

Monday Evening July 23, 2007. Sports schedule table with columns for time, event, and location.

Thursday Evening June 28, 2007. Sports schedule table with columns for time, event, and location.

Friday Evening June 29, 2007. Sports schedule table with columns for time, event, and location.

Saturday Evening June 30, 2007. Sports schedule table with columns for time, event, and location.

Sunday Evening July 1, 2007. Sports schedule table with columns for time, event, and location.

Monday Evening July 2, 2007. Sports schedule table with columns for time, event, and location.

Tuesday Evening July 3, 2007. Sports schedule table with columns for time, event, and location.

Wednesday Evening July 4, 2007. Sports schedule table with columns for time, event, and location.

LIFESTYLE Farmer's Market... Fresh Ideas

By Jill Hatton
Nicholas County Extension Office
Did you make it out to the market this weekend? If you did not make it, you missed some exciting times...

Pepper Steak
1 pound beef top round steak
2 teaspoons cornstarch
1/2 teaspoon salt
2 tablespoons soy sauce
1/2 cup water
2 tablespoons vegetable oil
1 clove garlic, minced
2 cups bell peppers, sliced

Partially freeze beef. Slice into bite-size pieces. You will surely be enriched by the heritage as well as knowing exactly how to...

Green Beans, Carrots, and Celery
1 pound fresh green beans*
1 small carrot
1 small celery
1 margin, small flat Lemmon pepper, to taste
1 small celery

Freezing. Add 2 1/2 to 3 cups of frozen green beans* to cup water. Set aside. Preheat large skillet over low heat. Add oil. Stir fry garlic...

Wash, trim, and break beans. Slice carrot and celery in long, diagonal slices. Cook together in a small amount of water until beans are tender. Drain liquid and serve using a small pat of margarine and a sprinkling of lemon pepper...

Community Calendar

AA meetings held every Tuesday at 8 p.m. at the third Tuesday of the month is at 7 p.m. in the Community Room of the Nicholas County Health Department.

Carlisle UMC to have bake sale
The Carlisle United Methodist Church will be having a bake sale at Crockett's IGA on Friday, June 29th from 8 a.m. to 2 p.m. There will be Jam Cake, Fried Apple Pies and much more. All proceeds go to the church roof.

AA meetings held every Tuesday at 8 p.m. at the third Tuesday of the month is at 7 p.m. in the Community Room of the Nicholas County Health Department.

Barterville UMC to hold Bible School
Barterville United Methodist Church invites you to attend Bible School on Saturday, June 30th from 9 a.m. to 3 p.m. All ages including an adult class. Lunch and snacks provided. Come join the fun and learn about Jesus.

Health Department
The Nicholas County Health Department will be closed on Wednesday, July 4th.

Storysteller Blair at Library
The Storysteller Blair at the library will be holding a yard sale and cookout on Saturday, July 7th from 8 a.m. to 1 p.m. at Moore's and More. All proceeds benefit the Nicholas County Relay for Life on behalf of the Red Cross.

Summer Hot Buys!

DOYLE Mobile Homes, Inc. Since 1962. Featuring Clayton, Norris and Schult homes. Rt. 11 North & Mayville Road, Flemingsburg, KY.

EAST END FOOD MART. New Item! We Now Have: New Item! Frozen Explosions \$2.39 One Size Only. Coca Cola Fridge Packs \$2.99. Aquafina 24 pk. 16.9 oz bottles \$5.50.

TENTH FRAME CINEMA. 859-497-2518. Special Showings of TRANSFORMERS, PIRATES OF THE CARIBBEAN, AT WORLD'S END, RATATOUILLE.

OPEN HOUSE. 144 PINVIEW. 2151 LOCUST GROVE RD. 2151 LOCUST GROVE RD. 2151 LOCUST GROVE RD.

One Meat, Two Vegetables Roll or Cornbread 10 oz. Fountain Drink \$5.29 + tax. We Now Accept Unleaded Express Cards. Complete Line of Soft Drinks & Beer • On Road & Off Road Diesel • Three Grades of Quality Gasoline. OPEN 5 AM - 10 PM MONDAY - SATURDAY 7 AM - 10 PM SUNDAY. 305 MOOREFIELD RD 289-2200

WATERPROOF. 40 gallon \$229. 50 gallon \$239. RICHMOND ELECTRIC WATER HEATERS. 40 gallon \$229. 50 gallon \$239. EVAN ALMIGHTY. 1408. 125.430.76.835. TRANSFORMERS. 135.430.76.835. LICENSE TO WED. 135.430.76.835. PECK'S FARM SAFETY. 135.430.76.835.

HOROSCOPES. ARIES - May 21/Apr 20. VIRGO - Aug 24/Sep 22. AQUARIUS - Jan 21/Feb 18. LIBRA - Sep 23/Oct 23. SCORPIO - Nov 23/Dec 22. CAPRICORN - Dec 22/Jan 19.