Wednesday Evening — February 20, 2008

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
WTVQ/ABC	Wife Swap		Supernanny		Cashmere Mafia		Local	Nightline	Jimmy Kimmel Live	
WKYT/CBS	Big Brother		Criminal Minds		CSI: NY		Local	Late Show-Letterman		Late Late
WLEX/NBC	Deal or No Deal		Law Order: CI		Law & Order		Local	Tonight Show		Late
WDKY/FOX	American Idol				Local					
Cable Channels										
A&E	CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami		CSI: Miami	
AMC	Godfather III								Breaking Bad	
ANIM	Blue Planet		Blue Planet		Animal Precinct		Blue Planet		Blue Planet	
BET	The Color Purple						Malcolm	Malcolm	Jamie F.	Jamie F.
BRAVO	Project Runway		Project Runway		Project Runway		Project Runway		Make Me a Supermodel	
CMT	Comedy	Comedy	Gone Country		Country	Country	Country	Pure Country		
CNN	CNN Election Center		Larry King Live		Anderson Cooper 360				Larry King Live	
COMEDY	Daily	Colbert	Futurama	S. Park	S. Park	Reno 911!	Daily	Colbert	S. Park	Reno 911!
DISC	Futureweapons		MythBusters		Smash Lab		MythBusters		Futureweapons	
DISN	Phineas	Go Figure			So Raven	Life With	The Suite	Montana	Replace	Kim
E!	Hollywood Meltdowns				Snoop	Snoop	E! News	Chelsea	Daily 10	Girls
ESPN	College Basketball		NBA Basketball					SportsCenter		
ESPN2	College Basketball		College Basketball				SportsCtr	Gamenight	NASCAR	Formula D
FAM	Casper				Funniest Home Videos		The 700 Club		Whose?	Whose?
FOOD	Good Eats	Good Eats	Ult. Recipe		Dinner	Dinner	Challenge		Ult. Recipe	
FX	Terminator 3					Terminator 3				
HGTV	To Sell	Get Sold	Deserving	Dime	House	Sleep	Desperate	Whats	To Sell	Get Sold
HIST	Modern Marvels		MonsterQuest		UFO Hunters		UFO Files		Modern Marvels	
LIFE	Reba	Reba	Fatal Reunion				Will	Will	Frasier	Frasier
MTV	Making the Band 4		Real World-Rd		Real World-Rd		X Effect	X Effect	Real World-Rd	
NICK	Drake	Drake	Home Imp.	Home Imp.	Lopez	Lopez	Fresh Pr.	Fresh Pr.	Home Imp.	Home Imp.
SCI	Ghost Hunters		Ghost Hunters		Ghost Hunters		Ghost Hunters		Ghost Hunters	
SPIKE	CSI: Crime Scn		UFC Unleashed		Pros vs. Joes		UFC Unleashed		CSI: Crime Scn	
TBS	Fam. Guy	Fam. Guy	Payne	Payne	Payne	Payne	Sex and t	Sex and t	10 Items	Paycheck
TCM	Some Like It Hot					Stalag 17				Caine Mut
TLC	The 750-Pound Man		Med. Examiner		Big Medicine		The 750-Pound Man		Med. Examiner	
TNT	Law & Order		Enough				Cold Case		Without a Trace	
TOON	Chowder	Johnny T	Jimmy	Courage	Ed, Edd	Naruto	Fam. Guy	Fam. Guy	Chicken	Alchemist
TRAV	Hamburger Paradise		Mall America		Treasures	Treasures	Tornado Alley USA		Hamburger Paradise	
TV LAND	M*A*S*H	M*A*S*H	Sanford	Sanford	Sanford	Sanford	M*A*S*H	M*A*S*H	Just Shoo	Just Shoo
USA	Law & Order: SVU		Hostage					Law Order: CI		Law SVU
VH1	What Perez Sz		The Flavor of Love		The Flavor of Love		Salt Pepa	Boys on the Side		
WGN	Becker	Becker	WGN News at Nine		Scrubs	Scrubs	Corner	Becker	Funniest Home Videos	
Premium Channels										
HBO	Bernard and Doris		Treatment	Treatment	Real Time		The Wire		Cathouse	Semi Pro
MAX	The Departed				Music and Lyrics					
SHOW	The L Word		Saw III				Elite Xtreme Combat			

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Thursday Evening — February 21, 2008

