

LIFESTYLE

In The Kitchen With Beth

I am glad to be back again this week. Sorry for missing last week but I do have a good excuse. I was in the hospital giving birth to my beautiful daughter. So while Great-grandma Conney is keeping her occupied, let's get down to a good recipe for the week.



In The Kitchen With Beth  
By Beth A. Bond

2 cups flour  
1 teaspoon baking soda  
1 teaspoon salt

Caramel Icing:  
1/2 cup brown sugar  
1/3 cup butter  
1/2 cup milk  
1 cup confectioners sugar

Directions for the cake:  
First you want to preheat the oven to 375 degrees F. Next begin beating the egg. While beating the egg lightly gradually add the brown sugar. After you have added all the brown sugar stir in the flour, cream and coconut. In a small bowl combine the flour, baking soda and salt. Once you have combined

them together add them to egg mixture and beat well. Once you have mixed all ingredients well, spread the batter in a greased 9 inch square pan. You will want to bake for 25 minutes or until top of cake springs back when touched lightly. Let it set and cool for at least 45 minutes before icing.

Directions for the caramel icing:  
First combine the brown sugar, butter and milk in a small saucepan. Then bring it to a boil. Continue to boil, stirring constantly, for 3 minutes. Cool it until it is just lukewarm. Once it is lukewarm stir in the confectioners sugar and continue to stir until the right consistency to spread, it should be thick but not too thick. Spread over cooled cake. 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 ideas.

Carlisle Clinic, PSC

Invites you to meet

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

For patient convenience, she will be available to see acute care and walk in patients.

Ms. Bond will be holding a FREE Health Fair in the lobby on Tuesday, July 24th. BP checks, Diabetic, COPD and Cholesterol screening (must be fasting), Growth Charting, Immunization Checkups. Free balloons and stickers for kids! Call Today! 289-4124

LIFESTYLE

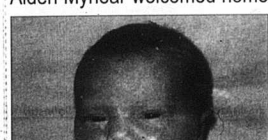
Births

Clines welcome daughter



Kamryn Nichole Clines was born July 3, 2007 at Central Baptist Hospital. She weighed six pounds, 11 ounces. She is the daughter of Greg and Shellie Clines of Harrison County. Paternal grandparents are Johnny and Linda Clines of Millsburg and maternal grandparents are Paul and Lisa Mattox of Harrison County. Maternal grandparents are Marietta Mattox Cynthiana and Tommy and Phyllis Hill of Harrison County. Paternal great grandparents are David and Patricia Thornberry of Bourbon County and Jane Clines of Nicholas County.

Aiden Mynear welcomed home



Aiden Phillip Mynear  
June 11, 2007 8 lbs. 0 Oz.

Erica Briery and Johnny Mynear are proud to announce the birth of their son, Aiden Phillip Mynear. Aiden was born June 11, 2007 at 4:49 a.m. at Mary Chiles Hospital in Mt. Sterling. He weighed eight pounds and was 20.5 inches in length. Maternal grandmother is Mrs. Sandra Walker of Carlisle. Maternal grandparents are the late Thomas and Mary Briery. Paternal grandparents are Clay and Shirley Mynear of Carlisle. Aiden was welcomed home by brothers and sisters, Morgan Padgett, Korbin Mitchell, Jordan and Mikayla Mynear and also by special aunt and uncle Rita and Phillip Mattox. Aiden Phillip shares his uncle Phillip's birthday and is also his namesake.

NICHOLAS NEWS TRIANGLE  
HEADQUARTERS - SALTWELL - BARTERVILLE

By Ramona Hollar George  
859-289-4180  
rahg@bellsouth.net

Jeff Doyle took around 50 children to the Woodman of the World camp for a week, which is about 15 miles from Lexington on Yates Creek Road.

The Sunday service at the Nursing Home was led by Paul Letcher and Helen and this past week at Boonesboro State Park. Alberta Glass fell at home week before last, which resulted in bad bruises to her face, but is now better.

Mrs. and Mrs. Charles Doyle and many of the Doyle family members and Mr. and Mrs. Virgil Dryden and others went camping this past week at Boonesboro State Park.

Monday, Tuesday and Friday were three pageants and Little Mr. And Miss etc. and baby show. A nice, Betheny Beckett won second place in the Little Princess Contest and her brother, Zachary Beckett was crowned Little Miss of Harrison County last year. He had quoted then entire 25th Psalm and he to be there this year.

Dr. and Mrs. Dwight Lewis' daughter, Anna Kristin Lewis, a beautiful girl, won the Miss Harrison County Scholarship. Paper and also won the Little Patty Doyle Miss Congeniality Award.

The awards and the Little Patty who so graciously worked many long hours for the pageants for 11 years. Last Sunday afternoon

Ramona George attended the Bible School program of her granddaughter Samantha Sowell on Sunday morning in Carlisle.

High School and Elementary School in Nicholas County will have pot-luck dinner, Sat. July 28, at 12:30 pm. in the Nicholas County High School cafeteria.

These schools were in operation from 1910 to 1957. Anyone associated with the school is scheduled to attend.

For more information contact Minnie Fryman 859-987-1760 or Sue Bell 859-987-4851.

