



Right: Chelsea Conlin (center) of Bowling Green teaches a yoga class Friday at the Bowling Green Boys & Girls Club. Conlin, who previously taught English as a second language classes in Japan, is working on her yoga teaching certificate at Hot Yoga of Bowling Green.



Above: Alison Leyva (from left), 9, Jaylin Burns, 8, Anthony Whithrow-Franklin, 8, Aiyanna Gurley, 9, Abigail Singer, 8, and Blair Roberson, 13, practice yoga during a class given by Hot Yoga of Bowling Green on Friday at the Bowling Green Boys & Girls Club.

Photos by Pete Rodman/Daily News

WKU Online Learning

WKU Online Learning offers educational opportunities outside the traditional college classroom, providing you with the flexibility and support you need to earn your degree!

- 1,000 undergraduate, graduate, and certificate courses offered each year
- More than 40 complete programs available online
- Convenient and accessible formats that fit a busy schedule
- Online student resources, including tutoring, career services, and financial aid

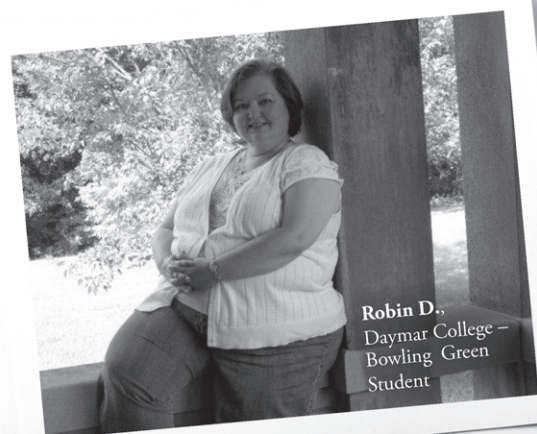
You can begin some classes anyday of the year, so call today! (270) 745-5173, 888-4WKUWEB or online at:

www.wku.edu/online

WKU Online Learning is a unit of Extended Learning and Outreach - 711
Western Kentucky University is an equal opportunity institution of higher education and upon request provides reasonable accommodation to individuals with disabilities.
www.wku.edu/eeo

DAILY NEWS

Direct Lines (with after hours voice mail)
News Department: 783-3228 Classified Advertising: 783-3232
Subscriber Service: 783-3200 www.bgdailynews.com



Robin D.,
Daymar College -
Bowling Green
Student

The DAYMAR Difference

“ I have progressed beyond what I thought I was capable of, and that is an amazing feeling. That new sense of confidence has helped me break through barriers that have been in my mind for a very long time. ”

DAYMAR COLLEGE

We Change Lives...One Person At A Time

daymarcollege.edu 1-877-258-7796

Accredited Member, A.C.I.C.S.

For consumer information, visit <http://www.daymarcollege.edu/disclosures>

From Page 1A

Triple Play participants eat healthier foods and feel better about themselves, study says

from, such as visiting Western Kentucky University's Agricultural Center.

“We see a lot of kids who come in who don't know how to make healthy food choices,” McIntyre said. “This will teach them how to make positive choices.”

Kids will get lifelong benefits

from the program, as they'll take what they learn and use it for the rest of their lives, she said. “When you're healthier, you're just happier as a person,” McIntyre said.

A recent study of children who participate in Triple Play in Boys & Girls Clubs across the nation showed the program succeeds in

getting them to exercise more, eat healthier foods and feel better about themselves, she said.

Kids in Triple Play achieved 90 percent of the federally recommended amount of daily exercise, which is 60 minutes a day for children, while kids not in the program achieved only 78 per-

cent.

Triple Play falls under one of the five core areas of programming the club offers, as part of the sports, fitness and recreation category, McIntyre said. The other areas are academic assistance, character and leadership skills, health and life skills, and the arts.

RESTAURANT INSPECTIONS

Restaurant inspections for Sept. 15-Oct. 3, according to Barren River District Health Department, are as follows:

Garrett Food Court, Hilltop Drive, follow-up required because dishwasher wasn't sanitizing correctly. Passed follow-up inspection; score 100.

WKU Smith Stadium, 1906 College Heights Blvd., passed; score 99.

WKU Football/Sonic Zone, 1906 College Heights Blvd., passed; score 96.

South Warren Middle/High School, 8140 Nashville Road, passed; score 100.

Anna's Greek Restaurant,

535 Three Springs Road, passed; score 100.

Lost River Elementary School, 450 Modern Way, passed; score 99.

Hardee's, 592 Interstate Drive, passed; score 95.

IGA Express Shell, 2350 Scottsville Road, passed; score 99.

Basil Griffin Park No. 1, 2055 Three Springs Road, passed; score 99.

Granny's Childcare, 3278 Nashville Road, passed; score 100.

Kiddie World Day Care, 125 Cedar Hill Road, passed; score 100.

Split Tree BBQ, 115 Wilson Road, passed; score 98.

Mercadito Hispano, 204

Woodford Ave., passed; score 96.

Houchens, North Gate Shopping Center, passed; score 94.

Moss Middle School, 2565 Russellville Road, passed; score 100.

Creative Learning Daycare, 520 Nellums Ave., passed; score 98.

Lunch Box Cafe, 824 Center St., passed; score 99.

Country Inn & Suites, 535 Wall St., passed; score 98.

Lost River Pizza Co., 2440 Nashville St., Suites 106 and 107, passed; score 100.

Flea Land, 1100 Three Springs Road, passed; score 99.

WKU Concession No. 1, (L.T. Smith Stadium), 1605 Avenue of Champions, passed; score 100.

Smokey Pig BBQ, 2520 Louisville Road, passed; score 97.

Lee's Famous Recipe, River Place Avenue, follow-up required because not practicing date marking; supervisor/manager unaware of date marking practices (unable to talk about date marking); and inside ice machine was not clean; score 87. Passed follow-up inspection; score 98.

— Restaurants are inspected at least once every six months by Barren River District Health Department inspectors who use a 44-item checklist to evaluate a restaurant's cleanliness, food handling and storage.

Follow-up inspections are done, if needed.

A restaurant has 10 days to correct its problem if it scores below an 85 or is cited for a critical violation.

FINAL TIME THIS YEAR - 1 DAY ONLY!

BIG LOTS!

FRIENDS & FAMILY
SUNDAY ONLY
OCTOBER 9, 2011

EXTENDED SHOPPING HOURS

PRESENT THIS COUPON & SAVE

20% OFF

YOUR ENTIRE PURCHASE*

PROMOTIONAL OFFER VALID ONLY 10/09/11 WITH COUPON

*One coupon per guest. Coupon discount does not apply to previous transactions, previously initiated price holds, non-purchases such as rentals, deposits and charitable donations, purchases of alcohol, purchases of gift cards, and purchases of phone or calling cards and cannot be used in combination with any other coupon, associate discount or other discount such as Rewards redemptions. Coupon must be surrendered at time of purchase. Value is forfeited if item is returned. Only original coupons accepted. Big Lots is not responsible for lost, stolen or expired coupons. By using coupon, user unconditionally agrees that decisions of Big Lots are final on all matters of interpretation, fact and procedure in respect of coupon. Valid only on in-stock goods. Void where prohibited. No cash value or cash back. Offer valid 10/9/2011 with coupon. CASHIER: To apply discount, scan this coupon.

BIG LOTS! FRIENDS & FAMILY EVENT



4 80000 00890 7