

Bluegrass Beacon

This little piggy went to market

Finding better ways to get products to market is a topic that has become a major focus of many farm-to-table advocates.

Perhaps we need more talk about getting the market — as in "free market" — back to the farm.

My late grandfather, a tobacco farmer, also raised dairy cattle and grew the family food. Folks today would not consider granddaddy wealthy. But to my siblings and me, he was a gold mine.

He let us ride his tractor, milk cows and joined us in sipping seeds out of the biggest, juiciest watermelon you ever saw. The homegrown watermelons (of course) sprouted in the rich, sandy soil across the two-lane highway near by.

Sometimes mischaracterized as a subsidy program for large-scale corporate farms, the nation's farm policy actually goes a long way toward providing a sense of economic stability in rural communities.

Every year, granddaddy would harvest his tobacco and take it down to the big, oddly shaped barns with their own special sweet-to-bacon aroma.

Buyers would rub their chins thoughtfully while walking up and down

long rows among piles of tobacco and make decisions that affected granddaddy and many other families much more than he realized at the time.

Some keep records better than others for granddaddy. But no matter what happened, I never heard him complain and run to find some government handout.

I wish Kentucky Farm Bureau Federation President Marshall Coyle could have known my grandfather. He would've pushed so hard for overburdened taxpayers to subsidize profitable farmers.

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That "broad reach" stretches from the hands of many farmers right into the wallets of taxpayers.

A recent Gato Institute study estimated that the last 20 years of federal farm programs have cost taxpayers and consumers around \$1.7 trillion.

And that's just the past two decades. But they keep the government checkbook open and their mouths shut. They force politically formidable groups with wealthy constituents.

The AAF gets ticked when anyone even mentions reforming Social Security and "farm interests," as Coyle labels them, squawk like roosters over threats to their welfare checks.

Subsidies have become a runaway train:

• Taxpayers for Congress: Senate reports that the funder of millionaires receiving farm subsidies rose 29 percent between 2000 and 2001 alone.

The Environmental Working Group, a nonprofit research body, reports that 71 percent of farm subsidies go to the top-10 percent of subsidy beneficiaries. Of the

78 farms that received more than \$1 million in subsidies in 2002, not a single one could be considered small or struggling.

The "Farm-or-ate" claim these handouts help wealthy tobacco farmers. Recently, why, then, did Dickert Farms in Central City receive nearly \$1.3 million in farm subsidies in 2005 alone?

What chance do small, struggling farmers like my granddaddy have against corporate behemoths like Caterpillar Inc. and International Paper Co. and others, which currently get hundreds of thousands in subsidies?

As food prices skyrocket, why does Archer Daniels Midland Co. continue to reap farm subsidies?

Squeals on Coyle for fertilizing his argument for continuing taxpayer-funded handouts to wealthy farmers by pointing to the recent ill-fated "economic-stimulus" package approved by Congress, instead of writing that everyone else gets

their and farmers should get theirs, too, the spirit of self-reliance displayed by my grandfather demands a different response.

That response condemns subsidies and "economic stimulus" and calls for farmers to innovate, save and seek their rewards from the marketplace, not Congress.

Jim Waters is the director of policy and communications for the Bluegrass Institute, Kentucky's free-market think tank. You can reach him at waters@bluegrassinstitute.com. You can read previously published columns at www.bipp.org.

Past, Present, and Future Basketball Game

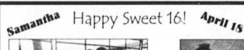
• Girls Past & Present Game Begins at 6:00 p.m.

• Boys Past & Present Game Begins at 7:00 p.m.

Half Time Games • Prizes • Concessions Available • Future Players Scrimmage Between Girls and Boys Past & Present Games

Admission: \$2

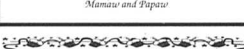
Past Players are players who graduated 10-15 years ago. Future Players are players who graduated 16-20 years ago. These are graduate within the last 10 years.



Our previous little girl has turned into a lovely young lady. We're very proud of you and love you very much!

Manana and Papaya

Good looking, or you are, no one would have a clue that on this day you will be 72! Happy Birthday!



Love, The Family

LETTER TO THE EDITOR

Rarely do you find a person who is a true friend and community member.

Reverend Ernie Carmiche has gone above and beyond to help us take care of our loved ones in the Henryville Cemetery.

He has taken from himself, time and money to make sure that it is a beautiful and peaceful resting place for those who have gone on before us.

And to ensure a place of those who plan on being placed there

when we leave this world. His knowledge of the political aspects of our community also helped to ensure that Reverend Ernie Carmiche has gone above and beyond to help us take care of our loved ones in the Henryville Cemetery.

He has taken from himself, time and money to make sure that it is a beautiful and peaceful resting place for those who have gone on before us.

