

10 Pins of This and a Dash of That

By Jill Hatton
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HAPPY MARCH!

I am excited that March has arrived. Hopefully warmer weather will follow. March is going to be a busy month. March is National Nutrition Month and also, this year, Easter is this month. Needless to say I will have plenty to write about this month. As we begin March we will focus on National Nutrition Month. First I would like you to take a little quiz to see just how well you understand nutrition. At the end of this article you will see the answers to the quiz. NO CHEATING! (Good luck!)

- 1) Fact or fiction: In a healthy eating plan, all the foods it eat should be low in fat.
- 2) Fact or fiction: Snacking may keep me from becoming ravenously hungry and overeating at mealtime.
- 3) Fact or fiction: Eating sugar causes diabetes.
- 4) Fact or fiction: Vegetarian diets are healthy.
- 5) Fact or fiction: Eating sugar causes diabetes.
- 6) Fact or fiction: Soda diets work.
- 7) Fact or fiction: Frozen or canned fruits and vegetables are not as nutritious as fresh.
- 8) Fact or fiction: It is easy to spot whole-grain food products—they're brown.
- 9) Fact or fiction: I should limit my daily salt intake to about one teaspoon.
- 10) Fact or fiction: I will gain about 10 pounds a year by eating an extra 100 calories a day.

Savory Roasted Salmon and Green Beans
 1 1/2 cup semisweet chocolate
 1 pound fresh green beans, trimmed
 1 tablespoon grated fresh parsley
 3 cloves garlic, minced
 1/4 cup reduced-sodium soy sauce
 *Preheat the oven to 400 degrees F.

1) Place the salmon fillet skin side down in a oven-safe 9x13 inch glass baking dish.
 2) Arrange the green beans around the salmon.
 3) Combine the ginger, garlic, and soy sauce in a small bowl; mix well. Pour over the salmon and beans. Cover tightly and marinate at least 2 hours and up to 8 hours in the refrigerator.
 4) Bake the salmon and beans with the sauce. Roast uncovered 15 to 20 minutes or until the salmon flakes easily with a fork.
 Nutritional Information: Serving size: 4 ounces roasted salmon plus 1/4 cup vegetables. Servings per container: 4; Calories: 290 calories; Fat: 11 grams; Cholesterol: 95 milligrams; Sodium: 610 milligrams; Dietary Fiber: 4 grams; Protein: 36 grams.
 Source: Deanna Rose, MS, RD, CD www.eatright.org. Courtesy of John Wiley and Sons from American Dietetic Association Cooking Healthy Across America.

Philly Soft Pretzel Bread Fudding with Chocolate
 6 Philadelphia-style soft pretzels (frozen is okay; thaw first)
 1 and 1/2 cups liquid egg substitute
 2 and 1/2 cups nonfat milk
 1 tablespoon vanilla extract
 1 and 1/2 teaspoons cinnamon

Quiz Answers
 1.) **FICTION.** Your goal should be to keep your total daily fat intake within 20 percent to 35 percent of your calories, but that does not mean every single food you eat must be low in fat. You can BALANCE high-fat and low-fat selections over the course of a day or over a week still following a healthful eating pattern. Look for foods that are low

in saturated fats, trans fats, and cholesterol. Most of the fat you eat should be polyunsaturated or monounsaturated fats.
 2.) **FACT.** Healthful snacking (which includes carbohydrates and protein—like whole grain crackers with low-fat cheese or yogurt with fresh fruit) can help your body stay fueled so you will be less inclined to overeat at your next meal. But don't overdo it on the snacks; keep your portions small.
 3.) **FICTION.** Colorized frozen produce is generally processed at its peak, so it may contain more nutrients than fresh produce. On the other hand, canned or frozen produce may contain added sugar or salt. Read the food label when purchasing these items.
 4.) **FICTION.** Color is not a reliable method for identifying healthy food products. The most reliable information is on the food label. To get the full range of health benefits provided by whole grains, including

fiber, vitamins, minerals, and antioxidants, eat three or more servings of whole grains everyday.
 5.) **FACT.** According to the 2005 Dietary Guidelines for Americans, most people's daily sodium intake should be about 2,300 milligrams or less. That's about the amount of sodium in one teaspoon of salt. Reduced sodium salt is usually sodium chloride. Reduced sodium salt is usually sodium chloride. Reduced sodium salt is usually sodium chloride.
 6.) **FICTION.** In almost all cases, there is little nutritional difference between frozen or canned and fresh. In fact, canned or frozen produce is generally processed at its peak, so it may contain more nutrients than fresh produce. On the other hand, canned or frozen produce may contain added sugar or salt. Read the food label when purchasing these items.
 7.) **FICTION.** Color is not a reliable method for identifying healthy food products. The most reliable information is on the food label. To get the full range of health benefits provided by whole grains, including



