

# Bluegrass Beacon

### 'Tourists' tax logic, shaft taxpayers when missing for money

Tax increases usually don't pass the logic test. Take Gov. Ernie Fletcher's so-called "Tax Modernization" policy. Legislators passed this sloppy legislation in 2006 after considerable arm-twisting. It includes the hated Alternative Minimum Tax, which taxes businesses whether or not they make a profit.

Raising taxes on businesses and entrepreneurs while at the same time campaigning about how bringing new jobs to Kentucky is a top priority just doesn't pass the logic test.

Logic dictates not taxing those companies — at least until they make a profit.

**STEVIE'S** Continued from Page 5

seeing her in a whole new light.

It turns out that Tina doesn't really have that attention span after all. She is so aware of other people's needs, whenever she notices they could use some assistance she doesn't hesitate for them to ask. She drops whatever she is doing and heads in a hand.

When she interrupts her conversations to talk to someone else, it's not because she's a social butterfly thriving on attention. It is because she recognizes someone in desperate need of a kind word or a hug to let them know that they are loved and appreciated.

Tina is like an angel of mercy — the patron saint for souls in need.

Why didn't I see this before? I could have been so wrong about her? That little voice in my head summed it up with one word: Pride.

"You thought you were better than she is," I tried to argue with this — to justify my judgmental behavior. But in the end, when all the excuses were pushed aside, I had to admit to the truth. It was my pride that had blinded me and had pre-

### Bluesgrass Issues

By Jim Waters

tourism bureaucrats squint and look at me funny — like I'm speaking a foreign language. After they recover from the shock of someone challenging their pot of gold, the tax mavens respond with a mixture of "all the other states do it."

All this makes me want to learn the twisted logic of this administration's tax policies continues. Fletcher's tax increases raise taxes on visitors — one cent on a dollar — who stay in Kentucky hotels and motels. This tax intends to raise more money to "market" tourist attractions. That way, more visitors come to Kentucky and, you got it — we can tax them.

Pretty sweet sell game, huh?

When I question the tax, they come back from recognizing and benefiting from Tina's true character for so long.

Now, when I see Tina, I drop whatever I am doing to say hello. And what about Tina? Whenever I notice that Tina might need a little assistance, I have a chapter torn out of her book.

I don't want to be asked, "What are your shoulders and gently receive more appropriate and helpful than I can be like Tina.

Fortunately, the massive influx of cash donated by our cherished "guests" isn't beyond the purview of the state Auditor's Office. When State Auditor Crit Luallen issued a report a couple of weeks ago stating that most of the money from the hotel tax gets spent inappropriately and with too little oversight, I was pleased.

The 1-percent tax raised \$7.5 million during 2006 — its first year. It doubled the tourism department's budget, which went from \$3.6 million to \$7.1 million in 2006.

With the arrival of large amounts of money from a new tax, logic dictates: (a) taxpayers would get corresponding returns on this additional "investment" in Kentucky's state-run tourism agency, and (b) spending guidelines would be put in place before the money started rolling in.

Never happened.

The tourism department budget nearly doubled in a single year, but the growth rate of tourism's economic impact on the state during that same year was down more than 1.5 percent from 2005 and fell below the national average.

That defies logic.

Officials beg for patience — something Kentucky's politicians rarely exercise when a tax proposal comes down the pike. These officials claim that it takes time for such tax hikes to work. Commerce Secretary George Ward told our hotel revenues rose 10 percent through July, compared

with only 5-percent growth last year.

I almost fell for that, but recovered with a "logical response."

If hotel revenues rose, that means government gets more money to spend promoting "tourism" projects like the "animatronic" exhibit in Lynch A robotic miner, a miner's son and grandson tell the story of the evolution of mining in this Danbury exhibit in an abandoned coal mine.

When I hear about tax revenue being spent like this, I wonder why Frankfort pays around in the tourism business at all. We've got great tourist attractions that people will see and see — without government coaxing them.

