holmes County does not discriminate on the basis of disability in the admissions or access to or treatment of employment in its program activities.

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The activities for which these funds may be used are in the area of economic development and public facilities. The Town of Pickens proposed project consists of sewer improvements that will benefit the Town of Pickens. The public hearing will be held at Pickens Town Hall on April 23, 2021, at 4:00 p. m. and will provide more specific details regarding the activities, program requirements, and rating system. The purpose of the hearing will be to obtain citizen input into the development of the application.

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Mrs. Ethel Cobbins passed away recently. They will bring her back to Lexington for burial. She was a fun loving, Christian lady. She could cook just about anything you can name, but making butter rolls was one of her specialties. She was the sister of Patricia (Big Pat) Porter. Keep the Porters, Cobbins and Ellis families uplifted in prayer.

Friday, Jimmie Meeks wife's brother was funeralized. He was a member of the Bethel C.M.E. Church. Keep his family uplifted in prayer.

To all of the people that attended church: If you have not read last weeks edition (April 1) of the *Holmes County Herald*, please get a copy and read it carefully. It gives the guidelines for

having church services. Pastors and deacons do not be hardheaded. Obey the rules. One of the rules said singing is unsafe. It spreads germs.

Parents, now that children are back in school, advise your children to obey the safety rules. Punish them if they don't. A punishment is better than death. To all grown ups, let's obey the safety rules and be an example for the children.

Scammers are out. They are making all kinds of phone calls. You can hang up your phone and dial the number right back. The operator will tell you the number is no longer in service. Be careful about talking about medicare, social security and final expense insurances on the phone. Those calls come from scammers.

I hope everyone had a good Easter and celebrated religiously.

If you are 16 or older, please sign up to get your COVID-19 shots. Mallory Clinic and the hospital give them in Lexington.

PUBLIC HEARING NOTICE CITIZEN PARTICIPATION

The Holmes County, Mississippi, is considering applying to the Mississippi Development Authority for a Community Development Block Grant of up to \$600,000.00. The State of Mississippi has been allocated approximately \$23 million that will be made available to cities and counties on a competitive basis to undertake eligible community development activities. These funds must be used for one of the following purposes:

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