Menu subject to change
 Fresh Fruit and Canned Fruit Available Daily

Thursday, March 6
Breakfast: Sausage & Egg
Lunch: Chicken Fajitas, Lettuce, Tomato, Corn, Fried Bread, Soda Cream, Fruit, Milk

Friday, March 7
Breakfast: Muffins or Pop Tarts
Lunch: Seafood Basket, Cole Slaw, French Fries, Fruit, Milk

Monday, March 10
Breakfast: Breakfast Pizza
Lunch: Chicken & Dumplings, Peas, Carrots w/ Dip, Bread, Fruit, Milk

Tuesday, March 11
Breakfast: French Toast
Lunch: Meatball Sub, Chips, Pickle Spears, Pasta Salad, Fruit, Milk

Wednesday, March 12
Breakfast: Bacon Egg on Bun
Lunch: Pizzas, Corn, Tossed Salad, Fruit, Milk

all traffic and misdemeanor criminal matters.
 These matters will be entitled Commonwealth v. Defendant. If a felony matter is initiated in district court, then it is the responsibility of the county attorney to conduct a preliminary hearing to determine whether adequate probable cause exist to bind the matter to the grand jury for possible indictment and prosecution in circuit court.
 The Honorable Doug Wright, Commonwealth Attorney for Nicholas, Pendleton, Harrison and Robertson counties, prosecutes felony matters before the Honorable Judge Robert Gimmis in circuit court.
 The proceeding in a misdemeanor case usually involves four steps. Arraignment (first appearance) of the Defendant (person charged).
 Trial
 Pre-Trial Conference
 Arraignment
 The arraignment is a defendant's first court appearance.

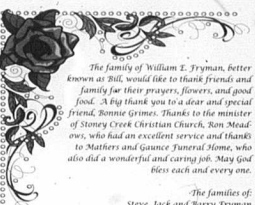
PRE-TRIAL CONFERENCE
 If the defendant enters a not guilty plea at arraignment, a pre-trial conference is scheduled. That appearance is basically a settlement conference for possible negotiation of a plea agreement.
 Generally, the Commonwealth, represented by the county attorney, will present a recommendation to defense counsel, and the defendant will then consider the recommendation. If the defendant chooses not to enter a guilty plea at the pre-trial, he or she will request a second pre-trial conference at a trial date.

TRIAL
 Court Trial/Bench Trial
 A show cause hearing is scheduled so that the county attorney and the court may ensure that the defendant has paid his or her court costs and fines attached any mandated counseling services, performed community service, and has completed any other mandates ordered by the court. If a defendant owes a significant sum of money, the court may allow him or her several show cause dates, some times requiring the defendant to pay a certain sum each month. It is largely for this reason

March 2008 is Colon Cancer Awareness Month
 Colorectal cancer is the third leading cause of cancer death among men and women in the United States and yet it is highly preventable. This month is Colorectal Cancer Awareness Month. So it's a good time to get tested. An estimated 52,180 people died from colorectal cancer, commonly called colon cancer, in 2007. That's a number the American Cancer Society is working to reduce. The Society recommends adults aged 50 and older get tested for the disease. Both men and women are at risk, and 90 percent of cases are diagnosed in people older than 60. Many people may be afraid of getting tested, yet the test can save your life.
 Colon cancer survivor Judy Calhoun strongly encourages people to schedule their colon screening tests. The prep isn't that bad, and it certainly is much easier than going through treatments for advanced stages of colon cancer," she says. "I don't know why I didn't have one before. I did. Maybe I thought I was too busy. I was so very lucky to have caught it when I did. To think about all the things I would have missed in life is frightening."
 There are several different screening tests to determine if you have any precancerous polyps, or small growths on the lining of the colon or rectum that could lead to cancer. Finding and removing polyps before they become cancers can stop colon cancer before it starts. These tests are typically quick and are always done with your privacy in mind. Colonoscopies, for example, use a flexible tube with a video camera to allow a doctor to see inside the colon for any polyps, or growths. If the doctor finds a polyp, it can usually be removed during the test.
 Other colon cancer tests include a fecal occult blood test, a flexible sigmoidoscopy, and a double-contrast barium enema. You don't need all these tests—just one. Talk to your doctor about which test is right for you. Anyone who is at increased risk for colon cancer should talk with a doctor about more frequent testing.
 If colon cancer is found early, the survival rate is 90 percent. Yet only 39 percent of colon cancers are found at this early stage. For colon cancer found in its later stages, the five-year survival rate is just 10 percent. Don't wait for signs or symptoms to go to the doctor—get tested today and prevent colon cancer before it starts.

