

A Pinch of This and a Dash of That

By Jill Hutton
EFNEP Program Assistant
Nicholas County Extension Office

It is hard to believe that even with the winter weather we have had over the past week, Easter is a week and a half away. The next two weeks I will be writing about Easter and eggs. To get your mind thinking about Easter, here is a little quiz to take about eggs since everyone will be having Easter egg hunts soon. See how you score, but hold on to this week's paper because I will post you the results of the quiz until next week.

8.) True or False. Eggs should be used within 2-6 weeks of their purchase.
9.) What temperature should you keep eggs maintained?
10.) True or False. During Easter egg hunts it is safe to keep eggs at room or outside temperature for 3 hours.
11.) Where should you store your eggs at in the refrigerator?
12.) How many dozens of eggs do you think are sold each year? How many dozens do you think are sold during Easter?

1.) True or False. White feathered chickens lay white eggs.
2.) True or False. Red feathered chickens lay brown eggs.
3.) True or False. The older the hen is the smaller the egg will be.
4.) True or False. An egg belongs in the date group.
5.) True or False. An egg yields 70 calories.
6.) Is it better to hard boil or hard cook an egg?
7.) When cracking a hard cooked egg, it is better to crack the entire egg

before eating.
13.) True or False. Eggs should be used within 2-6 weeks of their purchase.
14.) What temperature should you keep eggs maintained?
15.) True or False. During Easter egg hunts it is safe to keep eggs at room or outside temperature for 3 hours.
16.) Where should you store your eggs at in the refrigerator?
17.) How many dozens of eggs do you think are sold each year? How many dozens do you think are sold during Easter?

18.) True or False. White feathered chickens lay white eggs.
19.) True or False. Red feathered chickens lay brown eggs.
20.) True or False. The older the hen is the smaller the egg will be.
21.) True or False. An egg belongs in the date group.
22.) True or False. An egg yields 70 calories.
23.) Is it better to hard boil or hard cook an egg?
24.) When cracking a hard cooked egg, it is better to crack the entire egg

25.) True or False. White feathered chickens lay white eggs.
26.) True or False. Red feathered chickens lay brown eggs.
27.) True or False. The older the hen is the smaller the egg will be.
28.) True or False. An egg belongs in the date group.
29.) True or False. An egg yields 70 calories.
30.) Is it better to hard boil or hard cook an egg?
31.) When cracking a hard cooked egg, it is better to crack the entire egg

Egg-citing Facts
Here are a couple of recipes to enjoy with eggs.

Breakfast Burrito with Salsa
Ingredients:
4 large eggs
2 tablespoons frozen corn
1 tablespoon 1% milk
2 tablespoons diced green peppers
1/2 cup minced onions
1 tablespoon diced fresh tomatoes
1 teaspoon mustard
1/2 teaspoon granulated garlic
1/2 teaspoon hot pepper sauce (optional)
4 (8 inch) tortilla

Get Going - Start Growing!
Vermax Cattle Pour-On - New Low Price
\$59.00 - 5 Liter
\$54.50 - 30 lb.
Dog Kennel - 10'x10'x6" - \$199.88
Horse Mat 4'x6' - \$38.95
Vermax Horse Wormer
\$3.99 (Case-12) \$41.88
Pioneer
Parnak Solar Fertilizer
6 volt \$169.95 12 volt \$264.95
Crabgrass Preventer Fertilizer
\$17.95 - 50 lb.
Powerbuilt 12-Volt Cordless Grease Gun
\$89.95
Herd Galvanised A.T.U. Seeder with Mount
\$299.00
Delta Pickup Fuel Transfer Tank-White L-Shaped
\$269. - 52 gallon \$429.00 105 gallon
Fill-Rite 12-Volt Fuel Transfer Pump
\$219.00

Auction
Farm-Lawn-Shop Equipment
Firearms-Coins-Estate Household Items.
Saturday, April 5, 2008 at 10 a.m.
Mattox Auction Center - 3740 Maysville Rd. - Carlisle, KY
Farm, lawn, and shop equipment consistent auction, good selection of household furnishings, plus a fine selection of firearms and quality coins. Call with your commitments today.
Terms: Cash or check day of auction. Visa and MasterCard accepted. \$1. processing fee added to each item sold to determine the total purchase price. 10% Buyer's Premium charged on all absentee and phone bids.

