

Wednesday Evening September 19, 2007. TV listings for Wednesday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Friday Evening September 21, 2007. TV listings for Friday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Sunday Evening September 23, 2007. TV listings for Sunday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Tuesday Evening September 25, 2007. TV listings for Tuesday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Thursday Evening September 20, 2007. TV listings for Thursday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Saturday Evening September 22, 2007. TV listings for Saturday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

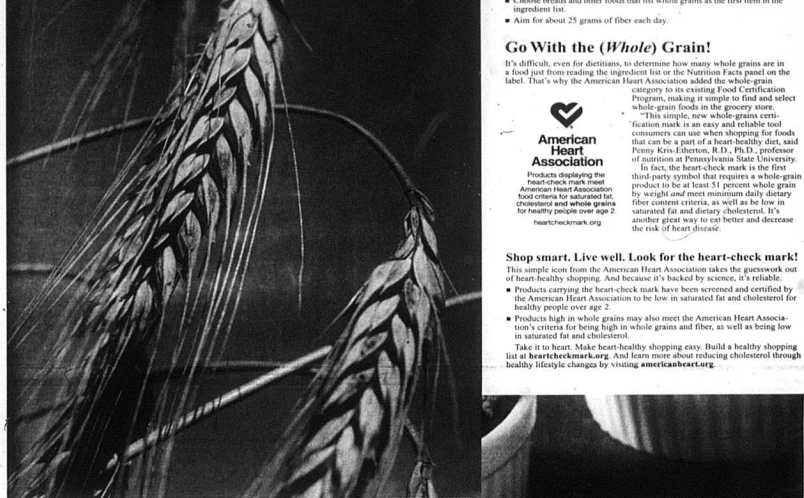
Monday Evening September 24, 2007. TV listings for Monday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Wednesday Evening September 26, 2007. TV listings for Wednesday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Friday Evening September 28, 2007. TV listings for Friday evening including channels like 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

HEALTHY LIVING

Whole Grains for Smart Hearts



You can improve your diet deliciously and easily by adding whole grains for big health payoffs. Did you know...
- Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol...
- The outer layer of whole grains (removed in processed foods) contains antioxidants, B vitamins, protein, fiber, minerals and healthy fats.

Remember to:
- Choose foods such as whole wheat, oats and oatmeal, rye, barley and whole-grain corn. Also include popcorn, brown rice, wild rice, buckwheat, bulgur (cracked wheat), millet and triticale.
- Choose breads and other foods that list whole grains as the first item in the ingredient list.
- Aim for about 25 grams of fiber each day.

Go With the (Whole) Grain!

It's difficult, even for dietitians, to determine how many whole grains are in a food just from reading the ingredient list or the Nutrition Facts panel on the label. That's why the American Heart Association...
- Products carrying the heart-check mark have been screened and certified by the American Heart Association to be low in saturated fat and cholesterol for healthy people over age 2.
- Products high in whole grains may also meet the American Heart Association's criteria for being high in whole grains and fiber, as well as being low in saturated fat and cholesterol.

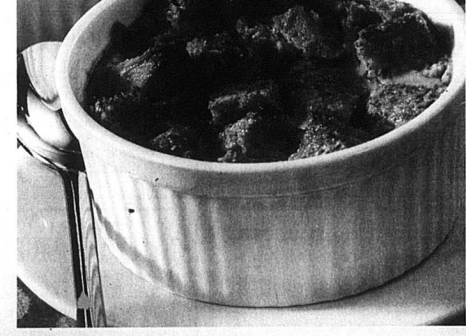
Shop smart. Live well. Look for the heart-check mark! This simple icon from the American Heart Association...
- Products carrying the heart-check mark have been screened and certified by the American Heart Association to be low in saturated fat and cholesterol for healthy people over age 2.
- Products high in whole grains may also meet the American Heart Association's criteria for being high in whole grains and fiber, as well as being low in saturated fat and cholesterol.

Include whole grains even for dessert! Warm Peach Bread Pudding, made with whole grain bread, tastes heavenly, but wears nothing but a nutritional halo.

