

Wednesday Evening February 27, 2008. TV schedule for Wednesday evening with channels and program titles.

Friday Evening February 29, 2008. TV schedule for Friday evening with channels and program titles.

Sunday Evening March 2, 2008. TV schedule for Sunday evening with channels and program titles.

Tuesday Evening March 4, 2008. TV schedule for Tuesday evening with channels and program titles.

Thursday Evening February 28, 2008. TV schedule for Thursday evening with channels and program titles.

Saturday Evening March 1, 2008. TV schedule for Saturday evening with channels and program titles.

Monday Evening March 3, 2008. TV schedule for Monday evening with channels and program titles.

Wednesday Evening March 5, 2008. TV schedule for Wednesday evening with channels and program titles.

HOROSCOPES. ARIES - Mar 21/Apr 20. VIRGO - Aug 24/Sept 23. AQUARIUS - Jan 21/Feb 18. GEMINI - May 21/June 21. CANCER - Jun 22/Jul 21. LEO - Jul 22/Aug 23. LIBRA - Sept 23/Oct 23. SCORPIO - Oct 24/Nov 22. SAGITTARIUS - Nov 23/Dec 22. CAPRICORN - Dec 23/Jan 20.

LIFESTYLE A Pinch of This and a Dash of That

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

It is hard to believe that this is the last article I will write for February. I can say that I am excited about March coming this week-end. I am not a winter time person at all. I prefer the spring and the fall... well I prefer the summer if I am at the beach... but that does not happen often enough. As February draws to a close, we need to remember to take care of our heart. Heart disease is one of the biggest causes of death today.

Heart Association). However, what is moderate intensity activity? A moderate intensity workout is when you exert 50-80 percent of your maximum capacity. That means you heart is beating 50 to 80 percent of your maximum heart rate. Please see your physician before you begin any exercise routine to learn about your maximum heart rate because your maximum heart rate is different than mine.

Source: Adapted from: A Family Living Program, University of Wisconsin Cooperative Extension Service, http://recipiefinder.nal.usda.gov

Choices: Steps toward Health, University of Minnesota Extension Nutrition Education Program, http://www.extension.nal.usda.gov

fiber: 5 grams; Protein: 41 grams. Source: Adapted from: Simply Good Eating Recipes, http://www.extension.nal.usda.gov

Any Days a Picnic Children's Salad

- 1/2 cup cooked, diced chicken breast
2/3 cup chopped, dried parsley
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup light mayonnaise

5 Day Bulgur Wheat

- 1 medium chopped onion
1 cup chopped broccoli
1 cup shredded carrots
1 small chopped green pepper-may use red or yellow pepper
1/2 cup chopped fresh parsley or 2 tablespoons dried parsley
1/2 teaspoon onion
1/2 teaspoon canola oil
1 and 1/2 cups dry bulgur
2 cups chicken broth, low sodium
8 ounces canned, drained chickpeas

Any Days a Picnic Chicken's Salad

- 1/2 cup cooked, diced chicken breast
2/3 cup chopped, dried parsley
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup light mayonnaise

5 Day Bulgur Wheat

- 1 medium chopped onion
1 cup chopped broccoli
1 cup shredded carrots
1 small chopped green pepper-may use red or yellow pepper
1/2 cup chopped fresh parsley or 2 tablespoons dried parsley
1/2 teaspoon onion
1/2 teaspoon canola oil
1 and 1/2 cups dry bulgur
2 cups chicken broth, low sodium
8 ounces canned, drained chickpeas



DOYLE Mobile Homes, Inc. Since 1962. 35 homes to choose from. NOW OPEN Mobile Home Parts and Furniture at Doyle Mobile Homes, Inc. "All your needs for your mobile home!"

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. If you're due for your checkup visit 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 top-top 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 its early stages when they are most treatable. That is why most dental insurance plans cover at least two recare appointments per year. Two recare appointments 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 health will help your teeth last a lifetime!

Everyone deserves a healthy smile. FREE Whitening! For new patients only. \$25 OFF per procedure. MORTENSON Family Dental. 110 N Locust Street, 289-5418

Maysville Rotary Club Inc. 46th SALE

New & Used Farm Equipment Auction Saturday, March 8, 2008

STARTING AT 9:00 A.M. EDT BUYERS' NUMBERS ARE A MUST

CHUCK & PHILLIP MARSHALL SALES LOT Hwy. 11, South of Maysville IMPLEMENTS, TRACTORS, LAWN & GARDEN EQUIPMENT, CONSTRUCTION, SHOP, FORESTRY, DEALERS WELCOME. NEW & USED TRUCKS & CARS

TERMS OF SALE 10% up to \$1,000.00 per item 5% over \$1,000.00 per item \$10.00 minimum per item \$10.00 no sale fee per item \$400.00 maximum per item

COMMISSION DUE ON ALL SALES Maysville Rotary Club is not responsible for titles. The Sales Committee reserves the right to refuse to accept merchandise for sale. We also reserve the right to refuse bids from any questionable bidder. Sponsor assumes no responsibility for misrepresentation of any item by anyone.

Maysville Rotary Club Inc. Unload between 8 a.m. and 5 p.m. Tuesday, March 4 - Friday, March 7. We will not sell household goods. All equipment must be off lot Noon Wednesday, March 12.

NO SUNDAY LOAD OUT All announcements sale day take precedence over advertisements. Not responsible for accidents, lost, or damaged items. Cars and trucks will be accepted. Owner is responsible for title transfer. It is Conignor's Responsibility to make rejection of bids at time of sale.

FOOD SERVED BY MAYSVILLE ROTARY CLUB FOR INFORMATION CALL: Bill Peterson, Co-Chairman - (606) 564-1115 Jim Grant, Co-Chairman - (606) 584-8052