

LIFESTYLE

Family and Consumer Sciences Corner

Stay Hydrated This Summer

UK COOPERATIVE EXTENSION SERVICE... Extension Notes... Staying hydrated while working outdoors or participating in sports or recreation...

Thoughts from ... the Pastor's Study

By Rev. Donald Riggs

18- For he knew that for every they had delivered him... 19- When he was set down on the judgment seat, his wife went into him, saying... 20- But the chief priests and elders perceived that they should ask Barabbas, and destroy Jesus...

weight and almost 75 percent of the brain's weight... 21- Then said Pilate to the chief priests and to the people, 'I find no fault in this man...' 22- And they were instant with loud voices, requiring that he might be crucified...

fore you feel thirsty. Drink water before and after outdoor activity... Dehydration, it is also important for proper digestion, organ function, controlling body temperature and cooling working muscles...

Woodmen Lodge #936 Fish Fry Saturday, July 14th - 4-6 p.m. Vice's Community Center

Thank You The family of Mary George would like to thank everyone for their prayers, kind words, cards, visits, flowers and food during our recent loss of Mother, Mamaw and Mamaw Gray...

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin...

Happy 40th Birthday Christina Ruth (George) Smith We Love You! Mom and Daddy

Good Luck and a fast recovery Sammie Vice on your tummy tuck. We can't wait to see you slim & trim.

In Memory Gary L. Craig 7-13-53 11-30-06 Happy Birthday Gary

CHS ALUMNI BANQUET Saturday, August 4, 2007 Nicholas County Elementary School Cafeteria Social Hour begins at 5:30 PM Dinner served at 6:30 PM Dinner \$10.00 - Dues \$10.00

Share this information with your friends and classmates, especially those who have not attended recently.

Gilkerson named to 2007 Class of Ky.

Jessica Gilkerson has been chosen to represent Nicholas County in the 2007 Class of Kentucky... One outstanding sophomore was chosen from each high school in the commonwealth to be a part of this very prestigious group...



Jessica Gilkerson

Home Grown Vegetables For Sale U-Pick • We Pick • Deliveries

5 Varieties Tomatoes 3 Varieties Beans Squash, Red Skin Potatoes, Corn, and Bell Peppers

Call Christy Poe 289-3312 or 585-6788

SUPPORT OUR TROOPS BIKE RIDE!! Support Support Our Troops Our Troops

DATE: July 14, 2007 Rain date - July 21 PLACE: Carlisle National Guard Armory TIME: Registration - 9 a.m. Ride Starts - 10 a.m. COST: \$10 per Bike

Support Our Troops FRY Family Readiness Group Friday, July 15 - 2-4 PM until all gone at the Carlisle Armory Adults - \$7.50 - Children (4-12) - \$3.50 3 & under - FREE

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Whalen & Company 101 S. Walnut Street - Cynthia Phone: 859-224-5100 Toll Free: 1-888-VVALENS Fax: 859-234-5106

KICKING OFF FALL WITH SOCCER Sign Ups for Fall Soccer will be July 22, 2007 - 2:30-4:30 p.m. at the Nicholas County Fire Dept.

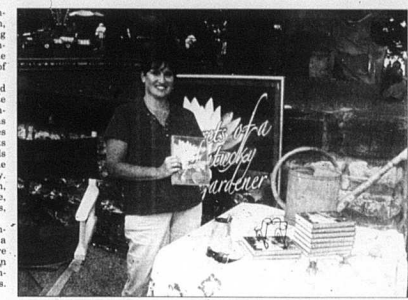
Girls' Coach Pitch Softball Sign Ups • Ages 5-10 years old • Cannot be 11 before Jan. 1, 2008 Meet between schools 7:30 p.m. Sunday, July 15

LIFESTYLE

Cynthiana author showcases book during Blackberry Festival

By Charles Mattox News Editor charlesm@hcairelive.com... Guests to last week's Blackberry Festival enjoyed good food, a variety of entertainment and even had an opportunity to learn about some down-home gardening services...

other writing projects, including a historical fiction, a children's gardening book, and a third gardening book in the statewide series entitled "Secrets of an Ohio Gardener"...



Author Charles Mattox at a book signing event during the Blackberry Festival.

Kazunas earns degree; is honored by TMMK

A Nicholas County, Susan Kazunas of Carlisle is among the 2007 graduating class of Toyota Motor Manufacturing, Kentucky, Inc. (TMMK) "Reach for the Stars" program...

in Stamping and has been employed at TMMK for nine years... TMMK recognizes that the skills and knowledge of its team members are critical to the company's success...

The Nicholas County Farm Bureau Annual Meeting and Fish Fry will be held Thursday, July 19th at 6:30 PM at the Vice Community Center at Moorefield.

Cost for the meal will be \$4.00 per person.

NOTICE Mothers Fund applications will be taken on July 23 and July 24, 2007 at the Nicholas County Courthouse.

Have Fun Learn about Jesus Vacation Bible School Carlisle Presbyterian Church Monday - Friday, July 16-20 (6:00-8:00 PM)

Indian facts Larry Mitchell, left, and grandson Tyler, look part in Kids College held at Nicholas County High School...

DOYLE Mobile Homes, Inc. Since 1962 Featuring Clayton, Norris and Schult homes

Real estate listings: 2151 LOCUST GROVE RD., 1333 JOHNSON RD., 225 KEVVIEW DR., 164 PINEVIEW, 217 E. NORTH STREET, 42ACRE FARM - 1049 JERODOND

DOYLE Mobile Homes, Inc. Since 1962. Features Clayton, Norris and Schult homes.

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

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Carlisle Clinic, PSC Amber Bond, Certified Physician Assistant. Ms. Bond is accepting appointments M, Tu, Fri. 8:30-5:00

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