IN THE KITCHEN WITH LeeAnn

Pasta Helps

Do you ever wonder why your pasta dishes don't turn out just right? Today I have 9 mistakes you might be making when cooking pasta.

*You overcook or undercook your noodles. Follow box directions, but check 1 minutes before directed time for doneness. Pasta should have a subtle bite to it – referred to as 'a l dente'.

*You aren't stirring the pasta. Don't stir constantly, but do stir occasionally to keep individual strands of noodles to separate. It isn't necessary to add oil to the water.

*You don't salt the pasta water, or you salt it too much. Salting the pasta water allows the dough to absorb salt while cooking.

*You don't properly cool the pasta. Don't run cold water over pasta to cool it down. This rinses off natural starch of the pasta. If not using immediately or making a chilled salad, lightly oil pasta and cool for 30 minutes before chilling in the refrigerator.

*You don't cook pasta in sauce. Cooking pasta in sauce allows the flavors to be absorbed by the pasta.

*You add the pasta to the water before it is boiling. The rapid bubbles will keep the pasta from sticking or settling. The dough will cook more evenly.

*You don't boil enough water. The amount of water called for may seem excessive, but when pasta is added to water it lowers the temperature and will stall cooking time.

*You use fresh water to loosen the sauce. Always use pasta water because it has more flavoring and seasoning. The residual starch will help thicken and bind the sauce to the pasta.

*You ignore portion sizes. Pasta is thought of to be too high in carbs, but a 2 oz. size or 1 cup equals 75-100 calories Much less than bread and some meats and cheeses.

Today I have some side dishes with one of my favorite pastas – fettuccine. I hope today's tips will be helpful. Thanks for reading.

GARLIC SOUR CREAM PASTA

8 oz. dried fettuccine
2 Tbsp. butter
1 tsp. minced garlic
1 Tbsp. flour
1 cup half and half
1/3 cup shredded Parmesan cheese
1 cup sour cream
½ tsp. salt
¼ tsp. pepper

Prepare pasta according to direction; drain and place in a bowl to keep warm. In a large sauce pan, over medium heat, melt the butter and add garlic. Cook for about 2 minutes and add flour, stirring until bubbly – about 1 minute. Add the half and half and continue stirring until sauce thickens. Add the Parmesan cheese and stir until melted; add the sour cream and salt and pepper. Mix with fettuccine and serve with additional Parmesan cheese.

*Great side for anything cooked on the grill.

LEMON GARLIC CREAM FETTUCCINE

3 tsp. grated lemon zest
2 tsp. minced fresh parsley
2 minced cloves of garlic
8 oz. uncooked fettuccine
Sauce:
¼ cup butter
1 small onion, chopped
2 minced cloves garlic
1 tsp. grated lemon zest
½ cup heavy whipping cream
¼ tsp. salt
¼ tsp. pepper
4 oz. cubed cream cheese
2 Tbsp. lemon juice
2 tomatoes, chopped
2 tsp. minced fresh parsley
Grated Parmesan cheese

Cook pasta according to package directions and drain. In a small bowl, combine lemon zest, parsley and garlic.

For sauce: In a large skillet, heat butter and saute onion; add garlic and lemon zest. Add whipping cream, salt, pepper, and cream cheese until melted; remove from heat and add lemon juice. Add pasta, tomatoes and parsley to skillet; top with previously prepared lemon zest, parsley and garlic. Serve immediately with grated Parmesan cheese.

*Some cooked shrimp is a great addition to this dish.

FETTUCCINE with GARLIC BUTTER MUSHROOM SAUCE

8 oz. cooked Fettuccine
¼ stick butter
2 cloves garlic; minced
1 cup sour cream
1 ½ cups sliced mushrooms
1/3 cup grated Parmesan cheese
1/3 cup fresh or dried parsley

In a large skillet, saute' garlic and mushrooms in butter until soft. Add prepared pasta and sour cream and turn off heat. Add Parmesan cheese, parsley, salt, and pepper. Serve immediately.

*Also great with some chopped, cooked chicken added to the recipe.

*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.*

"NOTICE OF A PUBLIC BUDGET HEARING ON THE PROPOSED BUDGET AND PROPOSED TAX LEVIES FOR THE UPCOMING FISCAL YEAR FOR THE CITY OF LEXINGTON"

The City of Lexington will hold a public hearing on its proposed budget and proposed tax levies for the fiscal year 2022 on Monday August 23, 5:30 p.m., at the City Hall located at 112 Spring Street, Lexington, MS.

The City of Lexington is now operating with projected total budget revenue of $1,179,222. $360,000, or 30.53% of such revenue is obtained through Ad Valorem Taxes. For the next fiscal year, the proposed budget has total projected revenue of $ 1,149,020. Of that amount, 31.33% or $360,000 is to be financed through a total ad valorem tax levy.

The decision to not increase the ad valorem tax millage rate for the fiscal year 2022 above the current fiscal year's ad valorem tax millage rate means you will not pay more in ad valorem taxes on your home, automobile, tag, utilities, business fixtures and equipment and rental real property, unless the assessed value of your property has increased for the fiscal year 2022.

A millage rate of 52.75 will produce the same amount of revenue from ad valorem taxes as was collected the prior year. The millage rate for the prior year was 52.75.

Any citizen of the City of Lexington is invited to attend this public hearing on the proposed budget and tax levies for the fiscal year 2022 and will be allowed to speak for a reasonable amount of time and offer tangible evidence before any vote is taken.

2020 Annual Drinking Water Quality Report
Holmes Interstate Utility District
PWS#: 0260040
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 ensuring the quality of your water.

If you have any questions about this report or concerning your water utility, please contact Donetha James at 662.739.4767. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled meetings. They are held on the first and third Mondays of each month at 9:00 AM at the Holmes County Board Room, Lexington, MS.

Our water source is from wells drawing from the Meridian Upper 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 Holmes Interstate Utility District have received moderate susceptibility ranking to contamination.

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	Unit Measure-ment	MCLG	MCL	Likely Source of Contamination
Inorganic Contaminants								
10. Barium	N	2018*	.073	No Range	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; 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
17. Lead	N	2018/20	0	0	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
19. Nitrate (as Nitrogen)	N	2020	.11	No Range	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Sodium	N	2019*	78000	No Range	ppb	0	0	Road Salt, Water Treatment Chemicals, Water Softeners and Sewage Effluents.
Disinfection By-Products								
81. HAA5	N	2018*	2	No Range	ppb	0	60	By-Product of drinking water disinfection.
82. TTHM [Total trihalomethanes]	N	2018*	3.96	No Range	ppb	0	80	By-product of drinking water chlorination.
Chlorine	N	2020	1.7	1.38 – 1.98	mg/l	0	MDRL = 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 microbiological contaminants are available from the Safe Drinking Water Hotline 1.800.426.4791.

The Holmes Interstate Utility District 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.