Guest Editorial

Bringing Drug Coverage to America's Seniors

By Grace-Marie Turner

When it comes to prescription drug coverage for seniors, there's yet more good news to report.

Just last month, the University of Michigan Institute for Social Research reported that Medicare Part D -- the federal government's prescription drug benefit -- has helped increase prescription drug coverage among Americans aged 65 and older from 75 percent in 2004 to more than 90 percent in 2006.

In other words, it's taken just two years to bring prescription drug coverage to almost every senior in America -- rich and poor alike -- thanks largely to Part D.

Part D provides federal subsidies to allow private plan managers to compete for the best bargains from drug manufacturers. This creates incentives for providers to offer a variety of plan options. Seniors can shop around for the plans that best fit their needs. And no law limits the number of drugs each plan can offer.

Thanks to this structure, the drug benefit offers more and better choices of both drugs and prices than anyone imagined. Some plans, for example, cost as little as $10 a month.

Others have eliminated deductibles before coverage kicks in. And some provide partial or full coverage in the infamous "donut hole" so that seniors don't experience a gap in coverage between moderate and high drug expenses.

When it comes to saving money, Part D has exceeded expectations. The average plan now costs less than $24 a month -- significantly lower than the $37 average that Congress anticipated when the program was introduced.

Part D is the first significant federal program to rein in runaway medical spending. It did this by restoring savings incentives and personal responsibility to Medicare. Also, by leveraging the power of private-sector competition, Part D provides more prescription drug choices than the much-vaunted Department of Veterans Affairs (VA) plan.

The VA plan is often compared to Part D because they're both federally funded drug programs -- one is for military veterans; the other is for seniors.

But the real difference is that under the VA plan, which is a more traditional government program, there's only one type of coverage -- a narrowly defined insurance package with no choice-whatsoever. The VA controls costs by limiting the number of drugs available to seniors - so the formulary includes just 19 percent of medicines approved by the Food and Drug Administration since 2000.

By contrast, Part D allows members to choose from a broad array of private health plans. Seniors have access to virtually all FDA-approved medicines. And prices stay low because the private insurance providers compete fiercely.

According to a survey by the Medicare Rx Education Network, 78 percent of the 29 million seniors enrolled in Part D are satisfied with the plan.

More importantly, 20 percent of polled enrollees say the new benefit has enabled them to stop skipping or reducing the medications their doctors have prescribed. And according to the Michigan study, the vast majority of the 10,175 seniors interviewed said they were confident that they made a good decision and would sign up for Part D again the following year.

The results from the University of Michigan validate what seniors have been saying for two years -- that Part D works.

— Grace-Marie Turner is president of the Galen Institute, a non-profit research organization focusing on free-market solutions to health reform. She can be reached at P.O. Box 19080, Alexandria, VA, or at turner@galen.org

The Carlisle Mercury

The Carlisle Mercury (USPS 023-152) is published every Wednesday by The Carlisle Mercury, 117 Locust St, Carlisle, KY 40311. Periodicals Postage Rates are paid at Carlisle, KY 40311.

POSTMASTER: Send address changes to The Carlisle Mercury, PO Box 272, Carlisle, KY 40311.

Member of Kentucky Press Association and The International Society of Weekly Newspaper Editors

2007 SUBSCRIPTION RATES: $25.00 for one year in Nicholas County, $30.00 elsewhere in Kentucky and $35.00 out of state. Subscriptions include sales tax where applicable. All subscriptions payable in advance.

Hank Bond, Publisher Editor
Marilyn Bond, Creative Manager
Beth Bond, Office Manager
Charles Mattox, News Editor
Chandra Jennings, Marketing Consultant

LETTERS TO THE EDITOR

The Carlisle Mercury welcomes letters to the editor. Letters must be signed and include a daytime phone number for confirmation. Unconfirmed letters will not be published. Unsigned letters will not be published. Phone numbers are not published. We reserve the right to deny publication of letters and to edit letters for content.

The deadline for letters to the editor is 5 p.m. Monday.

Send letters to:
Editor, The Carlisle Mercury
P.O. Box 272
Carlisle, KY 40311

Letters may also be e-mailed to: editor@thecarlislemercury.com However, if e-mail is used, the sender should call 859-289-6425 to confirm that the letter was received.

