

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hatten
FNBP Program Assistant
Nicholas County Extension Office
With Thanksgiving only two weeks away...

Turkey Salad with Orange Vinaigrette
1/2 cup orange juice
2 tablespoons vinegar, white wine
2 tablespoons finely chopped onion

chopped fresh onion or as recommended on the dried onion container. Prepare the dressing at least 10 minutes before you need to allow the dried onion to rehydrate from the fluids in the dressing.

Vegetable and Turkey Stir Fry
1/2 cup orange juice
2 tablespoons vinegar, white wine

1 tablespoon vegetable-oil 1/2 teaspoon salt
2 thin slices ginger root-minced
1 peeled and minced garlic clove

1/2 cup orange juice
2 tablespoons vinegar, white wine
2 tablespoons finely chopped onion

firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
3) Serve at once, or if you wish to add a gravy.

1/2 cup orange juice
2 tablespoons vinegar, white wine
2 tablespoons finely chopped onion

Pictorial Recipes Lynn Myers Steele 2000 Oregon Family Nutrition Program: Oregon State University Extension Service.

1/2 cup orange juice
2 tablespoons vinegar, white wine
2 tablespoons finely chopped onion

11/8-10:00 a.m. Healthy Holiday Cooking
11/18-10:00 a.m. 12 Days of Turkey
11/28-10 a.m. Gifts from the Heart

1/2 cup orange juice
2 tablespoons vinegar, white wine
2 tablespoons finely chopped onion

Today's Weather Local 5-Day Forecast

Table with 5 columns for days (11/7 to 11/11) and rows for weather icons, high/low temperatures, and sunrise/sunset times.

We Celebrate Hometown Life



Area Cities and National Cities weather forecast table with columns for city, high/low, and sun/cloud conditions.

Moon Phases and UV Index table showing moon phases for Nov 1-4 and UV index levels from 1 to 11.

2007 Carlisle Christmas Parade sponsored by Nicholas County Lions Club. Saturday, December 1 - 6:00 p.m. Victorian Christmas. Float Prize 1st=\$150, 2nd=\$100, 3rd=\$50.

Are you neglecting your Business because of paperwork? Let us help! We will do the paperwork, you run your business. Donna J. Hendrix, PSC, CPA. 101 West Main Street, Carlisle.

Carlisle Rotary invites you to play TURKEY BINGO Friday, November 16. Bring a can of food, receive a free card. Doors open at 5:30. Chili, Hamburgers, Hot Dogs, Soft Drinks available.

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Thoughts from ... the Pastor's Study

By Bro. Donald Riggs

Who are the children of God? St. John 1:11-12 He (Jesus) came unto his own and his own received him not. But as many as received him, to them gave he power to become the sons (children) of God, even to them that believe on his name.

and let them have dominion: Genesis 27. And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

said: Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

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dish NETWORK. IS NOW INSTALLING SATELLITE TELEVISION SYSTEMS ON UP TO 4 TVs FREE OF CHARGE. NO MONEY DUE UPFRONT. 877-846-0882.

First Annual Antique and Craft Fair Saturday, November 24th Sunday, November 25th 10:00 AM - 6:00 PM. STILL ACCEPTING VENDORS. TWIN PIN LANES.

Don't hang up!!! We need your help with our phone survey! Nicholas Countians for a Safe and Drug Free Community and the Nicholas County ASAP Board are conducting a phone survey looking at youth tobacco use in Nicholas County.

3 DAY Sale Friday, Saturday, Sunday - Nov 9, 10, 11. Webber's Sausage 2 for \$4. Yellow Onions 3 lbs. 2 for \$3. Deli Carolina Turkey Breast \$1.99/lb. IGA Vegetable Oil 2 for \$5. IGA Crackers \$1.89.