

LIFESTYLE

Family and Consumer Sciences Corner

Eating smarter at work leads to healthy lives

UK COOPERATIVE EXTENSION SERVICE Extension Notes

As New Year weight loss resolutions begin, people can get off track by the temptation of unhealthy foods in the workplace.

However, many times when people are eating out every day, most of the food eaten is not healthy.

But the extra calories are consumed because they are convenient. Packing a lunch will also help limit the use of the vending machines.

According to the 2003-2004 National Health and Nutrition Examination Survey, almost 60 percent of the U.S. adults are overweight or obese.

Portions can also be limited when serving pastries, cakes or other baked goods at meetings and events.

While not all weight is gained on the job, changing the workplace eating environment can help diet.

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While not all weight is gained on the job, changing the workplace eating environment can help diet.

Need extra cash? Sell it in the classifieds! Just drop your ad at The Carlisle Mercury office at 117 Locust St. Carlisle 20 words for 16¢, 30¢ each additional word

Webb Farge Bank, N.A. NOTICE OF SALE

By virtue of Judgment and Order of Sale of the Nicholas Circuit Court entered in the above styled action on December 9, 2007...

Beginning at a point on the Northwest side of Manning County, Kentucky, containing 0.25 acres of land...

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Thoughts from... the Pastor's Study

By Bro. Steve Smith, Carlisle Christian Church

How is your prayer life?

The Bible says, "pray continually." [1 Thess. 5:17]

Prayer is a constant attitude of prayer.

Rosalind Rinker defines prayer as "simple conversation with God."

It is the best definition of prayer I've ever read.

Sometimes time flies. In it, we converse with God through fear, joy, concern, pressure, doubt, tears, anger, frustration, isolation and a host of other emotions.

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When circumstances seem against you, this is often the hardest time to pray.

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Howards celebrate 50th anniversary



John and Roberta Howard

Mr. and Mrs. John Howard celebrated their 50th wedding anniversary on Saturday, January 5, 2008 at the Carmo Country Club with a surprise dinner given by their children.

Approximately 45 family members and friends were in attendance. Mr. John Howard and Mrs. Roberta Robinson were united in marriage on January 2, 1958.

The Howards have four children: Della Mitchell, William, Harold (Pat), and Russell Howard. They have been blessed with four grandchildren, Taylor Mitchell, Austin, Shaeda, and Mia Howard.

Mr. and Mrs. Howard would like to thank all of the guests who shared this special celebration with them, for the gifts, cards and blessings.

God always keeps His promises. I don't know of any promise God has ever made that He hasn't kept.

Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption that is in the world caused by evil desires. 2Pet. 1:4

No wonder the Bible says, "pray continually."

Tipton Staffing Now Hiring Manufacturing Jobs

\$8.00 - \$12.00

Must have GED or high school diploma. Must pass background check and drug screen.

859-498-7611 (Mt. Sterling, Kentucky)

EAST END FOOD MART

We Now Have: Frozen Explosions

\$2.39 One Size Only

Coca Cola Fridge Packs \$3.99

Aquafina \$5.50

Peppi Cab \$5.99

Ham \$6.99

Crush \$2.99

BREAKFAST SPECIAL \$4.19

Daily Lunch Special

One Meat, Two Vegetables \$5.29

Use New Account, Unlimited Express Cards

305 MOOREFIELD RD 289-2200

JEWEL PADGETT WILLIAM PADGETT DONALD DEAN HILL CHRISTINE HILL

NOTICE OF SALE

By virtue of Judgment and Order of Sale of the Nicholas Circuit Court entered in the above styled action on January 23, 2008...

Being a Parcel or Tract of land located on the south side of Kentucky Highway No. 380 (Carpenter Pike), approximately 0.17 miles east of U.S. Highway No. 48...

Unless stated otherwise, any monument referred to herein as an iron pin set shall be a 1/2" steel pin with a sterling silver stake.

Beginning at a point on the East right-of-way line of T11 Railroad, a corner property of Rocky & Linda...

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