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
WTVQ/ABC	Lost		Lost		Eli Stone		Local	Nightline	Jimmy Kimmel Live	
WKYT/CBS	Survivor: Micro		CSI: Crime Scn		Without a Trace		Local	Late Show-Letterman		Late Late
WLEX/NBC	My Name Is Earl		Cel. Apprentice		Lipstick Jungle		Local	Tonight Show		Late
WDKY/FOX	American Idol		Don't Forget		Local					
Cable Channels										
A&E	The First 48		The First 48		The First 48		American Justice		The First 48	
AMC	Letters-Iwo						Heartbreak Ridge			
ANIM	Heart of a Lioness		Awesome Pawsome		Animal Precinct		Heart of a Lioness		Awesome Pawsome	
BET	Top 25 Dancers		Wild Out	Wild Out	Presents	Presents	Malcolm	Malcolm	Jamie F.	Jamie F.
BRAVO	Project Runway		Project Runway		Make Me a Supermodel		Make Me a Supermodel		Project Runway	
CMT	Redneck	Redneck	Redneck	Redneck	Broken Bridges					Truck
CNN	Presidential Debate			Anderson Cooper 360			Anderson Cooper 360		Larry King Live	
COMEDY	Daily	Colbert	Futurama	S. Park	S. Park	Lil' Bush	Daily	Colbert	S. Park	Lil' Bush
DISC	MythBusters		MythBusters		MythBusters		Bone Detectives		MythBusters	
DISN	Phineas	Life Is Ruff			So Raven	Life With	The Suite	Montana	Replace	Kim
E!	Posh & Becks: THS		True Hollywood Story		Rachael Ray		E! News	Chelsea	Daily 10	Girls
ESPN	College Basketball		High School Basketball			SportsCenter			NFL Live	Gamenight
ESPN2	College Basketball		College Basketball				Super Bowl		NASCAR	Poker
FAM	The Incre	The Incredibles					The 700 Club		Whose?	Whose?
FOOD	Good Eats	Flay	Iron Chef America		Cakes	Cakes	Good Eats	Unwrapped	Iron Chef America	
FX	The Fog				The Fog				70s Show	70s Show
HGTV	To Sell	Carter	Divine	Color	House	House	Property	Over Head	To Sell	Carter

American Profile
We Celebrate Hometown Life
Stories from hometowns just like yours. Look for us each week in this paper.

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
HIST	Modern Marvels		Gangland		Underworld		Dogfights		Modern Marvels	
LIFE	Reba	Reba	Thirteen				Will	Will	Frasier	Frasier
MTV	Challenge	America's Best Dance Crew			Best Dance Crew		Making the Band 4		Best Dance Crew	
NICK	SpongeBob	Drake	Home Imp.	Home Imp.	Lopez	Lopez	Fresh Pr.	Fresh Pr.	Home Imp.	Home Imp.
SCI	Arabian Nights						Robin Cook			
SPIKE	CSI: Crime Scn		TNA iMPACT!				Pros vs. Joes		Tommy Boy	
TBS	Friends	Friends	A Walk to Remember				Sex and t	Sex and t	The Upside of Anger	
TCM	The Dirty Dozen						The Great Escape			
TLC	American Chopper		American Chopper		LA Ink		American Chopper		LA Ink	
TNT	NBA Basketball					NBA Basketball				
TOON	Partner	Johnny T	Grim	Courage	Ed, Edd	Naruto	Fam. Guy	Fam. Guy	Chicken	Alchemist
TRAV	Fun Food Factory		Uniq McDonald		Best Fast Food Stops		Barbecue Bastions		Fun Food Factory	
TV LAND	M*A*S*H	M*A*S*H	Just Shoo	Just Shoo	Just Shoo	Just Shoo	M*A*S*H	M*A*S*H	Just Shoo	Just Shoo
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law Order: CI		Law & Order: SVU	
VH1	Rock of Love		Celebrity Rehab		Celebrity Rehab		Free Radi	Brady	Celebrity Rehab	
WGN	Air Bud		WGN News at Nine		Scrubs	Scrubs	Corner	Becker	Funniest Home Videos	
Premium Channels										
HBO	REAL Sports		Treatment	Treatment	The Wire		Hookers: Again			
MAX	My Cousin Vinny				The Hills Have Eyes					
SHOW	Madea's Family		Pride				The L Word		G	

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Friday Evening — February 22, 2008

