



IN THE KITCHEN
WITH





It's a Great Day to be a Bulldog

It's a great day to be a Bulldog! Let me reiterate – any day is a great day to be a Bulldog, but now more than ever. Watching all those baseball games from the Regionals to the World Series was so exciting, rain delays and all. To bring home the title of National Champs is an awesome feat. The unbelievable Mississippi State crowds at all the games showed, beyond a doubt, that we have the best and most loyal fans ever. All the sports com-

mentators could not believe the following at the College World Series. When the team plane touched down in Starkville the next day, there were throngs of fans to welcome them. The following day there was a parade and “The Hump” was full of more well-wishers and very proud fans.

As soon as all that excitement had died down, it was time to celebrate the 4th of July. We hosted two different celebrations. The first was on Saturday with 30 people. There were about a dozen kids swimming in the pool all afternoon. That night we feasted on ribs, beef brisket, pork tenderloin and all the picnic fixings. Our night ended with lots of fireworks and homemade vanilla and chocolate ice cream, as well as homemade orange sherbet.

Our next celebration was a little more low key – only 18. An afternoon party with more kids swimming in the pool and enjoying cookies, punch, and Jell-o jigglers. It was so much fun to see our children and their cousins spending time together. Another generation of children were swimming and eating popsicles just as our children did when they were younger.

I did tell my husband that I was taking a little break from the kitchen. As much as I enjoyed all the company, I realized I'm not as young as I used to be.

While watching the College World Series, we would have snacks each night. I tried several different hot dip recipes that I would like to share with you. I hope you will give them a try. Thanks for reading.

Go Dawgs!
Hail State!!

JALAPENO POPPER DIP

- 1 ¼ cups sliced pickled jalapenos
- 2 (8 oz.) blocks cream cheese, softened
- 2 cups shredded chicken
- 1 cup shredded Mexican blend cheese
- ½ cup sour cream
- 1 tsp. minced garlic
- ½ tsp. kosher salt
- 4 dashes hot sauce

1 ½ cups crispy jalapenos (such as French's or other brands may be found in salad produce section of grocery)

Dip with: Fritos Scoops, baby carrots, celery sticks or thickly cut red bell pepper strips

Preheat oven to 350 degrees; spray a small baking dish with Pam. Set aside ¼ cup of the sliced pickled

jalapenos. Mix remaining pickled jalapenos with cream cheese, chicken, Mexican blend cheese, sour cream, garlic, salt and hot sauce; stir until combined and scrape into prepared baking dish. Place the reserved jalapeno slices in the center of the dip and baked about 25 minutes. Sprinkle the crispy jalapenos around the edge of the dip and warm about 5 minutes. Serve with a variety of dippers.

SPINACH ARTICHOKE DIP

- 6 cloves garlic, minced
- ½ cup dry white wine
- ¾ cup plus 2 Tbsp. finely grated Parmesan
- 4 oz. cream cheese, room temperature
- ¼ cup mayonnaise
- 1 (14 oz.) can quartered artichokes, rinsed and chopped well

Tips For Shedding Those Pandemic Pounds



Enjoying the abundant fresh fruits and vegetables of the season can help you emerge from the pandemic fit and healthy. Enjoying the abundant fresh fruits and vegetables of the season can help you emerge from the pandemic fit and healthy.

(NAPSI)—Living may be easier during the warmer weather seasons but that doesn't mean your wellness goals should be swept under the rug. To help, GOLO, the pioneering wellness solutions company, has a range of healthy suggestions for the summer, whether you're at home, road tripping with friends and family, or grilling in your backyard.

#1. Develop an action plan: Use this time as an opportunity to develop a nutritionally balanced meal plan that focuses on real, whole foods that charge your metabolism and help you feel energized.

A structured meal plan can help you lose weight and get healthier. For example, the company's Metabolic Plan focuses on repairing metabolic health with whole foods that are affordable, simple to prepare and easy to find in a restaurant or convenience store.

