

Daddy,
I may be little, but I want you to know how proud I am of you. My life would not be complete without all the love shown from you.

Congratulations on Graduating.
Love, Your Baby Girl Kaylyn

Brandon,
You made it! The last 4 years have been rough, but you stuck with it. We are very proud of you. May the road that you travel lead you to a bright future.

WAY TO GO!
Congratulations
Love, Mom, Dad Deb & Wyder

Brandon,
This one important journey of your life is almost over. We would like you to know how proud we are of you. Continue down this path for a great future.

Love, Crystal, Mitchell Cheyenne & Logan

Hats Off To The Class of 2007

MORTENSON Family Dental
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Nicholas County Public Library
*Becky Reid, Librarian
Susan Short, Children's Librarian*

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The Nicholas County News Since 1867

LIFESTYLE
Family and Consumer Sciences Corner

Walking for Wellness

you need some quiet time by yourself? Would you like to listen to some music? Walking is ideal for a little time to yourself and enjoying some tunes. Walking gives you something most of us need - time to think. Is there something you need to talk over with someone? Do it while you walk.

It's warm outside and a perfect time to get some

extra fitness in, try walking. Walking is probably the most popular form of fitness because you can do it while you do other things. It also can be good for your emotional health as well as your physical health. Do

Walking is ideal for a little time to yourself and enjoying some tunes. Walking gives you something most of us need - time to think. Is there something you need to talk over with someone? Do it while you walk.

are just some of the places you'd like to see more often? Try to set up a time when the two of you can walk together and catch up on each other's lives. Schedule a regular time to walk. On the weekends, make time to get out and enjoy nature. Kentucky state parks and nature preserves are just some of the places we can go to see the state. Walking is good for your mind - mind and body.

Consistent walking can decrease your risk of heart disease, diabetes and possibly some types of cancer. Regular walkers tend to have lower blood pressure and a decreased risk of having a stroke. Walking also strengthens bones and muscles and can help you control your weight. Walking can also help reduce stress. It seems to promote a more positive outlook and bring mental agility. Walking increases energy and may even help you sleep better at night. People of all ages can benefit from regular walking.

Farmer's Market... Fresh Ideas

By Jill Hutton
EFNEP Program Assistant
Nicholas County Extension Office

Did you make it out to a farmer's market over the weekend? Our own Farmer's Market had tomato plants, pepper plants, jam, jellies, garden lettuce, mustard greens, onions, and strawberries. Needless to say the strawberries were not there long very long. There are supposed to be more strawberries this weekend. If you are interested, be sure to get there early. The market opens at 8 a.m. on Saturday. Until then here a couple of recipes for you to enjoy now or to think about before visiting any farmer's market this week. Have a great week.

Kentucky Strawberries
Season: May through June

Strawberry Lemonade
2 pints fresh strawberries
1 cup sugar
3 cups water
1 1/2 cups lemon juice
Place strawberries in

Broccoli Cornbread
1/2 cup margarine, melted
1/3 cup onion, chopped
1 teaspoon salt
1/2 cup cottage cheese
1 1/2 cups fresh broccoli

container of food processor or blender, process until smooth. Combine sugar and water in a saucepan; cook over medium heat until sugar is dissolved. Combine sugar mixture, strawberries, and lemon juice; mix well. Chill, serve over oatmeal. Garnish with a fresh whole strawberry if desired.

Yield: six 8-ounce servings.

Nutritional Analysis:
180 calories, 0 g. fat, 1 g. protein, 46 g. carbohydrates, 0 mg. cholesterol, 0 mg. sodium. Prepared by Sarah Ball Brandt.

Here is another recipe in our series of broccoli recipes.

Prepared by Pam Sigler

Community Calendar

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

Teacher/Parent requests
Teacher/Parent requests were sent home with all K-3 students Tues., May 29. They must be returned or postmarked by Mon., June 4. Additional forms are available at NCMS or Board office.

Courthouse Square Art Guild to meet
The Courthouse Square Art Guild will meet Mon., June 4 at 5 p.m. in the Library. Everyone is welcome to attend.

Diabetes Coalition to hold meeting
The Nicholas County Diabetes Coalition will hold its regular monthly meeting Mon., June 4 at 6:30 p.m. in the Community Rooms at the Health Department. Everyone is urged to attend.

Summer reading program at the library
Get a Clue at your library summer reading program 2007 will get underway June 18-21 sponsored by the Nicholas County Public Library. The event is free and open to young people, 3 years old through the fifth grade, with programs, prizes, stories, crafts and more fun activities centered on reading. Registration is mandatory before June 8. For information call the library at 289-5595.

N.C. Adult Learning Center News
Free basic computer classes are being offered at the Nicholas County Adult Learning Center. Anyone who is interested may come to the center between the hours of 9 a.m. to 6 p.m. on Mondays and Tuesdays and 9 a.m. to 3 p.m. on Wednesdays. mail it to P.O. 372, Carlisle, KY 40311. You can email it to editor@nclearlearning.com. You can fax it to 859-289-4000.

STILL TRADING AFTER ALL THESE YEARS! HAPPY 50th BIRTHDAY - ROGER RICE!
We love you - Kel, Sis & Bub

Happy 16th Birthday - Seth Tedder
Love, Tom & Mom, Morgan & Nathan

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Is it true? Can it be? Our maww 'Hopie' is 53!

You always let us have our way for that we say 'thanks' and **HAPPY BIRTHDAY!**

Love, Hannah and D.J.

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