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
WTVQ/ABC	Grey's Anatomy		20-20: What				Local	Nightline	Jimmy Kimmel Live	
WKYT/CBS	Price Is Right		Ghost Whisperer		NUMB3RS		Local	Late Show-Letterman		Late Late
WLEX/NBC	1 vs. 100		Amne$ia		Dateline NBC		Local	Tonight Show		Late
WDKY/FOX	Bones		House		Local					
Cable Channels										
A&E	CSI: Miami		CSI: Miami		CSI: Miami		The Sopranos		CSI: Miami	
AMC	Terminator 2						Planet of the Apes			
ANIM	Lemur	Lemur	Eden	Clinicall	Animal Precinct		Lemur	Lemur	Eden	Clinicall
BET	The BET Honors				Top 25 Heartaches		Malcolm	Malcolm	Jamie F.	Jamie F.
BRAVO	Friday 13th 2				Friday 13th 2				The Ninth Gate	
CMT	Country	Videos	Redneck	Truck	Gone Country		Country	Country	Country	Country
CNN	CNN Election Center		Larry King Live		Anderson Cooper 360				Larry King Live	
COMEDY	Daily	Colbert	Futurama	Futurama	Presents	Presents	Presents	Presents	Presents	S. Park
DISC	Survivorman		Man vs. Wild		Fight Quest		Fight Quest		Survivorman	
DISN	Phineas	Max Keeble's Big Move			So Raven	Life With	The Suite	Montana	Replace	Kim
E!	Ledger	Snoop	Girls	Girls	The Soup	Snoop	E! News	Chelsea	Daily 10	Ledger
ESPN	NBA Basketball					NBA Basketball				
ESPN2	College Basketball		Boxing				SportsCenter		NFL Live	Gamenight
FAM	Nutty Prof. 2				Funniest Home Videos		The 700 Club		Whose?	Whose?
FOOD	Good Eats	Tasty	Diners	Diners	Paula's Party		Good Eats	Unwrapped	Diners	Diners
FX	Are We There Yet?		Are We There Yet?				Nip/Tuck		Jay and Silent Bob	
HGTV	To Sell	Save Bath	Kitchen	Find Your	House	House	Get Sold	Parents	To Sell	Save Bath
HIST	Modern Marvels		Shockwave		Ancient Discoveries		Prostitution		Modern Marvels	
LIFE	Reba	Reba	Jersey Girl				Will	Will	Frasier	Frasier
MTV	True Life		True Life		True Life		True Life		Real World-Rd	
NICK	Fairly OddParents		El Tigre	Tak	Lopez	Lopez	Home Imp.	Home Imp.	Fresh Pr.	Fresh Pr.
SCI	Chuck		Stargate Atlantis		Stargate Atlantis		Stargate SG-1		Stargate Atlantis	
SPIKE	CSI: Crime Scn		Animals Attack		Most Amazing Videos		Disorderly Con.		MXC	MXC
TBS	Raymond	Raymond	Bewitched				Sex and t	Sex and t	Jungle 2 Jungle	
TCM	Heaven Can Wait				The Goodbye Girl					
TLC	Say Yes to the Dress		What Not to Wear		10 Years Younger		What Not to Wear		Say Yes to the Dress	
TNT	Blade: Trinity					Blade II				Land Dead
TOON	Jimmy	Foster	Lazlo	George	Chowder	Jimmy	Fam. Guy	Fam. Guy	Chicken	Alchemist
TRAV	Europe	Europe	Weird Travels		Most Haunted		World's Strangest		Europe	Europe
TV LAND	Love Lucy	Love Lucy	Love Lucy	Love Lucy	The Breakfast Club				Just Shoo	Just Shoo
USA	Law & Order: SVU		Monk		Law & Order: SVU		House		Monk	
VH1	8 Mile	Celebrity Rehab		Free Radi	Scott Baio		Brady	Free Radi	The Flavor of Love	
WGN	Air Bud: Gold		Funniest Home Videos		Scrubs	Scrubs	Chappelle	Chappelle	Reno 911!	
Premium Channels										
HBO	The Wire		Treatment	Treatment	Entourage	Entourage	Real Time		Epic Movie	
MAX	Happy Feet				X-Men: Last					
SHOW	Nacho	Crank			The L Word		Hand-Rocks			

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Saturday Evening — February 23, 2008