Jim Waters is the director of policy and communications for the Bluegrass Institute, Kentucky's free-market think tank. You can reach him at [jw@bluegrassinstitute.org](mailto:jw@bluegrassinstitute.org). You can read previously published columns at [www.biggs.org](http://www.biggs.org).

**NOTICE**

The City will be flushing fire hydrants the week of Sept. 17 — 21.

Flushing will begin Monday at the west end of town and end Friday at the east end of town. Customers may experience rusty looking water which will clear up in a couple of days.

City of Carlisle, KY

# A personal health record can benefit everyone

(ARA) - A personal health record (PHR) is more than just a compilation of your medical records. While medical records are created and maintained by doctors, hospitals or other healthcare providers, a PHR is created and maintained by you. It is an ongoing, personalized compilation of important personal health information that you or someone you're caring for "Many people who don't if they're healthy they don't need a personal health record," says Denise Posen, attorney and creator of So Tell Me... personal health organizer. "But a PHR can be beneficial to almost everyone, regardless of their health. Personal health records should contain four types of information: Personal — such as name, address, contact information; medical — doctor visits, ER visits, diagnostic tests and surgery; medicinal — your prescriptions and over-the-counter drugs; and observational — such as notes from doctor visits, diet or exercise records, reactions to medications, research notes, etc.

While medical and medicinal information comes from doctors and pharmacists, personal and observational information has to come from you."

People in the following situations can benefit from creating a personal health record:

- If you are in a case of emergency. The stress of an emergency can make it hard to remember critical information. A PHR will give you the information you need at the moment.
- If you are in a case of evacuation and exercise.
- To start your PHR, Posen suggests talking to your healthcare providers (primary care doctor, dentist, eye doctor and specialists) that might otherwise not be available.
- As a backup to your doctor's records. Records can be destroyed by floods, fires, earthquakes, or broken water pipes. Old records can also be destroyed as part of a hospital's deaccession policy. A PHR ensures that your historical information will be available to you.
- If you are a caregiver. You want to focus your attention on your loved one's personal care for, rather than trying to remember details of their health history. A PHR will provide the tool to do that.
- If you have a college student. You can avoid those calls or e-mails asking about immunizations and medical histories by adding a PHR to your college student's dorm room accessories.
- If you are a parent. You can track growth and developmental milestones, record immunizations, and keep copies of school and sports physicals.
- If you are newly for soon to be wed. Creating a PHR will provide background health and medical information that your spouse might not otherwise know.
- If you are a "snowbird" or have a second home. You may be seeing a doctor in more than one city. Maintaining a PHR will keep each of your doctors up-to-date on your health.
- If you are proactive about your health. A PHR provides a place to record the results of diagnostic tests such as cholesterol levels, mammograms and bone density, as well as well as information about vitamins and supplements, and diet and exercise.

To start your PHR, Posen suggests talking to your healthcare providers (primary care doctor, dentist, eye doctor and specialists)

about how you can get pertinent information from your medical records, and asking your pharmacist for information regarding your prescriptions. Then write down emergency contact information and insurance information. All the information that makes up a PHR should be centralized, easy to access. Because not all information is available in electronic format, one or more file folders or a three-ring binder is a good way to store your information. For many, a paper-based system such as the So Tell Me... personal health organizer works best way to start. The question and answer format, and pre-printed tabs and forms make it easy to get started with tracking family history, past and future appointments, medications, tests, treatments and more. (See [www.sotellme.com](http://www.sotellme.com) for details.)

Once you start your PHR, it is important to keep the information current, make sure others know where it is kept, and take it with you to each new healthcare visit. Whether for a school-uled doctor's visit or a trip to the Emergency Room for yourself or someone you care for, the more prepared you are and the more easily you can communicate pertinent health information, the more helpful and effective your healthcare visits will be.

For more information on organizing personal health records or to place an order for a So Tell Me... personal health organizer, contact Posen Services Inc. at (888) 744-1111 or visit [www.sotellme.com](http://www.sotellme.com).



Fotolia

## Seniors and Loneliness: Tips for overcoming isolation

(ARA) - For millions of seniors, loneliness can have a very serious effect on their physical and mental health; but there are many ways to overcome loneliness and improve their quality of life.

