

Curves

Lose Fat, Gain Muscle

Many women believe the myth that lifting weights will make them gain weight. If you have yet to incorporate strength training into your fitness regimen and are hesitating to do so because you think you will end up gaining weight, you may be missing out on several health and fitness benefits. Strength training is essential for maintaining permanent fitness results because it can help to build muscle, boost your metabolism, and even burn fat! Muscle is more dense than fat. Focusing more on body composition and less on the numbers on the scale can help you get some perspective about whether your fitness efforts are paying off. It's important to remember that muscle is denser and smaller in volume than fat. This is why five pounds of muscle looks so different than five pounds of body fat on the same person. Even though the scale weight is the same, the distribution of lean muscle tissue is much more compact and attractive than bulges of fat. If you want to maintain a toned look, focus more on lean muscle gains and less on dropping numbers on the scale. Gaining lean muscle with strength training workouts. An article by Dr. Bill Misner Ph.D. published on the American Fitness Professionals & Associates (AFPA) website reveals that strength training workouts are essential for releasing testosterone and human growth hormone (HGH). Both men and women need these hormones to produce and maintain lean

muscle tissue. Maintaining or gaining lean muscle will help you burn more calories around the clock without any exertion so it makes sense to maintain a strength training regimen. Other benefits of strength training. In addition to helping you stay lean and strong, resistance training offers the benefit of strengthening the bones. The National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases National Resource Center reports that regular exercise is essential for treating and preventing osteoporosis. Bone is living tissue that can be strengthened with weight-bearing and weight training exercises. Strength training can also increase your metabolic rate so that you are burning more calories during and after your workout. Research published in the Journal of Applied Physiology shows that the heavy resistance strength training among subjects increased the resting metabolic rate. The Curves circuit is a strength training program. You can join now with **FREE ENROLLMENT**. This offer is limited to the first 30 applicants. Call 606-845-4902 to join today.

St. Charles Borromeo Catholic Church

211 Mt. Carmel Ave.,
Flemingsburg, KY
606-849-9415

Father Eric Boelscher
- **Weekend Mass**- 5:00 PM
Saturday, 11:00 AM Sunday
Weekday Mass- 8:00 AM
on Tuesdays and Thursdays.

FAITH SERIES 7PM -
Wednesday's at St. Charles

St. Rose of Lima

Mayslick, KY 41055
Father Eric Boelscher -
Sunday Mass - 9:00 AM
Tuesday Mass- 7:00 PM
FAITH SERIES 7:00 PM
- Thursday's at St. Rose

Favorite Lodge 581 Sept. Meeting

At our Sept 3rd meeting of Favorite Lodge 581 in Ewing, we will be voting on changes to our by-laws. All master masons should attend for this important vote.

Conway Reunion

The 31st annual Conway Family Reunion was held SAT., Aug. 3, 2019 at the Bill and Shirley Conway farm in Hillsboro, Ky. with 76 in attendance who were: Shirley Conway, Wayne & Pattiey Conway, Sarah & Josh McCoy, Hillsboro, Ky., Robin & Gary Heiny, Shane & Anna Conway & 3 children, Gas City, Ind., Wade, Tiffany & Heiny, Greenfield, Ind., Stevie Story, Hebron, Ky., Jordan Story, Cinn., Oh., Mindy Linneman, Walton, Ky., Polly & Terry Hurst, Flemingsburg, Ky., Greg, Vicki, Stephen & Gina Hurst, Tammy & Brianna Lunsford, Cinn., Oh., Benjamin Lunsford, Megan Francisco, Hamilton, Oh., Karen Lessard, Jennifer Clayborn, Ft. Wright, Ky., Jamie & Addyson Lessard, Erlanger, Ky., Les and Joan Conway, Conyers, Ga., Melissa & Rollie Leonberger, O'Falon, Mo., Jane & Noel Humphries, Lori Howell, Milford, Oh., Cristal Williams, Loveland, Oh., Curtis Williams, Anastasia Chirakos, Columbus, Oh., Darlene Story, Peggy & Dave Lovell, Barry & Cherry Story, Bluffton, Ind., Gary & Condy Story, Portland, Tn., Tina Keplinger, Chillicothe, Oh., Bill, Judy, John, Marion & Rita Story, Melissa, Josh, Trevor & Tanner Plank, James Cooper, Hillsboro, Ky. and family, Kim White, Ohio, Beth, Chris, Misty & Adrian Cooper, Ft. Worth, Texas, Amanda, Autumn, Ameila & Corbin Maynard, Mays Lick, Ky., Andrea Story, Lilly Walling, Morehead, Ky., Rick & Donnie Story, Flemingsburg, Ky., Condy Story Hughes, Eagle Point, Oregon.

