

LIFESTYLE

A Pinch of This and a Dash of That

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 Nicholas County Extension Office

All About Oatmeal

Happy New Year! I hope everyone had a great Christmas, safe new year, and hope we are all ready to get back on the road to great health in 2008. Let us look at what January holds for us in the area of nutrition. January is National Oatmeal Month. This is interesting due to all of the many, many New Year's resolutions that people make in January. One common favorite of a lot of us is to eat healthier and maybe lower our cholesterol. I had a conversation at Christmas with my uncle about the importance of oatmeal in the diet. Did you know that oatmeal has six specific health benefits?

Oats are a good source of both soluble and insoluble fiber. Both of these fibers are important to us because of the function which they have for our bodies. However listed now are the health benefits of oatmeal:

Oatmeal's insoluble fiber's has cancer fighting properties that are due to the fact that it attacks certain bile acids, reducing toxicity.

Soluble fiber has been known to reduce LDL cholesterol without lowering

HDL cholesterol. Soluble fiber slows down the digestion of starch and carbohydrates which will keep you feeling fuller longer.

It has been found that adding oatmeal may reduce chances of developing heart disease.

The phytochemicals in oats may have cancer fighting properties. Oats are a good source of many nutrients including vitamin E, zinc, selenium, copper, iron, manganese, and magnesium. Oats are also a source of protein.

However, remember that when speaking about oatmeal it is just the good old fashioned kind. This is not the kind that has lots of sugar or sugary gums in it. These will still provide you with oatmeal, but not with the optimum health benefits that old fashioned oatmeal will give you. There are some ways to sweeten the oatmeal since oatmeal is traditionally fairly bland. You can prepare your oatmeal with milk. You can add a sugar substitute or honey to sweeten the oatmeal and you can add a serving of fruit like blueberries or cranberries. The red and blue fruits are often the two colors neglected in our diet for a full rainbow on our plate. Adding these to oatmeal will sweeten it and get you on the path

for healthy food selections for that day. Check the section of the grocery that contains grains and you will be amazed at the options of dried fruit available for us today. Remember, to receive optimum health benefits of oatmeal, to eat at least one cup of oatmeal each day. Also, if you just cannot eat that much oatmeal a day remember there are a wide variety of cereal bars that provide oatmeal as well as ready-to-eat cereals that provide a serving of oatmeal. Be sure to read the label and watch the sugar content of the bars and cereals.

Here are some recipes to help you add that cup of oatmeal to your diet daily.

Apple Crisp
 4-5 medium apples
 1/2 cup quick cooking oatmeal
 1/2 cup flour
 1/2 cup brown sugar
 1 tablespoon cinnamon
 1/4 cup margarine
 Instructions:
 1.) Preheat the oven to 350 degrees.
 2.) Grease the bottom and sides of the square pan.
 3.) Remove the cores from the apples. Slice the apples.
 4.) Spread the sliced apples on the bottom of the pan.

Banana Split Oatmeal
 1 1/2 cup dry oatmeal, quick-cooking
 1/8 teaspoon salt
 1/2 cup very hot water
 1/2 cup sliced banana
 1/2 cup frozen yogurt, non-fat
 Instructions:
 1.) In a microwave safe cereal bowl, mix to-

OVERLY

Continued from Page 1

Overly defeated Republican nominee Bragg Bauman by more than a two-to-one margin in Nicholas County, garnering 68% of the vote to Bauman's 28%. She also took a large win in Bath County, along with Fayette precincts. Bourbon County was not official at press time, but exit polls showed her a clear winner.

"I'm thankful to everyone that voted for me," Overly said Tuesday. "I know I have big shoes to fill because Carolyn Belcher did such a wonderful job. I will work very hard to fill those shoes."

