

Table with columns for Wednesday Evening, March 26, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

Table with columns for Thursday Evening, March 27, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

Table with columns for Friday Evening, March 28, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

Table with columns for Saturday Evening, March 29, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

Table with columns for Sunday Evening, March 30, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

Table with columns for Monday Evening, March 31, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

Table with columns for Tuesday Evening, April 1, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

Table with columns for Wednesday Evening, April 2, 2008. Lists various sports events including basketball, football, and baseball with times and locations.

A Pinch of This and a Dash of That

By Jill Matton
Nutritional information:
Serving Size: 3.5 ounces
Total Fat: 10g
Cholesterol: 65mg
Sodium: 22g
Total Carbohydrate: 22g
Protein: 33g

pepper, salt, pepper and all but 1 tablespoon cilantro in a small bowl.
1) Mix together the lime juice, oil, garlic, red pepper, salt, pepper and all but 1 tablespoon cilantro in a small bowl.
2) Add the chicken and marinate for at least 1 hour in the refrigerator, turning occasionally.
3) Grill the chicken breasts for about 5 to 7 minutes on each side over a medium-hot grill. The chicken should be firm to the touch and the juices should run clear. Discard the leftover marinade. (Chicken may also be broiled, 5 to 7 minutes per side, or until cooked thoroughly.)
4) Serve the chicken topped with Black Bean Sauce garnished with the remaining cilantro and additional chopped red pepper and onions, if desired.
3) Chill the sauce until

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or pitted cherries (about 10 ounces cut fruit)
2 1/2 cup fat-free evaporated milk
3 large egg, beaten, or 1/4 cup egg substitute
2 tablespoons all-purpose flour
2 tablespoons sugar
1/4 teaspoon pure vanilla
1/8 teaspoon nutmeg
1/8 teaspoon salt
1) Preheat oven to 375 degrees Fahrenheit. Toss an 8-inch glass pie plate with nonstick pan spray. Layer the fruit in the pie plate.
2) Combine the milk, egg, flour, sugar, vanilla, nutmeg, and salt in a food processor. Process until smooth; pour over the fruit.
3) Bake 30 to 40 minutes.

Advertisement for A&H HOMES, INC. featuring a house image and text: 'Make your dreams come true at A&H HOMES, INC. #1 Seller of Doublewide's in the State of Kentucky. 888-552-2334. 3 Miles North of Flemingsburg on Highway 11.'

Advertisement for SEED - SEED - SEED featuring a farmer image and text: 'It's Red Clover Seed Time! Peck's Now Takes "Farm Plan" Credit Plans. All Seed Sold at Peck's is Pre-Inoculated. FALCON IV LAWN FESCUE \$39/25 lb. or \$75/50 lb. WINNER'S CIRCLE HORSE PASTURE MIX \$66/25 lb. KY 31 FESCUE & 10% ORCHARD GRASS \$1.09 lb. / \$54.50/50 lb. bag. PECK'S FARM SUPPLY 627 Main St., Sharpburg • 606-247-2421'

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 *recoat appointment*. A *recoat appointment* is 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 *recoat appointment*!

Getting your teeth regular checkups is the only way to keep them in tip-top shape. *Recoat 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 *recoat appointments* per year. Insurance companies know from experience that regular *recoat* is a great long-term investment in your health.

We encourage you to book your *recoat appointment* well in advance. If your 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!

Advertisement for Mortenson Family Dental featuring a photo of a smiling woman and text: 'The Staff of Mortenson Family Dental's Carlisle Office (L to R): Tom Vivian, Becky Davitt, Dr. Roy Foster, Mary Boggs, Rhonda Shert and Karye Land. Not pictured is Dr. Gary 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!'

Advertisement for Mortenson Family Dental featuring a photo of a smiling woman and text: 'Everyone deserves a healthy smile. \$99 At-Home Bleach Kit! Includes smile analysis and complete consultation. Mortenson Family Dental. 110 N. Locust Street, 289-5418 • Other Locations 244-9595'

Advertisement for HealthPoint Family Care featuring a photo of a smiling woman and text: 'HealthPoint For Healthy Living. HealthPoint is proud to announce the arrival of Dr. Jessica Bocoock, DO as the newest member of the HealthPoint Bracken County team. Dr. Bocoock who specializes in Family Practice Medicine is a graduate of Pikeville College School of Osteopathic Medicine and is St. Elizabeth's Residency Program in Northern Kentucky. Dr. Bocoock is now available for appointments and accepting new patients. Please call to schedule an appointment with her today! Highway 19, just off AA Highway • Augusta Office line 606-756-3444 • Fax line 606-756-9953'

HOROSCOPES

ARIES - Mar 21/Apr 20
Aries, love comes to town this week and you haven't been getting the show of affection. Put on the charm and embrace these tender moments.

TAURUS - Apr 21/May 21
Blink, it's easy to get lost this week, both in physical direction but also mental. Scoot. Unfortunately your internal GPS system is on the fritz. Clarity is yours.

GEMINI - May 22/June 21
The weather is just what you need. Find a healthy outlet for what you've been feeling, such as volunteer work.

CANCER - Jun 22/July 22
Don't let your emotions wash over you. You're not alone. Even if you're alone, you're not alone. You're not alone. You're not alone.

LEO - July 23/Aug 23
Leo, you're looking for an exit, but you're coming up with a dead end. Don't lose the chance to find what you're seeking. Engage it in someone to watch this week.

VIRGO - Aug 24/Sept 23
Virgo, not much can be accomplished by sitting on the sofa. Get up and get out in the action and put your plans into motion this week.

LIBRA - Sept 24/Oct 23
Libra, it's time to get up and get out in the action. You're not alone. You're not alone. You're not alone.

SCORPIO - Oct 24/Nov 23
Fixation is mounting, but taking it out on others is the way to get things done. Find a healthy outlet for what you've been feeling, such as volunteer work.

NOVEMBER - Nov 24/Dec 23
Aren't you looking for an exit, but you're coming up with a dead end. Don't lose the chance to find what you're seeking. Engage it in someone to watch this week.

DECEMBER - Dec 24/Jan 23
Don't lose the chance to find what you're seeking. Engage it in someone to watch this week.