LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

Along with making resolutions to eat healthy many people during the winter will dust off their Crock Pot and put it to good use. If you are thinking about what to cook for dinner at breakfast, then a slow cooker will allow you to create hot and nutritious meals without a lot of fuss. Main dishes, casseroles, and soups are particularly adaptable to this method cooking. A tight fitting dome lid allows condensation to run down inside forming a water seal and aiding in the retention of flavor and heat.

A typical slow cooker holds four to six quarts, but there is also a one-quart model designed for singles or students. This one quart is also excellent for dips that you may serve during a gathering of family and friends. For the next couple of weeks I will be writing about slow cookers, the care/maintenance of them, and share a lot of recipes. So stay tuned for great recipes to come! Have a great week!

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
⅓ cup fresh mushrooms, cleaned and coarsely chopped
1 large onion, peeled and finely minced

Place all ingredients except mushrooms, onions, and 1 and ½ 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; sauté the onion until translucent. Add the mushrooms and sauté until all the moisture is gone, about 3-4 minutes. Add the rice and mix well with the onions and mushrooms. Serve hot.

Source: University of Kentucky College of Agriculture Cooperative Extension Service publication-Putting Your Crock Pot to Work.

Slow-Cook Barbecue

Prep time: 3 to 5 hours
Yield: 4 to 5 servings

1 and ½ pound boneless chuck steak. (1 and ½ inches thick)
1 clove garlic, peeled and minced
¼ cup wine vinegar
1 tablespoon brown sugar
1 teaspoon paprika
2 tablespoons Worcestershire sauce
½ cup ketchup
1 teaspoon salt
1 teaspoon dry or prepared mustard
¼ teaspoon black pepper

Cut the beef on a diagonal, 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 Crock Pot to Work.

Slow Cooker Beans

1 pound dried, rinsed pinto beans
4 cups hot water
2 chopped onions
1 tablespoon chili powder
¾ cup barbecue sauce
½ cup ketchup
1 and ½ tablespoon mustard
1 to 2 drops to taste hot sauce

1.) Mix beans, water, onion and chili powder in slow cooker.

2.) Cover and cook on LOW for 7 hours or until tender. Drain.

3.) Stir in barbecue sauce, ketchup, mustard, and pepper sauce.

4.) Cook on high for 15 minutes or until hot through.

Nutritional information: Serving Size: 1/6 of recipe. Calories: 330; Total Fat: 2 grams; Protein: 18 grams; Total carbohydrate: 62 grams; Dietary fiber: 14 grams.

Source: Adapted from: Montana Extension Nutrition Education Program Website Recipes. Montana State University Extension Service

Mercury Memories

25 years ago
Jan. 27, 1983

Winners of the Kentucky Educational Association spelling contest held Jan. 15 at the Nicholas County Elementary School are Rebecca Crawford, first place, Emily McMillan, second place, and Sonya Johnson, third place.

Attorney General Steve Beshear cautions elderly citizens on the dangers of hypothermia during winter months.

Elderly citizens account for more than half of those who suffer from hypothermia, according to Beshear.

Community Action will be distributing USDA cheese Wed. Jan. 26 between the hours of 8:30 a.m. and 5 p.m.

All Georgia's Cardinal chinaware and jewelry is 25 percent off at Hopkins Drug Co. "Your prescription is our specialty."

USDA whole sirloin tip steaks are $19.90 for a ten-pound box at Jerry's IGA Foodliner.

Reid and Vice Hardware is open on Saturdays from 8:30-noon.

Eight packs of Coke, Mellow Yellow, Tab, Mello Yello is only $1.29 at C&G Foodtown Supermarket.

50 years ago
Jan. 23, 1958

A three-three tie was broken Monday night at a called city council meeting by Mayor Power and City Clerk W.J. Greene was reappointed for two years.

Mr. Greene was nominated by H.C. Galbraith and Mrs. Morris Whiteley was nominated by Councilman Rector Smoot. The vote was Councilman Galbraith, W.H. Frey and William Harper for Greene, and Councilman Smoot, Robert Coatney and Teddy Poe for Mrs. Whiteley.

The Nicholas County Bluejackets defeated the Estill County Engineers 62-47 at Estill County last week. Leo Lynam, Nicholas guard was the leading scorer with 23 points, followed by jack Guy with 15.