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JAN 11TH-JAN 17TH

Let's Go to the Movies

ONE MISSED CALL
 1:30, 4:30, 7:15, 9:25

THE BUCKET LIST
 1:35, 4:20, 7:05, 9:45

ALVIN AND THE CHIPMUNKS
 1:00, 3:15, 5:20, 7:30, 9:40

FIRST SUNDAY
 1:00, 4:20, 7:30, 9:30

P.S. I LOVE YOU
 1:20, 6:50

NATIONAL TREASURE: BOOK OF SECRETS
 1:15, 4:05, 6:50, 9:40

I AM LEGEND
 1:20, 7:00

JUNO
 1:20, 4:00, 7:30, 9:50

PIRATES WHO DON'T DO ANYTHING: A VEGGIE TALE MOVIE
 1:15, 2:20, 3:30, 4:40, 9:40

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|--|---|---|---|
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|  <p>2004 Saturn Ion Leather Seats, Aluminum Wheels, Sharp Excellent Fuel Economy 42111080 \$9,995</p> |  <p>2008 Buick Enclave CXL Leather Seats, Aluminum Wheels, Sharp Luxury. Will Spoil You on Contact. MSRP: \$41,220 Sale Price: \$40,985</p> |  <p>2007 Chevy Equinox LT All Wheel Drive, Sunroof, Chrome Wheels, nice. 7616189 \$19,695</p> |  <p>2006 Chevy Impala LT Remote Start, CD, Power options 6627210 \$14,995</p> |
|  <p>1999 GMC Yukon SLT Leather, 4x4, Aluminum Wheels, nice KJ752977 \$6,900</p> |  <p>2005 GMC Sierra 1500 SLE Ext cab, 4WD, 51K, Well-equipped 0E113857 \$18,995</p> |  <p>2007 Buick Lucerne CXL Leather, Front Bench Seat, Loaded 7U138797 \$22,980</p> |  <p>2008 Chevy Malibu This car is a Model/Year/Color of the Year Finalist. Come drive it and you'll know why! 9-117 \$19,580</p> |

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LIFESTYLE

Mercury Memories

25 years ago
 Jan. 13, 1983

Ewing native Woodie Fryman has signed a contract to play professional baseball for another year with the Montreal Expos. He has been with the team for eight years.

Fryman is the winningest left-handed pitcher in Montreal Expo history.

1540 potatoes are only \$1.59 for a ten-pound bag.

Mary Tapp, City Clerk, reported during Monday night's Carlisle city council meeting that the gas restoration project is 40 percent completed.

20 portraits are only \$12.85.

South Central Bell Telephone Company is in the midst of a 13-month period geared to meet competitive demands.

Kendell L. Seaton, State Director of Farmers Home Administration (FmHA) announced Jan. 8 that the delinquency rate for monthly payment housing borrowers has been reduced from 24.5 percent to 15.9 percent during the past 18 months.

65 persons have applied thus far for work in the county as part of the local relief committee.

Payment for the work available is \$1.50 per day, payable in merchandise orders, good at any store.

27 young members of the Carlisle Future Farmers of America will raise 37 acres of tobacco. 15 young men will raise 30 acres of corn.

The boys have a total of 66 projects and each boy hopes to make \$100.

The Carlisle tobacco market set a state record with one basket bringing \$51 per 100 pounds.

"Our cool makes warm friends" Dorsey Bros. & Fisher Incorporated.

Mr. and Mrs. Berry Barman, of the East Union Pike, are proud parents of a boy, their second son named Fred Lee Barman.

50 years ago
 Jan. 9, 1958

Nathan Young Jr., has been elected as the director with the Carlisle-Nicholas County Chamber of Commerce.

Young is a native of Carlisle and a graduate of Carlisle High School. He is a veteran of WW II and is a member of the Carlisle School Board. Mr. Young is married to the former Miss Dorothy Rawlings of Sharpshurg. They have two young children.

The Nicholas County Health Department informed The Mercury that the head of a fox killed by Gilbert Duncan of East Union showed positive for "rabies."

County Judge Floyd "Hampton" Clark, County Clerk J. Berry and Sheriff Jno. W. Anderson, were sworn in earlier this week. Judge Clark also administered the oath to City Police Judge Joe Clay.

AA meetings 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.

Veterans Benefits Field Representative at Courthouse

A Veterans Benefits Field Representative with the Kentucky Department of Veterans Affairs will be at the Nicholas County Courthouse on the third Tuesday of each month. The hours are 9:11 a.m. Veterans and their families will be given counseling in filing for Federal and State Veterans benefits.

Auxiliary meets second Tuesday

The Johnson Mathers Health Care Auxiliary meets the second Tuesday of each month at 10 a.m. in the hospital dining room. Anyone interested in joining the auxiliary is welcome.

Orientation Calendar

This service is provided free of any charge or fee by the Commonwealth of Kentucky, Department of Veterans Affairs. Feel free to call and leave a message if we are out 1-800-376-0308 your call will be returned as soon as possible. Come see us and bring all documents pertaining to filing a claim.

Orientation Calendar to hold meeting

The Orient Lodge #500 meets the second Thursday night of each month at 7:30 p.m. All Master Masons are welcomed.

N.C. Adult Learning Center News

The Adult Learning Center offers a flexible, successful and personalized instruction to help students successfully complete their GED. The center offers students the opportunity to study at their own pace and on their own schedule. Interested persons may stop by anytime between the hours 9 a.m. to 7:30 p.m. on Mondays and Tuesdays and 9 a.m. to 1 p.m. on Wednesdays.

Winter Tales, stories to chill the body and warm your soul will be presented at the Nicholas County Public Library at 233 North Broadway in Carlisle from 6:30 - 7:30 p.m. on Monday, January 14th. Featured storytellers are Kelly Rice, Emily Gaunce and David Blair. A storytellers support group follows from 7:30 - 7:55. The program is free and open to the public.

If you have a comment or announcement, please bring it to The Carlisle Mercury at 117 South Locust. You can mail it to POB 372, Carlisle, KY 40311. You can email it to editors@carlislemercury.com. You can fax it to 859-259-4600.

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It's Cookie Time!!!

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