HOW TO REACH US

Mailing address: P.O. Box 272, Carlisle, KY 40311
Phone: 859-289-6425 • Fax: 859-289-4000
Email for news editor@thecarlislemercury.com
Email for advertising: advertising@thecarlislemercury.com
Online at: www.thecarlislemercury.com

DEADLINES: Editorial copy deadline is 5 p.m. Monday. Advertising copy with proof deadline 5 p.m. Monday, advertising copy without proof, 10 a.m. Tuesday. Classified advertising deadline 10 a.m. Tuesday.

PHOTOS/ELECTRONIC ADVERTISING: Color, black and white and digital photos are all accepted. Digital photos should be submitted in the jpg format and can be emailed. Old photos will be accepted at any time. Please do not submit newspaper clippings or photocopies. Photos may be picked up after they are published in the newspaper. Electronic Advertising must be submitted in pdf format and can be emailed to the above address.

LEGAL ADVERTISING: Font-Arial, Size-7/8. Deadline 5 p.m. Monday.

All submitted copy must be signed and include a daytime phone number.

The Carlisle Mercury reserves the right to reject any submission to this newspaper. While it is the policy of this paper to print as much local material as possible, it is necessary to retain this right. We reserve the right to edit any submitted editorial material. The publication reserves the right to use the word Advertising at any time management feels it is appropriate.

Advertisers assume responsibility for advertising content and shall hold without claim The Carlisle Mercury for advertising published. The publisher is not liable for verbal or telephone materials taken with the intent of publishing. Any legal fees, collection costs or related charges will be the responsibility of the advertiser.

Bond's Broadcast

Bond's Broadcast
By Hank Bond

Thanks, Emily.

Then Nicholas County Judge-Executive Reese Smoot was in his office when I walked in.

We had a long conversation and from that off-the-record discussion I was able to put together enough information to break the story on the front page.

Emily called me up a few days after the first paper came out and said, "Well I guess you're going to cut your teeth right."

Since then Emily, John, Marilyn and I have been friends. They were some of the very first to greet us when we came back to Carlisle in July 2005 to open the Nicholas News.

This leads me to the opening paragraph of this week's column.

Last Friday night Marilyn, Beth, Sadie and I went to Carrito for the rib special.

It had been on the board when we took Steve and Cindy Scalf to the restaurant the night before but the rib special was only for Friday and Saturday night.

If you have read my previous columns about food, you know that if I will drive six or seven hours to have ribs in Marion, Ill., I certainly am going to drive a few minutes to Carrico to give that restaurant's ribs a try.

When we arrived in the parking lot I noticed Emily and John's car right by a post at the edge of the turnaround. At first glance I thought she had backed right into that post, but on closer observation she had managed to back her car, and it is a big one, to within two inches of the post but never hit it.

"I nearly fainted when I saw how close I was to the post," Emily said as she extorted her driving expertise.

I told her that was probably the best job of parking I had ever seen. I said I was just sure I would have backed into that post. And then, you can bet I would have heard the comments!

The people at the table had obviously ridden to the restaurant with the Wolf duo and unintentionally gave Emily's secret away.

"Yes, there were bells ringing all the while she was backing up."

I then came to realize that since Emily was driving a Cadillac it had some of those high-tech back-up devices built in and of course that certainly lets you know you are close.

But even with that, she continued on, I am sure confident she believed that even though the bells and whistles were sounding, she would miss the post.

I hope this column does not jinx her in her efforts to successfully avoid back-up hazards in the future.

I told Emily last Friday I was going to write about her this week and she gave me that left eye wink, smiled, and said, "You just do that."

I hope she meant it.

And so for another week, thank and thirty.

Veloz Viewpoints

Veloz Viewpoints
By Amy Bond Veloz

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

What a crazy and busy week. So many things have happened, I don't even know where to begin. I guess I will try to break each section up.

Testing limits

Analise has definitely decided she is ready to start testing her limits to see how far she can push me without getting into trouble. As I may have mentioned before, she has started spitting when she eats. She thinks it is funny and while I admit the look on her face is usually pretty humorous, I try my hardest not to laugh.