Lonny Bryant, 11-year-old son of Mr. And Mrs. Mason Bryant of High Street, is recovering from painful injuries received while playing with school-mates in a game called "Civil War" at the city school. He was treated at a physician's office and has been recovering at home for a week.

The Deming Rifles defeated the Carlisle Musketers 81-70 last week.

Come to our Housewarming at Warehouse of Southern States Carlisle Cooperative Saturday, Jan. 25

Carnations will be given to the first 100 women who register at the Housewarming. Everybody is invited.

75 years ago
Jan. 26, 1933

The county tax levy for 1933 will be 64 cents on each $100 worth of taxable property, the same levy as last year, the fiscal court decided at a meeting held last Thursday.

The attendance record has been lowered for the past six weeks in county schools due to illnesses and for that reason the number of students on this year's honor roll has decreased.

Sheriff D. M. Curry, Jailer Will Owings, City Marshal Earnest Sims and night Patrolman Leonard Cassidy arrested three Scott County men late last Thursday night. The men were charged with housebreaking after entering the home of Walter S. Atkinson on the East Union Road.

Three sisters have married three brothers in Harrison County.

Clyde Kearns, 21 married Miss D. Ellen Shumate, 18; Kenneth Lyle Kearns, 23, married Miss Minnie Agnes Shumate, 22; and Finnie Colvin Kearns, 20, married Miss Vada Jewel Shumate, 2. All were married in a triple ring ceremony Saturday afternoon by Rev. G. W. Townsend.

Cadet James Leer, son of J. Clark Leer of Carlisle, has successfully completed the first six months of enrollment and training at the U.S. Military Academy at West Point, New York.

Nicholas County Schools Menu

Menu subject to change
Fresh Fruit and Canned Fruit Available Daily

Thursday, January 24
Breakfast: Biscuit 7 Gravy
Lunch: Tacos, Lettuce, Tomato, Cheese, Sour Cream, Corn, Refried Beans, Fruit and Milk

Friday, January 25
Breakfast: Scrambled Eggs, Bacon, Toast
Lunch: Chicken Nuggets, Buttered Potatoes, Broccoli and Cheese, Fruit and Milk

Monday, January 28
Breakfast: Breakfast Pizza
Lunch: Chicken & Noodles, Tossed Salad, Peas, Fruit and Milk

Tuesday, January 22
Breakfast: Sausage Biscuit
Lunch: BLT Sandwich, Cottage Cheese, Potato Salad, Milk and Fruit

Wednesday, January 23
Breakfast: French Toast
Lunch: Mini Corn Dogs, Macaroni & Cheese, Lima Beans, Fruit and Milk

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County Clerk's Financial Report for 2007
Total Receipts for 2007

Motor vehicle license	207,592.29
Usage tax	290,465.70
Ad valorem property tax	568,459.55
Salary	1,650.00
Fish and Game	14,460.50
Marriage license	1,916.00
Occupational license	2,601.00
Deed transfer tax	16,325.96
Delinquent property tax	59,540.01
Notary bonds	551.00
Deeds, easements, power of attorney	7,331.00
Real estate mortgages	15,470.00
Title lien statements	24,354.00
Bail bonds, release and other recordings	9,919.00
Preparation of tax bills	2,699.45
Election reimbursement from state	3,162.91
Interest	590.48
Late filing fee, notary and copies	4,251.78
	1,231,330.63

Total expenditures for 2007

Salaries	85,022.98
Employee withholdings	37,587.86
Vehicle usage tax	283,264.05
Motor vehicle license	139,208.46
Plats	300.00
Fish & Game	14,183.00
Motor vehicle property tax disbursement	541,594.65
Supplies	4,157.91
Equipment rent, copier	7,522.99
Dues	300.00
Delinquent property tax disbursement	54,127.55
Legal process tax	7,812.39
Occupational license	2,325.59
Deed transfer tax	15,509.54
Advertising	87.00
Misc.	191.23
Tax bill preparation	1,054.50
Postage	1,962.46
Affordable housing trust	8,772.00
Excess fees	23,407.19
Conventions	2,859.28
	1,231,330.63

Douglas Fryman, Clerk
The clerk would like to amend the 2007 budget to the 2007 financial report presented today.

