

HEALTHY LIVING

ENOJOY YOUR BEST LIFE

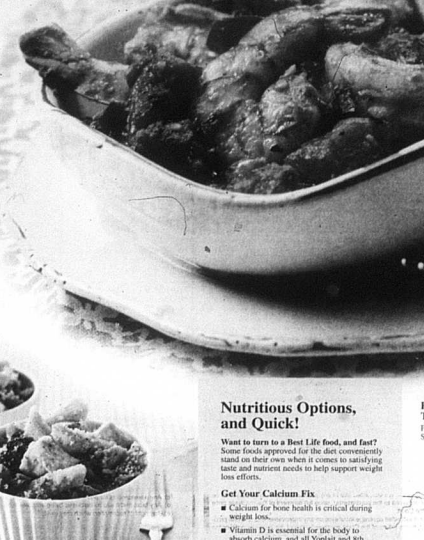
Foods You Know and Love

FAMILY FEATURES

"Eating is and always should be one of life's pleasures," according to Bob Greene, the personal trainer responsible for Oprah's dramatic weight loss and author of the new book, The Best Life Diet. In his book, Greene introduces lifelong eating strategies for losing weight and keeping it off while eating the same great-tasting foods and drinks that Oprah enjoys.

It makes it easy for people to choose foods that fit Greene's philosophy: he created the Best Life meal approval for select food products that help meet daily nutrition and energy needs. A proof that eating can be enjoyable while trying to lose weight, he shares mouth-watering recipe ideas that you'll savor without the guilt. The foods bearing the Best Life seal, found at your local grocery store, can be applied to Greene's meal plans. Among these foods are products from Canadian Farm of nutritious vegetables such as Green Giant and Progresso soups, pure organic oils from Canadian Farm and Maui Glen or calcium-rich favorites like a Yoplait yogurt and soft Bix Continental soy milk.

For additional Best Life recipes, visit www.eatbetteramerica.com/bestlife.



Nutritious Options, and Quick!

Want to learn to Be a Best Life food, and fast? Some foods approved for the diet conveniently stand on their own when it comes to satisfying taste and nutrient needs while they support weight loss efforts.

Get Your Calcium Fix

Calcium for bone health is critical during weight loss. Calcium is found in many dairy products, including milk, yogurt, and cheese. Other sources include leafy greens, almonds, and fortified cereals.

Try the Best Life Diet Berry Smoothies recipe by blending 1 cup from Canadian Farm frozen organic blueberries with 1 container (6 oz) Yoplait Original French vanilla yogurt and 1 and 1/4 cups Bix Continental vanilla soy milk. Smooth. Serves two.

Go for Soup-er Taste

Eat warm-rich foods such as soup for lunch or a first course to help you feel full on fewer calories, and seek some veggies in your diet.

Many Progresso soups bear the Best Life seal, and more than 100 Progresso soups are 100 calories plus or less per serving.

Fire-Roasted Tomato-Shrimp Veracruz

Prep Time: 15 Minutes Start to Finish: 30 Minutes 1 tablespoon olive oil 1/2 cup peeled, peeled, diced (if desired) 1 medium shrimp, tails removed (if desired) 1/2 medium cup jalapeno or serrano chile, seeded, finely chopped 1 teaspoon chopped fresh thyme leaves or 1/2 teaspoon dried thyme leaves 1 can (14.5 oz) Maui Glen organic fire roasted diced tomatoes, undrained

In 12-inch skillet, heat oil over medium-high heat. Cook shrimp, green onions, chile, orange peel and thyme in oil 1 minute, stirring frequently. Add tomatoes. Heat to boiling. Reduce heat; simmer uncovered about 5 minutes or until shrimp are pink and firm and sauce is slightly thickened, stirring occasionally.

High Alcohol: 1500-6500 Btu No change 1 Serving: Calories 140 (Calories from Fat 40); Total Fat 5g; Saturated Fat 0.5g; Cholesterol 10mg; Sodium 230mg; Total Carbohydrate 6g (Dietary Fiber 1g); Protein 10g 39% Daily Value; Vitamin A 10%; Vitamin C 15%; Exchange: 1 Vegetable; 1/2 Very Lean Meat; 1/2 Fat carbohydrate; Cholesterol 12. ©2007 Small Planet Foods, Inc.

