

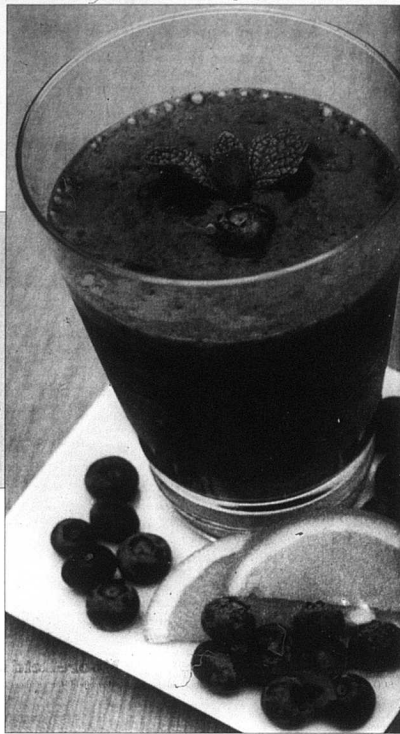
HEALTHY LIVING

SOY Surprisingly Smart and Delicious

FAMILY FEATURES

Soy ranks among a very select group of foods that provide exceptional nutrition benefits... labeled super foods by author and expert Dr. Steven Pratt.

- Top 10 Super Foods by Dr. Pratt and Silk: Soy milk, Blueberries, Oranges, Dried-fruit, Oats, Walnuts, Yogurt, Avocados, Broccoli, Tea - green or black



Recipe: Courtesy of Chef Anisha Richmond and Silk Soy milk

Cream of Broccoli Soup Super foods include: soy milk, broccoli

- 1 tablespoon extra-virgin olive oil, 1 large onion, chopped, 2 shallots, peeled and minced, 1 quart vegetable stock, 1 large head broccoli, cut into 1 1/2 pounds, washed and bagged florets, coarsely chopped, stems peeled, 1 medium russet, chopped, 1/2 teaspoon dried thyme, 1/2 cups Silk Plain Soy milk

Spinach Salad with Chicken, Avocado, Walnuts and Lemon Basil Dressing

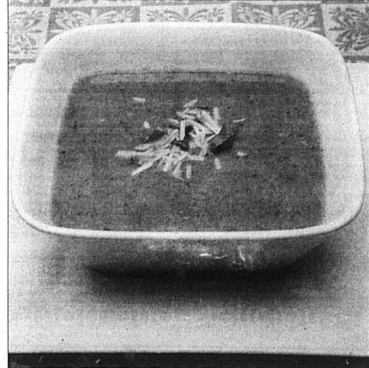
- Super foods include: soy milk, walnuts, avocado, 5 ounces baby spinach, 1/3 cup extra-virgin olive oil, 1/4 cup honey, 2 tablespoons Dijon mustard, 1/4 cup chopped fresh basil, 1/3 cup grated Parmesan cheese

Place spinach and chicken on large salad bowl. Dress with dressing. Add salt and pepper to taste.

Blueberry-Orange-Vanilla Smoothie

- Super foods include: soy milk, blueberries, orange juice, 1/2 cup Silk Vanilla Soy milk, 1 banana, sliced into 1-inch pieces and frozen, 1 cup frozen blueberries, 1/4 cup frozen orange juice concentrate

In blender, combine all ingredients. Blend until smooth and creamy. Makes 1 cup dressing.



When seconds count... Nicholas County Hospital's ER is ready! Certified in Trauma, ACLS & PALS. SPECIALTY SERVICES: Gary Earle, M.D. (Cardiovascular), John Tuttle, M.D. (Urology), Rodna Raab, M.D. (Neurology), Fred Lavis, M.D. (Podiatry), The Wagner, M.D. (Orthopedic Surgery), Pamela Combs, M.D. (Cardiology).

LIFESTYLE



DAV Donation

The Disabled American Veterans Chapter 12 of Paris presented a check to the Bravo Battery 21/38th Field Artillery family readiness group of the Carlisle National Guard Unit on Mar. 17. The donation totaled \$750.



Robinson visits

Dr. Dick Robinson visited Carlisle on his campaign swing through Nicholas County. Pictured with the Secretary of State candidate is Mike Pryor, left, Larry Tincher, and right Bill Clark.

COURT

Continued from Page 6 registration plates. Prof. dismissed MOC 3) Not-expired Kentucky registration receipt. Prof. dismissed MOC Nicholas Robert Voytes; ARR 2) Failure to produce insurance card; PTA recalled. Prof. dismissed MOC without prejudice Ferlin T. Watkins; ARR 1) Obstructed vision and/or windshield; Prof. of repair; dismissed MOC

The Carlisle Mercury strives to be the DOMINANT news source in Nicholas County. To get it right - ACCURATE news reporting. To be FAIR - presenting ALL aspects of an issue. It's Your Hometown. Read all about it. 117 South Locust St. • Carlisle, KY 40311 859-289-6425

COUNTY CROCKERY & BEER 4449 Myers Rd • Carlisle, KY (859) 289-8399 DAILY LUNCH SPECIALS MEAT 2 SIDES \$4.65 plus tax

Moorefield Homemakers Moorefield Homemakers met April 4 at the Extension Office. President Hamm opened the meeting by reading a passage from Matthew Chapter 26 and an Easter story entitled "The Empty Egg."

GET YOUR FILL! 12" medium 1 topping Pizza \$5.00 Compare to National Brands Nachos In A Box - \$4.50 Tacos In A Box - \$3.50 E-Z RIDER'S PIZZA 859-289-6262

NCHS 81.4 "Tailgate For Testing" Saturday, April 21, 12:00-2:00 PM Nicholas County High School We're getting ready for CATS Testing!

Quality Power Mahindra Tractors Mahindra 5500 2wd, 6ft. cutter, 6th grade blade, power steering, 8-2 transmission, pto, 1 hydraulic remote, load down rops, and more. \$185.46 PER MONTH

DOYLE Mobile Homes, Inc. Since 1962 Featuring Clayton, Norris and Schult homes Rt. 11 North & Maysville Road, Flemingsburg, KY

Woody's Auto Repair and Body Shop Any and all types of Auto Repair Full Service Body Shop • 24 hour towing Dennis Stammer Body Shop man Derek Thornsbury Auto Mechanic

Hughes Auto Sales Bank and On-Lot Financing • Cars to fit everyone's needs Don't have what you want. We have resources to get what you want. 1673 Maddox Pike, Flemingsburg, KY 40341