

GENERAL NEWS

BOND'S
Continued from Page 4
at Wolfgang Puck's restau-
rants. We had some chicken
and vegetables, shrimp and
vegetables, and the most vege-

STEVE'S
Continued from Page 5
the experience, Cindy gave
me a big hug and said, "Of
course you were able to do
it!" I married a man who
knows how to get things
done right! Here you are
another person who has more
faith in me than I had in
myself.

And then there's my mom.
To listen to her, you'd think
I'm on the short list of candi-
dates for sainthood... If
I ever need a sort of confi-
dence, all I have to do is give
her a call. Before you know
it, she's got me convinced I
can succeed at anything.

GUEST
Continued from Page 4
alled) trade," under which
goods, including prescrip-
tion drugs, can be moved
freely... and more or less
anonymously... from one
member-state to another. So
drugs purchased in Britain
could have easily originated
in a country with less string-
ent safety standards, such
as Latvia or Cyprus.

NOTICE
The City has begun picking up leaves. Leaves will
be picked up on the day of the trash collection in your
area.
You can rake the leaves to the curb or put in bags.
City of Carlisle, KY

ordering the degree of heat
quite a kick to it. Believe me
It was possible to order 1
through 10, with 10 being
the hottest. Marilyn and I
ordered a five (like to have
burned him up) and Lois or-

one talent or natural abili-
ty that makes me stand out
from a crowd. She's a mother
in fact, I've got more than my
fair share of character flaws
and insecurities. Perhaps the
only remarkable thing about
me is my versatility. I tend to
do a pretty decent job of just
about anything I put my
hands to. You know the
old saying: "Jack of all
trades, master of none..."

But if I'm such an ordinary
guy, how on earth did I end
up with this kind of reputa-
tion that led to a four-star
admiral calling me at home,
asking me for a favor? I am
convinced that it is not so
much due to my own abili-
ties as it is to the faith others
have placed in me, giving me
the courage to put forth
a greater effort. Somewhere
along the line, with all that

trade agreements, it would
be nearly impossible for
America's strained customs
service and FDA to accu-
rately track the details of
every single drug shipment
entering the U.S.
Finally, thanks to patient
assistance programs, the
Medicare drug benefit, and
other programs in the market-
place, costs have dropped
dramatically reducing the
need for importation schemes
to begin with.

Joel White is a visiting
senior fellow at the Galen
Institute www.galeninsti-
tute.org, a non-profit tax and
health policy research
organization.

dered a one. She said it had
quite a kick to it. Believe me
I had a portion from Ben's
night and there was no com-
parison. It was so hot, Ben's
food, that he said he was re-
sponding to have to back down
four. His dad and brother
usual part of the meal was

stretching of my abilities
and reaching for greater
heights. I suppose I must
have grown a little.
If there's someone in your
life who isn't quite living up
to expectations, you might
want to give this a try: Inste-
ad of criticism, try build-
ing them up with words of
support and loving confi-
dence. Over time, this kind
of positive reinforcement
can work miracles.

I'm living proof that all it
takes is time, patience...
...And a little faith.
Signing out from Hono-
lulu
Steve Scalf

** Steve Scalf is a mem-
ber of the U.S. Military.
Reach him at scalf@
msm.com.

can do six for heat.
We landed in Louisville
just before midnight Satur-
day night and after a night
at our niece's house (Lois'
granddaughter) we dropped
Lois off at her home in Pen-
dleton County.

In the fall we generally see
winter squash at the farm-
ers' markets and roadside
stands. However, often many
of us do not want to do with
it as we tend to get away
from the winter squash.
This week I will share with
you a couple more recipes
featuring the winter squash.
Then I will end it with some
quicker warm up recipes de-
scribing the past few weeks
have shown as that fall has
arrived. Have a great week.

Squash-Apple Casserole
2 and 3/4 cups winter
squash, such as acorn, but-
ternut, or Hubbard*
1 and 3/4 cups cooking ap-

described to people who have
never been there.
I'm glad Marilyn and I
were able to go along with
you and I hope the trip was
the once in a lifetime experi-
ence you deserve.

