

OPINION

Bluegrass Beacon

The people, not government, need to sort out the truth.

If, as Augustine said, "one never errs more safely than when one errs by too much loving the truth..."

And a recent case ruled on by the state of Washington's Supreme Court is one of the most frustrating those justices ever faced.

The case involved a 2002 state Senate race. Green Party candidate Marlon Rickett sent out campaign brochures stating that long-time Democratic incumbent Tim Sheldon "voted to close a facility for the developmentally challenged."

In fact, Sheldon twice voted against a budget that would have closed the facility. Sheldon easily won the election but filed a complaint with his state's Public Disclosure Commission.

But an appeals court overturned the commission's decision. Washington's Supreme Court agreed. It ruled that a 1990 state law prohibiting candidates from not telling the truth was unconstitutional.

It hurts to write this, but the court made the right decision. But understanding why is more important.

The court didn't condone Rickett's actions. Rather, it recognized the limits of government to ensure people behave honestly.

Governments can collect taxes, make laws and drop bombs. But it cannot make people honest. It certainly

I have covered sports a long time - well since 1964 well before anyone playing and most of those coaching Friday night were born.

I blame anyone involved in the obviously intentional act. But most of all I blame the stinks for allowing this game to get out of hand.

At one point, one of the officials, came upon a conversation about a play, and told the people on the sideline this wasn't the time to discuss it.

I know, as Travis Sims and "FALL LUNCH SPECIALS" Soup & Sandwich \$5.49

"FALL HARVEST SPECIALS" \$6.59 Turkey w/Cornbread Dressing Dinner

Roast Beef Dinner Thinly sliced roast beef piled high on white bread.

SEASONAL PIE SELECTIONS Pumpkin • Pecan • Country Apple

CARRY OUT AVAILABLE 706 N. Maysville Road Mt. Sterling, KY 859-498-1940

Why do we come down hard on athletes who wouldn't admit they used steroids to win medals or break home-run records, but ignore politicians who use subterfuge to get high-paying government jobs, man power and spend our money like drunken sailors?

We must place a higher premium on the truth. A "USA Today" poll several years ago indicated that only 56 percent of Americans teach honesty to their children. It's no wonder that the Josephson Institute in Los Angeles discovered in a survey of 36,000 students in 2006 that more than 70 percent of American high schoolers responding admitted to cheating on a test. Yet, 92 percent of the same respondents said they're "satisfied" with their personal ethical and character.

Our individual actions hold much greater consequences than any government "truth commission."

There are many things Fletcher has failed to do when it comes to education. But spending our hard-earned tax dollars is not one of them.

But the responsibility for straightening out such campaign smack does not belong to some government commission. It's our responsibility - Mr. and Mrs. Kentucky citizen - to make campaign spin tactics politically unpopular and to demand honest answers from policymakers.

I was talking about a play involving one of the youngsters on the NCHS team. He said what he saw and I said what I saw, to each other, and the sideline official informed us we didn't need to discuss this.

As the game went on it got really rough. However, after thinking this over and knowing what has happened in other places, when things of this nature have occurred, regardless of the cost, I believe NCHS should end any regular season competition with Pendleton County.

This would involve the other half of the football home and home contract as well as the basketball game scheduled this season. Maybe in spring sports a revival may be possible, but I am not even sure about that.

I don't want to see anyone else get hurt or arrested for that matter. And so, for another week, thanks, and thirty-

Edith Hamilton said of the Athenians: "When the freedom they wished for most was freedom from responsibility, then Athens ceased to be free and was never free again."

Jim Waters is the director of policy and communications for the Bluegrass Institute, Kentucky's free-market think tank. You can reach him at jwaters@bips.org. You can read previously published columns at www.bips.org.

All CPH Cattle for Nov. 15th Sale need to have 2nd round of shots and need to be tagged by Nov. 1. Tags can be purchased at Bluegrass-Maysville Stockyards.

FRIEND'S AUTO MART

Grid of car listings including models like 05 F150 4x4, 01 VW Beetle GLX, 03 Grand AM GT, 2000 F150 4x4, 04 Suburban LT, 04 Escape XLT, 02 Yukon LT, 06 Equinox LT, 05 Kia Sedona, 02 Envoy 4x4, 04 Mercury Mountaineer, 04 Jeep Grand Cherokee, 03 Harley Davidson, 04 Explorer XLT, 04 Trail Blazer, 05 Chrysler Town & Country.

Byers - Grassy Lick Rd. - Mt. Sterling, KY 40222 - Phone: 859-498-6222 - Fax: 859-498-6302

HEALTHY LIVING

HEALTHY LIVING 1-2-3

Make the decision to live healthy. You're in control - a healthy diet and lifestyle are the best tools you have for long-term benefits to your health and your heart.

1. Fitness 2. Nutrition 3. Partnering with your doctor

Why should you be active? Because physical fitness can help you manage stress, keep your weight under control, reduce your risk for heart disease, and boost your energy level.

Home, Healthy Heart - do housework, work in the garden, rake leaves, shovel snow, walk or hike to the store, take a short walk before breakfast or after dinner - start with 10 to 15 minutes a day and work up to 30 minutes.

