

LIFESTYLE

Family and Consumer Sciences Corner

4-H Study of Positive Youth Development

UK Cooperative Extension Service... A new study confirms that youth involved in 4-H are leaders, contribute to their communities and are civically engaged...

involved with matters. The more often youth are involved in high-quality youth development programs, the more they and their communities benefit... We're excited about this research and will be applying what we learn to Nicholas County...

University, the study was sponsored by National 4-H Council. It involves more than 4,000 youth and 2,000 parents from 23 states and 2,000 parents from 23 states and 2,000 parents from 23 states...

Honor Rolls

NECMS Super Honor Roll & Honor Roll Super Honor Roll Fifth Grade Mrs. Anderson... Mrs. Wilson... Mrs. Hughes... Mrs. Bantz... Mrs. Mose...

Bromagen, Gannon Parsons, Ethan Smith, Shelby Wilcox, Alan Watkins, Nolan Whaley... Eighth Grade Mrs. Neace... Mrs. Lambert... Mrs. Stacey... Mrs. Hughes... Mrs. Bantz... Mrs. Mose...

HAPPY 16TH Dream Big! Live Large! But don't forget to do the little things. We Love you! Mom, Dad & Family

Watch Out Carlisle! Chad Oberman, David Barckhoff, Kevin Pradgett, Paul Ritchie, Felicia Ross, Austin Simpson, Scott Taulbee, Sholly King, Haley Myers... My Earlywine... Mrs. Lambert... Mrs. Stacey... Mrs. Hughes... Mrs. Bantz... Mrs. Mose...

Doyle B. turns 16 on January 20, 2008

SWEET SIXTEEN Happy 16th Birthday Blinsey We Love You, Mom, Dad & Alicia

LET GARY MEACHAM OR ED HAY PUT YOU IN A CAR TODAY! AA Highway • Mayville, KY 606-759-7171 • 1-800-467-7171

Full-Time Registered Nurse Family Home Health Care... We are a leading provider of home health services in 53 counties in Kentucky and Tennessee seeking a full-time RN for the Bourbon County area...

LIFESTYLE

Courthouse Square Arts Guild

By: Regina Barries

Happy New Year! The Courthouse Square Arts Guild had its first meeting of the year on January 7, 2008. There were approximately 20 members attending this meeting with lots of good ideas for the coming new year...

UK as an art major and then off to the Cincinnati Academy where he studied and started to draw comic strip characters... He worked in the Army Art Shop painting posters for officers who had to wear uniforms to the troops...

Nicholas, Robertson, Bracken, Harrison and Bourbon. He also teaches children at St. Edward Catholic School on Fridays. Children say wonderful things...

When is the Great American Health Check? Although January 17 was designated as a start date, the Great American Health Check is available year-round online at www.cancer.org/healthcheck...

What can I do to reduce my risk for cancer? Don't smoke, get at least 30 minutes of physical activity on five or more days a week, and consume a diet rich in fruits, vegetables, whole grains, nuts, low-fat dairy products, poultry, and fish...

What if I don't have access to a computer? While the Great American Health Check is only available online, constituents can always call the American Cancer Society's toll-free number, 1-800-ACS-2345...

What do I do with my Great American Health Check results? After taking the Great American Health Check, you will receive a personal cancer action plan that lists the cancer tests you need, as well as healthy lifestyle recommendations...

Can cancer be prevented? All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. Cancers that can be prevented or detected earlier by test...

2008 American Cancer Society Great American Health Check

Frequently Asked Questions

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Ladobee's Steakhouse Corner of Lake Road and U.S. 60, Carlisle • 859-289-4800 • We will be back open on Monday's starting January 21st.

BLUELICKS LONGBEARDS CHAPTER 3RD ANNUAL 10/10/10 GUN RAFFLE NWTFF Tickets will be sold at the banquet... Refunds in as little as 24 hours... PIONEER CREDIT AND TAX SERVICE

Refunds in as little as 24 hours... PIONEER CREDIT AND TAX SERVICE... We are a leading provider of home health services in 53 counties in Kentucky and Tennessee seeking a full-time RN for the Bourbon County area...

Today's Menu: Breakfast Special Small Biscuit and Gravy Two Eggs, Hash Brown Side Bacon or Sausage \$3.89... MARRATHON 5399 Concrete Rd. • Carlisle 859-289-6118

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