

OPINION

Steve's Report

What a week!
Monday, I packed my Army gear into a duffle bag and headed off for a field training exercise. Going to the field in the Army is a great experience.

You get away from most of the distractions and normal demands and get to focus on Soldier skills: Shoot, move, and communicate. Build team cohesion.
Shooting - every time I get to go shoot my pistol or my rifle, I can't help thinking,

"I can't believe I'm getting paid to have this much fun!"
When I was a kid, my dad used to have a bolt-action 30-06 rifle. One day, my uncle came for a visit and we all went out shooting.

I must have been 7 or 8 years old at the time. After lining up a row of bottles and cans about 75 yards away, my uncle took up a good stance, raised the rifle, and started picking off the bottles, one after the other, never missing a shot.

Then it was my dad's turn. He took aim and started picking off the cans one after the other, just like my uncle, never missing a shot. I'm not exactly sure why

OVERLY

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that we feel would not fare as well financially under the Senate plan. They realize how important it is that we act in this budget session to advance education, public health and all areas of life in the Commonwealth. To do otherwise could set our state back for years to come.

Several House and Senate bills were passed this week that will protect families, promote economic development and protect Kentucky's streams and waterways.
I am pleased to inform you that my first piece of legislation passed in the chambers of the General Assembly will provide Kentuckians



Steve's Report
By Steve Scalf

that impressed me so much. Maybe it's because that was the first time I had seen a rifle up-close and in person. It set my imagination on fire: "If both my dad and my uncle are sharpshooters, maybe I can be in the family!"
Finally, my turn came around.

The rifle was too big and heavy for me to shoot standing up, so they had me lie down and fire from the prone position.

I steadied the rifle, took aim, and BANG! The rifle kicked so hard that it scooped me backwards a couple of inches, skinning up my knees and elbows right through my jeans and jacket.
But I didn't care. All that mattered was my dad and my uncle patting me on the back with proud grins on their faces.

Years later when I joined the Army and started Basic Rifle Marksmanship training, these same feelings came back as soon as they

with some tax relief, especially those struggling with the cost of medicine. This week, House Bill 038, which passed the House on March 5, also passed in the Senate by a vote of 38 to 0. This measure would exempt over-the-counter medications from sales tax when accompanied by a doctor's prescription.

You can stay informed of legislative action on bills of interest to you this session by logging onto the Legislative Research Commission website at www.lrc.ky.gov or by calling the LRC toll-free Bill Status Line at 800-840-2835. To find out when a committee meeting is scheduled, you can call the LRC toll-free Meeting Information Line at 800-633-9650.

If you would like to share your comments or concerns with me or another legislator about a particular bill under consideration this session, you can call the toll-free Legislative Message Line at 800-372-1881, or email me at stevescalf@lrc.ky.gov. I look forward to serving you in Frankfort during this busy 2008 budget session.

As a matter of fact, it had been nearly 10 years since I had qualified with an M16. Knowing that my time in the Army is coming to a close, I took advantage of the opportunity to qualify just one more time.

It was a little different this time - I had never fired the rifle wearing ballistic glasses and body armor. But after a few

minutes I got the hang of it again. My comfort level and confidence came right back. Before long, I was picking off the targets like I'd never been away from it, scoring 37 out of 40.

Moving - I wasn't quite so lucky in this department. We were rolling along in our HMMV's (Hummers) when all of a sudden my right front tire blew out. "That's OK," I thought. "It's a good training opportunity."

We changed the tire and got back underway. A couple days later, we were driving through the exact same area when my left rear tire blew out. None of the other 30 vehicles had any troubles, so the double blow-out caused me a fair amount of good-natured teasing.

Communicating - the Army has upgraded its radio receiver a few times since I first joined up. It didn't matter though. When we were setting up for an operation, I noticed my new radio man wasn't quite familiar with

the system. I sat him down and walked him through the steps, demonstrating how to set up the radio and then watching him as he did it himself. After we were finished, I overheard someone comment, "I didn't think he still knew how to do all that stuff anymore..."

Later that week, three Soldiers were struggling with one of the big mast antennas. I went over, grabbed a couple of the guy wires, barking out instructions until everything was in place. Then I gathered the soldiers around and gave them a quick class on how to set up and take down an antenna safely and securely. Just like before, as I was walking away I heard someone tell his buddy, "Man, he sure knows his stuff..."

So that was it - my last field training exercise in the Army. What a great way to end it! It's nice to know that I'm still being used in a low-key, down-washed-up, has-been. I've still got what it takes. I can still teach these

young pups a thing or two. But this exercise was good in another way, too - I got to witness a lot of outstanding noncommissioned officers stepping up and demonstrating superior leadership skills. Many of these fine, young men (and young women) are seasoned combat veterans with miles more experience than I had when I was their age. I say them drilling their Soldiers, paying close attention to detail, making sure everything was done to standard - just the way it should be.

And I realized: I can go now. My job is done. Signing out from Honoluli.

I'm leaving the Army in good hands. Signing out from Honolulu. Steve Scalf

Steve Scalf is a member of the U.S. Military. Reach him at stevescalf@com.com. He will be relocating his family to Nicholas County following his discharge from the service.

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girl talk

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IN THE KITCHEN



Al Fresco Dining

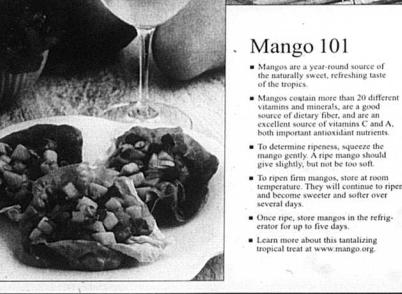
Outdoor entertaining is easy with the great taste of mango recipes paired with white wines

Enjoy the longer days and warm weather you're thankful and family. Nothing gives you the pleasure of grilling quite like outdoor entertaining. Giving your gathering a tropical feel doesn't have to mean expensive plane tickets, fancy hotels and crowded beaches. All it takes is a little atmosphere and delicious food and wine that puts you in an island frame of mind.

