Med Examiner Big Medicine

gris Girls Winehouse The Soup II

February 15, 2008

February 17, 2008

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Cofar Reput State State

Big Brother Jericho Local Lale Show-Letterman Late La Law & Order: SVU Local Tonight Show Late

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touse Secrets My House Potential T

We Celebrate Hometown Life

ories from hometowns just like yours. Look for us each week in this pag

Trading Spaces

Killer Elephants

Matchmaker

| October | Octo

Since 1867

February 14, 2008

[Iron Chef America | Cakes | Cakes

We Celebrate Hometown Life

Seet Dog Me or Dog Me or Dog Petfinder Animals Girtfrien Motives

ome [Fip Fip Trading ...

Selmout Spider-Man Spider-Man Selmour Dispute Dingo Death

February 18, 2008

Seturday Night Live

January 30, 2008 - 9

LIFESTYLE

A Pinch of This and a Dash of That

valentings Day. February is also "National 3 a Day you out with your dairy Month". This is the month intake. Try a new recipe, that focuses on everyone stay warm, eat your dairy, trying to reach toward a and have a great week! goal of consuming at least 3 servings of dairy each day.

Most Americans, currently, are eating only half of light recommended servings 1 (9-inch) baked pie shell

4. Cock these, and the recommended servings 1 (9-inch) baked pie shell

4. Cock these, and the recommended servings 1 (9-inch) baked pie shell

By Jill Hatton
EPNEP Program Assistant
Nodolas Course Essension Office
Pebruary is the month
of low. Not that every
month should not be filled
essension to the filled
with low, but February is
when it is emphasized with
This week I will give you
Valenting in Day. February

1 cap chopped spetables, cooked and frasined forecost [1, succhin, or mushroom].

5. Put the cooked vege. [1, succhin, or mushroom].

5. Put the cooked vege. [1, succhin, or mushroom].

5. Step shredded cheese a bate and abredded cheese abre

1. Structure of the cheese and the control of the c

until they are cooked, but still risp, sti

Ingredients

6 slices bread-cubed, approximately 6 cups

1 and 15 cups frozen, Colped, and cocked bread-cubed and colped, and cocked bread-cupsed, and cocked bread cupsed.

1 cup cheese, shredded low-fat cheddar Source: Adapted from 1 tablespoon minced on "Bread" Fact Sheet. A Famon (optional)*

Bread Fact Sheet. A Fam-ily Living Program Univer-sity of Wisconsin Coopera-tive Extension Service. http://recipefinder.nal. usda.gov

The February utility bills were sent out with the wrong due date printed on them. The bills are due on the 20th of February. Penalty will not be added until the 21st. We are sorry for any inconveniences this may have caused.

City of Carlisle, KY -

Community Calendar

A meetings held

N.C. Adult Learning
Center News

The Adult Learning Cengith the High Toughay terroffers a fleshble schedule. The High Toughay terroff and the High Toughay terroffers a fleshble schedule. The High Toughay terroffers a

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The Johnson Mathers Health Care Auxiliary meets the second Tuesmeets the second Tues-day of each month at 10 a.m. in the hospital dining room. Anyone interested in joining the auxiliary is

Orient Lodge #500 to hold meeting

The Orient Lodge #500 meets the second Thurs-day night of each month at 7:30 p.m. All Master Ma-

To Report A Crime Call 859-289-3710 2222222222222222222222

Breakfast: Biscuit and Gravy
Lunch: Chicken Nuggets, Mashed Potatoes, Green
Beans, Valentine Cake, Fruit and Milk

Breakfast: Breakfast Pizz

Lunch: Grilled Ham and Cheese. Pinto Beans, Cole Slaw Fruit and Milk

Micholas County Schools Menu Lumman Menu subject to chano

Fresh Fruit and Canned Fruit Available Daily Thursday, February 14

Friday, February 15 Breakfast: Sausage Egg Cheese Bun Lunch: Johnny Rib, Mac -n- Cheese, Peas, Bread, Fruit and Milk

Monday, February 18

No School

Tuesday, February 19

Breakfast: Bacon or Sausage Biscuit Lunch: Hot Dogs, Sauerkraut, Pork n Beans, Cheese, Rel ish, French Fries, Fruit and Milk

Wednesday, February 20

Don't forget to plan your recovery with the hometow team you know and trust! It's as easy as

WHEN YOU'RE PLANNING FOR YOUR SURGERY...

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5322 Concrete Road 859-289-5464 Tracks' Sweetheart Special February 14, 2008



Start with choice of Potato Skins or Tumbleweed. Then for the main course:

Ribeyes or Sirloins with choice of 2 sides: House Salad - Steak Fries - Baked Potato

Green Beans - Steamed Vegetables - Rice 2 Ribeyes -\$23.95 2 Sirloins ---\$21.95 Ribeye and Sirloin --- \$22.95

Then for dessert, top off with a delicious plece of Red Velvet Cake.





May's Lick Mill (606) 763-6602 6538 US Hwy. #68 May's Lick, KY 41055 Friday, Feb. 22 Fleming County

Farm Supply

(606) 267-2161

Saturday, Feb. 23 Frank Hinton & Son (606) 876-3171 Plummers Landing. KY 41081

ARIES - Mar 21/Apr 20

ntal Potential House Buy Me

Libra, even though you have a lot of re-sponsibilities filling your already packed calendar, you'll take on one more this week when a friend needs a hand. SCORPIO - Oct 24/Nov 22

nothing gets off the ground. CAPRICORN - Dec 22/Jan 20

the time. LIBRA - Sept 23/Oct 23 PISCES - Feb 19/Mar 20

FAMOUS BIRTHDAYS