OPINION

Guest Editorial

September is National Preparedness Month:
Are You Ready in the Event of a Disaster?

By Retired KSP Major, Alecia Webb-Edgington, Director, Kentucky Office of Homeland Security

September is National Preparedness Month and, while there's little likelihood of Osama Bin Laden showing up on your doorstep, there are ample reasons for you and your family to take emergency planning and preparation seriously. After all, homeland security is about being prepared for any disaster - natural or man-made.

When you stop to think about it, there's little difference in preparing to face any dangerous situation, from fires to tornadoes to floods to rampages by deranged individuals with guns. If you are pre-prepared, you avoid that potentially disastrous first reaction: hitting the panic button.

For the protection of your family and yourself, your Kentucky Office of Homeland Security suggests two easy steps to help you be prepared in any emergency situation:

- develop a family emergency plan
- develop a family emergency survival kit

Your family emergency plan ensures that everyone knows how to communicate with one another in a crisis and knows where to gather in relative safety. For instance, if the phones are down, most of us automatically assume we'll use our cell phones. But what if cellular service is out too? How do we reach our kids at school? How do we reach the rest of our family?

Has the entire family agreed on a pre-selected location for everyone to meet? Do we know the routes emergency personnel have identified to get out of the affected area?

You can get a jump on developing your emergency plan with the step-by-step instructions available on-line at www.ProtectYourFamily.ky.gov <http://www.ProtectYourFamily.ky.gov>.

Secondarily, but of no less importance, your Family Emergency Supply Kit prepares your family to survive without outside assistance if rescue workers cannot immediately reach you.

For example, suppose an earthquake creates a situation similar to Hurricane Katrina right here in Kentucky. Unlike those unfortunate hurricane victims, Kentuckians have an opportunity to put together in advance a kit to help them be self-sustaining for at least three days or at least until help arrives. As we all saw with Katrina, three days of supplies can make all the difference in the world.

Obviously, your family will need water and nonperishable foods in your kit. Did you think about a can opener to crack open those cans of chicken soup? How much water?

What about medicines? A battery-powered radio to listen for emergency bulletins? Fresh diapers? Copies of important documents that may be lost?

Once again, step-by-step instructions, including a comprehensive checklist of items to include in your supply kit, are available online at www.ProtectYourFamily.ky.gov <http://www.ProtectYourFamily.ky.gov>.

Your Kentucky Office of Homeland Security is dedicated to providing the tools necessary for first responders such as firefighters, law enforcement officers and other emergency personnel, to do their jobs effectively and efficiently in the event of any disaster.

However, all Kentuckians should be prepared to take care of themselves for up to three days if the unthinkable actually occurs.

If we are all lucky, you'll never have to use it. If an event occurs, it's much better to be safe than sorry.

Homeland Security begins at home. And there's no better time to start than right now, during National Preparedness Month. Step-by-step instructions are available online at www.ProtectYourFamily.ky.gov <http://www.ProtectYourFamily.ky.gov>. Rest easy knowing you and your family are protected and ready in case of any emergency.

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Bond's Broadcast

This past weekend Nicholas County played Fairview in football and I got to make a quick trip home.

It was a nice trip as Beth went with me – and we were able to pick up Michael when we were passing through Morehead.

As I have mentioned, both Beth and I went to Russell High School, and that of course makes it even a little sweeter when we can run by RHS as part of the trip.

We were able to get to the final quarter of the Russell game and had time to talk to several friends.

I see it as a homecoming of sorts no matter when I go to a Russell game. I am sure that's the case for folks who come home to Carlisle to visit at a home football game.

So will be the case Friday night as the Bluejackets entertain Paris in what has always been an intense rivalry.

I can remember even 20 years ago when we first moved here how intense the rivalry was then with those Greyhounds.

I really enjoy watching people come to the football games.

It is such an enjoyable night when those who come to watch the game spend time with friends and root for their team.

It's the same be it at home or on the road.

I began covering sports in 1964. It was a long time ago, at least for me, but I have seen lots of great teams and lots of great coaches.

I can remember in my radio days, back when Marilyn, Carol and I lived in Frankfort covering Franklin County and Frankfort High sports.

Jack Cline was a great coach at Franklin County who moved back home to Woodford County and built a championship wrestling team.

At Frankfort was Ray Webb. I did play-by-play for the Panthers and the Flyers and I can remember a couple years Frankfort was especially successful.

For two seasons I ran the time clock at home football games for Frankfort, which led me to the playoffs on two occasions. During that time I ran a great coach and captured lots of wins in his time at the helm.

Back in the late 80s Frankfort used to be on the schedule for the Bluejackets.