PECK'S FARM SUPPLY
627 Main St., Sharpshurg
(606) 247-2421 or (800) 920-2121
We Accept Most Major Credit Cards
Hrs.: Mon-Fri 8-5; Sat 8-1; Closed Wed, at Noon

Nichols County Adult Learning Center K.E.T. Partnership
Would you like to work on your GED from the comfort of your home while watching TV? It can be done. Nicholas County Adult Learning Center and KET (Kentucky Education Television) have partnered to provide study options for Kentuckians working on their GED. You must come to the adult learning center to register and take the practice tests, and you can use the materials provided by KET to study at home while watching programs on TV.
For more information please visit the Nicholas County Adult Learning Center in the lower level of the library. The hours are 9:00 am - 7:00 p.m. Monday's and Tuesday's and from 9:00 a.m. to 1:00 p.m. on Wednesday's or call at 859-289-6861.

MARK MATTOX
REAL ESTATE BROKER, INC.
3740 Maysville Rd., Carlisle, KY 40311
859-289-5720
Visit our website at www.markmattoxrealestate.com

Healthy snacks. University of Wisconsin Cooperative Extension Service. <http://recipefinder.nai.usda.gov/index.php>
Have a great week and remember to check out the answers to Egg-citing Facts next week.

Join us for an evolution of the latest appliances.
Don't miss your chance to own the latest appliances.
Don't miss your chance to own the latest appliances.

GREENHILL EQUIPMENT, INC.
180 KENDALL LANE
FLEMINGSBURG, KY 41041
606-845-7311 800-830-0115
www.greenhillequipment.com

DATE: MARCH 10, 2008
TIME: 8:00 UNTIL 2:00
PLACE: GREENHILL EQUIPMENT

JOHN DEERE

As the temperatures go up... The Prices fall Down.
Keep an eye on the Falling Prices!!

'05 Malibu Maxx LT
Power everything, great MPG
Was \$10,999 Now \$9,999

'05 Pontiac G6
All power, Sunroof, Black, Sharp!
Was \$13,999 Now \$12,999

'05 Colorado 285
4wd, 5 cyl, cab, 4 door
New on the Lot! Only \$12,995

'05 Equinox Awd LT
Crossover, Loaded, Low amt
Was \$18,999 Now \$15,999

'04 Impala V-6
All power, cruise, Great MPG!
Was \$10,999 Now \$8,999

'07 Ford Taurus
All power, cruise, Low amt.
Was \$13,999 Now Starting at \$9,999

'04 1500 Crew
4wd, V-6, low mileage
Was \$21,999 Now \$19,999

'08 3500 DRW
Diesel, 5-speed, excellent shape
New to Lot! Only \$8,999

Cheaps
845-2261
"Where the Name Says It All!"
888-845-2261 www.cheapchevrolet.com

Garage Sale
Turn Your Trash Into Treasure
Advertise Your Garage Sale in The Carlisle Mercury
Just drop off your ad at 117 Local St., Carlisle
20 words for \$1.30 each additional word

Affordable Used Cars & Trucks
95 MAZDA MILLENIA
Leather, Sunroof, Heated Seats
\$2,250

96 DODGE RAM 1500
6 cyl, automatic
\$1,950

96 BERETTA
4 cyl, auto
\$1,500

98 TRACER
4 cyl, auto, 4 door
\$1,550

92 ELBARADO CADILLAC
leather, sharp car
\$1,650

Jerry's Gems
117 Mt. Sterling Ave. • Flemingsburg
Phone 845-0772

Kentucky's Largest Kawasaki Dealer
over 300 Models on Display

PAYMENTS AS LOW AS
\$49*
FOR 24 MONTHS

GatewayCycles.com Kawasaki
Let the good times roll.
Hours: Tues-Fri 9am-6pm • Sat 9am-4pm • Closed Sun & Mon

No Down Payment
No Payments for 6 months
No Interest

KLX™ 110 MSRP \$1,749
Prairie® 360 4x4 MSRP \$5,199
Mule® 610 4x4 MSRP \$6,699
Vulcan® 900 Classic LT MSRP \$8,649
Ninja® 650R MSRP \$6,499

LIFESTYLE

HMH adds space, equipment to rehabilitation service

The rehabilitation services department at Harrison Memorial Hospital just completed its renovation project, which provided additional square footage, more equipment and more offerings.

