



HIGHLIGHTS

May 2009 Newsletter

CENTRAL KENTUCKY'S WATER SOLUTIONS COMPANY FOR MORE THAN 25 YEARS

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FROM THE PRESIDENT'S DESK

THANKSGIVING is a traditional fall holiday, of course, but the month of May offers several poignant reminders that giving thanks should not be confined to any particular season.

Three occasions stand out when I look at the calendar for late spring.

Mothers Day. Sunday, May 10.

We all have particular and very personal ways to observe this special day. It might be interesting to know that the tradition of honoring our mothers is one of the oldest in the world, reaching back centuries to ancient Greece. In the mid-1600s the Christians in England furthered the celebration by observing Mothering Sunday. British colonists discontinued the name, but the idea to observe a day honoring our mothers was given impetus by social activist Julia Ward Howe, who wrote the stirring words to the Battle Hymn of the Republic. Over

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More Water Please

DRINKING WATER TO KEEP FIT

The importance of keeping fit is never really argued, and several recent studies underscore the importance of keeping weight off our children. With summer coming, we thought it might be useful, particularly to parents, to share with everyone the results of several recent studies, reported by Reuters news:

- Want to help your kids keep the weight off? Just give them water instead of soda and other sugar-sweetened drinks, researchers advised recently. One analysis of the diets of children and teens in the United States showed they drink, on average, 235 "empty" calories in sugar-sweetened beverages each day. When these drinks are eliminated, the average child does not make up for them by eating or drinking more calories elsewhere, the researchers said.

- In another study, Dutch researchers found children would cut out sugary drinks before they would exercise or abandon snacks.

- "The evidence is now clear that replacing 'liquid calories' with calorie-free beverage alternatives both at home and in schools represents a key strategy to eliminate excess calories and prevent childhood obesity," Dr. Claire Wang of Columbia University in New York wrote.

- Emily Ventura and colleagues of the University of Southern California got 54 overweight Latino teens to take part in a four-month study to improve their diets.

One-third did nothing, another third took one nutrition class a week and one-third did the class plus strength training twice a week. More than half—55 percent—cut their sugar intake by 47 grams a day, or the equivalent of one can of soda. And 59 percent ate more fiber, up to five grams a day. This included even the "control" teens who did not do anything extra, Ventura's team reported in the journal.

The children who ate less sugar had healthier blood sugar levels and those who ate more fiber lost on average 10 percent of visceral body fat—the dangerous type found around the internal organs.

"Our results suggest that intensive interventions may not be necessary to achieve modifications in sugar and fiber intake," Ventura's team wrote.

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CUSTOMER FOCUS:

CUSTOM CREATIONS: BILL HORINE

Custom Creations Owner Bill Horine has been in the business of creating and fabricating some of the finest cabinets in the industry for more than 22 years. What started as a class in junior high school has turned into a business that has created designs for many customers, including The Thomas Hood Center, University of Kentucky, Transylvania University, Baptist Regional Hospital, numerous bars & restaurants, just to name a few. Chances are you've seen one of Custom Creations' "creations," but never realized it since his customer list is so extensive.

He's also been a Highbridge Spring Water customer for many of those years and is a true Highbridge fan. When asked about why he drinks Highbridge he simply stated, "It tastes good, and I don't have to drink chlorine." As you can probably imagine, working in a wood shop creates a lot of dust and can certainly make a man thirsty. We're pleased that he chooses Highbridge Springs to quench that thirst!

Bill notes that their creations aren't limited to just businesses though. They have created many beautiful pieces for residential customers as well. Need kitchen cabinets, counter tops, or home office furniture? Custom Creations will take your ideas and concepts and turn them into your reality. For your next creation, contact Custom Creations at 859-885-2358, 137 Eisenhower Ct., Nicholasville, KY 40356.



FROM THE PRESIDENT'S DESK *(continued from front)*

the years Mother's Day has become one of the most revered dates on the calendar.

Armed Forces Day, May 16.

This day was established by President Harry Truman as a means of paying thanks to our military men and women by combining individual celebrations then being held by each of the various services: Army, Navy, Air Force, Marines.

Memorial Day, May 25.

Formerly known as Decoration Day, it commemorates U.S. men and women who died while in military service to their country. First enacted to honor Union soldiers of the American Civil War (it is celebrated near the day of reunification after the civil war), it was expanded after World War I to include American casualties of any war or military action.

How about celebrating with some picnics and some Highbridge Spring Water to go along ?!?

Linda Slagel

LUCKY TICKET WINNERS !!!

As the major sponsor of the popular Troubadour Music Series presented at the Kentucky Theatre in downtown Lexington, Highbridge is pleased announce the lucky winners of four tickets to each of these three exciting shows. Their names were randomly drawn from the entries which came to us by e-mail. Congratulations to all.

Monday, May 11

WINNERS: STEVE AND MARY KATZ

George Clinton and the Parliament Funkadelic

George Clinton has been called one of the most important innovators of funk music, next to James Brown and Sly Stone.

Tuesday, June 23

WINNER: VALERIE BROWN

An Evening With the Avett Brothers

The Avett Brothers combine bluegrass, country, punk, pop melodies, folk, rock and roll, honky tonk and ragtime to produce an amazing sound.

Thursday, October 29

WINNER: EMMY MOORE

An Evening With Guitar Master Leo Kottke

Folk great Pete Seeger, who (along with John Fahey) was one of Kottke's first influences, called the young guitar player "the best twelve-string guitarist [he has] ever heard."

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and receive three free 5-gallon bottles of water
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and we will see that you receive your free water.

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