Ray was back on the sidelines after a brief retirement and was doing some damage as coach of the Panthers once again.

I enjoyed meeting up with Ray when he came to Carlisle, along with his wife Jean Ann, who was an assistant principal at Second Street School in the Frankfort Independent System.

There are lots of great coaches out there. I can remember when Bardstown and Paintsville had football programs that were almost impossible to beat.

But it was always a great game and a great time when these teams met.

Ashland used to be unstoppable in their prime when Vic Marsh was coach at those Tomcats and now my high school has had a few great years.

I can remember going down to Belfry one year when the Pirates beat everyone. When the game was over it was almost war getting out of the little mountain town. Now they play Belfry's games on artificial turf next to a $34 million high school.

At Nicholas County the grounds crew has done an outstanding job with the approval of the sprinkler system and work done by coaches and all concerned to keep the field in top notch shape.

As time goes by I hope the system is able to upgrade the facilities for the football field.

It's a bad day when visiting teams can't go to the restroom properly. Teams have to dress in facilities not designed as dressing rooms at all.

It's really kind of a blight on the school and its image. It's embarrassing to invite teams here that dress in nice facilities to have to scurry behind a bus to hold a team meeting.

There will come a day when we have things here in a first class manner. A nice field house, seats on both sides, and a real press box.

When I visit high schools in many places they actually have a press box for the working press. They don't allow students inside and they are accessible.

I realize this is a cost, but at the same time for years here, back when I first covered sports, it was a haven for the superintendent and others with no provisions for any media, especially print, but radio always had seats.

Friday night the Jackets host Paris.

It's the first home game.

It's a time for fans to turn out and enjoy the season's first home contest.

Kickoff is slated for 7:30 p.m., but there's always plenty of time for meeting and greeting and a visit to the concessions area before the game gets started!

And so, for another week, thanks and thirty.

Veloz Viewpoints

Greetings from Nevada! I hope you are all having a great week.

I want to start out this week by wishing my Grandpa a happy belated Father's parent's Day!! I hope you had a great day!

This week, I have a couple of things to talk about so I will try not to go too much all over the place. The first thing I want to talk about is a movie I watched on Sunday called Iron Jawed Angels.

What an amazing movie! My parents all the time talk about how much we didn't learn in school about American history. In this instance, they are right.

In the year 2000, I should have been able to vote for President as I had turned 18 in 1999.

I didn't register to vote and therefore I didn't vote. That was the year that Gore received the popular vote but not the electoral vote and Bush became President.

That was the year they said every vote counts. My family has always told me how important it is to vote and it is a right that women fought for other women to have. I listened to him. I just didn't follow his suggestion. I guess I never really realized what women went through so that I could vote and my daughter will be able to vote one day.

After watching this movie, I will never take my right to vote for granted again. I of course know who Susan B. Anthony is but I had never heard of Alice Paul until this movie.

The movie shows the struggle that women who fought for our right to vote went through. What amazing women! This is a movie that I will most likely purchase and when my daughter is old enough to understand it fully, I will show it to her, so she never takes her right to vote for granted. If you haven't seen it I highly recommend it. It is on DVD so you should be able to get it in the video store. If they don't carry it, you should ask them to.

-ABV-

The babies are getting so big. I swear, Antonio is going to take off crawling any day now.

He scoots around and turns over. I can leave the room for just moments and come back and he is several feet from where I left him.

Pretty soon, he is going to just follow after me.

Analise doesn't seem too far away either. She is becoming more interested in moving around on the floor.

I anticipate that when my Mom, Dad and Grandma come to visit in October, we will all have fun chasing babies together.

And they have become so much fun to watch. I find myself staring at them all the time.

I love the facial expressions they are developing. I also love it when they sit and look at each other and carry on a conversation.

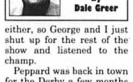
I can't wait to watch them play together when they can finally walk. I have a good feeling that they will be great friends. And I definitely anticipate the coming weeks and months.

They are growing so fast and I love how much time I am able to spend with them watching them grow. I look forward to filling you all in on the new things they learn.

Until next week, make it a great one!
Amy

Talkin' From The Mountains

Muhammad Ali and Paul Hornung, Uninvited Guests



There were two sports celebrities who would walk on the set of my live television show on WAVE TV in Louisville uninvited and unannounced.

I'm not complaining. Any television show in America would have loved to have either of them show up–anytime. One was Muhammad Ali, and the other was football great, Paul Hornung.

Actor George Peppard, most famous for "Breakfast At Tiffany's," and his role on the TV show, "The A Team," had the misfortune, or the good fortune, to be on the program once when Ali showed up and again when Hornung showed up.

