

IN THE KITCHEN



Salmon Wellington
Puff pastry encloses flavorful salmon, spinach and herbs in a main dish fit for special occasions. Wellington preparations are thought to take a great deal of time and skill to make. However, with the time-saver of purchased puff pastry, it's a breeze. The bundles can be prepared in a week in advance and then frozen. Just pop them in the oven when needed.

Note: Puff pastry must be cold (but not frozen) when placed into a hot oven in order for the pastry to become light and flaky.

- Makes 4 servings.
- 1 tablespoon sweet butter
 - 1-1/2 tablespoons shallots or onion, minced
 - 1/2 cup frozen spinach, defrosted and well drained
 - 1/8 teaspoon ground nutmeg
 - 1/2 tablespoon lemon zest
 - 1 teaspoon thyme or dill, minced
 - Kosher salt and cracked black pepper
 - 1-1/2 tablespoons crumbled feta cheese
 - 4 thick, skinless fillets of salmon (about 6 ounces each)
 - 2 packages puff pastry (defrosted in refrigerator)
 - 1 lightly beaten egg
 - 1 teaspoon milk

1. Heat sauté pan with butter over medium heat. Add shallots and sauté 3 to 4 minutes until softened. Reduce heat to medium low and add spinach, nutmeg, lemon zest, thyme, salt and pepper. Sauté 2 to 3 minutes, remove from heat and stir in feta. Taste for seasoning and let cool.

2. Lightly salt and pepper each piece of salmon and top with 2 tablespoons of spinach mixture.

3. Roll out pastry sheets on lightly floured board. Cut 1 piece of pastry for bottom of each fillet — about 1 inch larger than the salmon. Cut a second piece large enough to drape over fillet and reach corners, plus 1 inch to spare all the way around.

4. Brush edge of smaller sheet with lightly beaten egg mixed with milk. Place 1 piece of salmon in center of pastry. Drop larger piece over salmon and seal the two pieces of dough together by rolling and pleating like a pie crust. Repeat for each "package." Chill at least 30 minutes or freeze up to 1 week before baking.

5. Preheat oven to 425°F. Brush top of each package with a small amount of egg/milk mixture. Put on sheet lined with parchment paper and a drizzle of corn meal. Bake in preheated oven for 18 to 23 minutes, until golden. Let rest 5 to 10 minutes before serving.

Treat Mom on Her Special Day

FAMILY FEATURES

What can family members do special this year for Mom? Most Mom dream of a fine meal they don't have to shop for, cook or clean up afterwards. Often going out for breakfast on Mother's Day can mean dealing with long lines and slow service. But Dad and the kids can rise to the occasion and prepare a meal themselves at home that can be a real treat.

Even the dad who only makes breakfast on weekends can cater a fine restaurant meal at home, with kids as willing sous chefs. It's easy when your family shops where the pros shop, such as Sam's Club. Frozen appetizers, ready-made pastry, organic produce, fine wines, quality meats, great breads and fabulous cheese cake ready to share and serve.

For a crowning touch, add an unexpected and affordable luxury gift and Mom just might decide to sign on for another year.

Check out www.samsclub.com — or the Sam's Club nearest you — for more great Mother's Day ideas.

Mother's Day Game Plan

- Here's the game plan for catering a Mother's Day meal at home.
- Chill the champagne or make a delicious punch a few hours before the meal.
 - Read the instructions on the box, then pop those frozen appetizers in the oven.
 - Prepare and cook the salmon.
 - Slice up some fresh fruit or bread.
 - Finish with a deliciously moist cheesecake — a Mom favorite. (Remember to thaw it beforehand.)
 - Serve Mom in bed — let her relax and enjoy the meal and her day.
 - Have the kids clean up the kitchen.
 - Watch Mom smile.