Emotional isolation is linked to elevated blood pressure in seniors, a 2006 University of Chicago study indicated. Lonely seniors have blood pressure readings up to 20 points higher than their socially connected peers, regardless of race, sex or other health factors. Researchers found. Loneliness is also closely linked to depression, with more than 2 million of the nation's senior citizens suffering from the condition.

"Approximately 8.8 million seniors were living alone in America 17 years ago, according to the 1990 U.S. Census," says Scott Perry, president of Bankers Life and Casualty Company, a national insurance company that specializes in serving the senior market. "The 2000 Census showed that a number had climbed to 9.7 million. Experts agree it's reasonable to expect the number of seniors living alone will continue to grow. Maintaining strong social networks can help seniors stay healthier longer, and enhance the overall quality of their lives as well."

Older Americans are more prone to experience the kind of life changes that place them at greater risk for loneliness, including:

- Death of their spouse, relatives and friends;
- Retirement;
- Illness;
- Decreased physical mobility;
- Loss of the ability to drive and
- Intentional reductions in their social networks to include only those with the senior face close to.

Fortunately, there are many ways in which seniors, even those with significantly curtailed mobility, can prevent and combat

loneliness. Finding the right mix of social interaction for seniors using the Internet more than doubled between 2000 and 2004. Seniors who face mobility challenges can find others with similar interests through a variety of resources and Web sites directed at seniors on the Internet.

Technology providers continue to develop products to make it easier for seniors to use the Internet, such as large-button keyboards and voice-recognition software. Asking for help to get on-line can also be a great way to connect with tech-savvy grandchildren.

• Learning Something New - Learning a new skill requires you to interact with a teacher and fellow students. Choose to learn a skill such as cooking or e-mailing, and the skill itself often can help to get on-line to interact socially with others. Local community colleges and city centers offer many courses appropriate for seniors.

• Maintaining Friendships - Studies have found that friendships are often more important than family connections in fighting loneliness among seniors. Make a conscious effort to stay connected with friends by visiting with them in person or keeping in touch by phone, letter or e-mail.

For more information on senior topics, visit [www.bankerslife.com](http://www.bankerslife.com) and click "Senior Resources."

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Provided by Corbis

## Breast Cancer symptoms and prevention tips

(ARA) - Breast cancer is the second leading cause of cancer death in American women. The good news is that women whose breast cancer is found early often go on to live long, healthy lives. Over 2 million breast cancer survivors are alive in America today.

The exact cause of breast cancer is not known. Factors that can increase a woman's risk include heredity, early puberty, late childbearing, obesity and lifestyle factors such as heavy alcohol consumption and smoking. But the biggest risk factor for breast cancer is age — just growing older. Most breast cancers occur in women over the age of 50, and women over 60 are at the highest risk.

Breast cancer symptoms vary widely — from lumps to swelling to skin changes — and many breast cancers have no obvious symptoms at all. If you're over 40 or at a high risk for the disease, you should also have an annual mammogram and physical exam by a doctor.

1-800-FLOWERS.COM is supporting the fight against breast cancer by donating a portion of the proceeds from sales of its Pink Ribbon Bouquet. Visit [www.1800flowers.com](http://www.1800flowers.com) to learn more.

Courtesy of ARAcon-

formation and community to those touched by this disease, recommends that monthly breast self-exams be part of your regular health care routine, and you should visit your doctor if you experience breast changes. If you're over 40 or at a high risk for the disease, you should also have an annual mammogram and physical exam by a doctor.

1-800-FLOWERS.COM is supporting the fight against breast cancer by donating a portion of the proceeds from sales of its Pink Ribbon Bouquet. Visit [www.1800flowers.com](http://www.1800flowers.com) to learn more.

