

Wednesday Evening July 2, 2008. Local, Regional, and National news and entertainment listings.

Thursday Evening July 3, 2008. Local, Regional, and National news and entertainment listings.

Friday Evening July 4, 2008. Local, Regional, and National news and entertainment listings.

Saturday Evening July 5, 2008. Local, Regional, and National news and entertainment listings.

Sunday Evening July 6, 2008. Local, Regional, and National news and entertainment listings.

Monday Evening July 7, 2008. Local, Regional, and National news and entertainment listings.

Tuesday Evening July 8, 2008. Local, Regional, and National news and entertainment listings.

Wednesday Evening July 9, 2008. Local, Regional, and National news and entertainment listings.

A Pinch of This and a Dash of That

By Jill Hatton

What a beautiful week we had last weekend? It was not too hot, not too cold, a nice breeze blowing...

week--zucchini. Zucchini contain Vitamin C and potassium, which promotes eye health. Zucchini can be used in a variety of different ways...

fried, or used in stir fry recipes. Preparation: Select small squash with small seeds and tender rind. Wash and cut into 1/2 inch slices...

Preheat oven to 475°F. Spray a nonstick baking sheet with cooking spray. Combine bread crumbs, cheese, garlic, and pepper...

As for green beans, there were three different varieties at the market Saturday. If you have not checked out the market here to see this week, stop by at the farmers' market...

any type summer squash... 3 cups summer squash, 3 cups water, 1/2 cup oil, 1/2 cup cracker crumbs, 1/2 cup cheese, shredded...

This past weekend some of you shared with me that you had tried or were purchasing ingredients to try some of the recipes that I share with you in the paper. Be sure to tell me if you like them or not...

Call Countrywide for your home loan. We offer fast Up-Front Approvals and local experts with the power to say "YES" to your loan.

From a playground queen... to sweet sixteen! Love, Nana, Daddy, Becky & the girls.

Look Who Turned One on July 1st! Happy 1st Birthday Tracy Dawn. Love Always Daddy, Mommy, Pappu, Mamaw, & Frank.

From 13 to 30! Happy Birthday to you! Love, Your Family.

Pool Credit? Let Gary Regalard or Ed Hay at the McFarlane Dealers Group Rebuild Your Credit.

FISH FOR A POND STOCKING DELIVERY WILL BE THURSDAY, JULY 24 AT CARLISLE SOUTHERN STATES FROM 12:00 - 1:00 PM.

Video Shack Q: Win a FREE Night's Rental at Video Shack! Who starred as a bar owner who takes mercenary jobs on the side?

SALE AT SOUTHERN STATES. Selected items thru out the store discounted from 25 - 75% off regular retail.

JOINT ORDINANCE OF THE CITY OF CARLISLE, KENTUCKY AND THE FISCAL COURT OF THE COUNTY OF NICHOLAS, KENTUCKY. ORDINANCE 2008 - 2.

OWINGSVILLE SERVICE Carlisle Branch, Main Street, Carlisle, KY. (859) 289-7166.