Tips to save time, money and energy in the kitchen

(Family Features) As the country reopens, family schedules are inching toward their pre-lockdown levels of busyness. Sports, extracurricular activities, school, work and social commitments all leave families looking for ways to save time, money and energy in the kitchen.

Make your family mealtime more efficient and enjoyable with these tips:

Plan Meals in Advance

Scheduling meals eliminates the stress of pulling something together at the last minute or wasting precious time figuring out what you have on hand to make. Planning ahead can also help ensure you're preparing nutritious, well-rounded meals instead of making last-minute decisions that often include less healthy choices. When you plan a week at a time, you can take into account how to use ingredients across multiple meals to save money and preparation time.

When planning out meals, keep in mind that leftovers from a protein main dish can be repurposed to top an entree salad or incorporated into a pasta or casserole dish later in the week.

Shop Smarter

Limiting your meal prep time can actually start at the store if you shop for budget-friendly prepared ingredients that do some of the work for you. You can find side dishes that are ready to heat and serve, along with shortcuts like meats that come marinated and require minimal preparation to assemble a meal. Affordable and time-saving options like Tyson Seasoned & Marinated Proteins are already seasoned and marinated so you can skip trimming and prepping the meat and get straight to cooking. For example, the Sweet Teriyaki Seasoned Pork Loin Filets let you create dishes with international flair while options like the Garlic & Parmesan or Steakhouse Seasoned Pork Loin Filets are versatile enough for a wide range of meals on busy weeknights.

Find Easy Yet Enjoyable Recipes

Prepared ingredients are also an easy way to get out of a mealtime rut and explore new recipes or a style of cuisine that might be unfamiliar to your family. All the seasonings are already perfectly blended, so you can skip the guesswork and be confident your dish will turn out as expected. Recipes that involve ready-to-make ingredients are also typically budget-friendly since you don't have to invest in seasonings and spices separately. Fewer ingredients also typically add up to more efficient preparation and less time in the kitchen.

Recruit Help

Rather than asking one family member to shoulder meal preparation responsibilities alone, delegate age-appropriate tasks to the rest of your family. Even the littlest members of the household can help with jobs like setting the table. Older kids can assist with meal prep and getting drinks ready. If cooperation is lacking, consider creating contests to have the kids racing to complete their tasks first. Even if your time around the table is brief, bringing the family together in the kitchen can help maximize your quality time together.

Limit Cleanup Time

Shop for ingredients that can be used in numerous timesaving ways and think in terms of the entire meal preparation process, including cleanup. For example, versatile Tyson Seasoned & Marinated Proteins can be cooked using quick-prep appliances like an air fryer or with a grill that requires minimal cleaning after you're done cooking. You can also choose simple recipes and one-dish meals to cut down on dirty dishes. Stir-fry, stews and sheet pan meals are all options that help limit the amount of time you have to spend cleaning up when dinner is over.

Hinds CC Names Spring 2021 Deans' Scholars

News Release

Raymond, MS -- Hinds Community College has announced the Deans' Scholars for the Spring 2021 semester. Deans' Scholars are those students with a cumulative 3.5 to 3.9 grade point average.

Sabrina Bell of Durant

Artavious Washington of Lexington

Kendarious Morris of Pickens

With six campuses in central Mississippi, Hinds Community College is a comprehensive institution offering quality, affordable educational opportunities with academic programs of study leading to seamless university transfer and career and technical programs teaching job-ready skills.

Our Mission: Hinds Community College is committed to moving people and communities forward by helping develop their purpose, passion and profession.

Our Vision: Hinds Community College will be a catalyst to create a competitive economy and a compelling culture for Mississippi.

Our Values: Hinds Community College aspires to the following IDEALS: Integrity, Diversity, Excellence, Accountability, Leadership, Stewardship.

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2020 Annual Drinking Water Quality Report
Lebanon Water Association
PWS#: 0260011
May 2021

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to providing you with information because informed customers are our best allies. Our water source is from wells drawing from the Wilcox Aquifer.

The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. A report containing detailed information on how the susceptibility determinations were made has been furnished to our public water system and is available for viewing upon request. The wells for the Lebanon Water Association have received a moderate ranking in terms of susceptibility to contamination.

If you have any questions about this report or concerning your water utility, please contact Edward Saffold at 662.834.2646. We want our valued customers to be informed about their water utility. If you want to learn more, please join us at any of our regularly scheduled meetings. They are held on the second Tuesday of the month at 6:00 PM at the Lebanon Office Building on HWY 17 N of Lexington.

We routinely monitor for contaminants in your drinking water according to Federal and State laws. This table below lists all of the drinking water contaminants that were detected during the period of January 1st to December 31st , 2020. In cases where monitoring wasn't required in 2020, the table reflects the most recent results. As water travels over the surface of land or underground, it dissolves naturally occurring minerals and, in some cases, radioactive materials and can pick up substances or contaminants from the presence of animals or from human activity; microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm-water runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm-water runoff, and residential uses; organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations and septic systems; radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily indicate that the water poses a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Action Level - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level (MCL) - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG) - The "Goal"(MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL) – The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary to control microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) – The level of a drinking water disinfectant below which there is no known or expected risk of health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny in $10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in $10,000,000.