This past Saturday we had Ben's parents over for dinner. It was a good dinner and a nice visit, but "Grandma" about got herself and her granddaughter into trouble.

We were feeding the babies their dinner and Analise decided she was going to spit. I looked at her with that "you are gonna be in trouble" look and told her NO! in my sternest voice possible. I was doing great at keeping a straight face as Analise watched me to see if I was serious or not. After a few seconds of a good stare down between me and Janelle, Ben's mom, started laughing.

Of course, hearing her laughing and seeing the look on Analise's face, I couldn't help but laugh myself. I told her she wasn't helping and she said she couldn't help it.

After a few times laughing, Janelle left the table so I could discipline my child appropriately. Thankfully, Analise stopped spitting and we were able to finish up without any more "who's in charge" moments.

Analise hasn't become a spitter yet, thankfully. He is really pretty good at eating. He opens his mouth really wide and takes good bites. You would think he would be the bigger one with the way he eats, but he isn't. I suppose it is because of his constant movement.

He doesn't even lie still when he sleeps. We put him to bed at one end of his crib and when he wakes up he is at the other end all the way in the corner.

Nearly a Heart Attack

When I woke up Sunday morning I never would have thought that by 2:30 in the afternoon I would feel like I was going to cry, pass out or have a heart attack one. The family and I had gone to the park for a birthday party for one of Ben's cousins. The weather was absolutely beautiful. We were all dressed in long sleeve shirts and pants. Like I said, it was a beautiful day.

Ben's family was all very excited to see the twins. They took turns holding them and passing them around. I don't mind at all, as it is a good break on my arms and back when someone else wants to haul them around, not that I ever mind carrying them.

Anyway, at one point I look over to one of Ben's uncles who is holding Analise and see that he has given her a piece of celery to chew on. I said to him, she has teeth, she isn't going to choke on that right. That was the politest way I could think of to let him know that I didn't think it was a good idea for her to have that.

He said, "no, I'm watching her with it." I trusted him and let it go. About 10 or 20 minutes later I looked over at one of Ben's aunts who was now holding Analise and saw Analise chewing. I said to his aunt, she isn't getting that in her mouth is she.

His aunt had this awful look on her face and said you didn't give it to her? About that time, Analise started to choke. My heart sunk as I stuck my finger in her mouth and pulled out two fairly large size pieces of celery.

Needless to say, I took the stick of celery away and threw it in the garbage. Then I did everything I could not to scream and yell at his uncle, or cry because my baby girl was just choking.

Now don't get me wrong, she wasn't severely choking, or turning blue. But... if I hadn't been standing there and noticed that she was chewing on a piece of it, what could have happened. The what ifs bothered me the rest of the day. I am just grateful that I was paying attention.

Almost there

Antonio is almost crawling. I know I have said that for the past several weeks, but he really is very close to crawling. Now, he will also get on his side and push himself up with his arm to where he is almost sitting upright. He can't get completely up yet, but he is also very close.

I can't imagine it being much longer before I am writing that he is mobile and so is Analise. I'm excited for them to be mobile as it is another step they are coming to, but it also makes me sad.

I have the pictures that were taken of them in the hospital on my wall. Every time I look at those pictures it makes me so sad. I can't believe that seven and a half months ago they were so tiny. Time sure flies when you are having fun (and raising babies!).

Until next week, make it a great one!

Amy

Talkin' From The Mountains

Candid Camera Films In Kentucky—And bombs!

Talkin' From The Mountains
By Dale Greer

The television show "Candid Camera" has been around a long time. It started out as a radio show, "Candid Microphone" in the 1940s and went to television in 1948.

The originator, Alan Funt is gone now, but the show continues in reruns.

Back in the 70s, Alan Funt decided to try filming "Candid Camera" in a city other than New York. He looked at a map and decided that Louisville was in the middle of the country and would represent typical Middle America and he asked me to help him film segments for his show in Kentucky's largest city. (I was producing and hosting a TV show in Louisville at the time).

Funt was anxious to see what kind of reaction his stunts would get from people other than New Yorkers because he knew, as we all know, that any similarity between a normal human and a New Yorker is purely coincidental.