Courtesy of ARAcon-

**NOTICE**

The City of Carlisle, Kentucky Ordinance No. 6, 2007

AN ORDINANCE LEVYING CITY OF CARLISLE AD VALOREM TAXES FOR GENERAL MUNICIPAL PURPOSES FOR THE FISCAL YEAR OF 2007/2008 ON PERSONAL PROPERTY OWNED BY INDIVIDUALS, BUSINESSES, VEHICLES AND WATERCRAFT, WITHIN THE TAKING JURISDICTION OF THE CITY OF CARLISLE SHALL BE AT THE RATE OF SEVEN PER CENT (7%) OF THE ASSESSED VALUATION.

Be it ordained by the City of Carlisle:

Section 1. That for the purpose of general support of the government of the City of Carlisle, and the payment of its debts and expenses for the fiscal year of 2007/2008 there be and hereby are levied ad valorem taxes on each one hundred dollars of assessed value of the following property to wit: (a) real estate owned by individuals, businesses, partnerships, corporations, trusts, estates, and other entities, and (b) personal property owned by individuals, businesses, partnerships, corporations, trusts, estates, and other entities, and (c) vehicles and watercraft, within the taking jurisdiction of the City of Carlisle, which shall be at the rate of 7% of the assessed value of such property.

Section 2. This Ordinance shall take effect on its passage and publication in full as required by law, with an effective date of July 1, 2007.

Introduced and First Reading: Regular Meeting, August 13, 2007  
Second Reading and Enacted: Regular Meeting, September 11, 2007  
Signed by Mayor: September 11, 2007  
Published in full: September 12, 2007

CITY OF CARLISLE, KENTUCKY  
Ronnie Clark, Mayor

ATTEST:  
Mary L. Stewart, City Clerk  
Published in The Carlisle Mercury Wednesday September 12, 2007

**NOTICE**

The City of Carlisle, Kentucky Ordinance No. 6, 2007

AN ORDINANCE LEVYING CITY OF CARLISLE AD VALOREM TAXES FOR GENERAL MUNICIPAL PURPOSES FOR THE FISCAL YEAR OF 2007/2008 ON REAL ESTATE WITHIN THE TAKING JURISDICTION OF THE CITY OF CARLISLE SHALL BE AT THE RATE OF SEVEN PER CENT (7%) OF THE ASSESSED VALUATION.

Be it ordained by the City of Carlisle:

Section 1. That for the purpose of general support of the government of the City of Carlisle, and the payment of its debts and expenses for the fiscal year of 2007/2008 there be and hereby are levied ad valorem taxes on each one hundred dollars of assessed value of the following property to wit: (a) real estate owned by individuals, businesses, partnerships, corporations, trusts, estates, and other entities, and (b) personal property owned by individuals, businesses, partnerships, corporations, trusts, estates, and other entities, and (c) vehicles and watercraft, within the taking jurisdiction of the City of Carlisle, which shall be at the rate of 7% of the assessed value of such property.

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**Signing out from Honolulu**

Steve Sealf is a member of the U.S. Military Research Unit at Sillix, men.com.

**PUBLIC NOTICE**

The Nicholas County Board of Education has adopted a new fund rate of 5.8 cents. This rate is subject to the approval of the State Board of Education.

Dr. Doug Fymer, Nicholas County Board of Education, 40311, Telephone: 859-289-2730, can provide necessary information and the action required to initiate renewal of this rate.

Published in The Carlisle Mercury Wednesday September 12, 2007

**PUBLIC NOTICE**

The Nicholas County Fiscal Court Treasurer's financial settlement year ending June 30, 2007 is ending September 12, 2007. All claims against the office of the County Judge, Executive from 8:00 a.m. to 4:00 p.m. Monday through Friday in person at the County Judge's office, 125 East Main Street, Carlisle, KY 40311, including statements of assets, liabilities and fund balances, will be published when the audit is completed.

Wanda Dobbins, Nicholas County Treasurer  
Published in The Carlisle Mercury Wednesday September 12, 2007

**PUBLIC NOTICE**

For Solid Waste Management Plan Update 2006 - 2012

The Nicholas County Fiscal Court proposes to adopt the county's Solid Waste Management Plan update per 401 KAR 49.011 Section 5. The plan, if approved, will serve as the basis for handling solid waste management issues within Nicholas County.