LIFESTYLE The Law and You

son that one sees the same names repeated in the court news. A show cause order is given to the defendant to require his appearance at the hearing.
 The judge will render a decision. Jury Trial: Evidence is presented before a jury, which renders a decision. If a guilty verdict is rendered, the defendant will be sentenced.
SHOW CAUSE HEARING
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The family of William T. Fryman, better known as Bill, would like to thank friends and family for their prayers, flowers, and good food. A big thank you to a dear and special friend, Bonnie Gimes. Thanks to the minister of Stony Creek Christian Church, Ron Mead, who had an excellent service, and thanks to Mothers and Gance Funeral Home, who also did a wonderful and caring job. May God bless each and every one.

The families of Steve, Jack and Barry Fryman

Lordy Lordy Jimmy Tinscher is 50!

Happy Birthday March 9th

Your love! Our friends! Dana, Chris, Faith, Emily

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Today's Weather Local 5-Day Forecast

Wed 3/5	Thu 3/6	Fri 3/7	Sat 3/8	Sun 3/9
43/35	47/30	37/24	28/19	44/33

Snow flurries around 10:00. Snow showers around 11:00. Windy with a few snow flurries.
 Times of sun and moon: Sun 4:15-7:45. Moon 4:45-6:15.

We Celebrate Hometown Life

Kentucky At A Glance

Louisville 46/38
 Frankfort 43/34
 Carlisle 43/35
 Lexington 42/35
 Bowling Green 50/36

City	High/Low	City	High/Low
Atlanta	44-51	Clarksville	37-51
Cincinnati	41-54	Covington	40-53
Columbus	40-53	Danville	46-56
Corydon	40-53	Dyersville	47-57
Danville	46-56	Ellettsville	47-57
Dyersville	47-57	Evansville	47-57
Ellettsville	47-57	Frankfort	43-54
Evansville	47-57	Hartsville	40-53
Frankfort	43-54	Knoxville	50-57
Hartsville	40-53	Louisville	46-56
Knoxville	50-57	Madison	45-55
Louisville	46-56	Marion	43-53
Madison	45-55	Morehead	43-53
Marion	43-53	Murray	40-53
Morehead	43-53	Paducah	52/33
Murray	40-53	Patterson	41-51
Paducah	52/33	Patterson	41-51
Patterson	41-51	Rocky Mount	40-50
Rocky Mount	40-50	Spartanburg	40-50
Spartanburg	40-50	Union	40-50
Union	40-50	Waverly	40-50
Waverly	40-50	Waynesboro	40-50
Waynesboro	40-50	York	40-50

UV Index

Low	1-2	Medium	3-4	High	5-6	Very High	7-8
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Moon Phases

Last	New	First	Full
Feb 29	Mar 7	Mar 14	Mar 21

The UV Index is measured on a scale from 0 to 11. The UV Index is based on the amount of UV radiation reaching the Earth's surface. UV radiation is measured on a scale from 0 to 11. UV radiation is measured on a scale from 0 to 11.

Holy Week Services

The Carlisle / Nicholas County Ministries Association will be holding Holy Week Services beginning Monday, March 17th-21st from 12-12:30.

We will be serving lunch daily except Friday at 12:30

Look Who Is Turning the Big 50

Happy Birthday Jimmy Love, Mom

OH, NO.... JIMMY TINSCHER IS THE BIG 50!

From Your Friends At The Carlisle Mercury

OH, NO.... JIMMY TINSCHER IS THE BIG 50!

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