

IFESTYLE
A Pinch of Tzys and a Dash of That

By Jill Hatton
EPHEF Program Assistant
Nicholas County Office
Now that Memorial Day has passed, it is the time for great barbecues and summer time fun.

so remember to use a thermometer to make sure the food has reached a safe internal temperature. The meat is done when the juices run clear and flesh should not be pink.

to serve warm alongside the kabobs. Place beef cubes onto 4-6 skewers. Grill over hot coals for 10-12 minutes, turning often.

top loin steaks, cut 1-inch thick and well trimmed 1 large onion, cut into 1/2 inch thick slices
Nutritional information: 333 calories, 36 g protein, 25 g carbohydrate, 11 g fat, 94 mg cholesterol.

domeness is reached, turning once and again brushing with glaze.
Nutritional information: 410 calories, 24 g protein, 47 g carbohydrate, 19 g fat, 99 mg cholesterol, 202 mg sodium.

HAVE YOUR CHILD READ ABOUT LOCAL EVENTS
READ ABOUT LOCAL EVENTS
(FIND OUT ABOUT THEM BY READING)

The Carlisle Mercury
Knowing about local events can help you and your family better understand what is going on in your community. Call 859-289-6425

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0002
PLAINTIFF
VENUE: KEVIN S. EVANS, ET AL.
NOTICE OF SALE
DEFENDANTS: DARRELL E. EVANS, ET AL.

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0007
PLAINTIFF
VENUE: DEBORAH D. WILLIAMS, ET AL.
NOTICE OF SALE
DEFENDANTS: DEBORAH D. WILLIAMS, ET AL.

VENUE: KEVIN S. EVANS, ET AL.
NOTICE OF SALE
DEFENDANTS: DARRELL E. EVANS, ET AL.

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0011
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0012
PLAINTIFF
VENUE: MICHAEL PURVIS AS MICHAEL L. PURVIS
NOTICE OF SALE
DEFENDANTS: MICHAEL PURVIS AS MICHAEL L. PURVIS

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0013
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0014
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0015
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0016
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0017
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0018
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0019
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0020
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0021
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0022
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0023
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0024
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0025
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0026
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0027
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0028
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0029
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

COMMONWEALTH OF KENTUCKY
NICHOLAS CIRCUIT COURT
CASE NO. 08-CI-0030
PLAINTIFF
VENUE: JAMES H. COLEY, MASTER COMMISSIONER, NICHOLAS CIRCUIT COURT
NOTICE OF SALE

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