

Wednesday Evening January 30, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

Friday Evening February 1, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

Sunday Evening February 3, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

Tuesday Evening February 5, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

Wednesday Evening February 6, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

Thursday Evening January 31, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

BRIDAL FEVER. A new series starting Saturday, February 2, 9:00 PM. Hosted by Andrea Sachs and David. Synopsis: A bride-to-be who is a professional organizer.

Saturday Evening February 2, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

Monday Evening February 4, 2008. TV listings for 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00.

HOROSCOPES. ARIES - Mar 21/Apr 20. VIRGO - Aug 24/Sep 22. CAPRICORN - Dec 22/Jan 20. GEMINI - May 22/Jan 21. TAURUS - Apr 21/May 21. AQUARIUS - Jan 21/Feb 18. SCORPIO - Oct 24/Nov 22. PISCES - Feb 19/Mar 20.

LIFESTYLE Punch of This and a Dash of That

By Jill Hatton
FINEP Program Assistant
Nicholas County Extension Office
I hope that everyone is staying warm during this "winter weary" we have been experiencing lately. I may be starting to show my age a little in that I am bundled up wherever I go outside. I have a class at UK during the day this semester and I walk 1/2 mile to class and walking the high class the wind blows to me so I have a hat, gloves, scarf, and boots, double layers of pants...everything to not be cold. My age shows because I look at my niece that is only 16 and she has a coat sometimes or even goes without a coat that is not cool to wear that. Yet I am trying to not "be cool" because of the winter gear. Time definitely changes us especially when it comes to "being cool".

Last week I had a series on another "cool" topic and that is of a slow cooker. It is a "cool" topic because while you are at work or doing household activities dinner is being prepared for you with the slow cooker. A slow cooker will last forever, but remember to follow the manufacturer's cleaning instructions. Be careful in extreme changes of temperature, as the cook may easily break. Keep in mind that the wet between the lid and the rim of the pot should not be broken during cooking until it is time to cook the doneness of your recipe. The heat inside the slow cooker builds up slowly and every time you uncover the pot, you lose enough heat to slow the cooking process thirty minutes or more. Because the cooker does not allow steam to escape, the food inside retains all the moisture originally there. Ingredients should not dry out

or burn, so there is no need to peek or stir your recipe (even though it is very tempting to do). Please remember that low means the food will be cooking at 200°F to 240 degrees Fahrenheit. High means the food will be cooking at 300 to 340 degrees Fahrenheit. It is best to remember that cooking low means foods will take twice as long with a recipe that calls for foods to cook the same recipe on the high. The high setting can cause foods to dry out and even cause caramelization. Add herbs as desired: bay leaf, basil, oregano, etc.
1) Place meat in slow cooker.
2) Add remaining ingredients and stir to mix.
3) Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
4) Stir stew thoroughly before serving. If using bay leaf, discard the leaf before serving.

Yield: 6 servings
Ingredients:
1 lb. beef, cubed
1 1/2 cups beef broth
1 1/2 cups water
1 1/2 cups onion
1 1/2 cups carrot
3 sliced potatoes
1 to 2 chopped onions
1 sliced celery stalk
Add herbs as desired: bay leaf, basil, oregano, etc.
1) Place meat in slow cooker.
2) Add remaining ingredients and stir to mix.
3) Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
4) Stir stew thoroughly before serving. If using bay leaf, discard the leaf before serving.

Community Calendar

Courthouse Square Arts Guild Meeting
Courthouse Square Arts Guild will meet Monday, Feb. 4 at 5:00 p.m. at the Library.
Nicholas County Adult Learning Center Programs
The Nicholas County Adult Learning Center is sponsoring an English as a Second Language (ESL) program on Monday, February 4th from 8 p.m. until 7:30 p.m. The class will last for six weeks. The center is located in the lower level of the Nicholas County Library. Anyone interested in taking the class needs to just come on Monday.
Carnio Storytelling Group to bring Valentine stories
The Carnio Storytelling Group brings Valentine stories to the Nicholas County Public Library at 222 North Broadway in Carlisle from 6:00 - 7:30 p.m. on Monday, February 11th. True Love will be won and lost as Emily Gamble and David Blair tell stories of women, lost maidens, greedy sisters, and hard working farm kids. The storytellers support group follows from 7:30 - 7:55 p.m. This program is suitable for ages 6 to 160, and is free and open to the public. Reservations: 859-289-5095.

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Nicholas County Hospital Speciality Services

PAMELA COMBS, M.D.-CARDIOLOGY
Wednesday - 12:00 p.m.
February 13th
CALL 859-987-0302 FOR APPOINTMENT
GARY EARLE, M.D.
CARDIOVASCULAR THORACIC SURGERY
Tuesday - 1:00 p.m.
February 12th
CALL JMHC, 859-289-7181 FOR APPOINTMENT
FRED LAUSE, M.D.-PODIATRY
Wednesday - 1:00 p.m.
February 20th
CALL JMHC, 859-289-7181 FOR APPOINTMENT
REGINA RAAB, M.D.-NEUROLOGY
Friday - 8:00 a.m.
February 1st
CALL 859-987-0302 FOR APPOINTMENT
JOHN TUTTLE, M.D.-UROLOGY
Wednesday - 8:00 a.m.
February 6th and February 20th
CALL 1-800-433-0978 FOR APPOINTMENT

Nicholas County Hospital



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