



Pam Cooking Spray

In my kitchen pantry, there are several items I never run out of. Pam cooking spray is one of them. I also make sure I have the Pam baking spray with flour for baking. So much easier than greasing and flouring your cake pan. I always got more flour on me than I did in the pan.

In 1959, Arthur Meyerhoff and Leon Rubin started Pam Products, Inc. in Chicago. They weren't very successful for about 2 years until a local television personality began using the product on her cooking shows. Sales began to soar after her endorsement of the product.

er alternative uses for the product.

*Spray Pam to loosen metals. If you have a squeaky door, spray the hinges. If you can't remove an old screw, spray it with Pam.

*Keep your faucets shiny. Spray some Pam on a paper towel and wipe your faucets for a nice shine.

*If you have a candle in a container, find a safe container and spray Pam on the bottom. Place the candle in the container and when candle melts, the wax won't stick. Put it under running water and the wax slides right off.

*Spray your grater before you grate cheese. The grating will be easier and the clean-up a breeze.

*If you have leftover pasta that is stuck together, spray Pam on the pasta and mix until separated.

*When measuring thick liquids, such as honey, spray Pam in the measuring cup and the liquid will slide right out. I also do this with mayonnaise.

*Got bugs stuck on the front of your car and headlights? Spray Pam on the bug to loosen and make easier to remove.

*Spray Pam in your plastic food storage containers to keep from staining.

*Spray Pam on spatula when spreading sticky ingredients in foods – think marshmallow treats.

*Spray the inside of your pots before adding water to boil rice or potatoes.

*Give your knives a slight spray before you begin chopping to keep things from sticking.

*When using parchment paper, give the pan a slight spray to keep the paper from slipping.

*Spray your hands before you form hamburger patties or meatballs.

*Spray the top of your dough before it rises to keep from sticking to waxed paper or Saran Wrap.

I hope you will give today's recipes a try. Thanks for reading.

ROASTED ASPARAGUS and MUSHROOMS

3 Tbsp. olive oil
4 cloves garlic, chopped
½ tsp. dried thyme
Salt and Pepper
1 pound asparagus, washed and ends trimmed
12 oz. button mushrooms, halved
1 Tbsp. lemon juice
1 cup shaved Parmesan cheese

Preheat oven to 450 degrees. In a small bowl combine olive oil, garlic, thyme, salt and pepper. Place asparagus on a large rimmed baking sheet and drizzle with 1 ½ tablespoons of olive oil mixture; toss evenly to coat and arrange in a single layer. In a medium bowl, toss the mushrooms with remaining olive oil mixture and spread on top of the asparagus. Bake for about 12 minutes; remove and drizzle the lemon juice on top and bake for another 4-5 minutes or until asparagus is fork tender and mushrooms begin to shrivel. Remove from oven and let cool slightly; transfer

to a serving platter and top with Parmesan cheese and additional salt and pepper.

*Once again, spray pan with Pam to prevent sticking.

ROASTED YUKON GOLD POTATOES

1 small bag yellow Yukon potatoes
Olive Oil
Coarse Sea Salt
Coarse Black Pepper
Half or quarter potatoes; place on a rimmed cookie sheet that has been sprayed with Pam. Drizzle olive oil over potatoes and stir to coat all potatoes; sprinkle generously with salt and pepper. Bake at 400 degrees for 30 minutes; stir halfway through for even cooking and add additional salt and pepper. So easy and delicious – goes with any main dish meat or poultry.

*You may add any dried seasoning to this that you desire – rosemary, chives, basil, Italian, etc. My family just likes the salt and pepper.

JIFFY CORN CASSEROLE

¼ cup butter
1 large onion, diced
1 green bell pepper, diced

1 (4 oz.) jar diced pimientos
1 (8 oz.) box Jiffy corn mix
1 (4 oz.) can diced green chiles (mild, medium or hot)
1 (15 oz.) can whole kernel corn, with liquid
1 (15 oz.) can creamed corn
2 large eggs
1 pint sour cream
1 cup shredded Cheddar cheese

Preheat oven to 350 degrees; spray a 9 x 13-inch baking dish with cooking spray. Melt butter in a large skillet and saute onion, bell pepper, pimento and chiles. Combine corn muffin mix, whole corn, creamed corn and eggs in a large bowl; add onion mixture. Pour into prepared baking dish; spread sour cream evenly on top and sprinkle with Cheddar cheese. Bake for about 45 minutes or until browned and firm.

**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.*



To get your news in this paper, call 662-834-1489 or 662-458-5788.

7-2-26: Willie Mae Kimbrough is home from being in the hospital in Grenada. We miss her at the Lexington Senior Citizens lunch program.

Keep praying for Elder Charles Jefferson.

7-9-26: I am sorry I

missed TRIAD Wednesday, July 1st. TRIAD always has good information for senior citizens.

The Rose Hill District had a very successful session last week. The churches represented.

The Senior Citizens nutrition sites were closed Friday in observance of July 4th.



2026-2027 STUDENT REGISTRATION

WED-THURS JULY 22-29, 2026 8:30 A.M. - 4 PM
THURS JULY 23, 2026 8:30 A.M. - 6 PM
Weekdays Only

Please bring the **REQUIRED DOCUMENTATION** to your child's school to complete registration.

Pre-K, Kindergarten, New Students, Currently Enrolled Students, and Transfer Students

- Birth Certificate
- Immunization Record (Tdap vaccination required for all 7th grade students)
- Photo Identification (Parent/Guardian's Driver's License, State ID, etc.)
- Two Proofs of Residency (see required document list below)

School Contact Information

- Durant Elementary School
662.653.3176
- Goodman-Pickens Elementary School
662.468.2116
- Holmes County Central High School
662.834.2172
- S.V. Marshall Elementary School
662.235.5226
- S.V. Marshall Middle School
662.854.3581
- William Dean Elementary School
662.834.3003
- Williams-Sullivan Middle School
662.653.6262

PROOFS OF RESIDENCY

- Filed Homestead Exemption Application Form
- Mortgage Documents or Property Deed
- Apartment or Home Lease
- Current Utility Bill (only one can be submitted)
- Automobile Registration Document
- Driver's License
- Voter Precinct Identification

The address of residence and service must be the same on each proof submitted.

- **IN PERSON REGISTRATION ONLY** (Online Registration is not available)
- Transfer students will need their 2025-2026 final report cards from their previous school.



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Registration is **MANDATORY** for students to attend school.