Manager. The rehabilitation services department offers physical therapy, occupational therapy, speech therapy, massage therapy and a wellness center. Cardiorespiratory rehabilitation is also located in this area.

The project began with demolition in October 2007. Remodeling and expansion was completed in January 2008.

With the added space, the department now has private treatment rooms/bays for patient comfort and privacy. In addition, the center has updated its equipment and added more elliptical machines, treadmills, bikes and strength training equipment. The equipment is used for patient treatments and wellness center clients.

The renovation also allowed the wellness center to have its own area away from the treatment area. The wellness center is open to the public on a monthly fee basis. One of two fitness trainers is always on duty to customize a program for each client. The center also has a Cardio Theatre, which

allows clients to watch TV on any of the plasma televisions while using the cardio equipment. The new layout also includes a station in the center of the room that allows the fitness trainers to keep a constant watch on clients. Hours for the center are 6:00 a.m. to 8:00 p.m. Monday through Thursday and 6 a.m. to 7 p.m. on Friday.



BABYSITTING? DO YOU NEED HELP?

Are you caring for other people's children in your own home? If you are willing to become certified or licensed, the Kentucky Childcare Food Program will pay you up to \$3.78 per day for each child to whom you serve breakfast, lunch and afternoon snack.
The Ashland Child Development Center will train you to get credit and reimbursement for the good food you already serve.
For more information about this free program, call us at 800-624-4531.



TEXAS HOLD 'EM TOURNAMENT

Saturday March 22nd
Nicholas County Fire Department
Market Street, Carlisle
Registration begins at 6:00 p.m.
Games begin at 7:00 p.m.
\$30.00 Entry Fee
Payout half of entry fees (3 prizes)
Hot Dogs, etc. served beginning at 6:00 p.m.
COME AND ENJOY THE FUN!
Please contact Alan Teegarden or Georgia Gilven to pre-register: (859) 538-5362, (859) 289-5972, or (859) 289-7181

All proceeds benefit the Nicholas County Relay for Life on behalf of the Redpan Brigade Team



Make your next home a home. Come and let us help you choose your perfect home! 35 homes to choose from!

DOYLE Since 1962
Mobile Homes, Inc.
Featuring Clayton, Norris and Schult homes
Rt. 11 North & Maysville Road, Flemingsburg, KY
Weekdays 8 a.m. - 6 p.m.; Sat. 9 a.m. - 5 p.m.; closed Sunday
606-845-8601 • 606-845-0301 • 606-845-0526
www.doylemobilehomes.com

NOW OPEN
Mobile Home Parts and Furniture at
DOYLE Mobile Homes, Inc.
"All your needs for your mobile home!"
Rt. 11 North & Maysville Road, Flemingsburg, KY
Weekdays 8 a.m. - 6 p.m.; Sat. 8 a.m. to 12 noon; closed Sunday
859-845-0761
call Sat. after 12 noon
606-845-8601 • 606-845-0301
SPECIAL PRICE
Electric Furnace - 15 KW
\$429.00

Kentucky's Largest Kawasaki Dealer
over 300 Models on Display

PAYMENTS AS LOW AS
\$49*
FOR 24 MONTHS

GatewayCycles.com Kawasaki
Let the good times roll.
Hours: Tues-Fri 9am-6pm • Sat 9am-4pm • Closed Sun & Mon

No Down Payment
No Payments for 6 months
No Interest

KLX™ 110 MSRP \$1,749
Prairie® 360 4x4 MSRP \$5,199
Mule® 610 4x4 MSRP \$6,699
Vulcan® 900 Classic LT MSRP \$8,649
Ninja® 650R MSRP \$6,499