

Table with columns for Wednesday Evening, April 2, 2008. Lists various TV programs and their times.

Table with columns for Friday Evening, April 4, 2008. Lists various TV programs and their times.

Table with columns for Sunday Evening, April 6, 2008. Lists various TV programs and their times.

Table with columns for Tuesday Evening, April 8, 2008. Lists various TV programs and their times.

Table with columns for Wednesday Evening, April 9, 2008. Lists various TV programs and their times.

Table with columns for Thursday Evening, April 3, 2008. Lists various TV programs and their times.

Table with columns for Saturday Evening, April 5, 2008. Lists various TV programs and their times.

Table with columns for Monday Evening, April 7, 2008. Lists various TV programs and their times.

Table with columns for Tuesday Evening, April 8, 2008. Lists various TV programs and their times.

Section titled 'HOROSCOPES' with sub-sections for Aries, Virgo, Aquarius, and others, providing astrological insights.

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hutton
Spring has sprung (or at least I hope it has). Last week provided us with a little amount of sunshine. I am ready for short sleeves and sandals. For the month of April your best buys are carrots and greens. Remember that carrots are an excellent source of Vitamin A. If you recall Vitamin A is the "eye" vitamin. The benefits of vitamin A are that it helps form and maintains healthy teeth, skeletal and soft tissue, mucous membranes, and skin; improves vision and night vision; and inhibits tumor development.

It is also essential for pregnant women. Vitamin A is a fat-soluble vitamin, also called retinol. This is the vitamin that helps us to see at night. This week I will give you a couple of easy recipes to try with carrots. Hope you enjoy it and have a great week!
Carrots with Tomatoes and Macaroni
1 tablespoon olive oil
1 small chopped onion
4 chopped plum tomatoes from a can
1/2 cup tomato juice from a can
6 large peeled and sliced carrots
1/2 teaspoon salt
3/4 teaspoon black pepper
1/2 teaspoon sugar
2 tablespoons chopped fresh parsley or 1 teaspoon dried
1 teaspoon butter
1 cup elbow macaroni, cooked
1 In saucepan, cook the onion in the oil until soft, but not brown. Add the tomatoes, carrots, salt, pepper, and sugar.
2) Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are cooked down to a sauce.
3) Stir in the parsley. Mix the butter with the cooked onions. Stir in the carrot mixture and serve.
Nutritional information: Serving size: 1/2 cup; calories: 170; Total fat: 5 grams; Dietary fiber: 5 grams; Total carbohydrate: 27 grams; Vitamin A: 380%.
Source: Adapted from 'The Expanded Food and Nutrition Program; University of Rhode Island Cooperative Extension, www.http://cepfund.nal.usda.gov/
Herbed Vegetables
1) Stir in the vegetable and liquid.
4) Cook and stir until heated through.
Nutritional information: Serving size: 1/2 cup; calories: 160; Total fat: 2 grams; Total carbohydrate: 8 grams; Dietary fiber: 2 grams; Vitamin A: 180%.
Source: Adapted from Quick and Healthy Meals Tips and Tools for Planning Meals; your Family. Cuyahoga County, OH; State University Extension, www.http://cepfund.nal.usda.gov/

Five Generations



Five Generations Great-grandmother Margaret Jolly, Great-grandmother Beverly Montgomery, Grandfather Gene Cooper, Father Clayton Cooper, and Lyndie Grace.

Herrington and Jones to wed



Brendon Paul Jones would like to announce the engagement of this mommy Tomia Bowles Herrington to his daddy Jonathan Paul Jones. Wedding will take place on April 19, 2008 at 4:00 p.m. at Curry Methodist Church on Upper Curry Road in Cynthiana Ky.

All family and friends are invited to share in our special day.

Advertisement for Firestone tires, featuring the 'Dual & Fuel' line. Text includes 'BUY 2 RADIAL TIRES - GET \$100 IN FUEL!', 'No other farm tire has more traction - or saves more fuel - than a Firestone with the 23" bead design. And now you can save even more when you purchase a pair of Firestone radial rear tires!', and 'It's money back on the best-selling, best-performing and best-served farm tires in America. Nobody builds farm tires like Firestone and nobody takes them like we do either.' Includes contact information for Firestone.

Advertisement for Kubota tractors, featuring the slogan 'THE POWER OF KUBOTA!'. Text includes '\$0 DOWN, 0% A.P.R. FINANCING FOR UP TO 42 MONTHS ON ALL KUBOTA MODELS' and 'HAYDON EQUIPMENT, INC. 40 KENTUCKY HWY 392 CYNTHIANA, KY 859-234-4621 www.haydonequipmentsales.com'. Includes images of Kubota tractors and a person operating one.