The warmer temperatures call for a menu that's light and healthy, but with a uniquely tropical flavor. Mangos, the world's most popular fruit, are a perfect ingredient to enjoy any time of year. Delicious to eat, mangos also have an exotic, luscious taste that enhances appetizers, salads, entrees, desserts and beverages. The abundance of mango varieties offers versatile flavors ranging from sweet to slightly spicy.

Start the party with a tropical twist on the classic caprese salad by layering juicy mango slices and fresh mozzarella and topping with oil, seasonings and basil. For an easy, casual entree with a beachy feel, Baja Fish Tacos and Mango Salsa are sure to please. Perfect for easy entertaining, the Asian inspired mango and chicken lettuce wraps add a riot of delicious colors and flavor to your plate. They're easy to make and fun to eat - even when it's not even need a fork!

With any great dinner, you need a great wine to complement your food. Wines with bright, fruit-forward flavors pair well with a variety of food styles. To enhance your mango-inspired dishes, serve the crisp and food-friendly style of Riesling or Chardonnay selections from Mirassou Winery. Grown in Monterey County, the cooler temperatures on the coast yields a larger growing season, which allows the grapes to develop deep flavors and results in intensely flavorful wines with lovely tropical fruit overtones. Mirassou Monterey County Chardonnay has crisp fruit flavors of peach and mandarin with lively hints of tropical fruit and vanilla, while Mirassou Monterey County Riesling is delightfully crisp and refreshing, with aromas and flavors of peaches, apricots and apples. Inspired by tropical food and crisp, fruit-forward wine - you'll agree, warm weather never tasted so good! To find out more about mango varieties, visit www.mirassou.com. To learn more about food and wine pairings, visit www.mirassou.com.



- Mango Caprese Salad**
Makes 8 to 10 appetizers
Prep time: 15 minutes
- 1 large, ripe mango, peeled, sliced
 - 8 ounces fresh mozzarella cheese, sliced
 - 3 tablespoons freshly squeezed lemon juice
 - 3 tablespoons extra virgin olive oil
 - Sea salt and freshly ground pepper to taste
 - Sliced fresh basil
 - Crispy toasted baguette slices

Place mango slices on platter, alternating with mozzarella slices. Drizzle with lemon juice and oil and season with salt and pepper. Sprinkle with basil and serve with baguette slices.
Pair with Mirassou Monterey County Chardonnay.

- Baja Fish Tacos With Mango Salsa**
Makes 4 to 6 servings
Prep time: 20 minutes
Cook time: 15 to 20 minutes
- 2 large ripe mango, peeled, sliced
 - 1/4 cup minced red bell pepper
 - 1 tablespoon fresh lime juice
 - 1 tablespoon chopped fresh cilantro
 - 2 green onions, sliced (green tops only)
 - 1 small jalapeño pepper (stem, seeds and membranes removed)

Place mango slices on platter, alternating with mozzarella slices. Drizzle with lemon juice and oil and season with salt and pepper. Sprinkle with basil and serve with baguette slices.
Pair with Mirassou Monterey County Chardonnay.

- Tacos**
- 1 pound cod fillets, rinsed and patted dry
 - 1 teaspoon chili powder
 - 1/2 teaspoon each ground cumin, Mexican oregano
 - 8 corn tortillas, warmed
 - 2 cups shredded green or red cabbage (omit cheese if making substitute) (included Monterey Jack)

Preheat oven to 425°F. Stir together all salsa ingredients in medium bowl; set aside. Place cod on 2 large sheets of parchment paper. Stir together dry seasonings in small bowl and sprinkle over cod. Bring edges of parchment paper together and fold twice. Fold ends under to enclose fish. Place packets on baking sheet and bake 15 to 18 minutes. Open packets carefully to let steam escape. Place equal amounts cod in each tortilla and top with cabbage, cheese and mango salsa.
Pair with Mirassou Monterey County Riesling.

- Mango Chicken Lettuce Wraps**
Makes 4 servings
Prep time: 20 minutes
Cook time: 15 minutes
Chill time: 10 minutes
- 1/2 tablespoon sesame oil
 - 1 pound boneless, skinless chicken breasts, chopped into small pieces
 - 3 tablespoons soy sauce
 - 2 tablespoons rice vinegar
 - 2 tablespoons hoisin
 - 1/2 tablespoon grated fresh ginger
 - 1/2 tablespoon minced fresh green grass
 - 1 large ripe mango, peeled, pitted and chopped, divided
 - 8 to 12 small butter lettuce leaves
 - 1/4 cup chopped red bell pepper
 - 2 tablespoons sliced green onion tops
 - 2 tablespoons fresh cilantro leaves, chopped

Heat sesame oil in medium skillet over medium heat. Add chicken and cook, stirring frequently, until lightly browned. Stir in soy sauce, vinegar, hoisin, ginger and lemon grass. Finely chop half mango and add to skillet. Cook 5 minutes and stir sauce is very thick; let cool. Spoon chicken into lettuce leaves and top each with remaining mango, bell pepper, green onion slices.
Pair with Mirassou Monterey County Riesling.

*Watch the video on how to cut a mango on www.mango.org.

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April 18 -- Migdalia's is excited to present Tenea Sanders, a new and upcoming talent in the music world. She sings and plays acoustic guitar. She will begin playing at 9:30pm. Coverage charge is \$10/person.