And so, for another
week, thanks and thirty.

Johnson to offer workshop

Saturday and Sunday,
Nov. 4, 5, Banana Tree Stud-
ios in Flemingsburg will
hold a workshop teaching a
technique used in watercol-
or and pastel.
Award winning artist
Katherine Johnson of Gar-
field and Lexington will
guide participants in a the
method using watercolor
under painting with pastel
overlay.
This class will offer begin-

Carroll County Club
OPEN TO THE PUBLIC
HOURS: THURS. 5-10PM • FRI. & SAT. 5PM-12 MIDNIGHT
SUNDAY BUFFET 11AM-2PM • 8:30-5:00
City Limits - Every Weekend - 289-50-Midnight

Thursday
October 25
Comedy Night
featuring five comedians
Showtime is 8PM
Tickets are \$7
per ticket
Limited tickets
are available at
the club.
Third - \$25 gift certificate
Saturday, Oct. 27th
Halloween Costume Party
Drink Specials
Live Music 8:30-Midnight
Cash Prizes
First- \$100
Second - \$50
Third - \$25 gift certificate

GOVERNOR FLETCHER DELIVERS ON HIS PROMISES

"In 2003, Governor Fletcher pledged to dedicate 50% of the tobacco settlement money to agriculture. He kept that commitment and will continue to do so in the future.
"Governor Fletcher secured legislation to move the Kentucky Agriculture Finance Corporation to the Governor's Office of Agricultural Policy to build on the success of the Agricultural Development Fund. Since July of 2004, KAFCC provided over \$18 million in low interest loans to farm and value-added processing projects.
"Early in 2005, Governor Fletcher led the effort to provide Kentucky farmers their 2004 Phase II payments when the tobacco companies failed to make their payment to the National Tobacco Settlement Trust. Kentucky was the ONLY state to make a Phase II payment to its producers before the lawsuit was settled.
"For the first time in history, Governor Fletcher opened markets to our Kentucky State Parks through the "buy local" program allowing farmers to sell products directly to the parks.
"Farmers Markets in Kentucky have grown to 108 this past year. This marketing relationship benefits both consumers who want to buy local products and producers who capture more value from their product by selling directly to consumers.
"Governor Fletcher's promise of recruiting a biodiesel plant to western Kentucky has resulted in Owensboro Grain Company's development of one of the largest biodiesel plants in the United States. This 50 million gallon per year soybean based facility will come online this fall.
"Over the past two years, Governor Fletcher's Office of Agricultural Policy has been developing a relationship with IOGEN, a world leader in the field of cellulosic ethanol. These discussions have led to the Agricultural Development Board's funding of a demonstration and research project for biomass crops such as switchgrass.
"Governor Fletcher will continue his pledge of establishing benchmarks that maintain strong commitments to agriculture research at our landgrant and regional universities and support Kentucky's Cooperative Extension Service and its agents across the state.
"Governor Fletcher is a strong advocate of technology. When the Governor took office, 60% of Kentucky's population had access to high-speed internet, which is now up to 94% and the administration is on track to reach 100% by the end of the year.
"Governor Fletcher's administration is a staunch supporter and guardian of the original intent of House Bill 44, the law limiting the rate of property tax growth.
"Sales tax exemptions for agriculture will continue to be protected in a Fletcher administration. Governor Fletcher also believes there is an opportunity to use exemptions to support our equine industry, which is Kentucky's number one agricultural commodity.
"Governor Fletcher's comprehensive tax reform made it more attractive for companies such as Sister Shubert's, Marzetti's and Land Of Frost to locate in the Commonwealth.
"The administration has delivered record funding to both rural and urban roads and reached \$1 billion in construction for the first time in state history. Governor Fletcher will urge lawmakers to maintain the 22.28 rural road fund when they discuss the state's budget.
"Governor Fletcher's long time support of agricultural initiatives fostered strong relationships with the United States Department of Agriculture, Kentucky Department of Agriculture and Kentucky's Farm Organizations.
"The administration has worked with Commissioner Farmer to support the Kentucky Proud Program thus proving that state government and farmers can work together to inform consumers of the benefits of purchasing agricultural products that have been produced in Kentucky.
"Governor Fletcher, while in congress, introduced the tobacco buy-out legislation supported by Farm Bureau and the Burley Tobacco Cooperative. This legislation led to the passage of the Federal Tobacco Buy-out in 2004.
"Governor Fletcher is proud to have won the right to host the World Equestrian Games in 2010, since our number one agricultural industry is the equine industry, topping \$1 billion a year. It will provide an economic impact of \$100 million for the Commonwealth.