Freshman orientation at NCHS on Aug. 7

Freshmen orientation will be held on August 7, 2007, at 6:30 p.m. in the high school. All the teachers will be here and they can tour the school and get information to start school.

Earlywine Reunion to be held

The annual reunion of the late Harley and Lula Kelley Earlywine will be held on Sun., Aug. 19 at the Flemingsburg RECC shelter in Fleming County. A potluck luncheon will be served at 1 p.m. Paper products will be provided. All friends and relatives are invited to attend.

33rd Reunion scheduled

Students, faculty and friends of the Old East Union

To Report A Crime

859-289-3710

This Happy Duo Is Celebrating 18 years July 19, 2007



Lov. Mam. Rick & Mason

NCEMS Football Practice

Begins Monday, July 30th NCHS Football Field - 6 p.m.

Please bring your cleats and physicals. If any questions please contact Weston Smoot at 859-289-3785

COME EARLY TO REGISTER!

Car Wash Bake and Yard Sale

Saturday, July 21 8 a.m. - 12 p.m. Marathon Parking Lot

Proceeds benefit Nicholas County 4-H Shooting Team Bluejacket Bullets

Girls' Coach Pitch Softball Sign Ups

• Ages 5-10 years old • Cannot be 11 before Jan. 1, 2008

Call Phillip Coldiron 859-473-1142

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.

Ages 3-16 League Fees are: \$35 for one \$45 for two and \$5 for each additional child.

Any questions or concerns contact: Sandy Gifford - 759-0658 Julie DeRossett - 289-9967 Kristie Hughes - 473-0735 or Don Toy 513-200-5518

Farmer's Market...Fresh Ideas

By Jill Hatten EFNEP Program Assistant Nicholas County Extension Office

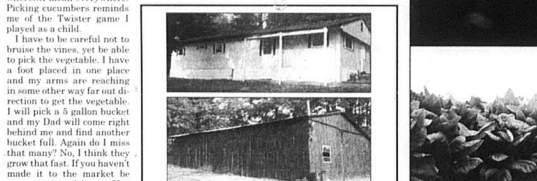
Did you make it out to the market this weekend? I hope so. The market is in full swing now as we have tomatoes and corn for our visitors. This week I will give you another zucchini recipe that also utilizes small, black spines on the surface that rub off easily. Pickling cucumbers have small, black spines on the surface. Storage: Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to 3 days.

Preparation: Wash unpicked cucumbers in an earlier article talked about how zucchini grows so quickly. Well, now I think cucumbers grow over night. It is pretty crazy to see. In our garden, Dad tells me to watch the cucumbers because they are so tender. It is pretty funny to pick cucumbers because the vines are going everywhere. I mean everywhere. Picking cucumbers reminds me of the Water game I played as a child.

I have to be careful not to bruise the vines, yet be able to pick the vegetable. I have a foot placed in one place and my arms are reaching in some other way far only to react to get the vegetable. I will pick a 5 gallon bucket and my Dad will come right behind me and find another to see. In our garden, Dad tells me to watch the cucumbers because they are so tender. It is pretty funny to pick cucumbers because the vines are going everywhere. I mean everywhere. Picking cucumbers reminds me of the Water game I played as a child.

FOR SALE 5 bedroom home, 1 bath, living room, dining room, new roof, new windows, plus large garage/shed. Acre +/- .4116 Upper Jacksonville Road. \$45,000.

Meyer Real Estate and Auction Owner/Agent Sonia McCarty • 859-749-6445



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BOURBON COMMUNITY HOSPITAL

Bourbon Community Hospital is proud to add Dr. Hunter Housman to its Medical Staff. Dr. Housman is a graduate of Murray State University. He received his Medical Degree from the University of Kentucky School of Medicine and served his internship and residency in Internal Medicine at the University of Kentucky School of Medicine. Dr. Chandler Housman is a full time physician at the hospital. For more information on Hospital Services, call 859-987-1001

9 Leville Drive, Paris, www.bourbonhospital.com

350,000 or greater

Cedar Ridge 2nd Annual Motorcycle Show



July 22, 2007 @ 2:00 p.m.

Dash Plaques will be given to the first 25 Bikes

1st Place - \$75.00  
2nd Place - \$50.00  
3rd Place - \$25.00

Enjoy FREE Hot Dogs, Chips & Soft Drink

Contact Joanne Sosbe or Kathy Johnson at 859-234-2702



2006 Clearance Sale

New John Deere 5303 64 Horsepower

High torque, low-emission 4-cylinder 64-hp diesel engine with 98/38 speeds. Standard independent 340 rpm rear PTO. Oil-cooled, self-adjusting disk brakes for durability and long life. Hydraulic power steering. Standard differential lock for better traction. Financing available with approved credit.

\$15,900.00

MONTGOMERY TRACTOR SALES

1501 WINCHESTER ROAD MT. STERLING, KY 40353 859-498-0342

Today's Menu

Breakfast Special Small Biscuit and Gray Two Eggs, Hash Brown Side Bacon or Sausage

\$3.89

MARATHON 5999 Concrete Rd. • Carlisle 859-289-6118