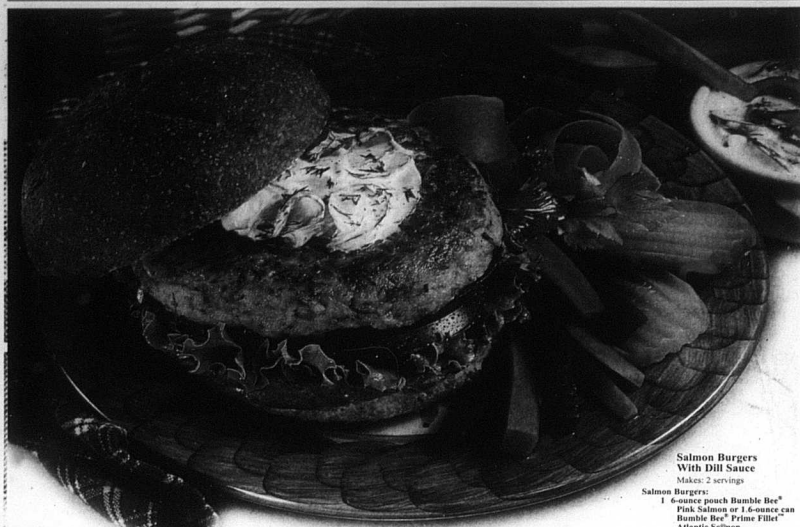


HEALTHY LIVING



Fit, Fabulous Fish

Salmon and tuna provide rich sources of health-enhancing Omega-3 fatty acids

HEALTHY FEATS

Imagine a food low in carbohydrates, fat and calories but high in protein. Imagine a food that improves heart health, reduces hypertension, boosts the immune system, helps fight autoimmune disease, improves mental health and cognitive performance and reduces the risk of certain cancers. Sound fishy? It is!

Amazing Omegas

Omega-3 fatty acids, or essential fatty acids, are critical for good health. Since the body can't produce sufficient amounts of these essential fatty acids on its own, Omega-3s must be consumed through food sources.

Salmon Burgers With Dill Sauce Makes 2 servings

- 1 6-ounce pouch Bumble Bee® Pink Salmon or 1.6-ounce can Bumble Bee® Prime Fillet Atlantic Salmon
1/4 cup finely chopped green onion
1/4 cup finely chopped celery
1/2 cup diced bread crumbs
1 large egg, lightly beaten
1 tablespoon Dijon mustard
1 teaspoon grated lemon rind
2 hamburger buns

Dill Sauce: 1/4 cup sour cream, 1 cup finely sliced cucumber, 1 teaspoon fresh dill, 1 teaspoon finely chopped fresh mint

Combine salmon, green onion, celery, bread crumbs, egg, mustard and lemon rind. Mix well. Form into two patties. Cook one hour or until ready to cook.

Nutrients per serving (salmon burger with 1/4 sauce per portion of dill sauce): 440 calories, 0.10 from fat, 14g fat, 6g saturated, 155mg cholesterol, 90mg sodium, 43g total carbohydrates, 3g fiber, 6g sugars, 34g protein

Festive Mediterranean-Style Rigatoni Pasta Makes 6 servings

- 5-3/4 ounce jar Spanish olives (green olives stuffed with pimientos), drained
1/2 pound rigatoni pasta, cooked according to package directions, drained
1 tablespoon thinly sliced fresh chives
1/4 cup parmesan, grated
Pinch of crushed red hot pepper flakes (optional)

In large bowl, toss pasta and tuna sauce, according to package directions, in serving dish or on individual plates. Drizzle with remaining olive oil over top and garnish with thinly sliced chives and freshly grated parmesan. Top with a pinch of crushed red hot pepper flakes for a little more bite.

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Johnson Matthey Health Care, Inc. 2322 Concrete Rd. Carlisle, KY 40311 289-7181

When seconds count... Nicholas County Hospital's ER is ready! Certified in Trauma, ACLS & PALS

SPECIALTY SERVICES GARY EARLE, M.D. CARDIOVASCULAR THORACIC SURGERY Tuesday Call 859-263-1300

LIFESTYLE

Carlisle students to perform in annual recital

Several Carlisle and Nicholas County students will perform in the annual recital for 'Town and Village School of Dances, Inc.' The show entitled 'On That Note' will be presented at the Harrison County High School auditorium, on May 17-19 at 7 p.m. with a matinee performance at 2 p.m. on the May 19.

Carlisle student participants include: Shanna Davis, Kristia Doyle, Darrah Green, Delaney Green, Jenna Isham, Sydney Johnson, Alyssa Judd, Brooklyn Kinder, Adrienne Letcher, Holden Markland, Elliott Mattox, Olivia Mattox, Hope Motley, Hailey Paynter, Megan Poe, Andi Reiter, Katelyn Robinson, Shanna Robinson, Tamara Robinson and Laci Willoughby.



From left to right: Adrienne Letcher, Ashley Ford, Leah Young and Elliott Mattox

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Photo submitted

NICHOLAS NEWS TRAIL HEADQUARTERS-SALWELL-BARTLETTVILLE

The Saltwell United Methodist Women had a large crowd on Monday night at their Mother's Daughter banquet. The speaker was Jody Sparks who presented so many cute things that children say about mothers, and also had aprons on a table and had a good reading about all the things that our moms would use for their moms.

Trucks on Sunday for Mother's Day. A nice reception was given for Mother's Day, Sunday at Johnson Matthey Health Care. Sharon Beckett and Susan Morgan, activity directors, served cake and punch, with the help of Ashli Morgan and others, to many mothers and visitors. Nice flowers were presented to the youngest, oldest mother and the mother with the most children.

Mark Mattox Auction Saturday, May 19 - 10:30 a.m. 4100 Upper Sharpburg Road - East Union. DIRECTIONS: From 1-64 at Mt. Sterling, follow Highway 11 toward Flemingburg, and turn left on Upper Sharpburg Road at Sharpburg. Follow to 'Y' at East Union, turn left, home will be on the right.

MARK MATTOX AUCTIONEER & REAL ESTATE BROKER, INC. 3740 Mayaville Rd., Carlisle, KY 40311 859-289-5720

PURSUANT TO KRS 424.290, "MATTERS REQUIRED TO BE PUBLISHED," THE FOLLOWING RACES WILL APPEAR ON ALL THE VOTING MACHINES IN NICHOLAS COUNTY FOR THE PRIMARY ELECTION, MAY 22, 2007.

OFFICIAL BALLOT FOR NICHOLAS COUNTY - 4TH CONGRESSIONAL DISTRICT PRIMARY ELECTION HELD ON TUESDAY, MAY 22, 2007

Table of candidates for the 2007 Primary Election in Nicholas County, Kentucky. Columns include Party Affiliation, Name, and Office.