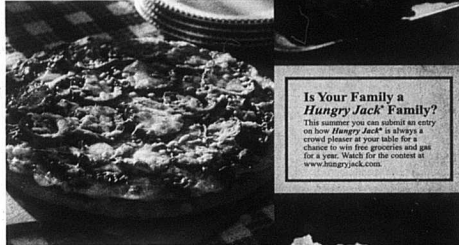


IN THE KITCHEN



CROWD PLEASING Meals

It doesn't matter what time of day it is, someone in the family is always hungry. When you need a quick, easy and delicious meal that will always deliver, use convenience foods to help you make breakfast, lunch and dinner your family will love.



Is Your Family a Hungry Jack Family? This summer you can admit an enemy on how Hungry Jack is always a crowd pleaser at your table for a chance to win free groceries and gas for a year.

- Chocolate Chip Coffeecake
Prep Time: 12 minutes
Ready In: 45 minutes
Servings: 16 biscuits
Crispy Buffalo Wings
Prep Time: 10 minutes
Ready In: 1 hour
Servings: about 3 dozen wings

- Italian Garden Pizza
Prep Time: 22 minutes
Ready In: 12 minutes
Servings: 8
4.9-ounce package Hungry Jack Creamy Onion with Chive Potatoes
1 thin and crispy prepared pizza crust
5 tablespoons extra-virgin olive oil, divided
1 0.5-ounce packet pesto sauce mix
2 ounces pepperoni slices (about 30 slices) optional

Now is the time to begin enjoying your new LA-Z-BOY recliner. Garrett's Furniture Co. 222 W. Main St. Carlisle 289-2308. Free Delivery Available - Serving Carlisle and Central Kentucky Since 1952. Great Selection Great Values Beginning at \$299.00 LA-Z-BOY Stop In and See Our Wide Selection!

LIFESTYLE

In The Kitchen With Beth



Directions

I am glad to be back again this week. This week I have a simple dish to make for those nights you need something nutritious and filling but don't have a lot of time. I hope you enjoy this recipe. Let's get started by getting the ingredients together, you will need.

Ingredients

- 3 cups Broccoli florets (about 1 1/4 lbs)
2 cups Cubed pre-cooked chicken or Turkey
1 can (10 3/4 oz) condensed cream of chicken soup or cream of mushroom
1/2 cup Mayonnaise
1/2 cup Grated parmesan cheese
1/2 teaspoon Curry powder
1 cup Cubed fresh bread
2 tablespoons Butter or margarine, melted
salt
pepper

First cook the broccoli in water in a covered saucepan or microwave until crisp-tender, then drain off the excess water. Next place the broccoli in a greased 2-quart baking dish and then set it aside. Then you will combine the chicken or turkey, the soup, mayonnaise, Parmesan cheese and curry powder. Once you have combined all those ingredients together you will spoon the mixture over the broccoli.

Take the bread cubes and butter and top the mixture with it. Bake the chicken casserole uncovered at 350° for 25-30 minutes or until heated through. This recipe

should serve 4 people. I hope you all enjoy this recipe. As always if you have any ideas or recipes or suggestions that you would like me to write about please feel free to email me or send me a letter and I will do everything possible to write something about your idea. Beth Bond is a certified chef with a culinary arts degree and a hotel-restaurant management degree from Sullivan University in Louisville, Ky. She also has several years' experience in the hospitality and food service industry. She is a press association award-winning photographer and has several years' experience in the newspaper industry. She can be reached by email at chefbethbond@yahoo.com or by mail at P.O. Box 272, Carlisle, KY 40311

Four generations celebrate

James Wesley McCarty, top left, of Lawrenceburg, and father James E. McCarty, top right of Carlisle traveled to Winston-Salem N.C. to spend a special fathers day with son Shawn E. McCarty and grandson Aedan James McCarty.

Baptist Church to host troop support service

First Baptist Church of Carlisle will host a community troop support service and potluck beginning at 5 p.m. Friday, August 3. The service to honor our military will begin at 5 p.m. in the First Baptist sanctuary. Nursery provided. Counseling will be available on site. At 6:30, a potluck meal will be served in the fellowship hall. Chicken, ham and drinks will be provided. There will be a sign-up sheet for those who would want to help our military families in time of need such as minor repairs, car trouble, homework and child care.