Broccoli Mac 'n' Cheese

Prep Time: 25 Minutes Start to Finish: 40 Minutes 2 1/2 cups uncooked whole wheat penne pasta (8 oz) 1 small red bell pepper, coarsely chopped (about 1 cup) 1 bag (14 oz) Cavendish Farms broccoli & chive sauce 2 cups cooked whole wheat pasta 1/4 cup fat-free (skim) milk 1/8 teaspoon ground red pepper (cayenne) 1/2 cup plain dry bread crumbs 3 tablespoons shredded Parmesan cheese 1/2 teaspoon Italian seasoning 1 tablespoon olive oil

Heat oven to 375°F. Spray 13x9-inch baking dish with cooking spray. Cook pasta as directed on package - except omit salt and add bell pepper. Drain. 2. Measure and cook broccoli & chive sauce as directed on bag. Stir cooked broccoli mixture, chile, milk and ground pepper into pasta. Drain into baking dish. 3. Mix bowl. Mix together bread crumbs, Parmesan cheese and Italian seasoning; stir in most of pasta mixture. 4. Bake 15 to 20 minutes or until top is golden brown and pasta is hot.

6 servings High Alcohol: 1500-6500 Btu In step 2, bake 25 minutes. In step 3, bake 18 to 23 minutes. 1 Serving: Calories 440 (Calories from Fat 80); Total Fat 24g (Cholesterol Fat 10g); Cholesterol 20mg; Sodium 560mg; Total Carbohydrate 54g (Dietary Fiber 4g); Protein 21g Daily Value; Vitamin A 15%; Vitamin C 7%; Exchange: 5 starch; 1/4 Other Carbohydrate; 1/2 Carbohydrate; Cholesterol 21. ©2007 and 8/04 of Green Line

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DAR announces America, Christopher Columbus winners

The Jimma Johnson Chapter of the Daughters of the American Revolution is proud to announce the winners of the 2006-2007 American History Essay Contest. Nicholas County had winners in the sixth grade as Laura van der Heiden took first place, while John Rawlings won a NCHS freshman year chapter's essay winner. The contest was open to all fifth, sixth, seventh and eighth grade students in Bourbon, Nicholas and Montgomery counties. This year's American History Essay topic and title was "Jamestown Colony is Settled." To help commemorate the 400th anniversary of the founding of Jamestown, the students were asked to take on the persona of one of the early settlers and write a letter to someone in their country who remained in England. First, second and third place winners were chosen from each grade. All first place winners will receive a certificate, and \$25 in cash. Each participant in the contest will receive a special certificate, and in addition, the first place winners in each category have been forwarded to the state DAR to compete at the state level.

The winner for the fifth grade category is Josh Elm, Came Ridge Elementary school. Darney and Michelle Elm. Second place winner is Anjela Anjela, Mableton Elementary, daughter of Elvis and Rebecca Akins. Third place is awarded to Matthew Ryan Kosier, Mt. Sterling Elementary, son of Michael and Leisa Kosier. Sixth grade first place winner is Lara van der Heiden, Nicholas County Middle School. Lara is the daughter of Aris and Kim van der Heiden. In the seventh grade, the first place winner is Delaney Pritchard, McNabb Middle School, daughter of Thomas and Vicki Pritchard. Second place winner is Mackenzie Ann Alexandra Wyatt, McNabb Middle School, daughter of Betsy Craig. Third place winner is Amber Tyra, McNabb Middle School, daughter of Charles and Anita Tyra. The eighth grade winners are: First place - Alanna Sturms, St. Mary School, daughter of Charles and MaryAnne Sturms. Second place - Maria Hughes, St. Mary School, daughter of Kathryn Hughes and Michael Hughes. Third place - Rachel McGuire, McNabb Middle School, daughter of Charles and Donna McGuire. In addition to the American History Essay contest, the Jimma Johnson Chapter will award the winners of the 2006-2007 American History Essay contest. Congratulations go out to the essay winners!

COMMOWALTH OF KENTUCKY NICHOLAS COUNTY COURT CASE NO. 06-CI-0082 GREEN TREE SERVING, LLC vs. E. THOMAS CAMPBELL, ET AL. NOTICE OF SALE

COMMOWALTH OF KENTUCKY NICHOLAS COUNTY COURT CASE NO. 06-CI-0084 KENTUCKY HOUSING CORPORATION vs. DARRELL E. EVANS, ET AL. NOTICE OF SALE

COMMOWALTH OF KENTUCKY NICHOLAS COUNTY COURT CASE NO. 06-CI-0082 J.P. MORGAN CHASE BANK, N.A. vs. SUCCESSION IN INTEREST BY MERGER TO BANK ONE, N.A. NOTICE OF SALE

COMMOWALTH OF KENTUCKY NICHOLAS COUNTY COURT CASE NO. 07-CI-00003 HOUSEHOLD FINANCE CORPORATION vs. MICHAEL SHAWN SEXTON, ET AL. NOTICE OF SALE