

Wednesday Evening February 6, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

Thursday Evening February 7, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

Friday Evening February 8, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

Saturday Evening February 9, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

Sunday Evening February 10, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

Monday Evening February 11, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

Tuesday Evening February 12, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

Wednesday Evening February 13, 2008. Local news and events including 'The First 48', 'The First 48', 'The First 48', 'The First 48'.

LIFESTYLE Pigeon Pie's and a Dash of That

By Jill Hutton, Program Assistant, Nicholas County Extension Office.

This week is the third and final installment of articles about the slow cooker. The first two weeks we looked at the hands-on of the slow cooker, the nutrition and health benefits of the slow cooker, and some fabulous recipes about the slow cooker.

Hopefully you have had an opportunity to try some of the recipes out. A very important factor to remember in the slow cooker is food safety. It may take several hours for the food in your slow cooker to reach 125 degrees Fahrenheit when cooking at relatively low temperatures.

Experts suggest that a slow cooker should reach 125 degrees Fahrenheit within three hours of initial cooking and on to 140 degrees Fahrenheit within four hours of initial cooking. The temperature must be maintained at 158 degrees Fahrenheit for at least ONE HOUR to kill bacteria.

To reduce any bacterial risk, while using a slow cooker, follow these simple guidelines: \*Keep raw ingredients refrigerated until they are to be put in the cooker. Use only good quality ingredients.

\*Never freeze meat or poultry before cooking. \*Cut vegetables in small pieces to ensure rapid heat transfer.

\*When cooking meat, the water or stock level should be at least double the amount of meat to ensure effective heat transfer. \*Do not overfill! Do not overfill!

\*Never reheat leftovers in the slow cooker. Half fill the recommended full level and design of most slow cookers. \*Do not leave cooked food to cool down in the cooker. Either consume it immediately or cool the food rapidly and refrigerate.

\*Never reheat leftovers in the slow cooker. Half fill the recommended full level and design of most slow cookers. \*Do not leave cooked food to cool down in the cooker. Either consume it immediately or cool the food rapidly and refrigerate.

\*Never reheat leftovers in the slow cooker. Half fill the recommended full level and design of most slow cookers. \*Do not leave cooked food to cool down in the cooker. Either consume it immediately or cool the food rapidly and refrigerate.

\*Never reheat leftovers in the slow cooker. Half fill the recommended full level and design of most slow cookers. \*Do not leave cooked food to cool down in the cooker. Either consume it immediately or cool the food rapidly and refrigerate.

quests for a copy of the slow cooker recipes from the first week article so this week I will give them to you again. Enjoy trying new recipes!

Rice with Mushrooms and Onions Prep time: 6 to 8 hours Yield: 2 to 4 servings 1 cup converted rice 2 cups water 2 teaspoon salt 3 tablespoons margarine 1/2 cup fresh mushrooms, cleaned and coarsely chopped 1 large onion, peeled and finely minced

Place all ingredients except mushrooms, onions, and 1 and 1/2 tablespoons margarine in a slow cooker. Cover and cook on low for 6-8 hours. Just before serving, melt margarine in a large skillet over medium heat; saute the onion until translucent. Add the mushrooms and saute until all the moisture is gone, about 3-4 minutes. Add the rice and mix well with the onions and mushrooms. Serve hot.

Slow-Cooker Barbecue Prep time: 3 to 5 hours Yield: 4 to 5 servings 1 and 1/2 pound boneless chicken thighs (1 and 1/2 inches thick)

1 clove garlic, peeled and minced 1/2 cup vinegar 1 tablespoon brown sugar 1 teaspoon paprika 2 tablespoons Worcestershire sauce 1/2 cup ketchup 1 teaspoon salt 1 teaspoon dry or prepared mustard 1/2 teaspoon black pepper 2 chopped onions 4 cups hot water 2 chopped onions, across the grain into slices 1 inch wide and place in slow cooker. Combine the remaining ingredients and pour over the meat. Mix the meat and sauce together. Cover and cook on low for 3 to 5 hours. Serve on toasted hamburger buns with a mixed garden salad.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Source: University of Kentucky College of Agriculture, Cooperative Extension, Service Publication-Putting Your Cook Pot to Work.

Get Set For The Sun! All Sunglasses 30% off

- Prescription or Non Prescription • 100% UV Protection • Latest Designer Styles • Two Year Warranty

Cynthiana Vision Dr. Brett Hines Dr. Jeremy Smith 202 West Pleasant St. (859) 234-1424 or (800) 264-3591

Video Shack Trivia Win a FREE Night's Rental at Video Shack

Who was the first person to bring this ad into Video Shack with the correct answer and you will win a FREE night's rental! \*Some restrictions apply. See store for details.

Notice is hereby given to all creditors pursuant to KRS 424.340 that the Nicholas District Court has appointed personal representatives as follows:

Table with columns: DECEDENT/ESTATE, EXECUTOR, TITLE, ATTORNEY, APPT. DATE. Includes entries for Gay Nell Ring, Gary Hunt, and Martha Burman Feedback.

Valentine Message Alert

Send a special message this Valentine's Day to your someone special - and we will publish your message and special picture in the February 13 Valentine's Day edition for one low price! Surprise your sweetie or special friend or relative.

Mail or bring your message with picture to: The Carlisle Mercury, 117 S. Locust Street or POB 272, Carlisle, KY 40311. Please include payment, your name, contact information, message and picture.

HOROSCOPES

ARIES - Mar 21/Apr 20 You will be on your game this month. The solar and lunar eclipses on the 6th and 20th respectively are key dates for you. Clarity of mind. Aries. As a result, you will go your way. TAURUS - Apr 21/May 21 Find yourself gratifying to spend new thoughts and fresh dreams. Don't be surprised by these new thoughts. GEMINI - May 22/Jun 21 Mercury is retrograde so beware of possible poor communication and other roadblocks. "Friendly" may be your key word this month. SCORPIO - Oct 24/Nov 22 Action, change and shifts may figure into this month significantly. Your energy level may be down so you're going to be fine as long as you get sufficient rest. Various challenges you should have some good luck between the 24th and 30th. SAGITTARIUS - Nov 23/Dec 21 The solar eclipse on the 6th gives you an energized attitude. Hold off on new plans until after the 18th. If given the opportunity, see the horizon, not the rear. VIRGO - Aug 24/Sep 22 Your mind is clear and your focus strong as the month begins. The big "new" is on the 20th with the lunar eclipse in your sign. A great time to make plans for the high season. LIBRA - Sep 23/Oct 23 You may find it most comfortable being at home. Work on that and watch home improvement project or simply enjoy after the holiday season. SCORPIO - Oct 24/Nov 22 Action, change and shifts may figure into this month significantly. Your energy level may be down so you're going to be fine as long as you get sufficient rest. Various challenges you should have some good luck between the 24th and 30th. SAGITTARIUS - Nov 23/Dec 21 The solar eclipse on the 6th gives