Mom's Secret Wish List

- Mom usually puts the needs of her family first. But if she were really honest, she would say she'd love to have something from this list. And, Dad, when you shop smart, these become affordable luxuries.
- Diamonds.** They're always a girl's best friend. Diamond solitaire earrings go with everything — jeans on the soccer field, a suit at the office or workout clothes at the gym.
 - Designer Fragrances.** Perfume and cologne in her special scent makes Mom feel pampered and special.
 - Furniture.** Surprise her with something she's been wanting, whether it's the armchair for the great room, a new desk for the home office or even a new leather sofa.
 - Chocolate.** Always a treat, especially now that health experts have declared that dark chocolate is actually good for us. Now, will it be Godiva or Ghirardelli?
 - Culinary Ware.** If Mom has been trying to make culinary masterpieces from a mismatched set of cookware from her early married days, it's time for an upgrade. Or, maybe she'd love a stand mixer or a great planner.

Cranberry Splash Punch

- Makes 8 servings.
- 4 cups cranberry juice
 - 3 cups pineapple juice
 - 1/2 cup cherry juice
 - 2 cups frozen strawberries or raspberries (fresh or frozen)
 - 4 cups ice cubes
 - 2 lemons, sliced
 - 3 cups orange soda or ginger ale
- Mix all juices and patted berries and chill thoroughly. To serve, put punch in handsome container and add ice and fruit. Slowly stir in orange soda.



SCHOOL NEWS



Photo submitted

Select group

Samantha Sowell was one of several hundred to enter the Lexington daily's coloring contest in tribute to Queen Elizabeth's visit to the Kentucky Derby. After casting her lot, sure enough hers was one of a select few chosen and feature in a special display in the May 1 edition. Samantha is a first grader at Nicholas County Elementary and the daughter of Mike and Stephanie Sowell.

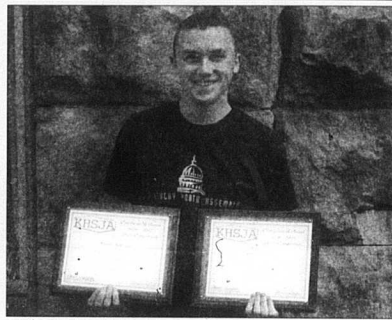


Photo by Hank Bond

Double firsts

Dustin Robinson won two first place newspaper competition awards from the KHSJA. He won first place for photography and first place for overall newspaper design. The yearbook staff captured third place for cover design.



Photo submitted

Granny Brigade

Jane Eilan Booth, left and Patsy Smart (in Joe Orsen, who happens to be the father of their great-granddaughter, at NCHS to help out in providing treats to those students who were testing. The test results should be available to the public by August. Several other "grannies" helped out during the event.



Photo by Susan Allison

Girls' night out

Carol Carson with WEDCO gave a presentation on health, self-esteem, and hygiene. Susan Flowers and Sandra Christy partnered to conduct a session on bullying, and Heather Allison touched on healthy eating habits. This was part of the girls' night out program sponsored by the Nicholas County Family Resource Center. There were 18 girls attending the event. The girls' night was open to sixth, seventh and eighth grade girls.

McNabb chosen by Academy

The United States Achievement Academy announced today that Anthony McNabb from Carlisle has been recognized for academic achievement as a United States National Honor Student Award winner.

Anthony McNabb, who attends Nicholas County Elementary and Middle School, will appear in the United States Achievement Academy's Official Yearbook, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history. Certainly the United States Achievement Academy winners should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Founder of the United States Achievement Academy.

The USAA national Honor Student Awards provide honor students with many benefits and services and is a great tribute to a student's dedication, talent, and ability. Anthony McNabb is the son of Alvin and Kathy of Carlisle. The grandparents are Bill and Gloria McNabb of Carlisle, Johnny Naveare of Cynthiana, and Bertha and Raymond McKinney of Carlisle.

TENTH FRAME CINEMA
930 Camargo Road
Sta. Sterling, KY
<http://www.tenthframe.com>
859-497-2518

Evening Showings 6 PM, 8:30 PM, 10:30 PM
Under Age 12 \$5, Seniors - \$3.50
Adults \$6.50
Matinee Showings 4 PM
Children 12 & under FREE

Do you have a credit problem and need a new credit card? Have you been turned down by any bank? Let McNabb Dealer Group rebuild your credit!