A great day of fellowship, recalling memories, playing games, eating good delicious food was enjoyed by all and we were so thankful for the lovely day, and for those who came from so many different places to share this reunion. There is always gratitude for Bill and Shirley opening up their farm place for the day.

Attention FC Class of 1978

41 Year Class Reunion

Saturday, August 31, 2019
Sunset Farm (Owned by Molly & Johnny Ruark) 1450 Mt. Tabor Rd., Ewing, Ky. 41039
5:00-6:00 pm --- Social Hour
6:00 PM -- Dinner Served
The cost is \$30 per person.

Menu - Ribeye Steak, Chicken, Salad, Baked Potato, Corn on the Cob, Peach and Apple Cobble w/ice cream, Water & Tea.

Catered by Double S Entertainment of Flemingsburg
Any questions, please contact Molly Jackson Ruark 606-748-3932 or Tammy Warder Barton 606-748-1036.

Make checks payable to FCHS Class of 1978 and mail to:
Tammy Barton, PO Box 286, Ewing, Ky. 41039

E.P. Ward Elementary SBDM and PTC Meeting Schedule School Year 2019-2020

SBDM Meetings will be held at 4:00 on the following Tuesdays: September 10th, October 8th, December 10th, February 11th, April 14th, May 12th.

PTC Meetings will be held following the SBDM Meetings on the following Tuesdays: September 10th, October 8th, November 12th, December 10th, February 11th, March 10, April 14th, and May 12th.

Ewing Elementary SBDM

Ewing Elementary SBDM meetings will be held @ 5:00 pm in the library on the 3rd Monday of every month starting on: September 16th, October 21st, November 18th, December 16th, January 20th, February 17th, March 16th, April 20th, May 18th and June 15th for the 2019-2020 school year.

Ramey's Chapels Blessing Box

Ramey's Chapel now has a blessing box! We are located at 5532 Muses Mills Road, Wallingford, KY 41093. If you are in need please feel free to check it out. Also, come join us for services Sunday School at 10 am, Sunday Services @ 10:50 am and 6 pm, Wednesday Prayer Meeting at 6:30 pm. Pastor Jesse Hickerson Jr.

MEETING

The Kiwanis Club meet the 2nd and 4th Thursday of each month at 6:30 p.m. at Double S Entertainment. Everyone is welcome.

Meeting

DAV Chapter 143 invites any member from Bath, Fleming, Menifee, Montgomery or Rowan Counties to visit our business meeting the 3rd Saturday of each month at 1300 hrs. Call Mike for further info (606)336-2602.

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NEW LISTING!!! 510 Pelham St., Maysville. 3 bd, 1 ba home, Good location. This home is in need of some repairs and **SOLD** for \$25,000. **Call Paula, 748-1577.**

Make your Dreams a Reality

Roblox
2nd Wednesday of the month
3:30 - 4:30 pm

**Registration required
Seating is limited
Ages 11-18**

Minecraft
3rd Thursday of the month
6:00 - 7:00 pm

202 Bypass Blvd.
Flemingsburg, KY 41041
(606) 845-7851

This program is free to the public and disability accommodations are available upon request.

Fleming Shopper Hours:

Monday 9:00 - 1:00
Tuesday, Thursday & Friday 9:00 - 4:00
CLOSED Wednesday
There is a drop box by pop machine that is always open!

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