Ali walked in one day when Peppard was a guest on the show, plopped down, turned to Peppard and said, "You have to leave now. I'm here."

Peppard took it good-naturedly. He was glad to meet the champ. He just laughed and gave me a pleading look.

"Ali," I protested, "that's George Peppard! He's a big movie star! "Breakfast At Tiffany's" and—"

Ali interrupted me and pointed at Peppard, "Okay, you can stay, but don't talk."

I wasn't allowed to talk either, so George and I just shut up for the rest of the show and listened to the champ.

Peppard was back in town for the Derby a few months later and was a guest on our show again, and who comes walking up on the set unexpectedly but Paul Hornung, and two other guys I didn't recognize right away.

I detected the odor of Kentucky Bourbon as Paul and his friends got close. Peppard looked stunned. I have an idea he was thinking, "not again."

"Hey, George," Paul said holding out a hand to Peppard, "I'm Paul Hornung. Meet my buddies, Ron Kramer, and Billy Kilmer."

Kramer was a Green Bay Packers Star, and Kilmer was the legendary quarterback of the Washington Redskins. I figured they had been out partying all night, stopped somewhere for breakfast and then decided to make an unannounced TV appearance before they went home. It was that kind of thing that made live Television shows interesting.

Peppard seemed as glad to meet the three famous football players as he was to meet Ali.

"Hey, George," Paul asked, "what have you been doing since you arrived in my hometown?"

"Well, yesterday, I went to Speed Museum," Peppard answered.

Hornung, Kramer, and Kilmer started laughing. A red-eyed Billy Kilmer leaned over to confide in the movie star.

"George," Kilmer said, "you need to come with us. We can show you how to have a good time in Louisville."

Peppard laughed, leaned over and pulled one of Kilmer's eyelids down, exposing an eye that was as red as an apple. "Will my eyes look like that, Billy?" he asked.

"Guarantee it, George, guarantee it," Kilmer said.

Kilmer was a real character, hard playing on the field, hard drinking off. He was as gutsy as they come. He once told Washington Redskins Coach George Allen that President Nixon's enthusiasm for the team was counter productive, and asked Allen to keep the President away from his teammates.

Kramer said Hornung, who relished his reputation as the bad boy of the Green Bay Packers, was a choirboy compared to teammate Max McGee.

Kramer told me that Coach Vince Lombardi once fined McGee a hundred dollars for missing curfew, then told McGee in front of the team that if he missed curfew again, the fine would be $500.00.

Kramer said Hornung ran to his locker, got out his checkbook, wrote a check for five hundred bucks, and handed it to Coach Lombardi.

"What are you doing, Paul?" asked an irritated Lombardi, "I didn't fine you."

"I know coach," Kramer said Hornung replied, "but if Max goes out tonight, I'll know he's on to something really good, so I'm going with him. I'm just paying my fine in advance."

Different versions of that story have locked around for almost a half century, but that was the version from somebody who was there, telling it in front of Paul Hornung, so I suspect it's at least partially true.

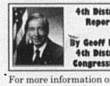
It was always fun when Ali and/or Hornung showed up, and my life was enriched by knowing these two great athletes and unforgettable characters.

Dale Greer is a member of the faculty at Morehead State University. 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, ddgreer@adelphia.net.

OPINION

Fourth District Report

Fighting Drugs through Prevention, Treatment and Enforcement



September is National Alcohol and Drug Addiction Recovery Month. This month we should all take stock of the impact drug use has on our communities and find ways to contribute to the fight against drug and alcohol abuse. The goals of recovery month are to reduce the stigma associated with addiction, encourage those in need to get treatment and promote the belief that recovery from the disease of addiction is possible. For more information on Recovery Month, please visit: http://www.recoverymonth.gov/2007/

A recent report released by the Substance Abuse and Mental Health Services Administration (SAMHSA) states that nationwide, the percentage of adolescents acknowledging drug use in the past month dropped from 11.6% in 2002 to 9.8% in 2006. This is an encouraging trend; however, the report also highlights a growing area of concern about the misuse of prescription drugs. In 2004, Kentucky ranked first in the nation for prescription drug abuse. The statistics released in SAMHSA's report echo this growing trend on a national level. Over the past four years, non-medical use of prescription drugs among young adults has increased from 5.4 percent in 2002 to 6.4 percent in 2006. We can each make a difference by securing our prescriptions at home and by properly disposing of prescriptions when we are finished with them.

