The Blue Planet

Dr. 90210

Crazy Sery Cercor
Lare & Order
Vertical & Trace
Foster
Violat Poker Four
Violat Poker Four
Violat Poker Four
Violat Poker Four
Latin
The Jeffe The Jeffe (Sanford, | Sanford | Latin, The Jeffe The Jeffe | Sanford | Latin, The Jeffe | Lati

The Carlisle Mercury st 29, 2007

| Collect | Larry King Live | Larry King Live | Life Bush | Life B

August 31, 2007

Funniest Animals Meerkat Meer Take the Cake Hell Date Jame The Long Kiss Goodnight Celebrity Bull Celebrity Celebr

CSI NY Minder Friends Cond Engvall Sex and t Sex and t Friends Flying D A ink
Without a Trace
Variate Family
Made

Comedy Central Road

August 30, 2007

The Parker

| whose? The 700 Club | tron Chef Americe | Cakes | Cakes | Good Eats | Union

| Independence Day | | Color | House | House | Over Head | Sweat | To Sell | Buy Me We Celebrate Hometown Life

NASCAR Racing

Leet Cornic Standing Actors Studio
Celebrity Celebrity Dale Jr. Uncut

CSt: Miami Fight 93 How the West Was Wo funter The Crocodile Hunter Animal Cops Houston

y Me Color Potential House Using Ed C b Dig for Truth Ice Road Truckers U

Normal Adolescent
The Hills The Hills Life Ryan Real Will Real W
Home Imp. Home Imp. Home Imp. Home Imp. Home Imp. Home Imp. Star Trek. Ent. Size Trek. Ent. Noein Tokko

to have tash all yourself. The stars was guide you.

LIBRA - Sep 23/Oct 23

If you've been thinking about making any rash purchases, Libra, it's best to think again. Consult with family members who understand your impetuous

nature.
SCORPIO - Oct 24/Nov 22
Scorpio, be the center of the party in all things you do this week. Others will look to you for inspiration and motive-son. Just be careful not to scare away.

the shy admirers. SAGITTARIUS - Nov 23/Dec 21

sense of intracy. CANCER - Jun 22/Jul 22

day. Be prepared. LEO - Jul 23/Aug 23

Sentember 3 2007

Buy Me

LIFESTYLE

Farmer's Market...Fresh Ideas

by Jill Hatton

FFMF Program Assistant

Nethoda Course Jessenson Office

Did you make it out to the

Did you make it out to the

Did you make it out to the

at the market fits seedered? I was

at the market fits seedered? I was

at the market for a few min
give the end of the garden
size that as few tennates and

some peppers now. It is hard

some peppers now. It is hard

some to hatter the control of the particular to the control of the particular

some peppers now. It is hard to see the control of the particular

some peppers now. It is hard to see the control of the particular

some peppers now. It is hard to see the control of the particular

some peppers now. It is hard to see the control of the particular

some peppers now. It is hard to see the control of the particular

some peppers now. It is hard to see the control of the particular

some peppers now. It is hard to see the control of the particular

some peppers now. It is hard to see the control of the particular to the control of the particular to the control of the particular to the particul

utes Saturday. Our garden jung season and eas ros et to junk has a few formations and east ros et to junk has a few formations in cool running was some papers now. It is hard fly ou have a let of extra to-standers in the paper of the season and t

for us to enjoy this winter. I.

Nutrition Facts: Tomain the past couple of weeks,
have canned a let of sales.

promote good health, includbeveryone really enjoys sales
and to see the promote good health, includserven really enjoys sales
and to see the promote good health, includbeveryone really enjoys sales
to mind to see the promote good health, includserven really enjoys sales
to tamins, especially vitamins C
toda for firm,
Romember that if you have
well-shaped! comatoes that
canned some of your garden
citient, think about the pressTomatoes should be free from
ents that you many give later
board the promote that
canned some of your garden
and give slightly to pressure.

The firm of the top o

STEVE'S

SIEVES

SIEVES

SIEVES

Tonnined iron Poge 6

tivities are over. It's kind of a dommant volcano data to the could have made.

We will be a simple of a dommant volcano data to a famous landing over of the crater, climbing over the could have made.

We had a great time, hit-dischard to become responsible and their first indethemselves to the point incapacitation.

So If was that as my oldof the crater, climbing over of the crater of the crater, climbing over of t

reakfast: Biscuit and Gravy

Spears, Fruit and Milk

NO SCHOOL

222222222222222222222

Micholas County Schools Menu

Menu subject to change Fresh Fruit and Canned Fruit Available Daily

Thursday, August 30 Breakfast: Sausage Egg on Bun Lunch: Fish Sandwich, Pinto Beans, Mashed Potatoes, Frui

Friday, August 31

Lunch: BLT Sandwich, Potato Wedges, Cottage Cheese, Pickl

Monday, September 3

me into a grandpa. But es-pecially after the gift she just gave me, I suppose I can be patient for a few more

Signing out from Hono-lulu Steve Scalf

** Steve Scalf is a mem-ber of the U.S. Military. Reach him at slscalf® msn.com.

2.) Mix rottage cheese, has and pepper.
3. Spread cheese on tomato haves.
Similar with brend crumbs and spray with cooking spray. Pince proceeding spray. Pince providing spray. Pince providing spray. Pince providing spray. Pince providing spray Pince providing spray. Pince providing spray continuous.
3. Spray broider pan with providing spray w

queezed dry
1 tablespoon soy sauce
4 teaspoon pepper
4 cup cilantro leaves (op-

ach is wilted.

4.) Remove from heat. Taste

Nutritional information.
Serving size: ¼ of recipe. Calories per serving:110, Total
fat: 5 g., Total carbohydrates:
10 g. Protein: 8 g.
This recipe contains per

tamin A and 40% of Vitamir C and 20% Calcium

Instructions:

1) Heat a Quart autorpm.

2) Heat a Quart autorpm.

2) Heat a Quarter autorpm.

2) Heat Source: Adapted from Mon-



or a full time Local Health Nurse II for clinical nu

· "We are an equal opportunity employer M/F/D"

HARRISON COUNTY HOME ON 8 + ACRES REAL ESTATE AUCTION

Sat. September 15th 10:00 AM

5337 E. Kentucky Hwy 36 Cynthiana, KY

roperty Description: Country living at it's finest. Conveniently located only minutes from C

Terms: 10% down, balance with deed on or before 30 days. Property n agreeing to waive their right to any post sale inspections. Note: 10% bu um added to all offers and included in total contract pric

Go to www.rhr.com for additional photos
Realtor Participation Invited. Realtors must call auctioneer for details, require
Realtor registration deadline 24 hours prior to auction.

Jim Halfhill AUCTION GROUP at Rector-Hayden, Realtors







Wear orange!

Come in through September 15th, 2007 and receive a free adjustment. Call now for appointment. Good for old, new and existing patients. Bring this coupon in for offer to be redeemed. Don't Delay - Call Now!

Family Chiropractic

Dr. Arnold Goldman, DC & Dr. Rita Goldman, DC

MAYSVILLE Jennifer, Rita Ann, Susan, 1335 South Gate Plaza (across from Mason Co. High School)

1-866-789-1605 1-502-868-0097 CYNTHIANA GEORGETOWN 1050 US HWY 27 S (in Harrison Square)

100 Eastside Drive

COMP.