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GENERAL NEWS

Thomas 60th wedding anniversary celebrated

-Clarence and Opal Thomas

Clarence and Opal Dean Thomas of Mount Olivet will celebrate their 60th wedding anniversary on January 24, 2008. They were married on January 24, 1948 at the Mt. Olivet Methodist Church parsonage. The couple have three children, Melanie (Calvin) Denton, Carlisle, Kevin (Gayle) Thomas, Lexington, and Duane (Glenda) Thomas, Georgetown and five grandchildren, Kari (Matt) Robinson, Flemingsburg, Katie and Kristie Gifford, Mayslick, and Justin and Keely Thomas, Georgetown. Mr. and Mrs. Thomas were guests of honors at a dinner party hosted by their children and grandchildren at Café on Main in Carlisle on January 19.

Browning earns medal

Courtney Browning

Courtney Browning, daughter of Gerald and Mary Ann Browning. Competed in Louisville Ky at Tumble in the bluegrass on Saturday January 12, 2008. She received Silver metal on the balance beam. She also took home three bronze metals she received in floor exercise, uneven bars, and vault. She also received third place trophy for all-around Champion. The team also won first place in the level 2 divisions.

Spencer found guilty in Buckler's death

By Charles Mattox
News Editor
charles@thecarlislemercury.com

A Fleming County man who stabbed a Nicholas man to death in the early morning hours of May 28, 2006, was found guilty of reckless homicide at the conclusion of a three-day trial in Flemingsburg, last week.

A jury of eight women and four men returned a verdict of guilty Jan. 16, charging Randall Lee "Randy" Spencer, 47, of Goddard Road, Wallingford, with reckless homicide in connection with the death of 29-year-old, Carlisle native William Bruce Buckler.

They also sentenced Spencer, a previous felony offender, to serve two and one half years imprisonment for his role in ending the life of Buckler on a sweltering summer night along a rural section of Pea Ridge in eastern Fleming County, approximately one mile from Spencer's home.

The jury returned with the guilty verdict after deliberating two hours and 45 minutes total, and approximately one hour after returning before Special Judge Lewis Nicholls saying they were undecided.

"Each of you must decide this case," Judge Nicholls said. "Do not hesitate to re-examine your own views," Nicholls said as he studied the jurors and spoke earnestly to them.

Spencer's attorney Grover Carrington and Commonwealth's Attorney Kathryn Hendrickson both praised the attentiveness of the jurors, and both spoke passionately about the case to them during closing arguments.

"Randy was acting in self defense," Carrington said. "He had tried to help Bruce and Dana (Buckler's girlfriend Dana McCarty who has since remarried, and is the daughter of Spencer's then girlfriend, now wife, Janet Spurlock) and even took them in and fed them."

Carrington compared Spencer and Buckler as "David and Goliath" portraying Buckler as a large, aggressive powerful man who was abusive and was ultimately responsible for his own death.

Hendrickson, who was assisted by Bob Tribbey, said the blame rested squarely on the shoulders of Spencer.

"He went looking for Bruce Buckler that night," Hendrickson said during her closing arguments, as she pointed to Spencer. "He went looking for Bruce Buckler. He found Bruce Buckler and he killed him."

Hendrickson described Buckler's death as "miserable" and reminded the jurors of the deadly stab wound Buckler had received to his chest along with a deep gash to his abdomen, a stab to his buttocks and wounds to his

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LETTERS
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you.

This mans also broke the law that day by taking it upon himself to fire those shots. What kind of law enforcement do we have?

We all will know the answer to that question when they step up and do their job by taking the law into their hands and see that this man does not have another opportunity to shoot at anyone else.

Jerry Tom and Mona Kimes
Editor

Thank you for printing "Looking Back 2007" and especially including the community mourns loss of so many of our fine citizens. I must admit it was a sad read to recognize the names of friends and neighbors.

I continue to look forward each week to the Mercury and a number of articles that I would have information only through the Mercury. Examples include, "Fourth District Report", "Bluegrass Beacon" to mention several.

Keep up the good work!

Louise Swinford Wieman
Lexington,

EKU students honored

Eastern Kentucky University is proud to annouce the 2007 Fall Semester Dean's List. The following students have excelled in their respective studies and therefore have received this great honor. Students include: Chad Wilson Dotson, Justin Gillman, Christopher Aaron Jefferson, Lindsee Jordan Letcher, Samuel Bernard Reid, Kellie Joyce Roberts, Jared Russell Selvage.

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