

HEALTHY LIVING



Your "Best Life" Within Reach

Best Life Foods, Opelika's personal trainer, suggests you look no further than your kitchen cupboard for help in feeling and looking your best. Green's latest best-seller, "Best Life Diet," focuses on practical ways to make easy, healthful choices for lasting weight loss.

- Creamy Mango Salsa With Light Mayo... 14 cup Hellmann's or Best Foods Light Mayo... 12 teaspoon ground cumin... 12 cup quartered cherry tomatoes or cherry...

When seconds count... Nicholus County Hospital's ER is ready! Certified in Trauma, ACLS & PALS. Speciality Services: John Tuttle, M.D., Reema Khan, M.D., Fred Lutz, M.D., Pamela Combs, M.D., etc.

LIFESTYLE

Engagement

Burke-Sadler engagement announced

Larry and Pam Burke of Flemingsburg are proud to announce the engagement and forthcoming marriage of their daughter, Shelby Davis to Seth Hamilton Sadler. Seth is the son of Lena and Jimmy Sadler of Carlisle.



Shelby Davis Burke - Seth Hamilton Sadler

SCHOOL

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tant Girls Basketball Coach at NCHS Ronald Guy as a full time Bus Driver, and Wayne Milton as substitute bus driver.

Green partnered with companies, such as General Mills, Florida Citrus and Unilever, who have shown a commitment to improving the nutritional profile and ingredients of their products.

By virtue of Judgment and Order of Sale of the Nicholus Circuit Court entered in the above styled action on July 3, 2007, and to make good money to satisfy said judgment lien used Plaintiff as of May 18, 2007, in the amount of \$90,406.26, plus interest at the rate of \$21.00 per cent per annum...

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Five from Nicholus on UK list

The University of Kentucky is proud to recognize the outstanding academic performance of its students, including five students from Nicholus County who were named to the UK Dean's List for the spring 2007 semester.

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