Make Work a Workout - walk with colleagues while brainstorming, take the stairs, walk while waiting for your plane to board, walk off the hall to talk to your coworker instead of e-mailing or calling, park your car or get off the bus a few blocks shy of your office and walk the rest of the way, walk around the block at lunch.

Fitness for Fun - fill the dance floor next to a recumbent at the lake, have a snowball fight, go ice skating, walk on the beach or play volleyball, walk when golfing, include taking and swimming during family vacations and try sightseeing on foot.

Eat to Enjoy Eat a wide variety of nutritious foods from all the food groups, and keep your gut on serving size. To get the nutrients you need, first choose foods like vegetables, fruits, whole-grain products, fat-free or low-fat dairy products, lean meat, poultry and fish.

Look for foods high in whole grains. Unrefined whole-grain foods contain fiber that can lower blood cholesterol and make you feel full, which may help you manage your weight.

Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids such as salmon, trout and herring may lower your risk of death from coronary heart disease.

Make heart-healthy grocery shopping simple. Look for the American Heart Association's heart-check mark on food products. It's your assurance that the food is low in saturated fat and cholesterol and/or high in whole grains.

Shop smart. A heart-healthy grocery list is just a click away. Before heading to the grocery store, create your own personalized list using the tool provided by the American Heart Association at heartcheckmark.org

Partner With Your Doctor Enlist help in living healthy through your health professional. Ask your doctor about high blood pressure, blood cholesterol, quitting the use of tobacco products and weight control issues. Some important questions to remember to ask your doctor are:

Should I reduce my blood pressure medication? Will I need to take blood pressure medication? What do my cholesterol numbers mean? Will I need cholesterol-lowering medication? What are the best types of physical activities for me? How much activity do I need? How can I control my blood pressure?

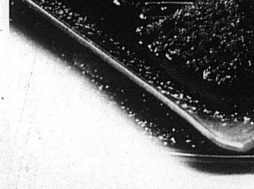
Shop smart. Live well. Look for the heart-check mark! All products bearing the heart-check mark meet the American Heart Association's nutrition criteria per standard serving size to be:

Low in fat (less than or equal to 3 grams). Low in saturated fat (less than or equal to 1 gram). Low in cholesterol (less than or equal to 20 milligrams).

Moderate in sodium, with less than or equal to 480 milligrams for individual foods and 1 tablespoon plus 1 teaspoon baking powder.

High in fiber (at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber).

Seafood, game meat, meat and poultry, as well as whole-grain products, main dishes and meats must meet additional nutritional requirements.



When seconds count... Nicholas County Hospital's ER is ready! Certified in Trauma, ACLS & PALS. Johnson Mathers Health Care, Inc. 2322 Concrete Rd. Carlisle, KY 40311 289-7181 Visiting hours 11 a.m. - 8:30 p.m.



Chocolate Pudding Cake 1 1/2 cups firmly packed light brown sugar 1/2 cup unsweetened cocoa powder

Preheat oven to 350°F. Spray 13 by 9 by 2-inch baking pan with vegetable oil spray, set aside. In large bowl, whisk together flour, sugar, cocoa, baking powder and salt. Whisk in remaining cake ingredients, blending thoroughly. Pour into baking pan, spreading evenly.

In large bowl, whisk together pudding ingredients until sugar and cocoa are dissolved. Pour carefully over batter. (Pudding layer will be thin and runny.) Bake 35 to 40 minutes, or until top is firm to touch. (Toothpick inserted in center of cake won't be accurate test for doneness.) Let cake rest 15 minutes before cutting.

To serve, slice cake and top with sauce, or pool sauce on plate and top with cake. Cover and refrigerate leftovers up to 7 days or wrap tightly and freeze up to 2 months.

Nutrition Analysis (per serving): Calories 152. Total Fat 1.0 g. Saturated Fat 0.6 g. Polyunsaturated 0.4 g. Mono-unsaturated 0.0 g. Cholesterol 0 mg. Sodium 94 mg. Carbohydrates 37 g. Fiber 2 g. Protein 2 g.

This recipe is reprinted with permission from the "American Heart Association's Manual for the Home Cook," Copyright © 2002 by the American Heart Association. Published by Clarkson Potter Publishers, a Division of Random House, Inc. Available from bookstores everywhere.

Thapia With Smoky-Pepper Sauce 1/4 cup olive oil 1/2 cup white wine 1/2 cup red wine 1/2 cup port wine 1/2 cup brandy 1/2 cup cognac 1/2 cup rum 1/2 cup vodka 1/2 cup gin 1/2 cup tequila 1/2 cup rum 1/2 cup cognac 1/2 cup brandy 1/2 cup rum 1/2 cup vodka 1/2 cup gin 1/2 cup tequila

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HAPPY HALLOWEEN LOVE, ANTONIO. Advertisement for a child's Halloween picture featuring a photo of a child and decorative elements like pumpkins and skulls.

Advertisement for Nicholas County Hospital's ER, listing specialty services and staff members: Richard Blake, M.D. (Cardiology), Gary Ebbels, M.D. (Thoracic Surgery), John Tuttle, M.D. (Neurology), Regina Raab, M.D. (Pediatrics), Fred Laue, M.D. (Podiatry), Pamela Combs, M.D. (Obstetrics/Gynecology).