

Bluegrass Beacon

Mine eyes have not seen the glory, but I've heard about it



Bluegrass Beacon by Jim Waters

Now that Steve Beshear has stopped campaigning, his going to have to start articulating - about his plans to address serious challenges facing Kentucky's economy and public schools.

The new governor must successfully transition from campaigning against an unpopular incumbent to working for sound policy that improves the lot of all Kentuckians. That means the interests of labor unions, social liberals and other special groups must become secondary to the betterment of the entire commonwealth.

If not, it will be "four and out" for Beshear, too. His campaign yielded few specifics, beyond offering a prayer and hope that legislators and citizens might go along with expanded casino gambling. At this point, the former lieutenant governor cannot take chances when pulling a candidate is a lock. But visionaries put bold ideas on the security in Iraq for many years - if ever.

GREER

Continued from Page 4

for saving my country. You asked the question, "Should I be angry with Geoff Davis for attending the funeral of a fallen soldier?" Of course not. I didn't suggest that. Again, please be careful not to take what people say out of context.

As far as your confidence in the Iraq Army, read the history of the Vietnam War and our futile attempts to train the South Vietnamese Army. I saw it firsthand in 1967.

Most experts label the Iraq Army corrupt, undisciplined and infiltrated by different factions in the Iraq civil war. I stand by my prediction that the Iraq Army will not be able to take over

attack the challenges. Beshear now leads one of the poorest states in America. The Tax Foundation reports that only eight states in the nation sported a lower per-capita income in 2006 than Kentucky's \$21,638. Per-capita income is a critical metric in determining Kentucky's forward from No. 45 in 1945 to No. 42 last year - in six decades of "leadership."

So, how many governors have promised to "move this state forward" during the intervening decades? Since Beshear likes gambling, so will I'll bet that all of them did. And their promises moved Kentucky forward from No. 45 in 1945 to No. 42 last year - in six decades of "leadership."

So, we don't need to hear more about "moving this state forward," or better yet, "upward." We need to see someone do it. Jim Waters is the director of policy and communications for the Bluegrass Institute, Kentucky's free-market think tank. You can reach him at jwater@bluegrass.org. You can read previously published columns at www.bluegrass.org.

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He has an expansive background in media including award winning reporting and stints as a major television anchor. He can be reached via email at, dgreer@roundrunner.com

Do You Have Something You'd Like To Express A View About?

Send your letter to the editor to:

The Carlisle Mercury P.O. Box 272 Carlisle, Ky. 40311

All letters must be signed along with a phone number.

The family of Carl Steel would like to thank the many friends in the community that comforted us in our time of loss.

Each covered dish, bouquet of flowers, sympathy cards, and words of encouragement were greatly appreciated.

We would especially like to thank Reverend Ernie Carmack for his kind words and prayers during a time of almost unbearable pain.

Thank you for keeping us in your prayers and may God bless you all.

and good enough for a No. 45 ranking among states. So, how many governors have promised to "move this state forward" during the intervening decades? Since Beshear likes gambling, so will I'll bet that all of them did. And their promises moved Kentucky forward from No. 45 in 1945 to No. 42 last year - in six decades of "leadership."



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Sweet Potato Soup with Grilled Steak Sandwich

Sweet Potato Soup

- 1 40-ounce can sweet potatoes, drained and rinsed, or 2 20 cups cooked, mashed fresh sweet potatoes
- 4 cups beef broth
- 1/2 cup apple juice
- 1 apple, unpeeled, cored and quartered
- 1 tablespoon chopped sweet onion
- 1 clove garlic, peeled and sliced
- 4 bay leaves
- 3 sprigs fresh thyme, or 1/2 teaspoon dried thyme

Salt and pepper to taste

1. Combine all ingredients in large saucepan and simmer over medium heat for 15 to 20 minutes. Remove bay leaves and thyme sprigs.

2. Transfer mixture to a blender and puree. Season with salt and pepper. Adjust consistency with additional beef broth, if necessary. Serve with sandwiches.

Serves 4

Grilled Steak Sandwich

1 1/2 pounds Certified Angus Beef top sirloin steak
Salt and pepper to taste

- 16 French baguette slices, cut on the bias
- 1/2 cup mayonnaise, butter, softened
- 1/2 cup roasted red peppers, sliced
- 1 ounce fresh mozzarella, sliced

1. Preheat grill to medium-high. Season top sirloin with salt and pepper, and grill to medium rare (140°F internal temperature) or desired doneness. Remove from heat. Let rest 5 minutes and slice thin.

2. Butter one side of each bread slice. Place 4 slices, butter side down, in skillet over medium heat. Layer steak, peppers, mozzarella and another slice of bread on each. Toast sandwiches until golden brown, flipping once.

Serves 4

Nutritional Information per Serving: 571 Calories, 19g Fat, 5g Saturated Fat, 76mg Cholesterol, 75g Carbohydrate, 7g Dietary Fiber, 31g Protein, 1180mg Sodium, 22% daily value from (based on 2000-calorie diet).

Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission.

Helpful Hints

Here are a few things to keep in mind when choosing beef and sweet potatoes for recipes:

Sweet Potatoes: What to Know

- Don't refrigerate uncooked fresh sweet potatoes. Store at 55 to 65°F.
- One 15-ounce can of sweet potatoes (yams) equals one cup fresh.
- Opt for sweet potatoes from Louisiana (canned or fresh). The state's unique climate and soil conditions are ideal for growing a naturally sweeter and more flavorful sweet potato.

For more tasty recipes starting the Certified Angus Beef brand or Louisiana Sweet Potatoes, visit www.certifiedangusbeef.com and www.louisianapota.com

Steak Wrap with Sweet Potato Slaw

1 1/2 pounds Certified Angus Beef top sirloin steak
1/2 teaspoon salt
1 teaspoon blackening spice
1 sweet potato, peeled and shredded
1/2 pear, unpeeled, cored and shredded
1/2 apple, unpeeled, cored and shredded
1 tablespoon apple juice
2 tablespoons mayonnaise
1 tablespoon light mayonnaise
Freshly ground pepper, to taste
4 (8-inch) flour tortillas

1. Preheat grill to medium-high. Season top sirloin with salt and blackening spice. Grill to medium rare (140°F or 60°C internal temperature) or desired doneness. Remove from heat. Let rest 5 minutes and slice thin.

2. In a bowl, combine sweet potato, pear, apple, juice, mayonnaise and mayonnaise. Season with salt and pepper.

3. Place steak and slaw in tortilla. Fold in one end and wrap.

Chef's tip: Sweet potato chips make an ideal garnish or side dish.

Serves 4

Nutritional Information per Serving: 502 Calories, 15g Fat, 4g Saturated Fat, 102mg Cholesterol, 52g Carbohydrate, 10g Dietary Fiber, 39g Protein, 21g Sodium, 33% daily value from (based on 2000-calorie diet).

Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission.

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