

LIFESTYLE

Farmer's Market... Fresh Ideas

By Jill Hatten
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Nicholas County Extension Office
Did you make it out to the market this weekend? I hope so. Well this past week my Dad filled in for me. However, I plan to be back this week.

Selection: Firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size, about 3 to 4 inches in diameter.
Storage: Store as soon as possible in the vegetable compartment of refrigerator. Use within one week of purchase.

Preparation: Eggplant is enjoyed the fresh cut and tomatoes. I have made one batch of fresh salsa so far. Hopefully, I will have a chance to make lots more before the tomato season is over. This week I plan to introduce two new vegetables. Time is a little limited this week for new recipes since the county fair has begun.

At the Extension Office we are all busy taking care of things for the fair. I hope you will have a great week and hope to see you at the market.

Kentucky Eggplant
Season: Late June to October
Nutrition Facts: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 10 calories for 1/2 cup serving.

single citizen is encouraged to participate. Everyone has something of value to contribute.
Ricky Broderick was chosen as the chair for Local Education Workgroup. Broderick can be reached at 289-0252 by those citizens wishing to assist with that group's established goals in elevating education through individual and shared projects with the Nicholas County School System.

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help achieve this goal. Last week's meeting was held to begin the organizational process and appoint chairpersons for each group.

We've had to have community interest to make this happen. Carlisle Mayor Ronnie Clark said as the groups joined together and began discussing plans for the future. This looks like a good turnout.

Dianne Kenney is the chair for the group Local Community Development. All local citizens interested in voluntarily working with their friends and neighbors to achieve more community development are urged to contact Kenney at 289-7772.

This will be an ongoing process," said Lanny Hutchinson, secretary for the Authority. He acted as an informal master of ceremonies and helped set the groups started. "We want people to continue to join our groups. These groups are very informal and every

we've always done, then we'll always get what we've always got," she said when stressing cooperation among the groups. Shout can be reached at 289-0274 by anyone wishing to work in tourism ventures and help bring tourism dollars into the communities of Nicholas County.

Dr. Robert "Boik" Sparks will be the coordinator for all of the groups and will work closely with the chairs of the four workgroups to accomplish forward mobility in different areas for the greater community.
The groups have no elected officials and elected officials are actually funded from participation among the various groups. The members of the Industrial Authority Board will also have extremely minimal roles.

Table with 4 columns: DECEASED/HEIR, ESTATE/HEIR, TITLE, NATURE OF ACCOUNT. Lists names like Sara M. Sammsy and Constancia R. Mathes.

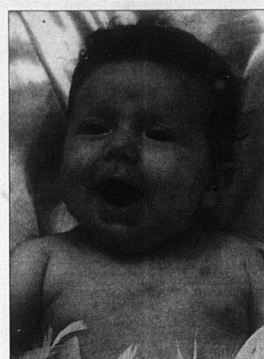
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LIFESTYLE

Births

Kesslers announce birth Walkers welcome daughter



Glenna Grace Kessler



Jolynn Katherine Alexis Walker

David M. and Shasta Kessler joyfully announce the birth of their first daughter Glenna Grace Kessler, who was born Saturday, April 28, 2007 at 5:53 a.m. at the University of Kentucky Hospital. She was 19 1/2 inches long and weighed 6 pounds and 13 ounces.

Kevin and Natasha Walker of Carlisle are proud to announce the birth of their daughter, Jolynn Katherine Alexis Walker. Jolynn was born July 26, 2007 at Harrison Memorial Hospital. She weighed seven pounds and four ounces and 19-and-a-half inches long.

August is breastfeeding awareness month

August 2007 is Breastfeeding Awareness Month in Kentucky. The theme for this year is "Breastfeeding: The First Hour - Welcome Baby Softly". Throughout the month of August, there are many activities promoting and supporting breastfeeding in Kentucky such as the Lock and Relax Room at the State Fair.

Pre-term infants benefit from breast milk because of the greater amounts of protein, fat, sodium, iron, chloride and other nutrients than milk from mothers of term infants. Breast milk changes as the baby grows to meet their ever-changing needs.

Breastfed the newborn provides the skin-to-skin contact and warmth that babies need most, especially premature and low birth weight babies. New scientific evidence reveals that if all women started breastfeeding within one hour of delivery it could prevent one million of the 4 million deaths of babies worldwide who die during the first month of life.

Early initiation of breastfeeding reduces the high neonatal mortality worldwide; protects infants from early exposure to bacteria and viruses, increases maternal oxytocin important for milk production and attachment and helps prevent maternal blood loss.

Eagle Valley Farm joins association
Eagle Valley Farm, of Carlisle, is a new member of the American Angus Association's (AAA), reports John Ciolek, executive vice president of the national breed registry organization in Saint Joseph, Missouri.

The American Angus Association, with more than 50,000 active adult and junior members, is the largest beef cattle registry Association in the world. Computerized records include detailed information on more than 14 million registered Angus.

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