Warm Peach Bread Pudding

Serves 4

- 1 cup vegetable oil
4 slices day-old reduced-calorie bread (white, wheat or multigrain preferred, crust discarded, bread dried into 1/2-inch cubes (about 2 cups))
2 1/2 cups fresh or frozen peaches, partially thawed, or fresh apple, such as McIntosh, jingaled or Golden Delicious, cut into bite-sized pieces
Whites of 2 large eggs or 1 large egg
2 to 3 tablespoons firmly packed light brown sugar
12 ounces fat-free evaporated milk
1/4 ounce maple syrup
1/4 ounce dark rum, light rum or bourbon
12 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon salt
1/8 teaspoon ground ginger (optional)
6 cups water
1/4 cup (about) fresh fruit or 1/4 cup fat-free or light frozen whipped topping, thawed, for garnish (optional)



Vegetable oil
4 slices day-old reduced-calorie bread (white, wheat or multigrain preferred, crust discarded, bread dried into 1/2-inch cubes (about 2 cups))
2 1/2 cups fresh or frozen peaches, partially thawed, or fresh apple, such as McIntosh, jingaled or Golden Delicious, cut into bite-sized pieces
Whites of 2 large eggs or 1 large egg
2 to 3 tablespoons firmly packed light brown sugar
12 ounces fat-free evaporated milk
1/4 ounce maple syrup
1/4 ounce dark rum, light rum or bourbon
12 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon salt
1/8 teaspoon ground ginger (optional)
6 cups water
1/4 cup (about) fresh fruit or 1/4 cup fat-free or light frozen whipped topping, thawed, for garnish (optional)

Meanwhile, pour water into medium saucepan, bring to boil over high heat. Arrange rackings in large rectangular pan, such as 13x9x2-inch baking dish, evenly spaced, leaving at least one inch between rackings. Place pan in oven. Slowly pour hot water into pan until about one-third up sides of rackings, being careful to keep water out of rackings. Bake about 15 minutes, until top of knife inserted in center comes out almost clean and crust is almost set (it should jiggle slightly in center when gently shaken). Carefully remove rackings from water bath and wipe dry. Cool on cooling rack 5 minutes. Garnish with fresh fruit or whipped topping.

Nutrition Analysis, per serving: 169 Calories, Total Fat 1.0 g, (Saturated 0.0 g), Polyunsaturated 0.5 g, Monounsaturated 0.0 g, Cholesterol 4 mg, Sodium 332 mg, Carbohydrate 35 g, Dietary Fiber 3 g, Sugar 25 g, Protein 11 g. Dietary Exchanges: 1 1/2 starch, 1 skim milk.

HOROSCOPES

ARIES - Mar 21/Apr 20: The need to be in a position for a physical metamorphosis...
VIRGO - Aug 24/Sep 22: Being busy is the last thing you need...
AQUARIUS - Jan 21/Feb 18: Aquarius, new people are drawn to your charisma...
LIBRA - Sep 23/Oct 23: Now is the time to begin those plans you thought were too idealistic to become reality...
GEMINI - May 22/Jan 21: The week that will send your career skyrocketing...
SCORPIO - Oct 24/Nov 22: Scorpio, you're headed for success this week...
SAGITTARIUS - Nov 23/Dec 21: This week you'll find strength and support from the family around you...
CANCER - Jun 22/Jul 22: Romantic sparks fly and you blossom...
LEO - Jul 23/Aug 23: Leo, an exciting day is on the horizon...
PISCES - Feb 19/Mar 20: Heavens over 325°F. Lightly spray four 5-ounce porcelain ramekins or glass custard cups with vegetable oil spray...

When seconds count... Nicholas County Hospital's ER is ready! Certified in Trauma, ACLS & PALS. SPECIALTY SERVICES: JOAN TUTTLE, M.D. (Urology), GARY ENGLE, M.D. (Cardiovascular), THORACIC SURGERY, RICHARD BLAKE, M.D. (Orthopedics), PAMELA COBURN, M.D. (Gynecology), PEEB LAUREN, M.D. (Podiatry), WEDNESDAYS (Call 859-267-1111), FRIDAYS (Call 859-267-1300), MONDAYS (Call 289-7181), TUESDAYS (Call 289-7181), WEDNESDAYS (Call 859-267-1300), THURSDAYS (Call 289-7181), FRIDAYS (Call 289-7181), SATURDAYS (Call 289-7181), SUNDAYS (Call 289-7181).