In fact, a major concern of many Geneticists is the number of New Yorkers who are migrating to other cities and breeding with normal people. (I'm joking! I love New Yorkers! No letters please!)

I spent two days with Funt in front of Oxmoor Mall, both of us in disguise, trying to pull practical jokes on Louisville residents with a hidden film camera in a panel truck recording the results.

Funt was disappointed. When he pulled zany stunts in the Big Apple, he got colorful, brash, zany New Yorker reactions. When he pulled stunts on Kentuckians, they just smiled politely.

"Doggone it," he complained to me, "I believe I could slap dog poo on top of their heads and they would just smile and say, 'Oh, that's okay, I know you didn't mean too."

He did get an idea from me for a stunt to pull back in New York City: Taking a break in the truck, he told me he needed a small audio tape recorder that he could just stick in his pocket to record some of the reactions. "So I can tell what's going wrong and make it work on the next person," he said. (This was in the days before all the technology and portable video cameras. The film had to be processed before it could be seen).

"So let's go in the mall and buy one," I said.

"I don't want to spend the money," said Funt.

I found that interesting since I reasoned he had to be a multi-millionaire if he had had a hit television Show going for over 30 years.

"Okay," I said, "let's go borrow one."

"Don't be absurd," Funt said, "we can't borrow a tape recorder from a store."

"Can in Louisville," I assured him. I wasn't sure we could, but why admit defeat before you have to.

"Okay," Funt said, putting on his fake wig and dark glasses, "get your disguise back on and let's go to a store, but I bet you dinner tonight that you can't borrow a tape recorder."

I walked up to the tape recorder counter in a department store with Funt trailing along behind to observe.

"May I help you, sir?" the clerk said.

"I'd like to borrow a tape recorder for a couple of hours. I'll bring it back by four p.m.," I told the clerk. "I'd like a small one that will fit in my pocket."

The clerk pulled out a little tape recorder, handed it to me and then asked if I needed a tape. I told him that would be nice, so he handed me a new tape.

"Thank you, I'll have it back by four," I said.

"No big rush," said the clerk.

Funt was flabbergasted.

"That was amazing!" he said when we got outside the store. "I can't imagine what a clerk would say if I walked in a store in New York and asked to borrow a tape recorder, but I'm going to find out when I get back. That will be a great camera stunt. Clerks In New York will react violently to such an outrageous request."

"People are nice here,

See TALKIN' Page 6

Fourth District Report

Keeping the Commonwealth Connected

4th District Report
By Geoff Davis 4th District Congressman

The ways in which we communicate with our family, friends and colleagues have rapidly evolved over the past ten years. The proliferation of the Internet; cell phones, text messaging and access to e-mail through handheld devices and wireless hot spots, makes communication and business transactions instantaneous and possible from virtually any location. Across Kentucky, more than 94% of all homes have access to broadband Internet.

Many years ago, our nation's legislators set out to reform our telecommunications laws as new technology such as cell phones and the Internet were beginning to emerge. Over the last ten years, technology has again outpaced the laws and regulations governing the telecommunications industry, and we once again find ourselves needing a regulatory overhaul.

Congress plays a role in the regulation of State and local taxation of Internet transactions because commerce conducted on the Internet often involves parties in different States and is thus regulated by Congress under the Commerce Clause of the Constitution.

The Internet Tax Freedom Act was first enacted on October 21, 1998. The law placed a three-year moratorium prohibiting State and local governments from imposing new taxes on Internet access or imposing a discriminatory tax on electronic commerce. The Internet Tax Freedom Act has been extended twice, and the second extension is set to expire in November 2007. Making this extension permanent would be a small, but helpful, step in the right direction as our nation modernizes our telecommunications laws.

The Permanent Internet Tax Freedom Act, H.R. 743, will make permanent the prohibition on taxes for Internet access and discriminatory taxes on e-commerce. Allowing States and localities to spin a complex and multi-layered web of different tax policies on access to the Internet and e-commerce will create barriers to consumer access and further electronic business implementation. Residential and small business consumers are price sensitive when it comes to purchasing services such as Internet access. When confronted with needless taxes, consumers become adverse to purchasing services, which in turn hinders the investment and modernization of our nation's telecommunications infrastructure.