Before I came to Congress, I worked as a Court Appointed Special Advocate with children and families in crisis. In many cases these families faced problems that were often complicated by the abuse of alcohol or illicit drugs. Once elected, I was determined to not only fight drugs, but also to promote prevention as well as treatment and recovery. I am a proud member of the Drug Policy Caucus as well as the Addiction, Treatment and Recovery Caucus.

Nationwide more than 22.6 million Americans struggle with substance abuse. Of those suffering from alcohol or drug dependency, 2.5 million people received substance abuse treatment in 2006. It is estimated that for every $1 we spend on treatment and recovery, we save $7 in criminal justice costs. If we make the investment in prevention and treatment, we help those in need and make our communities safer and healthier places to live.

Recently, I was pleased to announce that the Kenton County Alliance to Prevent Substance Abuse, Covington Partners in Prevention, and the Henry County Countywide Action Reachout Effort (CARE) Team have each been awarded $100,000 grants. These grants support programs in our local communities focused on drug prevention and treatment services to families and children in need.

Additionally, communities across the 4th District will be receiving $538,512 in Byrne Justice Assistance Grants (JAG). Byrne-JAG funding is used to support law enforcement programs, court programs, prevention and education programs, community corrections programs, drug treatment programs as well as planning, evaluation, and technology improvement programs. I am pleased that the Fourth District is receiving funding that is critical to combat drug and alcohol abuse in Kentucky.

I am committed to making the Fourth District a safe and healthy place to live. If you know someone suffering from drug or alcohol dependency, I encourage you to call (800) 662-HELP for 24 hour alcohol and drug information and treatment referral or visit http://dasis3.samhsa.gov/Prx1input.aspx?STATE=Kentucky to find a treatment center near you.

Steve's Report

Every once in a while we come across someone who rubs us the wrong way. Maybe it's the way they talk or use one particular expression over and over again that gets on our nerves. Perhaps it has something to do with their physical appearance, like beady eyes or greasy hair. Or maybe it's nothing specific you can put your finger on. You just feel uncomfortable around them.

Let me tell you about a woman I know. Since I don't know anyone who goes by the name of Tina, I think I'll call her that.

Tina can't just enter a room, she makes an appearance. There is always some major crisis that Tina has barely managed to escape from. It doesn't matter what everyone was talking about before she arrived. We all have to stop everything and listen as Tina announces in a loud and dramatic voice the reason why she is late – again.

Tina moves and talks about a hundred miles a minute. According to her, there is always so much to do and no time to do it. Tina loves nothing better than complaining about how hectic her life is, listing off all the impossible demands on her time, trying to get others to sympathize with her and to tell her that it's no wonder why she has such a hard time getting anything done.

However, it doesn't take much time observing Tina's mannerisms to figure out what the real issue is. At times she seems to have the attention span of a 3-year-old. She'll start on one thing, and two minutes later she'll get sidetracked and start working on something else. She even does this when she talks. Tina's the only person I know who uses "call waiting" during live conversations. She'll be talking to one person and see someone else walk past. She'll interrupt herself and say, "Oh! I just have to tell them something real quick. Don't go away, I'll be right back!" I've seen her stack people three conversations deep waiting for her to get back with them.

I haven't even mentioned Tina's kids yet. As energetic as she is, she doesn't hold a candle to those little terrors. One elderly gentleman still grumbles about the time Tina stopped by. While the adults were inside visiting, Tina's daughters were outside picking his mango tree practically bare and smashing the nearly ripe fruit all over his driveway and sidewalk. Another time, Tina's 11-year-old son was at a gathering and didn't like what was being served.

The host, trying to accommodate him, asked him what he would like to eat and then prepared a separate meal especially for him. But when the food was placed before him, he turned up his nose and refused to eat.

You know kids like Tina's. They're the ones who throw popcorn in the theater and make so much noise you can't enjoy the movie. They're the kids that color in the hymnbooks at church and stick wads of chewing gum under the pews. It's disruptive kids like these that won't stay in their seats in school and interfere with other kids getting a decent education. It's kids like these that make you wish parents had to pass some kind of a competency test before they are allowed to procreate.

I guess you could say that Tina and her kids rubbed me the wrong way. It didn't take me very long to decide that I didn't care much for them. I avoided contact whenever I could – and when I couldn't, I would make my getaway as soon as politeness would allow.

That's the way things went until a couple of months ago. And then, all at once, it seems all the sermons and Sunday school lessons were about charity, compassion, not judging, and the Golden Rule – treating others the way we would want to be treated – and my conscience started bothering me.

Instead of sitting around the dinner table gossiping about Tina and her kids, I started paying better attention. Before long, I started

See STEVE'S Page 6

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