

Table with columns for Wednesday Evening, November 14, 2007, and November 15, 2007. Lists various events, times, and locations.

Table with columns for Thursday Evening, November 14, 2007, and November 15, 2007. Lists various events, times, and locations.

Table with columns for Friday Evening, November 16, 2007, and November 18, 2007. Lists various events, times, and locations.

Table with columns for Saturday Evening, November 17, 2007, and November 19, 2007. Lists various events, times, and locations.

Table with columns for Sunday Evening, November 18, 2007, and November 20, 2007. Lists various events, times, and locations.

Table with columns for Monday Evening, November 19, 2007, and November 21, 2007. Lists various events, times, and locations.

Table with columns for Tuesday Evening, November 20, 2007, and November 22, 2007. Lists various events, times, and locations.

Table with columns for Wednesday Evening, November 21, 2007, and November 23, 2007. Lists various events, times, and locations.

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hutton, EFNEP Program Assistant, Nicholas County Extension Office

Healthy Holiday Foods - Matter of Planning and Choice

Ready or not the holidays are here. Hopefully as you read this article you are well on your way of planning your Thanksgiving feast for next week. It is probably safe to say that more homes will be serving turkey during the major upcoming holidays. While the emphasis of the traditional holiday meal has always been a quantity of good food and family favorites prepared safely and economically. These are important to us all, however we are families, need to make sure that we look at the health aspect what we serve during the holidays. One decision to make is dark meat vs. white. Let us look at the fat facts of turkey and ham--not traditional holiday favorites. Also, please remember to check these meats for their sodium content. Many people require special diets. To reduce the sodium of the turkey consider beginning with a fresh turkey rather than a pre-cooked turkey. Also, read the label closely for the sodium content of ham because ham traditionally has a great deal of sodium.

Here are some great recipes that will allow your holiday foods to taste great yet you can keep your holiday meals healthy too. Good luck planning your holiday meal. Should you have any questions please feel free to contact the Extension Office at 289-2312.

- 2 teaspoons seasoning salt
2 teaspoons margarine
2 teaspoons cornstarch
1/4 teaspoon ground cinnamon
2 tablespoons orange juice
cranberry sauce
Preheat oven to 350 degrees. Rub turkey breast with margarine and seasoning salt. Place in a saucpan, stir together cornstarch, cinnamon, orange juice, and cranberry sauce. Heat until thickened. Spoon one half of the thickened cranberry sauce over the turkey breast and bake for an additional hour until turkey breast is a deep golden brown. Internal temperature of 180 degrees. Serve with remaining sauce.

- Pineapple Ham Sauce
1/2 cup water
1 cup brown sugar
4 and 1/2 teaspoons soy sauce
4 and 1/2 teaspoons ketchup
1 and 1/2 cups undrained crushed pineapple
2 tablespoons plus 1 teaspoon cornstarch
Blend all ingredients until smooth. Transfer to saucpan and heat until thickened. Serve over ham.

As the holiday season arrives I will spend the next couple of articles focusing on how we can change the traditional favorite holiday meals and desserts to keep our health as well. See you next week!

Remember Deadline for Turkey Giveaway Entries is Noon Friday.

Carroll County Open to the Public. Hours: Thurs. 5-10PM, Fri. & Sat. 5PM-12 Midnight. Sunday Buffet 11AM-2PM - 289-5400. City Limits - Every Weekend - 8:30-Midnight

THURSDAY, NOV. 15 FAMILY NIGHT Magic Show - 7 P.M. Featuring Randy Eldridge 13 Adults - 12 and under FREE. Spaghetti and Meatballs Breadsticks - \$8.95. Fri. & Sat. Nov. 16 & 17 10 oz. Prime Rib Baked Potato Salad Rolls \$14.95

WATCH THE BIG GAME ON OUR 130" MONSTER SCREEN

Today's Weather Local 5-Day Forecast. Table with columns for Wed 11/14, Thu 11/15, Fri 11/16, Sat 11/17, Sun 11/18. Includes temperature, conditions, and sunrise/sunset times.

We Celebrate Hometown Life

Kentucky At A Glance. Map of Kentucky with callouts for Paducah, Louisville, Frankfort, Bowling Green, Lexington, and Carlisle.

Area Cities. Table listing cities and their corresponding phone numbers.

National Cities, Moon Phases, UV Index. Includes a list of national cities, moon phase indicators, and UV index scale.

Turkey Day Give-A-Way Win A FREE Turkey. Find the turkey below, cut it out, and send it in along with the coupon for a chance to win one of six frozen 12-14 lb. turkeys. Find this turkey hidden somewhere in the pages of The Carlisle Mercury (not one below). The deadline for entries is noon November 16. Winners will be CALLED after noon on November 16. Winners can pick up their turkey at Crockett's IGA.

HOROSCOPES. ARIES - May 21/Apr 20, VIRGO - Aug 24/Sept 22, AQUARIUS - Jan 21/Feb 18, LIBRA - Sep 23/Oct 22, TAURUS - Apr 21/May 20, SCORPIO - Oct 24/Nov 22, GEMINI - May 22/Jun 20, CANCER - Jun 21/Jul 20, LEO - Jul 21/Aug 22, CAPRICORN - Dec 22/Jan 19. Includes zodiac signs, dates, and brief descriptions.

Form for 'Attach Hidden Turkey Here'. Includes fields for Name, Address, Telephone, and a deadline for entries.