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
WTVQ/ABC	Forrest Gump						Local			
WKYT/CBS	Shark		48 Hours Mystery		48 Hours Mystery		Local			
WLEX/NBC	My Dad-Better		Knight Rider				Local	Saturday Night Live		
WDKY/FOX	Cops	Cops	Most Wanted		Local		Mad TV		Talkshow	Local
Cable Channels										
A&E	Matchstick Men					Parking	Flip This House		Matchstick Men	
AMC	The Matrix				Film Awards				The Matrix	
ANIM	Dog Show						Dog Show			
BET	Girlfrien	Girlfrien	The BET Honors				School Daze			
BRAVO	Project Runway		Coyote Ugly				Coyote Ugly			
CMT	Silverado							Redneck	Redneck	Videos
CNN	Investigations		Larry King Live		Newsroom		Investigations		Larry King Live	
COMEDY	How High	Chris Rock:	Bigger & Blacker		Cedric, Ent.		Richard Pryor		Katt Williams	
DISC	Assembly Req.		MythBusters		Smash Lab		Assembly Req.		Assembly Req.	
DISN	Phineas	The Suite	Cory	The Even Stevens Movie			The Suite	Montana	Replace	Kim
E!	Hugh Hefner				Saturday Night Live		The Soup	Chelsea	Snoop	Snoop
ESPN	College GameDay		College Basketball				SportsCenter		Midnight	Fastbreak
ESPN2	NASCAR Racing				Fishing				College Basketball	
FAM	Teenage Mutnt		Godzilla						Spring Break	
FOOD	Paula's Party		Paula's Party		Flay	Flay	Iron Chef America		Paula's Party	
FX	The Punisher						Dirt		Dirt	
HGTV	To Sell	Deserving	Color	Divine	Dime	Find Your	Color	Get It	To Sell	Deserving
HIST	Hillbilly				Andrew Jackson				Hillbilly	
LIFE	Thirteen		Miss Congeniality				Grey's Anatomy		Desperate Housewives	
MTV	Jackass 24 Hr									
NICK	iCarly	Naked	Drake	School	Lopez	Lopez	Fresh Pr.	Fresh Pr.	Home Imp.	Home Imp.
SCI	Pitch Black		Living Hell				Alone in the Dark			
SPIKE	Pros vs. Joes		Pros vs. Joes		Pros vs. Joes		TNA iMPACT!			
TBS	Dumb & Dumber				Zoolander				Beetlejuice	
TCM	Poltergeist				Ordinary People					Raging
TLC	Flip	Flip	Trading Spaces		Frst Home	Frst Home	Flip	Flip	Trading Spaces	
TNT	Four Brothers				Walking Tall			Torque		
TOON	Goosebmp	Goosebmp	Naruto	Naruto	One Piece	Dragon-Z	Birdman	Venture	Dingo	Death
TRAV	World Poker Tour		World Poker Tour				World Poker Tour			
TV LAND	Griffith	Griffith	3's Co.	3's Co.	3's Co.	3's Co.	Extreme-Home		Just Shoo	Just Shoo
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		House		The Saint	
VH1	Celebrity Rehab		Celebrity Rehab		The Flavor of Love		Purple Rain			
WGN	Reindeer Games		WGN News at Nine		Scrubs	Reno 911!	Reno 911!	24		
Premium Channels										
HBO	Joe Louis: America's Hero			Boxing					Joe Louis-Hero	
MAX	Gladiator				Fracture					
SHOW	Failure to Launch			Employee-Mnth				The L Word		Barely

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Sunday Evening — February 24, 2008

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
WTVQ/ABC	Red Carp	80th Academy Awards						Local	Jimmy Kimmel Live	
WKYT/CBS	Big Brother		Cold Case		Dexter		Local			
WLEX/NBC	Law Order: CI		Law Order: CI		Law Order: CI		Local		Dateline NBC	
WDKY/FOX	Simpsons	Simpsons	Fam. Guy	Amer Dad	Local					
Cable Channels										
A&E	CSI: Miami		CSI: Miami		The Sopranos			The First 48		CSI Miami
AMC	Godfather Pt 2				Breaking Bad		Breaking Bad		Mad Men	
ANIM	Close-Danger				Ocean's Deadliest		Close-Danger			
BET	Love on Layaway		The BET Honors				BET Inspiration			
BRAVO	Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI		Law Order: CI	
CMT	Redneck	Videos	Videos	Videos	Country	Country	Country	Country	Bon Jovi Unplugged	
CNN	Investigations		Larry King Live		Newsroom		Investigations		Larry King Live	
COMEDY	Cedric, Ent.		Chris Rock: Never Scared			Katt Williams				Chappelle
DISC	Dirty Jobs		Dirty Jobs		Dirty Jobs		Dirty Jobs		Dirty Jobs	
DISN	Phineas	Montana	Wizards	Cow Belles			The Suite	Montana	Replace	Kim
E!	The Soup	Chelsea	Britney Spears: Fall		Girls	Snoop	The Soup	Chelsea	After Party	
ESPN	NBA Basketball					SportsCenter			Gamenight	Fastbreak
ESPN2	NHRA Drag Racing				Fishing				Boxing	Boxing
FAM	Sisterhood of Traveling Pants			Sisterhood-Trav					J. Osteen	Feed
FOOD	Challenge		Ult. Recipe		Iron Chef America		Cakes	Diners	Ult. Recipe	
FX	The Transporter 2				Nip/Tuck		Knock Off			
HGTV	To Sell	Secrets	Amazing Log Homes		Property	My First	Sleep	House	To Sell	Secrets
HIST	UFO Hunters		UFO Hunters		UFO Hunters		Modern Marvels		UFO Hunters	
LIFE	Miss Congeniality		Misery				Medium		Misery	
MTV	Next Top Model		Making the Band 4		Domenico	Tila Tequila		Real World-Rd		Rob & Big
NICK	Zoey 101	Jordan	Nick News	Home Imp.	Lopez	Lopez	Fresh Pr.	Fresh Pr.	Home Imp.	Home Imp.
SCI	Asteroid						Black Hole			
SPIKE	CSI: Crime Scn		Urban Justice				Urban Justice			
TBS	Deuce Bigalow				Deuce Bigalow: European Gigolo			Major League		
TCM	Mr. Holland's Opus					Men in Black				Contact
TLC	Med. Examiner		Med. Examiner		Med. Examiner		Med. Examiner		Med. Examiner	
TNT	Four Brothers				Four Brothers				Chronicles-Ridd	
TOON	Pokémon: Rise		Bakugan	Bakugan	Fam. Guy	Amer Dad	Fam. Guy	Robot Chicken		
TRAV	Anthony Bourdain		Anthony Bourdain		Living-Tribe		Living-Tribe		Anthony Bourdain	
TV LAND	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	Sanford	Sanford	The Jeffe	The Jeffe	Just Shoo	Just Shoo
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
VH1	Rock of Love		Rock of Love		Scott Bai	Brady	Rock of Love		Scott Bai	Brady
WGN	Funniest Home Videos		WGN News	Replay	Scrubs	Corner	Corner	Becker	U/ Blackjack	
Premium Channels										
HBO	Treatment	Treatment	The Wire		Def Jam	The Wire		Night at the Museum		
MAX	The Departed				There's Something				Bare Naked Desires	
SHOW	The Tudors		The L Word		The L Word		The L Word		Saw III	

