



@2008 BaugherPhotography@yahoo.com

EDDIE BAUGHER PHOTO

It was a chain reaction wreck in Saturday night's Modified race action at Creek County Speedway.

At Creek County Speedway ...

Hill climbs to modified victory

By JOHN RITTENOURE
Auto Racing Writer

Joel Hill survived five yellow flags and a tough challenge from Chad Davis to win a time shortened modified A feature Saturday night at Creek County Speedway.

The modified main event was just one of six hard-fought feature races on a night when 104 cars, which included 20 ASCS Sooner Region sprints, filled the pits.

A combination of five yellow flags over a 30 minute span plus a red to burn off

some fuel in turn two forced the 20-lap modified race to be shortened to just nine laps and Hill set the pace on every restart except the first one. Following the final restart with four laps remaining Davis charged into second and with two laps left roared inside of Hill in turn one. Davis challenged again on the final lap but Hill held his line for his second win of the season and Davis settled for second.

The ASCS sprints had their share of yellow flags too but Gary Taylor went home with the win in the 25-lap feature. [Complete story and results jenksjournal.com

Ask The Fitness & Nutrition Experts!

When to exercise

By CLINT and KARA HOWARD
www.personaltrainertulsa.com

• When is the best time of day to exercise for best results?

- Jessie C., South Tulsa

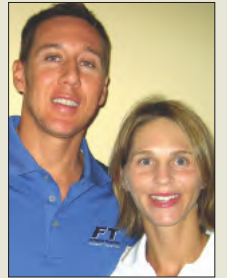
Like many factors related to exercise, wellness and nutrition, a considerable amount of misinformation and mythology exists concerning the question of "when is the best time to exercise"?

With regard to the specific relationship between the time of exercising and weight control efforts, no such relationship exists. If you exercise at a particular level of intensity, you'll "burn" the same number of calories regardless of what time of day it is. Sure, if you work out in the morning it may help get you going better and increase your metabolism the rest of the day. Also, early mornings may be better for a lot of people because interferences with your workout schedule are less likely to come up. But it is most important to just get it in, whenever is the best time for you to make that happen.

• My physician wants to check my vitamin D levels? Why is that? Should I supplement if I am low? -Andrea S.,

Jenks

Vitamin D has been labeled a vitamin, but it is actually a hormone. Vitamin D has long been associated with osteoporosis, but recent evidence has suggested that vitamin D deficiency may be associated with several other diseases including heart disease, cancer, diabetes, depression, and pain as well as autoimmune diseases such as multiple sclerosis and even autism.



HOWARDS

Physicians have begun routinely testing a form of vitamin D known as 25-hydroxyvitamin D. Normal levels of 25-hydroxyvitamin should be between 40-65 ng/mL. Vitamin D levels are often lower in the elderly due to decreased sun exposure and decreased kidney function. If vitamin D levels are low, I recommend supplementing with vitamin D based on the level. Supplementation can range from 400IU a day to 50,000IU a week based on your level.

[Full column @jenksjournal.com]

Running For Office?

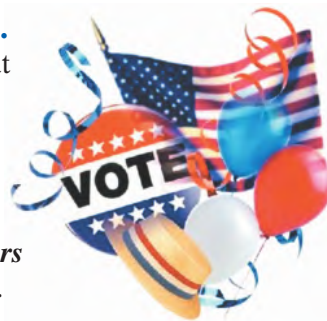
Win with Neighbor Newspapers

• **Newspapers reach high frequency voters.**

Newspaper readers vote. Research indicates that the citizens who are most likely to vote and participate in political activities are more educated. These same people are typically the most faithful newspaper readers.

• **Local news coverage** in *Neighbor Newspapers* creates loyal readers who will see your message.

• **Reach your campaign area.** With *Neighbor Newspapers*, you can target specific areas of voters, with an ad or an insert, reaching up to 121,000 readers.



For political advertising rates and advertising information, please call

918.299.6451

Jenks Journal

116B E. Main • Jenks, OK 74037

www.jenksjournal.com

"Who Else Wants To Jumpstart Their Fitness Program & TRANSFORM Their Body in Record Time?"



Jim Sleyer, Tulsa, OK
Size 38 to 34 in 90 days!

Melody Kelley, Tulsa, OK
Size 12 to 6 in 12 weeks!

Darren Hasz, Jenks, OK
Lost 23 Lbs in 8 weeks!

Are you tired of boring exercise routines that simply don't produce results?

Schedule a **FREE** consultation with us before you waste any more time or efforts with other programs. We're so confident you'll see results with our program that we'll guarantee it or your money back! That's right, if you follow our program and don't get great results, **we'll give you every penny of your investment back.**

We know you may be skeptical but our staff has used our unique personal training program to help over **400 satisfied clients in the Tulsa area** lose weight and get in the best shape of their lives. To learn more go to our website www.personaltrainertulsa.com and sign up for your **FREE** no obligation Fast-Start Fitness & Nutrition Consultation today.

FREE Fast-Start Fitness & Nutrition Consultation
(\$179 value)

Call before **October 15th, 2008** to redeem this offer.
918.392.3488 (FITT)

97th & Riverside (Next to Outback Steakhouse)
No obligation, risk-free trial of our programs

**FREE INFO-PAK & CD AND
AMAZING AUDIO TESTIMONIALS FROM CLIENTS:
WWW.PERSONALTRAINERTULSA.COM**