TEST RESULTS

Contaminant	Violation Y/N	Date Collected	Level Detected	Range of Detects or # of Samples Exceeding MCL/ACL/MRDL	Unit Measure -ment	MCLG	MCL	Likely Source of Contamination
Inorganic Contaminants								
10. Barium	N	2018*	.0095	.0068 - .0095	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
13. Chromium	N	2018*	1.3	No Range	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits
14. Copper	N	2018/20	0	0	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
16. Fluoride	N	2018*	.101	No Range	ppm	4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
17. Lead	N	2018/20	1	0	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
Sodium	N	2019*	84000	67000 - 84000	ppb	0	0	Road Salt, Water Treatment Chemicals, Water Softeners and Sewage Effluents.
Disinfection By-Products								
81. HAA5	N	2020	47	No Range	ppb	0	60	By-Product of drinking water disinfection.
82. TTHM [Total trihalomethanes]	N	2020	28.2	No Range	ppb	0	80	By-product of drinking water chlorination.
Chlorine	N	2020	1.3	.4 – 2.3	mg/l	0	MRDL = 4	Water additive used to control microbes

** Most recent sample. No sample required for 2020.*

As you can see by the table, our system had no violations. We're proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some contaminants have been detected however the EPA has determined that your water IS SAFE at these levels.

We are required to monitor your drinking water for specific contaminants on a monthly basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. In an effort to ensure systems complete all monitoring requirements, MSDH now notifies systems of any missing samples prior to the end of the compliance period.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Our water system is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/safewater/lead. The Mississippi State Department of Health Public Health Laboratory offers lead testing. Please contact 601.576.7582 if you wish to have your water tested.

All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. These substances can be microbes, inorganic or organic chemicals and radioactive substances. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1.800.426.4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline 1.800.426.4791.

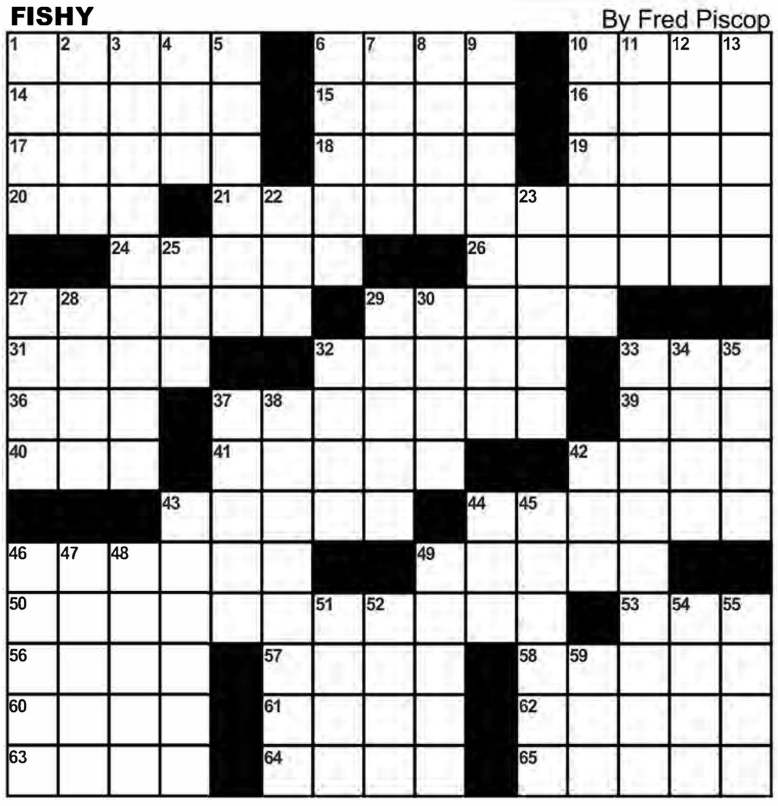
The Lebanon Water Association works around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

CROSSWORD PUZZLE

ACROSS

1) Didn't sit by
6) Apple since 1998
10) Kimono sashes
14) Trump ex Maples
15) He rhymed "Bronx" with "thonx"
16) Patronized Lyft, say
17) Garden-variety
18) Kazan who directed Brando
19) Bend at a barre
20) __ Vicious of rock's Sex Pistols
21) Barrie villain
24) Big happening
26) Honors with ridicule
27) __ inn of "Canterbury Tales"
29) Besiege
31) Paperless exam
32) Distinctive glows
33) Company name abbr.
36) "Rope-a-dope" boxer
37) Bikini wearer's mark
39) Pal of Pooh
40) One of an umlaut's two
41) Skid row figures
42) Talk like Daffy Duck
43) Soft topper
44) Inferior in quality
46) Brunch fare
49) Overflowing (with)
50) Water finder
53) Monopoly quartet (Abbr.)
56) Getting __ years
57) Egg on
58) Freeze, as a road
60) Use a Kindle, say
61) Saintly symbol
62) Missing dog in an Inge play
63) Steinway & __
64) Whaler's adverb
65) In better health

DOWN

1) Rock concert gear
2) Colombian metropolis
3) Ballplayer "on the block," as they say
4) Prozac maker __ Lilly
5) One in a nightclub
6) Fumble-fingered
7) Brewery need
8) Big chunk of an atlas
9) Board head
10) Oliver Twist, for one
11) Western neckties
12) Blithering sort
13) Is in the market for
22) First __ goal (gridiron situation)
23) Reason for earplugs
25) Kilmer who played Jim Morrison
27) Grown-up tadpole
28) Woody's musical boy
29) M. __ (Tati role)
30) Dwarf planet discovered in 2005
32) Rice of Gothic fiction
33) Dance often done to fiddle music
34) Deli snack
35) Make a backup of
37) Middle schooler, maybe
38) Unassailable, as an alibi
42) "Deck the Halls" syllables
43) Duck hunters' shelters
44) Dice roll with a 1-in-36 probability
45) Pungent root vegetable
46) They stink
47) Sal of "Exodus"
48) Poland Spring competitor
49) Fiery feeling
51) Famed flood survivor
52) Red-carpet event
54) Cartoonist Goldberg
55) Train for a UFC bout
59) When repeated, a dance

FISHY By Fred Piscop