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Monday Evening — February 25, 2008

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
WTVQ/ABC	A Raisin in the Sun						Local	Nightline	Jimmy Kimmel Live	
WKYT/CBS	How I Met	Captain	Two Men	Christine	CSI: Miami		Local	Late Show-Letterman		Late Late
WLEX/NBC	Deal or No Deal		My Dad-Better		Medium		Local	Tonight Show		Late
WDKY/FOX	The Moment of Truth		Sarah Connor		Local					
Cable Channels										
A&E	Intervention		Intervention		Paranorml	Paranorml	The First 48		Intervention	
AMC	Hope Floats				Father-Part II				Godfather III	
ANIM	Escape to Chimp Eden		Hero Phoenix		Hero Phoenix		Escape to Chimp Eden		Hero Phoenix	
BET	Girlfrien	Girlfrien	Girlfrien	Girlfrien	Comicview		Malcolm	Malcolm	Jamie F.	Jamie F.
BRAVO	Project Runway		Project Runway		Project Runway		Project Runway		Matchmaker	
CMT	Videos	Videos	Videos	Videos	Videos	Videos	Redneck Mom		Stroker Ace	
CNN	CNN Election Center		Larry King Live		Anderson Cooper 360				Larry King Live	
COMEDY	Daily	Colbert	Futurama	S. Park	Scrubs	Scrubs	Daily	Colbert	Reel Cdy	Futurama
DISC	Bermuda Tri.		America's Loch Ness		Best Evidence		MythBusters		Bermuda Tri.	
DISN	Phineas	The Country Bears			So Raven	Life With	The Suite	Montana	Replace	Kim
E!	Fashion Police		Beauty	The Soup	Fashion Police		E! News	Chelsea	Daily 10	Ledger
ESPN	College Basketball		College Basketball				SportsCenter		NFL Live	Fastbreak
ESPN2	Wm. Basketball		Series of Poker				College Basketball			
FAM	Kyle XY		Wildfire		Funniest Home Videos		The 700 Club		Kyle XY	
FOOD	Good Eats	The Secre	Unwrapped	Unwrapped	Diners	Diners	Good Eats	Unwrapped	Unwrapped	Unwrapped
FX	The Rundown					Undisputed II				'70s Show
HGTV	To Sell	Color	Potential	Potential	House	Buy Me	House	My First	To Sell	Color
HIST	Modern Marvels		Underworld		Ancient Discoveries		Modern Marvels		Modern Marvels	
LIFE	Reba	Reba	I Do (But I Don't)				Will	Will	Frasier	Frasier
MTV	Best Dance Crew		Making the Band 4		Making the Band 4		Domenico	Making the Band 4		Dance
NICK	SpongeBob	Drake	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.
SCI	Star Trek: Ent.		Star Trek: Ent.		Jericho		Tactics	Tactics	Noein	Noein
SPIKE	CSI: Crime Scn		Cliffhanger				UFC 82 Countdown		CSI: Crime Scn	
TBS	Friends	Friends	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Sex and t	Sex and t	Shanghai Noon	
TCM	Stagecoach				Only Angels				The Public Enemy	
TLC	Little	Little	Jon Kate	Jon Kate	My Unique Family		Little	Little	Jon Kate	Jon Kate
TNT	Law & Order		Law & Order		Law & Order		The Closer		Without a Trace	
TOON	Partner	Johnny T	Grim	Courage	Ed, Edd	Naruto	Aqua Teen	Boondocks	Boondocks	Death
TRAV	Anthony Bourdain		Living-Tribe		Anthony Bourdain		Anthony Bourdain		Anthony Bourdain	
TV LAND	The Jerk				Designing	Designing	M*A*S*H	M*A*S*H	Just Shoo	Just Shoo
USA	Law & Order: SVU		WWE Monday Night Raw				Law & Order: SVU		Law Order: CI	
VH1	Storytellers		The Flavor of Love		Salt Pepa	Storytellers		The Flavor of Love		Salt Pepa
WGN	Funniest Home Videos		WGN News at Nine		Scrubs	Scrubs	Corner	Becker	Funniest Home Videos	
Premium Channels										
HBO	Real Time		Treatment	Treatment	Little Children					Def Jam
MAX	Stripes				Fracture					
SHOW	Nacho	G			The L Word		Lucky Number Slevin			

