

HEALTHY LIVING

Start the Day Right With a Bundle of Benefits!



A Culinary Nutritionist's Bundled Breakfast Ideas

By Jackie Newgent, RD, contributor to Weight Watchers and Fitness magazines

"Learning about the food groups that promote a 'nutritionally-bundled' breakfast is only half the battle of consuming a complete meal. Learning how to translate these groups into a desired meal is the other. As a culinary nutritionist, I like to put nontraditional spins on some of America's favorite breakfast items, focusing on flavor, color and convenience as menu must-haves. I've listed a few great-tasting, simple-to-prepare balanced breakfast ideas below. Enjoy!"

■ **BKA's Meatless Breakfast Wraps.** Talk about simple — all these need is a quick zap in the microwave and you've got a meatless version of the traditional sausage wrap, filled with egg whites and cheese. And better yet, they include the bundle of benefits one needs for a balanced breakfast — they're an excellent source of whole grains and protein and a good source of fiber and iron. Try topping the Southwestern variety with a dollop of salsa, and grab a side dish of fresh mixed berries. Or, go with the Original variety and serve with sliced tomatoes and fresh fruit. These wraps are my new breakfast favorites when convenience is key.

■ **Yogurt Trifle.** Live on granola and fresh and or dried fruit with this delicious twist on the simple yogurt parfait. Layer the bottom of a serving dish or bowl with low fat granola and fresh raspberries or dried cherries or cranberries, top with a thin layer of soy-based or regular yogurt and then repeat until filled. Add a dash of cinnamon for some sweetness at the top. Pair with a half grapefruit to tempt the taste buds with a sweet and tart duo.

■ **Blueberry Buckwheat Pancakes.** Buckwheat is a good source of whole grains and fiber. If you can't find buckwheat pancake mix or flour, opt for whole grain pancake mix or flour which is usually carried by the local grocer. Stir fresh or frozen blueberries into the batter and plop onto a nonstick griddle or pan. Add to the pancakes into a downright wholesome treat, top each with a dollop of vanilla yogurt or mini scoop of frozen vanilla yogurt or soy dessert.

FAMILY FEATURES

Today's time-pressed Americans are consuming less than optimal nutrition at breakfast, most often relying on a quick cup of Joe and cold cereal as their morning pick-me-up, according to the NPD Group's 2006 Eating Patterns in America Report. But the Report also found that Americans are aware that their breakfast choices often lack important nutritional components. In fact, 64 percent of adults said they "wanted to get more of" key nutrients in their breakfast package, like whole grains, fiber and protein.

"A nutritionally complete breakfast is key and helps provide Americans with the valuable nutrients and energy that is important for jumpstarting a productive day. Yet, far too often breakfast routines are unbalanced, creating a missed opportunity for the nutritional benefits provided by a balanced meal," says Jackie Newgent, RD, contributor to Weight Watchers and Fitness magazines. According to Newgent, there are simple and convenient ways to enjoy a nutritious breakfast. And, it doesn't need to be big, to be balanced. Try choosing soy-based breakfast sausages or patties which usually contain 75 percent less fat than traditional pork sausages and are a good source of protein. "Scramble up some eggs or egg whites, bell peppers and sliced soy-based meatless sausage, with a toasted whole wheat English muffin and fresh berries on the side," she adds. In fact, this meal incorporates three food groups that Newgent identifies as supporting a "nutritionally-bundled" meal — Whole Grains, Protein and Fruits & Vegetables.

Whole Grains: Whole grains contain complex carbohydrates, including fiber, and other key nutrients, such as folate, iron, selenium and magnesium. Fiber, in particular, helps to promote digestive health. Products that are a good source of fiber help keep the digestive tract working smoothly. According to Newgent, Americans consume only about half of the fiber they need per day. Good sources of whole grains and fiber include: barley, brown rice, buckwheat, oatmeal, popcorn and whole-wheat breads, pasta and cereals.

Protein: Protein is essential for maintaining the health or strength of our skin, bones, muscles and teeth. It plays an important role in the production of red blood cells and normal functioning of our immune system. "Protein is the most satiating nutrient, providing a full feeling to keep you more satisfied between meals," adds Newgent. Newgent stresses protein as an important nutrient to consume at breakfast to help keep energy levels up throughout the day and maintain a nourished body. Newgent also suggests that, similar to protein, iron is an essential nutrient to consume that helps the body produce energy and keeps the immune system healthy. Good sources of protein and iron include: soy, fish, meat, poultry and beans. Eggs and milk products are good sources of protein and other valuable nutrients, too.

Fruits & Vegetables: Fruits and vegetables are essential to promoting good health as they contain vital nutrients, including fiber, potassium, vitamin C and other health-promoting plant nutrients. "I like to think of fruits and vegetables as the 'fun' nutritional component of the breakfast plate, since they add so much color, flavor, variety and overall appeal," says Newgent.

Good sources of protein and iron include: soy, fish, meat, poultry and beans. Eggs and milk products are good sources of protein and other valuable nutrients, too.

For more information on incorporating soy as part of a balanced breakfast, visit www.bocfoods.com.

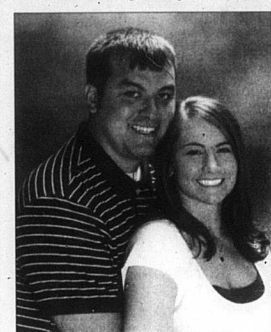
Advertisement for ME (Johnson Mathers Health Care, Inc.) at 2322 Concrete Rd., Carlisle, KY 40311. Includes contact info for Gary Earle, M.D., Gary Earle, M.D., John Tuttle, M.D., and other medical professionals. Also mentions 'When seconds count... Nicholas County Hospital's ER is ready!'