Filed by Nicholas County Republican Party, Treasurer: Pugh Chesser

LIFESTYLE

Kentucky's Fall Vegetable and Fruit Crops

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

In the fall we generally see
winter squash at the farm-
ers' markets and roadside
stands. However, often many
of us do not want to do with
it as we tend to get away
from the winter squash.
This week I will share with
you a couple more recipes
featuring the winter squash.
Then I will end it with some
quicker warm up recipes de-
scribing the past few weeks
have shown as that fall has
arrived. Have a great week.

Squash-Apple Casserole
2 and 3/4 cups winter
squash, such as acorn, but-
ternut, or Hubbard*
1 and 3/4 cups cooking ap-

plex, such as McIntosh,
Granny Smith, or Rome*
1/2 teaspoon nutmeg
1 teaspoon cinnamon

"In season
1) Wash and prepare
squash and apples (for extra
fiber, keep peel on apples).
2) Alternate layers of
squash and apples in 8x8
inch pan; end with apples.
3) Sprinkle spices over top
layer.
4) Cook with aluminum
foil.
5) Bake at 350° F. for 45-
60 minutes, until squash is
tender.

Squash and Apples
2 and 3/4 cups winter
squash, such as acorn, but-
ternut, or Hubbard*
1 and 3/4 cups cooking ap-

Pumpkin Post/Banana Boat,
University of Massachusetts
Extension Nutrition Educa-
tion Program.
http://recipiefinder.nal.usda.gov

Squash Soup
1 tablespoon olive oil
2 medium chopped onions
2 medium chopped car-
rots
2 minced garlic cloves
1 cup canned tomato-pu-
ree
5 cups chicken or vegeta-
ble broth, low-sodium
4 cups winter squash,
cooked*
1 and 3/4 tablespoon dried
oregano
1 and 3/4 tablespoon dried
basil
1) In a large saucepan,
warm oil over medium heat.

2) Add 1/2 cup onion, 1/2
cup carrot, and 1/2 cup
garlic. Cook for 5 min-
utes, covered.
3) Add 1/2 cup squash,
1/2 cup onion, and 1/2
cup carrot. Cook for
5 minutes, covered.
4) Add 1/2 cup tomato
paste, 1/2 cup oregano,
and 1/2 cup basil. Cook
for 5 minutes, covered.
5) Add 1/2 cup chicken
broth, 1/2 cup vegetable
broth, and 1/2 cup water.
Cook for 5 minutes,
covered.
6) Add 1/2 cup squash,
1/2 cup onion, and 1/2
cup carrot. Cook for
5 minutes, covered.
7) Add 1/2 cup tomato
paste, 1/2 cup oregano,
and 1/2 cup basil. Cook
for 5 minutes, covered.
8) Add 1/2 cup chicken
broth, 1/2 cup vegetable
broth, and 1/2 cup water.
Cook for 5 minutes,
covered.

drained ground beef
1 1/2 cup green beans
1 can tomato soup

1) Lightly oil or spray bak-
ing dish with cooking spray.
2) Layer ingredients in
order given. Cover.
3) Bake at 350° for 45
minutes or until tender and
thoroughly heated.
4) Uncover and bake 15
more minutes.
Note: For a variation (or to
get another serving of veg-
gies) use peas and/or corn
instead of green beans. Use
your favorite low fat cream
soup instead of tomato
soup.
Nutritional Information:
Serving Size: 1/6 of recipe.
Calories: 150. Total Fat:
3 grams. Saturated fat: 1
gram. Total carbohydrate:
28 grams. Dietary Fiber: 7
grams.
Source: Adapted from:
From the Farm to the Table, pg. 12. Hispanic Health
Connect, University of Con-
necticut Cooperative Extension.
http://recipiefinder.nal.usda.gov

