

**Buying?  
Selling? Renting?  
We can Help.**

**The INDEPENDENT**

**503-429-9410**

## Follow these guidelines for safe Easter egg preparation

If you're planning on dyeing and hunting Easter eggs this year, it's important to follow food safety rules to prevent illness.

Keep fresh eggs refrigerated in the original carton until it's time to cook them. Eggs are a high protein food and are prone to rapid growth of the disease-causing bacteria, salmonella.

Hard-cooked eggs can spoil faster than fresh ones – eggs are porous and bacteria can penetrate the shell. A protective coating that is added when eggs are washed at the plant washes away during boiling, which makes it easier for bacteria to enter the shell. Therefore, it is important to refrigerate hard-cooked eggs within two hours of cooking.

Do not handle eggs excessively. Wash your hands thoroughly when you do handle them.

Don't hide the same eggs you plan to eat. Plan to hide plastic eggs and decorate hard-boiled eggs for eating only.

Don't eat cracked eggs or eggs that have been out of the refrigerator longer than two hours.

A green ring around an egg yolk may look unappetizing, but don't worry – the egg is still safe and will taste fine. The green ring is a result of sulfur and iron compounds reacting on the surface of the yolk. This can occur when eggs are over-

cooked or when there is a high amount of iron in the cooking water.

The American Egg Board has a recommendation for cooking tender eggs with no green ring:

- In a saucepan, place the eggs in a single layer. Add enough water to cover the eggs by 1 inch. Cover and quickly bring to a boil.

- Remove from heat and leave the pan covered. Let sit for 15 minutes for large eggs, 13 minutes for medium eggs and 10 minutes for small eggs. Immediately run cold water over eggs until they are completely cooled. Boiled eggs should be refrigerated and eaten within a week.

If you don't want to worry about the safety of the egg, empty eggshells can be dyed and kept indefinitely.

First, wash and dry the egg. Next, using a long needle, make a small hole at the small end of the egg and a larger hole at the large end of the egg. Stick the needle deep into the egg to break the yolk.

Then, either shake the egg, large end down, over a bowl or use a baster to pull out the contents. The contents can be used in any thoroughly cooked recipe that calls for mixed yolks and whites. Carefully rinse the shell and stand it on end to dry. *Source: Tammy Roberts, MS, RD, LD, Nutrition and health education specialist, University of Missouri Extension*

## Beware of tax season scams

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your refund or who require you to split the refund to pay their preparation fee.

Tax evasion is a federal felony, punishable by five years imprisonment and a \$250,000 fine. If you or someone you

know has fallen victim to a tax preparer scam, contact the Oregon Department of Justice-Consumer Hotline at 1-877-877-9392 or the Oregon Board of Tax Practitioners at 503-378-4034.

## Action Ads

INEXPENSIVE – EFFECTIVE

**503-429-9410**

**\$5.50 for the first 10 words, then just 10¢ for each additional word**

### ANNOUNCEMENTS

**Oregon state law requires** anyone who contracts for construction work to be licensed with the Construction Contractors Board. An active license means the contractor is bonded and insured. Verify the contractor's CCB license through the CCB Consumer Website [www.hirelicensedcontractor.com](http://www.hirelicensedcontractor.com).

### CLASSES

**Guitar lessons** taught by professional, 30 years experience. \$25 per hour, all styles. John 503-235-8996. PTFN

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**NRA handgun safety course.** Meets concealed handgun requirements. 503-709-1878 or [www.abcforld.com](http://www.abcforld.com). BTFN

### MISCELLANEOUS FOR SALE

Hay for sale, 503-429-7503. BTFN

Hay for sale, \$3.50. 503-429-7694. BTFN

### MISCELLANEOUS WANTED

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### SERVICES

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**Antiques Bought & Sold 429-7633 Eves.**

## Action Ads

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### SERVICES

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**Studio in 6-plex**, \$350.00 + refs & dep. 2 bedroom, \$565 + dep., w/s/t pd.24/7 message 866-305-6564 ext. 3. BTFN

### REAL ESTATE FOR SALE

**Building lots**, Vernonia. Four buildable single-family lots, side-by-side, in beautiful 8-lot cul-de-sac subdivision. Four homes already built and sold. All utilities in place, owner will carry with \$1,000 down. Prices starting at \$49,900. Location: Rose Hedge Court. Call Ken or Carol for more information, 503-648-1951 or cell 503-781-7322. BTFN

### REAL ESTATE FOR SALE

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## Vernonia Realty & Insurance Ctr.

953 Bridge Street, Vernonia, OR 97064 • 503-429-6203

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Real Estate Brokers: Rick Gardner, 503-720-6736  
Ken & Helen Bateman, 503-429-1032



**HEAVILY WOODED 3.4 ACRE** building site on dead end road. This is a perfect spot for your dream home. You'll be screened by nature while being only a short distance to new schools, Vernonia Lake and the state linear trail.....**\$150,000**



**ROOM FOR EVERYTHING** in this 3 bedroom, 2.5 bath home with a big fenced yard, covered rear deck, tool shed, full RV hookups, and oversized 3 car garage w/workshop. Plenty of room for kids, pets and everybody's toys.....**\$170,000**

**TOWERING NATIVE TREES**, Nehalem River frontage and merchantable timber. 14+ acres in two tax lots, near Vernonia city limits.....**\$315,000**

fenced yard, Nehalem River frontage, fruit trees. Near community of Natal.....**\$125,000**

**NEW PAINT IN & OUT**, nice landscaping, private backyard w/new deck. Spacious kitchen w/oak cabs, walk-in pantry &

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**FORMER RESTAURANT/LOUNGE** w/banquet facilities. Excellent downtown location. Priced to sell, possible contract to qualified buyer.....**\$165,000**

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