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Tuesday Evening — February 26, 2008

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
WTVQ/ABC	Laughs	Laughs	Jim	Carpoolers	Primetime: You		Local	Nightline	Jimmy Kimmel Live	
WKYT/CBS	NCIS		Big Brother		Jericho		Local	Late Show-Letterman		Late Late
WLEX/NBC	Loser: Couples				quarterlife		Local	Tonight Show		Late
WDKY/FOX	American Idol			Back	Local					
Cable Channels										
A&E	The First 48		The First 48		Parking	Parking	Parking	Parking	The First 48	
AMC	Striking Distance				Dante's Peak					Hellfight
ANIM	Barracudas		Piranhas		Hero Phoenix		Barracudas		Piranhas	
BET	Mo' Money				Top 25 Under 25		Malcolm	Malcolm	Jamie F.	Jamie F.
BRAVO	Matchmaker		Matchmaker		Matchmaker		Matchmaker		Project Runway	
CMT	Country	Country	Country	Country	Redneck	Redneck	Redneck	Redneck	Videos	Videos
CNN	CNN Election Center		Larry King Live		Anderson Cooper 360				Larry King Live	
COMEDY	Daily	Colbert	Futurama	S. Park	Cedric, Ent.		Daily	Colbert	Cedric, Ent.	
DISC	Dirty Jobs		Dirty Jobs		Storm Chasers		MythBusters		Dirty Jobs	
DISN	Phineas	Toothless			So Raven	Life With	The Suite	Montana	Replace	Kim
E!	30 Celebrity Feuds				Girls	Keep Up	E! News	Chelsea	Daily 10	Girls
ESPN	College Basketball		College Basketball				SportsCenter		NFL Live	Fastbreak
ESPN2	College Basketball		NBA Coast-to-Coast					Tape Tour	NASCAR	Poker
FAM	America's Fun		Funniest Home Videos		Funniest Home Videos		The 700 Club		Wildfire	
FOOD	Good Eats	Good Eats	Flay	Flay	Cakes	Cook Tour	Good Eats	Unwrapped	Flay	Flay
FX	Maid in Manhattan				Maid in Manhattan				'70s Show	'70s Show
HGTV	To Sell	Kitchen	Desperate	House	House	Secrets	My House	Potential	To Sell	Kitchen

American Profile
We Celebrate Hometown Life
Stories from hometowns just like yours. Look for us each week in this paper.

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
HIST	Modern Marvels		The Universe		Mega Disasters		Modern Marvels		Modern Marvels	
LIFE	Reba	Reba	Fatal Desire				Will	Will	Frasier	Frasier
MTV	True Life		True Life		Life Ryan	Rob & Big	Rob & Big	Domenico	Real World-Rd	
NICK	SpongeBob	Drake	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.	Home Imp.
SCI	Scariest Places		Scariest Places		ECW		X			
SPIKE	CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn		CSI: NY		CSI: Crime Scn	
TBS	Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	Office	Office	10 Items	Sex and t	Sex and t	Harold
TCM	The Talk of the Town					The Miracle of Morgan's Creek			To Be or Not to Be	
TLC	LA Ink		LA Ink		LA Ink		LA Ink		LA Ink	
TNT	Law & Order		Law & Order		Bones		Cold Case		Without a Trace	
TOON	Partner	Johnny T	Grim	Courage	Ed, Edd	Naruto	Fam. Guy	Fam. Guy	Chicken	Alchemist
TRAV	Anthony Bourdain		Bizarre Foods		Bizarre Foods		Anthony Bourdain		Anthony Bourdain	
TV LAND	Buddy Holly					The Bever	M*A*S*H	M*A*S*H	Just Shoo	Just Shoo
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law Order: CI		Law & Order: SVU	
VH1	Celebrity Rehab		Rock of Love		Rock of Love		Brady	Scott Bai	Roll Bounce	
WGN	Funniest	Funniest	WGN News at Nine		Scrubs	Scrubs	Corner	Becker	Funniest Home Videos	
Premium Channels										
HBO	Firehouse Dog		Treatment	Treatment	The Gates			Bernard and Doris		
MAX	Poseidon	The Number 23			Blood Diamond					Girl From
SHOW	Akeelah and the Bee		The L Word		Crank			Pulp Fiction		

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HOROSCOPES

ARIES - Mar 21/Apr 20
Aries, your idea to fund a venture fills a void that you've been trying to fill for a while. However, use caution and take it slow when making big decisions.

TAURUS - Apr 21/May 21
Taurus, it's hard to resist friends, especially when they approach you with a "can't-miss" plan. Use your better judgement before you get in over your head.

GEMINI - May 22/Jun 21
Strange conversations with a family member put you on guard, Gemini. Unfortunately, you can't focus on much other than those words. Tuesday is enlightening.

