

LIFESTYLE Family and Consumer Sciences Corner

Preventing Osteoporosis

UK Osteoporosis Extension Project... Osteoporosis causes bones to become fragile and increase the risk of fractures...

chances of getting the disease as you get older... To prevent the disease, you need to build strong bones...

life so ask your health care provider for the recommendations for your age group... Don't smoke, don't start. If you do smoke, stop...

Farmer's Market... Fresh Ideas

By Jill Hatton... Did you make it out to the market this weekend? I hope so. Despite the rainy weather...

1. Chop tomatoes into 1/2 inch cubes... 2. Add onions, carrots, squash, potatoes, salt, pepper, and cumin...

Zucchini Str Fry... 1 tablespoon vegetable oil... 1 medium onion... 1 yellow squash...

Season: Tomato to October... Nutrition Facts: Tomatoes are rich in nutrients that promote good health...

Picadillo... 1-pound ground turkey (or you could lean ground beef as well)...

62 FT Cruiser... 5,700... 02 Sebring... 1,700... 02 Ford Focus... 12,700...

Community Calendar

AA meetings held... Courthouse Square Arts Guild to meet... N.C. Adult Learning Center...

Commercial building has retail on main level... Jerry's Gems... Affordable Used Cars & Trucks... TK's Gymnastics...

Mr. and Mrs. Phillip Mattox accompanied a youth from the Bartsville United Methodist Church... Mr. and Mrs. Phillip Mattox accompanied a youth from the Bartsville United Methodist Church...

GENERAL NEWS 2007 Nicholas County Schools bus routes

Group 1 2003 Bridges 200 Edwards 932 Manley 201 Burke 111 Cohorn 932 Harwick 933 Hager 202 McFarland 201 S. Stone... Group 2 206 W. Fryman 942 Gardner 204 Guy 207 Lane 205 Hunter 971 T. Stone 284 Snapp 961 Hamilton...

Care, to Millers Station Road, to rollers tracks, turn around back to Miller Lane, turn around go to Sextons Trailer Park... Bus 932 Mr. Manley: Morning Route: Burns Road, Moorefield Road, Highway 57...

2007 Nicholas County Fair Schedule of Events... Saturday, August 4 Admission - \$2... Sunday, August 5 Admission - \$10... Monday, August 6 Admission - \$5...

CRAZY DAYS

Only 7 Buys AT \$700.00... 94 Ford Aerostar... 91 Ford Ranger... 85 Olds Cutlass... 91 Blazer... 96 Pontiac Grand Prix...

NICHOLAS NEWS TRIANGLE HEADQUARTERS - SALTWELL - BARTERVILLE

By Barbara Hollar George... Mrs. Phyllis Brady spent the day on Wednesday at the Sunday Church of God Camp Meeting...

EAST END FOOD MART

New Item! We Now Have! New Item! Frozen Explosions... Coca Cola Fridge Packs... Aquefina... Pepsi Cube... Ham... Breakfast Special... Daily Lunch Special...

CLOSED We are having our parking lot resurfaced. Ladobee's Steakhouse will be closed July 29-Aug. 7. We will reopen Aug. 8 at 11 a.m.

Video Shack Win a FREE Night's Rental at Video Shack... Tom Selleck stars as an aging rodeo rider who befriends a young girl in what movie? To win: Be the first person to bring this ad into Video Shack with the correct answer...

BUYING CEDAR LOGS 8' 4" in length Cedar Sawmill Mayslick, KY 606-763-6177

ROBERTA ALLISON, MD - Family Practice, Board Certified Cosmetic Laser & Skin Care Clinic... Family & Preventative Medicine... Laser Hair Removal... Chemical Peels... Medical Microdermabrasion...

TOWN & VILLAGE SCHOOL OF DANCE, INC. For the art, for the fun, for the education... 07-08 Classes Forming Now!

Philipp Mattox has reached many people the past 4 months by a radio program 'Let's talk Jesus' on a Cynthiana station... Mr. and Mrs. Bobby Brady visited Mr. and Mrs. David Doyle on Saturday near Pinxterland...

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TOWN & VILLAGE SCHOOL OF DANCE, INC. For the art, for the fun, for the education... 07-08 Classes Forming Now! Registration... 305 MOOREFIELD RD 289-2200