I am proud to join 176 of my colleagues as co-sponsors of H.R. 743 because taxing the Internet would only serve to drive up costs for Kentucky families and businesses that have come to rely upon the Internet for work and for play. Over the last few years, broadband Internet has become increasingly important to our most rural communities, allowing students to obtain educational certifications and doctors to treat patients utilizing telemedicine. The Internet provides a gateway to opportunities for Kentucky families and is critical to business development and competitiveness in 21st Century. With the expiration of the moratorium fast approaching, I hope that Congress will act soon on H.R. 743, the Internet Tax Freedom Act, to help keep technology accessible and affordable for all Kentuckians.

Steve's Report

Steve's Report
By Steve Scalf

Last week my wife Cindy and I were able to spend a few days in Carlisle making arrangements for our move here next summer.

The best deal we could get on a flight routed us through Atlanta to Bluegrass Airport in Lexington, arriving at 9:15 p.m. It took a little bit of time to pick up our bags and get the rental car, so by the time we got to Blue Licks State Park it was a little after 11 p.m.

In spite of the late hour, the first thing we did when we got to our room was sit out back on the small patio – in the dark – listening to the sound of the chirping crickets and looking up at the stars.

If you've never lived anywhere else, you might not understand the magic behind something as commonplace as insect noises and starlight.

But let me tell you, after being away from it for a while, you'll understand what I'm talking about. It's strong medicine.

All it took was a few minutes of Mother Nature's midnight music and the worries of the day were soothed away, replaced by feelings of peace and well-being.

The next morning took us to downtown Carlisle. As we walked past the old Howe building across from the courthouse on Main Street, we took a few moments to read the display in the window bearing the names of the guardsmen from Battery B who are serving in Iraq.

We noticed the star next to Staff Sgt. Delmar White's name and took a few moments to reflect on the ultimate sacrifice made by him, as well as by his loved ones who must miss him so terribly.

And then I noticed there was another star – this one beside the name of Private first class Sammie Phillips – and my heart fell. I hadn't heard about the second tragedy yet and wasn't prepared for the wave of shock and sorrow that swept over me.

The unit hadn't been in Iraq for more than six weeks yet and had already suffered two tragic losses. My heart went out to the families of those two patriots, as well as to the rest of the members of the unit – especially those who served on the same team with them and will be reminded of their loss on a daily basis.

As we started to move on, I noticed the flag in front of the courthouse flying at half-staff to honor those two Soldiers.

My eyes fell on the monument off to the right that bears the names of so many other sons, fathers, and brothers whom Nicholas County had lost in previous wars.

I couldn't help reflecting on the tremendously high price the families of this county have paid over the years in support of our nation's call to duty.

Carlisle has a reputation for being a friendly town. Folks we talked to in Millersburg and Paris commented about whenever they pass through, how everyone seems to smile and wave.

We got to experience that same friendliness first-hand. Being new faces, it was common for people to ask where we were from and what brought us to Carlisle.

It never failed to spark a good conversation when they heard we live in Hawaii, and we'd chat about how I am finishing up my time in the Army and am preparing to put down roots here after being there eight times. Keep letting the servicemen and women hear your appreciation for what they're doing.

And then, if you want to make a statement about Iraq, write letters to your Senators and Representatives and encourage them to find a way to reduce our presence over there as soon as possible.

Above all, during next year's election when you have a chance to let your voice be heard, get out there and vote.

No matter who ends up

See STEVE'S Page 6

want to show support for the troops, but aren't very big fans of the conflict in Iraq or of our presence over there.

It's hard to show public support for the military without someone misinterpreting that as support for Iraq.

At the same time, public outcry about our presence in Iraq runs the risk of demoralizing the Soldiers who are over there, doing their best to serve their country.

It's a tough situation, but I can tell you from a Soldier's perspective, you're already doing the right thing. Keep letting the servicemen and women hear your appreciation for what they're doing.

And then, if you want to make a statement about Iraq, write letters to your Senators and Representatives and encourage them to find a way to reduce our presence over there as soon as possible.

