



## WD-40

I wish I had kept a journal of funny stories and things that have happened in my classroom for the last 30 years. I'm sure I have forgotten a lot more than I can remember.

One thing I will never forget took place in my 8th grade English class at Pillow Academy. We were reading an article about how much longer people live today than they did in the past. We talked about what has led to people living longer lives. The students came up with great conclusions – better medicines and health care, exercising, better diets and eating healthier foods. I remember thinking what a productive discussion we had as they began to record their observations in their notebooks.

About that time, a young student raised his hand and told me that his Grandpa was 93 years old. He still lived alone, drove a car, and even helped to take care of others even younger than he was. I told him to ask his grandfather what the secret was to his living such a long and healthy life and let us know. Be careful what you ask for.

The next day he informed us that his grandfather told him what his secret was. Every morning when he gets up, he squirts WD-40 on his joints and takes a shot of Jack Daniels!!! As I said, be careful what you ask for. Every time I see or hear about someone using WD-40 and all its usefulness, I think about that young man.

There is a saying – “You only need 2 things in life:

## Have These Money Talks Before Sending Your Teen to College

For many teenagers, college is the first time they make money decisions without parental assistance. But if they don't fully understand how finances work, they leave themselves open to making costly and long-lasting mistakes.

“Many teens don't intuitively know how to manage money. That's why it's critical for parents to sit down with their kids and have an open and honest discussion about financial basics,” said Michael Sullivan, a personal financial consultant with Take Charge America, a non-profit credit counseling and debt management agency. “Providing that foundation will give kids the confidence to better understand the financial choices they make

Duct Tape & WD-40. If it moves and shouldn't -Duct Tape it. If it doesn't move and should – hit it with WD-40.”

The actual formula for making this product is a well-kept secret. The secret formula is written on a sheet of paper from a single notepad and locked in a vault somewhere in California. Any information that you may encounter that is the formula is inaccurate. There may be some other products that claim to be the same product, but they are imposters.

On the WD-40 website, there are over 2,000 uses for this product. People add to the list every day. It is amazing what uses people have found. My two favorite were that a bus driver removed a python that had coiled itself around the undercarriage of his bus and police officers used it to remove a naked burglar trapped in and air conditioning vent.

I hope you will enjoy today's recipes. Thanks for reading.

### WHITE CHOCOLATE POUND CAKE

1 cup butter, softened  
2 cups sugar  
5 large eggs  
3 cups flour  
½ tsp. baking soda  
½ tsp. baking powder  
½ tsp. salt  
1 cup buttermilk  
8 (1 oz.) squares white chocolate, melted

Preheat oven to 300 degrees. Spray a 10-inch bundt pan with nonstick baking

and properly manage money long after they finish college.”

Sullivan shares four money talks parents should have with their college-bound teens:

\* Budgeting: No matter your income level, a budget is the foundation to good money management throughout your life. It helps track income and expenses while providing a plan of action to achieving financial goals and keeping you from overspending. Parents should explain the concept of needs vs. wants and help students get started budgeting with a spreadsheet or apps like Mint or EveryDollar.

\* Credit Card Caution: Many college students get into trouble with credit cards.

spray with flour. In a large bowl, beat butter and sugar until fluffy; add eggs, one at a time, beating well after each. In a medium bowl, combine flour, baking soda, baking powder, and salt; add to butter mixture alternately with buttermilk and ending with dry mixture. Stir in melted chocolate and pour into prepared pan. Bake for approximately 1 hour and 30 minutes; let cool in pan for 30 minutes and cool completely on wire rack.

### CHEESY SHRIMP and GRITS CASSEROLE

4 cups chicken broth  
½ tsp. salt  
1 cup regular grits  
1 cup shredded sharp cheddar cheese  
1 cup shredded Monterey Jack cheese with peppers  
2 Tbsp. butter  
6 green onions, chopped  
1 green bell pepper, chopped  
1 minced clove garlic  
1 pound small shrimp, cooked and peeled  
1 can diced Ro-Tel tomatoes, drained  
½ tsp. salt  
½ tsp. pepper

Bring chicken broth to a boil and add ½ tsp. salt; stir in grits. Cover and reduce heat; simmer 20 minutes. Stir together grits, ¾ cup of cheddar cheese, Monterey Jack cheese and stir until melted. Melt butter in a large skillet; add green onions, bell pepper and garlic; saute 5 minutes. Stir together green onion mixture, grits mixture, shrimp, tomatoes and salt and pepper. Pour into a lightly greased casserole dish and sprinkle top with remaining ¼ cup cheddar cheese. Bake at 350 degrees for 30-45 minutes.

### TEX MEX SQUASH CASSEROLE

7 medium squash, sliced  
2 ¼ cups shredded Cheddar cheese  
1 medium onion, chopped  
1 (4 oz.) can chopped green

Talk to your teen about the potential repercussion of opening multiple cards and the importance of making payments on time, every time. To help your teen build credit, consider helping them open a secured credit card or add them as an authorized user on one of your cards with spending limits. For additional resources on all things credit, parents can visit Take Charge America's Financial Education Center.

\* Identity Theft: Explain the importance of protecting financial details, including bank accounts, credit cards, Social Security numbers and other personal information from scammers and identity thieves. Remind your kids never to share such information with anyone they don't trust, especially if contacted by unsolicited phone calls, emails or texts. Falling vic-

# Attala Center held Practical Nursing Program Pinning



Pictured left to right: Brantley Holder, Kiara Boyd, Mara McDaniel, Brittany Moore and Jh'marra Shaw.

The Attala Center of Holmes Community College held their Practical Nursing Program pinning graduating 21 students into the nursing field on July 1.

The ceremony started with an invocation by Anna Richards and welcoming by Dr. Christi Blair. Morgan Garrett, the 2021 practical nursing class president, reflected on the past year of the course. The ceremony continued with guest speaker, Sherri Comfort, former Holmes nursing instructor, reminding the graduates to apply the discipline they learned in the program to their work experience.

The class had nine students that were recognized for their

academic achievement during the program for holding a 90 and above. Those students were: Morgan Garrett, Katarra Jackson, Anna Richards, Erica Dees, Mara McDaniel, Jamie Radcliffe, Hattie Napier, Autumn Griffith and Kendrianna Boatman.

Additionally, Morgan Garrett was recognized as the Valedictorian and as the Practical Nursing Award recipient. Kendrianna Boatman was recognized as the Salutatorian and given the Good Samaritan Award during the program, as well.

The members of the graduating practical nursing program were Kenon Allen, Kendrianna Boatman, Kiara Boyd, Brianna Carmichael,

Erica Dees, Morgan Garrett, Aumnn Griffith, Tyshika Hawthorne, Brantley Holder, Robyn Hutchinson, Katarra Jackson, Leigh Kimbrough, Mara McDaniel, Brittany Moore, Hattie Napier, Lamiya Ousley, Jamie Radcliffe, Anna Richards, Jh'Marra Shaw, April Tank-sley and Quintina Wise.

The ceremony closed with all of the 2021 Practical Nursing graduates reading the practical nurses pledge together.

For more information about the Practical Nursing program, contact Dr. Christi Blair, cblair@holmescc.edu or 662-472-9173.



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