The proposed plan is available for public inspection beginning September 12, 2007 at the following location: Nicholas County Fiscal Court, 125 East Main Street, Carlisle, KY 40311.

Any person wishing to comment on the plan may do so by providing comments no later than October 12, 2007 to the Nicholas County Fiscal Court at the following location: Nicholas County Fiscal Court, 125 East Main Street, Carlisle, KY 40311.

Any person wishing to be heard at a public hearing should make a request to the governing body identified above no later than October 12, 2007 at 10:00 a.m. on the 20th day of the month following the date of publication of this notice. Comments on the plan. The hearing will be held at the Nicholas County Courthouse, 40311, Carlisle, KY 40311, on Wednesday, October 10, 2007 at 10:00 a.m. All comments on the plan must be submitted to the governing body no later than 15 days of the date of the public hearing, and will consider the plan for passage at the October 12, 2007 meeting. The hearing will be held at the Nicholas County Courthouse, 40311, Carlisle, KY 40311, on Wednesday, October 10, 2007 at 10:00 a.m. All comments on the plan must be submitted to the governing body no later than 15 days of the date of the public hearing, and will consider the plan for passage at the October 12, 2007 meeting. The hearing will be held at the Nicholas County Courthouse, 40311, Carlisle, KY 40311, on Wednesday, October 10, 2007 at 10:00 a.m. All comments on the plan must be submitted to the governing body no later than 15 days of the date of the public hearing, and will consider the plan for passage at the October 12, 2007 meeting.

Published in The Carlisle Mercury Wednesday September 12, 2007

**CITY OF CARLISLE**  
ORDINANCE NO. 6, 2007

AN ORDINANCE LEVYING CITY OF CARLISLE AD VALOREM TAXES FOR GENERAL MUNICIPAL PURPOSES FOR THE CALENDAR YEAR 2007 ON MOTOR VEHICLES AND WATERCRAFT WITHIN THE TAKING JURISDICTION OF THE CITY OF CARLISLE SHALL BE AT THE RATE OF SEVEN PER CENT (7%) OF THE ASSESSED VALUATION.

Be it ordained by the City of Carlisle:

Section 1. That for the purpose of general support of the government of the City of Carlisle, and the payment of its debts and expenses for the calendar year of 2007, there be and hereby are levied ad valorem taxes on each one hundred dollars of assessed value of the following property to wit: (a) motor vehicles and watercraft, within the taking jurisdiction of the City of Carlisle, which shall be at the rate of 7% of the assessed value of such property.

Section 2. This Ordinance shall take effect on its passage and publication in full as required by law, with an effective date of January 1, 2008.

Introduced and First Reading: Regular Meeting August 13, 2007  
Second Reading and Enacted: Regular Meeting September 11, 2007  
Signed by Mayor: September 11, 2007  
Published in full: September 12, 2007

CITY OF CARLISLE, KENTUCKY  
Ronnie Clark, Mayor

ATTEST:  
Mary L. Stewart, City Clerk  
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**Video Shack**

Win a FREE Night's Rental at Video Shack

Name the movie that Kathy Ireland made her starring role debut?

To win: Be the first person to bring this ad into Video Shack with the correct answer and you will win a FREE night's rental!

\*Some restrictions apply. See store for details.

**New Listings!!**

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3740 Mayville Rd., Carlisle, KY 40311  
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31 Metcalf Mill Rd. - Ewing \$130,000

24.62 acres on Mayville Rd. \$98,500

28311 acres on Mayville Rd. \$707,500

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Clark Hills \$415,000

Diana Wells 606-724-1383 Dana Lopez 859-588-5527  
Dana Lopez 859-588-5527 Dana Lopez 859-588-5527  
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1335 South Gate Plaza 100 S HWY 27 S 101 Eastside Drive  
(Across from Mason Co High School) (at Harrison Co High School) (across from Southern States)

Jennifer, Rita, Ann, Susan, Mandy, Leah & Dr. Collin

Good through September 15, 2007. One coupon per person per year.  
\*You have the right to receive within 72 hours any adjustments to the price for services in addition to this free adjustment service.

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