LIFESTYLE

Engagement

Clark - Earlywine to wed July 14th

McLean - Smith announce engagement



Joshua Earlywine and Hannah Clark

Mr. and Mrs. Ronnie Clark would like to announce the engagement and forthcoming marriage of their daughter, Hannah Marie Clark to Joshua Edward Earlywine, son of Kay and Eddie Earlywine.

Hannah is the granddaughter of Elaine Hardwick and the late Kenneth Hardwick of Carlisle, and Louise Clark and the late Ralph Clark of Carlisle. Josh is the grandson of the late Catherine Allison and the late Bill Allison of Bowling, KY.

Hannah is a 2001 graduate of Nicholas County High School and a 2006 graduate of Morehead State University with a Bachelor's degree in University Study and a minor in Respiratory Therapy. She is currently employed at the University of Kentucky Medical Center.

Josh is a 2000 graduate of Nicholas County High School and a 2004 graduate of Morehead State University with a Bachelor of Arts degree in Geography. He recently received his Masters of Arts degree in teaching and is currently employed by the Nicholas County School District.

The wedding will take place on July 14, 2007, at the Carlisle Christian Church at 6:30 in the evening, with a reception to follow at Carnico Country Club. All family and friends are invited to attend.



Steven Smith and Ashley McLean

Mr. and Mrs. Chad and Penny Epperson are proud to announce the engagement of their daughter, Ashley McLean to Steven Smith, son of Roger Smith of Bedford, PA and Patricia Horner of New Bern, NC.

Ashley is the granddaughter of Kenneth and Diane Barbee of Carlisle and Tommy and Libby Smith of Cynthiana and the great granddaughter of Olive Kenney and the late Marvin Kenney of Millersburg and the late Herman and Louise Barbee of Paris. She is a 2003 graduate of Bourbon County High School and is a senior theatre major at Murray State University.

Steven is the grandson of Clair and Bertha Smith of Bedford, PA. He is a 2003 graduate of Bedford High School and has completed his 3rd year at Penn State University where he is majoring in history education.

Wedding arrangements have yet to be made.

ATTENTION:

Jimmy Carson c/o Arnold Carson Estate. On July 14th at 3:00 p.m. the mobile home located on Lot #17 at Green Acres M.H.P. will be sold for the highest offer with a minimum of \$1200.00. You may reclaim said mobile by paying in full all storage and late fees. Contact Valere Lesak at 859-608-7081.

Advertisement for Tee Ball Tryouts on June 24 - 3 p.m. at West End Park. Child must turn 3 before August 1st and cannot turn 6 before June 1st.

MCTC releases Dean's List

Dr. Ed Story, Mayview Community and Technical College Chief Academic Officer, has released the Dean's List for full and part-time students for the Spring 2007 semester.

MCTC offers classes on the Mayville campus, Licking Valley campus-Cynthiana, Rowan campus-Morehead, and the Paris Extension as well as through distance learning and online classes.

To be included on the full-time dean's list, students must attend the College 12 credit hours or more in courses numbered 100 or higher and earn a 3.5 grade point average or above on a 4.0 scale.

To be included on the part-time dean's list, students must complete 3 to 11 semester credit hours (level 100 or above) with completion at least 18 KTYCS semester credit hours (level 100 or above) and earn a 3.5 term and cumulative grade point average.

Nicholas County High School BOYS BASKETBALL CAMP

For: Boys in grades 2-9 (as of 2007-2008 school year)
When: July 9-12 (Monday-Thursday)
Time: 8:00-11:30
Place: Nicholas County High School
Cost: \$40 (includes t-shirt) Each additional family member \$20

The Nicholas County coaching staff will conduct the Blue Jacket's camp.

Campers will receive instruction on the fundamentals of basketball. Each camper will be instructed through fundamental drills, competitive games, and individual competitions. Our goal is to instruct each camper on basic skills of the game and to help them expand on the skills they currently possess. Most of all, we will have fun while learning.

You may register the first day of camp between 8:15-9:00. If you have any questions please call Coach Michael Cofer at 270-300-1699. Make checks payable to the Nicholas County High School Boys Basketball Booster Club.

Nicholas County Boys Basketball Camp Application

Registration form with fields for Name (Last, First, Middle), Address, Phone, Height, Grade, School, T-shirt size, and Adult size.

I DO HEREBY GIVE MY PERMISSION FOR THE ABOVE NAMED TO PARTICIPATE IN THE NICHOLAS COUNTY BOYS BASKETBALL CAMP.

Parent Signature



Photo by Charles Motter

Beautiful bunch

The Pretty Woman contest at this year's Relay For Life event drew several entrants. The winner was Casey Anderson for his portrayal of Char.

American Legion Post #17 wishes to announce that the Blackberry Festival will be held in Carlisle

Monday, July 2 thru Saturday, July 7

- Street Dancing - Monday Saturday on Main Street 8 p.m. till midnight
Live band performing each night
Parade Thursday night July 5 starting at Nicholas County School grounds - 7 p.m.
Blackberry Festival Queen crowned during parade
Fireworks - Thursday 10:10-30 p.m.
Rides, games and food with the carnival
Local vendors set up at different locations each night.

For more information contact Penny Hogg with the American Legion Post #17 859-289-6694

SOUTHERN STATES IS YOUR FENCING HEADQUARTERS

Advertisement for Southern States fencing equipment. Lists products like BeKaert 4 Point Barbed Wire, BeKaert Field Fence, and BeKaert Electric Fence Wire with prices and descriptions.

Advertisement for 'Garage Sale' by Turn Your Trash Into Treasure. Includes contact info for PAMELA COMBS, M.D. and other medical professionals.