CANCER - Jun 22/Jul 22
This week will make for busy travel, Cancer. It's much more than just the typical work commute. Think about spending more time in the comfort of home.

LEO - Jul 23/Aug 23
Leo, there are a lot of elements in the universe intent on getting in your path. Suit up for the real-life video game that will be your life for the next week.

VIRGO - Aug 24/Sept 22
Try to show compassion when news is brought to light, Virgo, even if you know the person at the center has acted poorly. Now is not the time to say, "I told you so."

LIBRA - Sept 23/Oct 23
In a rush to get out of work one day, Libra, miscommunication may occur. You could be in the dog house for a few days because of these actions. Romance is eclipsed by work.

SCORPIO - Oct 24/Nov 22
Unexpected expenses are par for the course this week, Scorpio. Fortunately, you've had that "rainy day" fund set aside for some time now.

SAGITTARIUS - Nov 23/Dec 21
Let sleeping dogs lie, Sagittarius. You don't want to get involved in something this week that will pull you in and trap you for a while. Travel sounds like a great idea.

CAPRICORN - Dec 22/Jan 20
Capricorn, this week you may disclose something personal that you never had intended. You'll have to live with the consequences for more time than you think.

AQUARIUS - Jan 21/Feb 18
Aquarius, while others around you seem down and out, you're a breath of fresh air and optimism. Don't let others bring you down as you enjoy these days.

PISCES - Feb 19/Mar 20
Get creative with recreational ideas, Pisces. The funds aren't there for a grand escape, but you can still have fun.

FAMOUS BIRTHDAYS

FEBRUARY 17
Paris Hilton, Socialite (27)
FEBRUARY 18
Matt Dillon, Actor (44)
FEBRUARY 19
Seal, Singer (45)
FEBRUARY 20
Andrew Shue, Actor (41)
FEBRUARY 21
Kelsey Grammer, Actor (53)
FEBRUARY 22
Drew Barrymore, Actress (33)
FEBRUARY 23
Dakota Fanning, Actress (14)

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

February is now more than half over. Spring is right around the corner! When I think of the spring I think of the garden and one of the first vegetables I think about planting is cabbage. Cabbage also happens to be one of the best buys for February. The best buys for February are cabbage, potatoes, and onions. Cabbage is a cruciferous vegetable. Cabbage is in the same family as cauliflower, Brussels' sprouts, kale, broccoli, and bok choy. All of the members of the cruciferous family contain phytochemicals, vitamins, minerals, and FIBER that are important to your health. This family of vegetables is commonly known as the "super-veggies" as known that this group of vegetables help to fight off cancer. This week I will share with you some cabbage recipes.

Cabbage Comfort

Ingredients:

1 teaspoon vegetable oil
1 medium onion, sliced
6 cups sliced cabbage
¼ teaspoon salt
¼ teaspoon black pepper
1 teaspoon caraway seeds

Instructions:

1.) Heat oil in a large pan. Add onion.
2.) Cook onion over medium heat until light brown, about 5 to 6 minutes.
3.) Add sliced cabbage, salt, black pepper, and caraway seeds.
4.) Stir and cook until cabbage is tender.
5.) Serve immediately.

Makes 4 servings. Serving size: ¼ recipe.

Nutritional information: Calories: 50. Total fat: 1.5 grams. 0 grams saturated fat. 9 grams carbohydrate; 3 grams fiber. One serving also provides 100% Daily value of Vitamin C.

Source: http://recipefinder.nal.usda.gov/index.php?mode=display

Stove Top Casserole

1 tablespoon vegetable oil
1 small coarsely chopped onion
4 medium peeled and sliced (1/4 inch thick) potatoes
1 and ½ cups chicken stock
2 cups shredded green cabbage
1 cup Swiss cheese, shredded
¼ cup chopped nuts

Instructions:

1.) Heat oil in large skillet or Dutch oven. Add onions and stir over medium heat until golden.
2.) Add potatoes and chicken stock. Cover tightly, reduce heat to low and simmer until potatoes are almost tender.
3.) Add cabbage, cover and simmer for another 5 minutes.
4.) Remove cover, sprinkle with cheese and nuts.
5.) Let stand just until cheese is melted, about 2 minutes.

Nutritional Information:
Serving Size: 1/5 Recipe; Calories: 210; Total fat: 14 grams; Saturated fat: 4.5 grams; Total carbohydrates: 11 grams; Dietary fiber: 4 grams; Protein: 13 grams.

Source: Adapted from: Oregon's Health Harvest Recipes. Oregon State University Extension Service http://recipefinder.nal.usda.gov/index.php?mode=display

Zucchini Coleslaw

Ingredients:

2 cups coarsely shredded zucchini
2 cups shredded cabbage
1 medium shredded carrot
2 sliced green onions
½ cup thinly sliced radishes
1/3 cup mayonnaise, low-fat
1/3 cup mild salsa

Instructions:

1.) Drain the zucchini by pressing between layers of paper towels.
2.) Put zucchini in a large bowl; add cabbage, carrot, onions, and radishes.
3.) In a small bowl, combine remaining ingredients.
4.) Pour over vegetables and toss well.
5.) Cover and chill at least one hour.