In Loving Memory of Stevie Lane Myers

August 28, 1956-July 26, 2005. Our sadness comes from missing you. And missing you from love. And love from all the love in you. That we became part of. Your day of birth and burial turned out by chance the same. We feel it ever new. And so each year when it comes round. We feel both joy and pain. Love, Elmo and Rosa Myers and Family

In Loving Memory of Helen Fisher

December 15, 1925 - August 5, 2006. Mom, It only seems like yesterday when we had to say good bye. We think of you so often and try not to sit and cry. We know you had to leave as it was hard to let it go. The pain of you not being here no one will ever know. Your smile your love and humor is what we miss so much. The way you always protected us and your gentle loving touch. The days have gone so very fast sweet loving Mother dear. We learned to take "one day at a time" to make it through this year. Moving and Loving You, Georgia Livingston, Helen Stamps, Cathy Joote and grandchildren

For Michael

More than a friend Closer than a brother, Your memory was on my mind before I knew I'd pray you always knew. You walked right in my life And left me heart-broken. I will never forget you Or the friendship that was lost. The little boy upon those steps Who had his own way. Although you grew to be so big I remember you the same. And even though the end is just a word Almost before that. Your memory will live on by the fingertips You left upon my heart.

Happy 60th Birthday Love, Mom & Family. Moving and Loving You, Georgia Livingston, Helen Stamps, Cathy Joote and grandchildren



Photo by Becky Tucker

One injured

Michael Puckett, 26, of Carlisle was injured when the 1998 Nissan he was driving struck farm equipment being operated by Bradley Price, 24, of Carlisle according to a Nicholas County Sheriff Dick Garrett. Puckett's vehicle continued until it struck an embankment.

Nicholas County Hospital Speciality Services. RICHARD BLAKE, M.D.-CARDIOLOGY Monday - 2:00 p.m. August 27th. CALL JMHC, 859-289-7181 FOR APPOINTMENT. PAMELA COMBS, M.D.-CARDIOLOGY Wednesday - 12:00 p.m. August 8th. CALL 859-987-4302 FOR APPOINTMENT. GARY EARLE, M.D. CARDIOVASCULAR THORACIC SURGERY Tuesday - 1:00 p.m. August 14th. CALL JMHC, 859-289-7181 FOR APPOINTMENT. FRED LAUSE, M.D.-PODIATRY Wednesday - 1:00 p.m. August 1st and August 15th. CALL JMHC, 859-289-7181 FOR APPOINTMENT. REGINA RAAB, M.D.-NEUROLOGY Thursday - 8:30 a.m. August 3rd. CALL 859-987-4302 FOR APPOINTMENT. JOHN TUTTLE, M.D.-UROLOGY Wednesday - 8:00 a.m. August 15th and August 29th. CALL 1-800-433-9978 FOR APPOINTMENT.

ESTATE AUCTION Saturday, August 11, 2007 11 A.M. House & Lot of the Late Jane Hensley SALE LOCATION: 436 Elm Street, Carlisle, Kentucky. This lovely two-story home with approx. 1750 sq. ft. features foyer, living room with fireplace, dining room, recently remodeled kitchen with dishwasher, stove and refrigerator, four bedrooms with extra large closets (hard to find), two full baths, basement with partial bath, and front porch. Other features include: hardwood floors, economical gas steam heat, KU electric, city water and sewer. The exterior is vinyl with storm windows and doors. The lot is pet friendly with chain linked back yard. The driveway is black top and there is a one car detached garage. Property is well located in one of the most prestigious areas in beautiful Carlisle and is convenient to stores, banks, and all necessary needs. TERMS: 10% Down day of sale with balance on or before 30 days with deed. 2007 property taxes paid by buyers. AUCTIONEER'S NOTE: We have been authorized by the estate of Ms. Hensley to sell this nice property for the high dollar. For an excellent investment or a home for you and your family, be with us sale day, bid last, and you will own. NAPIER REAL ESTATE & AUCTION CO. 3540 U.S. Highway 27 South - Stanton, KY 40484. COL. GARY NAPIER Auctioneer Office Phone: 385-3589. All written material came from owner and is assumed to be accurate. Announcements made sale day take precedence over written material.

SHELL FOOD MART 2750 Concrete Rd., Carlisle, KY 40311 289-5889. A Name You Can Depend On. Open 7 Days A Week - 24 Hours A Day. Money Orders Sold Here We accept Food Stamps Whitaker ATM in store for your convenience We have cell and land phone cards We also have Green Dot Cards We have Cell Phones with 30 minutes (Pre-Pay) Only \$39.95. From Shell #9 God Bless Our Troops 8 pk. 24 oz. bottles Pepsi products \$3.29 18 pk. cans Bud/Bud Light \$11.99. SUBWAY Order Your Subway Party Tray 8" Pizza in Subway For Your Family Outings We Now Have 8" Pizza in Subway 3 minutes to fix. STILL TAKING APPLICATIONS Shell and Subway - 2nd shift ACCEPTING APPLICATIONS FOR ASSISTANT MANAGER Must be dependable, trustworthy and flexible. Will be mostly 2nd shift, daylight on days manager is out.