LET GARY MEACHAM OR ED HAY CUT YOU IN A CAR TODAY!

Automatic Dealer at Financing at the Credit Center
606-758-7171 • 1-800-467-7171

McNabb Dealer Group
McNabb Dealer Group
AA Highway • Mayville, KY
606-758-7171 • 1-800-467-7171
Sales Hours: M-W-F: 9am-5pm; Tu, Th, Sa: 9am-5pm
Your Best Deal Dealer - Your Best Deal Dealer - Your Best Deal Dealer

If you have Medicare Part A & B
You need to know more about Part C
If you need Part D
or a Medicare Gap policy -

Call Jim
606-683-2104
859-948-4376 (cell)
A Certified Medicare Specialist

— A Better Solution —

MAY 3rd
MIDNIGHT BOWLING SPIDERMAN 3
MAY 4th - MAY 10th
DISTURBIA
12:45, 4:45, 7:30, 9:30

ARE WE DONE YET
6:55, 9:30

FRACTURE
1:40, 4:25, 7:00, 9:35

THE CONDEMNED
1:10, 4:15, 7:15, 9:45

KICK IN' IT
OLD SKOOL
1:00, 4:05, 7:10, 9:40

FIREHOUSE DOG
1:30, 4:10

SPIDERMAN 3
12:40, 12:50, 4:40

VACANCY
1:15, 3:30, 5:35, 7:45, 9:55

COSMIC BOWLING
FRI. & SAT. MIDNIGHT - 3 AM
BOOK YOUR BIRTHDAY PARTY OR GROUP. CALL FOR RESERVATIONS 859-498-7755

Let's Go to the Movies

55TH ANNIVERSARY YEAR SAVINGS UP TO 50% OFF ORIGINAL PRICES

Garrett's Furniture Co.
222 W. Main St. • Carlisle • 289-2308

Free Delivery Available • Serving Carlisle and Central Kentucky Since 1952

12 months Same As Cash

Free Delivery

INVITATION TO BID

The Nicholas County Fiscal Court is soliciting bids on replacement of two bridges on county roads. One bridge is on Campbell/Kennedy/James Rd., CR#1312 in front of the Salsburg Church. The second bridge is located at the junction of Kenney Road and Sandhollow, CR#1315. Bidders are required to be listed on the State Certified Bid List. Qualified bidders are asked to submit one bid on each bridge. Information and maps may be obtained at the County Engineer's Office at the Nicholas County Courthouse, 125 E. Third Street, Carlisle, KY 40311, (859) 289-2325. Bids will be received until 10:00 A.M. on Tuesday, May 15, 2007, at which time they will be opened.

Published in The Carlisle Mercury Wednesday, May 2, 2007

Now Accepting Patients

Fred V. Lausé, D.P.M.

112 W. High Street
Mt. Sterling, Ky.

Podiatrist - Specializing in the medical and surgical treatment of foot and ankle disorders

Call 498-5151
for an appointment

Office Hours: 9:00 a.m. - 4:30 p.m.

BINGO!

MAY BINGO SPECIAL
Tuesday County Board Room 10:00-11:00 PM

TUESDAY AND THURSDAY NIGHTS \$10.00 BUY-IN

\$100 Early Birds \$300 Specials
\$150 Main Event \$500 Deal Days
\$1000 Coverall

Prizes based on 100 players • Games start at 6:30 p.m.
Bourbon Square Shopping Center • 927-9893

SPIDERMAN 3
12:40, 12:50, 4:40

VACANCY
1:15, 3:30, 5:35, 7:45, 9:55

COSMIC BOWLING
FRI. & SAT. MIDNIGHT - 3 AM
BOOK YOUR BIRTHDAY PARTY OR GROUP. CALL FOR RESERVATIONS 859-498-7755

Let's Go to the Movies