Nutritional Information: Serving size: 1/6 of recipe. Calories: 70. Total fat: 4.5 grams; Dietary fiber: 2 grams; Protein: 1 gram.

Source: Adapted from: Food and Nutrition Calendar 2005 Kentucky Families on the Move University of Kentucky Cooperative Extension Service

Source: http://recipefinder.nal.usda.gov/index.php?mode=display

Community Calendar

AA meetings held

AA meetings are held every Tuesday at 8 p.m., except the third Tuesday of the month is at 7 p.m. in the Community Room of the Nicholas County Health Department.

Veterans Benefits Field Representative at Courthouse

A Veterans Benefits Field Representative with the Kentucky Department of Veterans Affairs will be at the Nicholas County Courthouse on the third Tuesday of each month. The hours are 9-11 a.m. Veterans and their families will be given counseling in filing for Federal and State Veterans benefits. This service is provided free of any charge or fee by the Commonwealth of Kentucky, Department of Veterans Affairs. Feel free to call and leave a message if we are out 1-866-376-0308 your call will be returned as soon as possible. Come see us and bring all documents pertaining to filing a claim.

Auxiliary meets second Tuesday

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

Orient Lodge #500 to hold meeting

The Orient Lodge #500 meets the second Thursday night of each month at 7:30 p.m. All Master Masons are welcomed.

N.C. Adult Learning Center News

The Adult Learning Center offers a flexible schedule and personalized instruction to help students successfully complete their GED. The center offers students the opportunity to study at their own pace and on their own schedule. Interested persons may stop by anytime between the hours 9 a.m. to 7:30 p.m. on Mondays and Tuesdays and 9 a.m. to 1 p.m. on Wednesdays.

Spaghetti Supper and Hymn Singing

Ruddles Mills United Methodist Church will be having a Spaghetti Supper and Hymn Sing Feb. 23, 2008. The spaghetti supper will begin at 5:30 p.m. with singing starting at 7:00 p.m. Singers will be Soldiers of Christ and Save Biddle, Sam, Bill Woosley, Mike King, and Doug Fryman.

Texas Hold'em Tournament to be held

Nicholas County Relay for Life is holding Texas Hold'em tournament on Saturday February 23rd and the Nicholas County Fire Department on Market Street in Carlisle. Registration begins at 6:00 p.m. Games begin at 7:00 p.m. $30.00 entry fee. All proceeds benefit the Nicholas County Relay for Life on behalf of the Bedpan Brigade Team. For more information please contact Alan Teegarden or Georgia Gilvin at 859-588-5362, 859-289-5972, or 859-289-7181.

If you have a community announcement, please bring it to The Carlisle Mercury at 117 South Locust. You can mail it to POB 272, Carlisle, KY 40311. You can email it to editor@thecarlislemercury.com You can fax it to 859-289-4000.

To Report A Crime
Call
859-289-3710

Now at the Video Shack are AVON books with order sheets.

Fill out and return the sheet to the store. For every $25 in AVON order, you will receive a coupon for a FREE $0.99 rental from the Video Shack when you pay for your order through Celina Burton.

Offer only valid with Celina Burton and is subject to all Video Shack rules. For information call 859-289-3231

Remember Your Recare
The importance of regular examinations

Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months.

We refer to your checkup visit as a *recare* appointment. A recare dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities or other problems.

If there are no problems needing treatment, we probably won't see you again until your next recare appointment!

Giving your teeth regular checkups is the only way to keep them in tiptop shape. Recare visits help to catch dental problems like decay before they turn into painful cavities. Routine dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recare appointments per year. Insurance companies know from experience that regular recare is a great long-term investment in your health.

We encourage you to book your recare appointment well in advance. If you aren't sure when you're due for your next one, don't delay – give the Carlisle Office of Mortenson Family Dental a call at **289-5418**. Good dental habits will help your teeth last a lifetime!

The Staff of Mortenson Family Dental's Carlisle Office (L to R): Tom Vivian, Becky Davis, Dr. Roy Foster, Mary Boggs, Rhonda Sibert and Kayte Land. Not pictured is Dr. Garry Meeks.

Tooth Tips

- Brush after every meal or at least twice a day
- Use a fluoride toothpaste
- Use brushes with soft nylon bristles and a flat surface
- Replace your brush about every three months
- Use a mouthguard if you play contact sports
- Floss every day
- See your dentist regularly!

Everyone deserves a healthy smile.

$99 At-Home Bleach Kit!
Includes smile analysis and cosmetic consultation.

NOTE: Offer not to be used in conjunction with any other offers or reduced fee plans.

MORTENSON Family Dental
www.mortensonfamilydental.com

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