

OPINION

Bluegrass Beacon

Is this the best we can do?

As this year's gubernatorial campaign campaigns...

One political hack - this race - Republican...

I suspected she based her opinion on reasons beyond political success...

So I asked "Why? Why is it exactly that you think this is the greatest governor we've ever had?"

My skeptical tone must have oozed out like her gusher. She nearly cried when digesting the idea that a columnist for a nonpartisan...

STEVES

Continued from Page 5

to take him up on the challenge. Finally, he changed his tactic. "OK, you win, if none of you can take me, I'll bet you I can set an entire Barn Burner by myself, but you have to say half the Barn Burner was serious business. It was 24 scoops of cream up the middle and half of whipped cream, and I came wearing in a fancy punch bowl. Bob dug in with gusto and by the time we were finishing up our sundae, we were nearly half the way through. But he was already starting to slow down and mumbled he would never be able to finish before the rest of it melted. Bob called a waitress over and had her pack the rest away in insulated take-home boxes.

We were all pretty impressed. After all, Bob had eaten at least 12 scoops of ice cream and nearly a pound of whipped cream. I don't think of that much. It didn't matter how we praised him, though. He was determined to save face. "I'll bet I can eat a whole pitcher of this in less than 30 seconds," he declared.

Already strapped for cash after paying for the Barn Burner, nobody wanted to pony up. But after thinking about it for a second, I volunteered. "This I've got to see. Bob, I'll pay for it, even if you don't make it." My friends looked at me, astounded. "Just wait," I told them.

Bob packed up the pitcher, waited for "On your marks, get set, GO!" and started gazing. In 10 seconds, he had more than half the pitcher down. My friends looked over at me and said, "He's going to make it!" I just smiled and said, "What happens when you pour more beer over cream?"

Skadden's friend stepped drinking and set the pitcher on the table. His eyes went wide. He said "Uh oh" and something that sounded like "CLERE" and then it happened. Hans clasped over his mouth and running fast as he could, he still covered a few tables (including outdoors), the hallway, and the entire bathroom with a surprising amount of foam.

After the manager made him clean up the mess, handed him his take-out boxes and invited him to never come back. Bob took a hard left at the way out, accelerating all the way and took a hard left at the way out. When we finally caught up to him, Bob was trying to clean up the left-over Barn Burner.

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By Jim Waters

public-policy institute would actually seek an explanation for her seemingly odd opinion...

With Gomer Pyle-like aplomb, she offered this: "Well, he took us from a state with little to smiley-faced license plates having unbridled spirit!"

Unbride me, I beg you, from the shackles of such partisan logic.

Look "across" and "down," and you'll see neighboring states, primarily Indiana and Tennessee - ranked No. 12 and 13 respectively - by the council.

How could anyone come to conclusion offered by Fletcher, that you think I discovered how she defined "carrying" she meant that Fletcher tried big chunks of pork to towns - funded by our tax dollars - throughout Kentucky in a blatant pandering exercise.

I felt her pain, but could she feel mine when I discovered how she defined "carrying" she meant that Fletcher tried big chunks of pork to towns - funded by our tax dollars - throughout Kentucky in a blatant pandering exercise.

While a few states have as high or higher corporate tax rates as Kentucky, they apparently are enough

many categories, the set that distinctly separates the top states from the bottom involves tax rates.

And Kentucky surely looks up - from the bottom - at many other states when it comes to things such as our high tax rates.

For example, Indiana serves up a high 8.5-percent corporate income tax rate. But it does not tax S-Corporations and keeps its top personal-income and capital-gains taxes at a relatively low 3.4 percent.

On the other hand, Kentucky offers a lower top corporate tax rate at 7 percent but slaps taxes S-corp at 7 percent, while forcing a 6-percent rate on an individual's personal income and capital gains.

It's no wonder that Kentucky gets passed over by Nissan, Hyundai and even Dollar General.

In 1939, J. L. Turner opened his first little store in Scottsville. You don't get that had spilled all over the interior of his car.

That was one of the last times our group all got together. With girlfriends, jobs, and college, we all ended up going our own separate ways. But even 30 years later, whenever a few of us got together, it's likely someone will bring the legendary story of "Hanging Bob and the Barn Burner."

While to him looks at it the way we do, it's likely someone will bring the legendary story of "Hanging Bob and the Barn Burner."

Steve Sealf

Steve Sealf is a member of the U.S. Military. Reach him at sealf@msn.com.

Breast Cancer Affects Everyone

Breast Cancer affects not only the person involved but all those surrounding the individual. Please schedule monthly breast examination and schedule regular examinations with your doctor.

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JMHC HEALTH FAIR Saturday, October 20th 7:00 AM-12:00 PM

FALL TRADE IN SPECIALS! WE'RE SLASHING PRICES and offering you Our Fall Trade In Specials!

SENIOR LIVING Help your family stay healthy this influenza season

(ARA) About one in five Americans become ill with influenza each year.

The best way to help prevent the spread of this serious virus is through yearly vaccination.

The National Foundation for Infectious Diseases (NFID) urges anyone who may last days or weeks.

Anyone in close contact with these groups or with children younger than 6 months of age should also get an influenza vaccination.

Influenza season can begin in the fall and last through spring. Vaccination should continue throughout the season.

Anyone who has had symptoms of influenza, and to help treat symptoms.

How to follow a low-sodium diet

(ARA) If you've recently suffered a heart attack and been told you have heart failure, don't panic.

What can you do to get back on the sodium? Here are four tips from the Heart Failure Society of America.

1. Stop adding salt to your food.

By simply taking the salt shaker off the table, and stopping the practice of adding salt to food when cooking, you can cut your sodium intake by as much as 30 percent.

2. Adapt preferred foods to low-sodium versions.

There are low-sodium substitutes for many of the foods you like.

3. Pick foods naturally low in sodium.

Generally, you can eat as much fresh food as you want without counting the sodium content.

4. Learn to read food labels.

By reading food labels, you can learn which foods are high and low in sodium.

7:00 AM-12:00 PM

FLU SHOTS-\$12.00 Medicare Accepted

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Nicholas County Hospital

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get vaccinated, the more families and communities are better protected from the spread of this dangerous disease.

For the 2007-2008 influenza season, the CDC recommends use of two antiviral medications, oseltamivir and zanamivir, for treatment and prevention of influenza. If taken within 12-48 hours of first symptoms, antiviral medications can reduce the severity and duration of influenza.

Children, especially infants and toddlers, may have additional symptoms that adults usually don't have, including ear aches, nausea and vomiting.

Anyone who has had symptoms of influenza, and to help treat symptoms.

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The three hidden secrets of tart cherries

(ARA) For decades the natural health benefits of the tart cherry have been known to a select few.

As more people are searching for natural remedies, the tart cherry is fast becoming the first choice for those wanting to enjoy an active lifestyle.

Tracking Down a Reliable Source

Ongoing research from several leading Universities of fers supporting evidence of the benefits of the tart cherry.

Twenty cherries provide 26 milligrams of anthocyanins, which help to shut down the enzymes that cause tissue inflammation in the first place, so cherries can prevent and treat many kinds of pain.

Where to Get Your Daily Dose of Tart Cherry

Eating fresh tart cherries daily is an ideal way to get the health benefits of this fruit, however, hectic daily schedules may inhibit the ability to fully enjoy fresh cherries.

It can be difficult to change your eating habits. It may take weeks before you enjoy the taste of low-sodium foods, but your taste buds will adjust.

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