It's effective because:

- You stay fuller longer and don't have to fight with hunger and cravings
- You can eat delicious foods that you want to eat—you are in control
- There's no diet isolation. You eat the same foods as your family and friends

#2. Don't be afraid to rock out at your cookout: The truth is everyone enjoys a

good backyard cookout. The key is to make sure that you're enjoying the tastes of the season without having a detrimental effect on your healthy eating plan.

#3. Burn off pandemic pounds: It's essential to take advantage of the warmer weather to exercise away those pandemic pounds that many people packed on over the past year.

The Centers for Disease Control and Prevention recommends adults do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.

Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Switching up your seasonal fitness regimen can be key to staying motivated and consistent when building new, healthier habits.

1 (10 oz.) bag or box frozen chopped spinach, thawed and squeezed dry

Salt and Pepper

Preheat oven to 400 degrees. Combine garlic and wine in a small saucepan and simmer for about 10 minutes or until reduced by half. Combine and ingredients and spoon into a greased baking dish; top with additional Parmesan cheese. Bake for 30 minutes and serve immediately with your favorite crackers, vegetables, or toasted bread.

BAKED TEX-MEX PIMIENTO CHEESE DIP

- 1 ½ cups mayonnaise
- ½ (12 oz.) jar roasted red bell peppers, drained and

chopped
¼ cup chopped green onions

1 jalapeno pepper, seeded and minced

1 (8 oz.) block extra-sharp cheddar cheese, shredded

1 (8 oz.) block pepper Jack cheese, shredded

Stir together first 4 ingredients; stir in cheeses. Spoon into a lightly greased 2-quart baking dish. Bake at 350 degrees for 20-25 minutes until golden and bubbly. Serve with your favorite crackers or French bread cubes.

*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.



Living With Children

By John Rosemond
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Guys! Guys! Look, your wives, bless their hearts, are having enough trouble putting their children and priorities into proper perspective without you adding to the muddle. Keep it straight, please.

I'm referring to the media voices telling you to be better fathers. Three times in the last six months or so I've been invited on podcasts promoting fatherhood. The hosts are well-meaning, sincere, articulate fellows who apparently didn't know they were interviewing a guy who never says what other people expect him to say.

For example, in response to my answer to a certain predictable question, one podcaster said, "Well, I'm sure the fathers listening will be surprised to hear that."

His question: "What one thing would you tell dads to help them be the fathers their sons and daughters most need?"

My surprising answer: "Be the best husbands you can be."

That's right. The best fathers are husbands first, fathers second. That's what children truly need. Nothing – repeat, NOTHING – puts a more solid foundation of well-being under a child's feet than the knowledge his parents are in a committed relationship that transcends their individual relationships with him. Repeat, NOTHING!

A father's primary job is not to spend as much time with his kids as reality will allow. It is to show his sons how to properly treat a woman and show his daughters what to look for in a man. Period. End of Job One description.

A father does an invaluable service to his kids by opening doors for their mother, listening and speaking to her with utmost respect, sharing and easing her burdens, going to her first when he

comes home from work, hugging her, kissing her, and asking, "How was your day, Babes?" Uncomplicated stuff like that is what counts in the end.

When their father is taking care of Job One, children don't need a lot of attention. They go off and do their own thing, which is what they really want to do and parents should want them to do. Once upon a time, it was called "being out from underfoot." In almost all cases, children clamor for attention not because they need it, but because they've been given entirely too much. Under the circumstances, the "need" for attention becomes a nagging compulsion.

My general finding has been that when a husband gives more attention to his kids than he does his wife, the kids begin treating her with disrespect. They ignore her, demand of her, talk back to her, refuse to obey her. They disrespect her because dad has his priorities out of whack. He's in more of a relationship with them than he is with her. As such, they have become dad's quasi-equals. That diminishes mom's status, and the kids talk to her as if she was a servant.

Said podcasters were also surprised when I said that the husband-absent home – one in which an adult male is present but has pledged allegiance to his kids – is as much if not more of a problem than the father-absent home. It's more of a problem because no one talks about it. It's an invisible ubiquity, sustained by silence.

So, let's begin the conversation. Dads can respond to me at john@rosemond.com. I'd like to hear from you moms, too, by the way. After all, your stake in this is HUGE.

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