These are some recipes to
use to warm you up as the
fall season is here.
Sensational
Six-Layer Dinner
2-3 medium sliced pota-
toes
2 cups sliced carrots
1/2 teaspoon black pepper
1/2 cup sliced onion
1 pound browned and

1/8 teaspoon pepper (op-
tional)
1-1/2 and 3/4 cups can to-
mato soup, condensed wa-
ter, one soup can or sliced
potatoes
2 medium diced or sliced
potatoes
1 cup diced onion

1) Brown meat. Drain fat,
if any. Season lightly with
salt and pepper (optional).
2) Add soup and 1 can of
water to fry pan. Add veg-
etables.
3) Bring to a boil, then
simmer, covered, about 25
minutes or until tender. Re-
move from heat, cover for
last 10 minutes to thicken.
4) Serve. Refrigerate left-
overs.
Nutritional Information:
Serving Size: 1/6 cup of stew
(1/4 of recipe). Calories: 250.
Total Fat: 8 grams. Total
carbohydrate: 27 grams.
Dietary Fiber: 6 grams. Pro-
tein: 20 grams.
Source: Adapted from:
Simply Good Eating Recipe
Cards: Volume 3, 2000 Uni-
versity of Minnesota Exten-
sion Service.
http://recipiefinder.nal.usda.gov

Ground Beef Stew
1/2 pound ground beef, or
1/2 lb turkey, or venison
1-1/8 teaspoon salt (option-

Halloween food safety tips

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

Store candy where only you
can reach it.
Allow two pieces of an aged up
in tinches or at an agreed upon
time, such as with milk as
an after school snack, or for
dessert at dinner.
Only use this candy until
the next holiday (Thank-
sgiving). Freeze any remain-
ing candy or donate to char-
ity, church, or school.

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the next holiday (Thank-
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CHEVY TRUCK MONTH
2007 Chevy Cobalt
LS, CD player, automatic, #7-156
\$11,999
2007 Pontiac Torrent
All wheel drive, 17" aluminum wheels, remote start, power seats, loaded, #7-511
M.S.R.P. \$28,440
\$21,999
2007 Buick Lucerne CX
3800 V-6, aluminum wheels, Onstar, loaded w/options, #7-1019
\$22,685*
2007 Chevrolet Monte Carlo
V-6, power windows/locks, #7-160
\$18,980*
2007 Chevrolet Silverado
1500, LT ext. cab, 4WD, 5.3L V-8 w/electro fuel mgmt, 17" alum wheels, HD trailing load w/pwr, options, #7-713
M.S.R.P. \$31,255
2007 Chevrolet Colorado
271 Off road, 4x4, sunroof, power convenience pkg., 3.7L I5 engine, #7-675
\$19,980*
2007 Chevrolet NHR LT
2LT pkg., w/high output engine & sport suspension, 17" polish alum wheels, Pioneer audio, remote start, loaded, #7-690
\$16,990*
2007 Chevrolet Silverado
2500HD, LT, crew cab, Duramax diesel, Allison auto w/minimal shift mode, locking rear differential, convenience pkg., #7-708
M.S.R.P. \$45,968
\$38,980*
2007 Chevrolet Suburban
LT, 4WD, leather, 20" wheels, 2nd row buckets, remote start, 8 disc CD, #7-698
Sticker: \$45,000
\$37,300*
2008 Chevrolet Silverado
1500, GWD, V-8, crew cab, Onstar, Power windows/locks, #8-525
\$24,980*
2008 Chevrolet Trailblazer
LT, 4 wheel drive, Onstar, #8-511
M.S.R.P. \$29,650
\$14,995*
2008 Chevrolet Silverado
1500, crew cab, power windows/locks, 4WD, V-8, Onstar, #8-512
\$27,980*
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