Above all, during next year's election when you have a chance to let your voice be heard, get out there and vote.

No matter who ends up

See STEVE'S Page 6

PLANNED POWER OUTAGE

Fleming-Mason Energy will have a planned power outage on Thursday, October 4. The outage, beginning at 9:00 a.m., is to upgrade the system to better serve our members in the area. The outage will last three hours.

The following areas will be affected: US 68 toward Elisville, Bald Hill, Short Stoney, Sugar Tree, Old Blue Licks Rd., Abner Mill Rd., #165 toward Blue Licks.

Fleming-Mason Energy regrets any problems this may cause its members, however in order for the work to be done safely the lines must be de-energized.

If you have any questions concerning the outage please call Fleming-Mason Energy at 1-800-464-3144.

Video Shack Trivia

Win a FREE Night's Rental at Video Shack

Q: Name the movie where Michael York is a cop in the year 2274?

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.

SHELL FOOD MART
2750 Concrete Rd. • Carlisle, KY 40311
289-5889
A Name You Can Depend On

We Have Shell Gift Cards $25 - $50 $100

Open 7 Days A Week - 24 Hours A Day

Money Orders Sold Here
We accept Food Stamps
Whitaker ATM in store for your convenience
We have cell and land phone cards
We also have Green Dot Cards

WAVE CIGARETTES
$1.69+tax pack — $16.99+tax carton

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health

From Shell #9 God Bless Our Troops

6 pk. 24 oz. bottles **Pepsi Products $3.29**

30 pk. cans **Bud/Bud Light $18.99**

SUBWAY

Order Your Subway Party Tray For Your Family Outings

We Now Have 8" Pizza in Subway 3 minutes to fix

#1 ¼ lb. Hamburger Fries and Fountain Drink $2.99

#2 ¼ lb. Cheeseburger Fries and Fountain Drink $3.39

#3 - ¼ lb. Bacon Cheeseburger Fries and Fountain Drink $3.69

3 Chicken Strips Fries and Fountain Drink $3.99

FREE VISIT!

Call Today Get "The Works" for

Good for new, existing and former patients.
With this coupon, your first visit includes initial consultation, chiropractic spinal analysis, two x-rays (if indicated) adjustment & therapy -- for FREE! Bring additional family members with you & they will receive the same. **Open 5-1/2 days per week.**

FIRST VISIT FREE!

Back Pain, Neck Pain, Shoulder Pain, Arm Pain, Muscular Pain, Tight Muscles, Migraine, Hand Pain, Hip Pain, Leg Pain
Headaches, Muscle Spasms, Numbness, Stress, Nervousness, Dizziness, Tingling, Tension, Disc Problems

Family Chiropractic

Dr. Ross Mattox, DC & Dr. Rita Goldman, DC
1-800-571-1117
MAYSVILLE
1335 South Gate Plaza
(across from Mason Co. High School)

Dr. Collin Smith, DC
1-866-789-1605
CYNTHIANA
1050 US HWY 27 S
(in Harrison Square)

Dr. James McMonigle, DC
1-502-868-0097
GEORGETOWN
100 Eastside Drive
(across from Southern States)

Good through September 30, 2007. One coupon per person per year. * You have the right to rescent within 72 hours any obligations to pay for services in addition to this free or discounted service.

N.C.H.S. HOMECOMING
September 28, 2007

THURSDAY:

6:00 pm — Homecoming Parade through downtown Carlisle
7:00 pm — Powder Puff Championship Game
8:30 pm — Bonfire and Pep Rally at NCHS

FRIDAY:

5:00 pm — Football Booster Fish Fry
7:00 pm — Introduction of Alumni
7:30 pm — KICK OFF vs. BOURBON COUNTY

Halftime — Introduction of Homecoming King & Queen and Presentation of the 2007 SPIRIT CUP

The Nicholas County Athletic Department
invites
Alumni members of the classes of 1998, 1988, 1978, 1968, 1958 and all graduating members of Carlisle High
to the
NCHS BCHS
Bluejackets vs. Colonels
football game
Friday September 28, 2007 at 7:30 pm

Admission is FREE For All Invited Alumni