And to ensure a place of those who plan on being placed there

plan to put you a seat on the hill by the cedar, so when you come for a visit, you will have a place to kneel and pray for the one you need your guidance and prayers. Please hold a place in your heart to keep us on the right track with our Heavenly Father.

Ben and Judy Sharp.



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Ben and Judy Sharp.

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HEALTHY LIVING

Navigating Nutrition Labels: Tips to Fill your Grocery Cart with Healthy Options

(ARA) - Members of the food industry, ranging from government organizations to grocers and food manufacturers, are diluting market shelves and food and beverage labels with various health claims.

With nearly 4,000 new beverage choices hitting the shelves in the past year, checking labels for drink choices is more important than ever.

Check out these translations to become fluent in nutrition labeling lingo:

• Fat Free: The product has less than 0.5 grams of fat per serving.

• Organic: The beverage is made up of at least 95 percent organic ingredients.

• Sodium Free: The drink has less than 5 milligrams of sodium per serving.

• 100 Percent Juice: The beverage only contains 100 percent fruit or vegetable juice as orange juice.

• Selecting a beverage in the juice aisle can be confusing, so some of which can survive for hours or days on surfaces including exposed toothbrushes.

• Rinse baths, sinks and showers after each use and clean them regularly to remove the lime scale and soap scum that can harbor germs.

• In the kitchen, when washing dishes in the dishwasher, make sure the water temperature is at least 100 degrees Fahrenheit to properly sanitize.

• Instead of putting the sponge in the dishwasher to sanitize it, Krummberg cites a University of Florida study, which suggests that "dipping the sponge in the microwave for at least 20 minutes kills more bacteria than can be done around the house to keep your kitchen under control.

• The toilet should be a priority when cleaning each week. Start by throwing away the ordinary and germ-ridden toilet brush.

• Bacteria can grow and divide every 20 minutes, allowing one single cell of bacteria to multiply more than 10 million times in just 10 hours.

• "If you do nothing else, get into the habit of washing your hands frequently. Not only after using the bathroom, but after you come home from work or school, especially after coughing, sneezing, or blowing your nose.

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Provided by Corbis

White fruit juices such as 100 percent orange juice, but contain added sugars and do not have the same nutrient profile as orange juice.

To make sure you're getting real juice, compare the percent of pure juice, nutrients and ingredients. Look for "100 percent juice," and avoid juices with added sugar. Serving size and servings per container are also important factors to consider.

Remember, the label always gives the nutrition facts for one serving, but some beverages have more than one serving per container.

It's so easy to mistake juice 'cocktails' or 'punches' for 100 percent fruit juice. Orange juice is a perfect example to learn to decipher labels," explains nutrition expert Elizabeth Ward M.S., R.D. and author of "The Pocket Guide to the New Food Pyramid."

Identifying and choosing real 100 percent orange juice can vary your family with a variety of essential vitamins and minerals.

A recent study showed 100 percent orange juice is more nutrient dense than many commonly consumed fruit juices, such as apple, grape, pineapple and prune. Overall, citrus juices stand out as nutrition champions because they are higher in essential nutrients, including vitamin C, potassium and folate, when compared to other 100 percent fruit juices.

Labels are your best friend, knowing the language of beverage labels is the key to reading food labels and knowing these key items to look for will help you become an expert at spotting the best beverages for your family in no time.

For more information, visit www.ara.com/breakfasthabits.

Courtesy of ARAComet



Provided by Corbis

To Manage Your Cholesterol, Know Your Lipid Levels

(ARA) - Are you wondering about cholesterol? Confused which numbers need to go up and which numbers need to go down? If so, you're not alone.

According to the American Heart Association, an estimated 80 million Americans have high levels of LDL, "bad" cholesterol, and over 28 million have high levels of triglycerides.

Also, 42 million Americans suffer from a disorder called metabolic syndrome meaning their levels of triglycerides are high. LDL cholesterol is moderately high and HDL cholesterol is low.

Considering these staggering statistics, chances are you or a loved one may have unhealthy cholesterol levels. To help tackle this problem head on, the National Lipid Association has launched www.LearnYourLipids.com.

The Web site provides information on how to manage cholesterol problems by taking a total wellness approach, including tips on healthy eating habits and how to incorporate exercise into your daily routine.

The site also features useful educational tools such as an interactive Lipid IQ test, questions you can ask your doctor, a doc-



Provided by Corbis

tor search tool and links to additional Web sites.

"Despite treatment advances, heart disease is still the leading cause of death in this country," says Leona Cohen, M.D., of the National Lipid Association. "Because unhealthy cholesterol levels can lead to this devastating disease we need to do a better job educating people about risk factors and what they can do to minimize them."

It is important to work with your doctor to set healthy goals and measure all cholesterol levels including LDL, HDL and triglycerides. If you are unsure of what to ask your doctor, www.LearnYourLipids.com features a printable checklist of the eight most important questions to help you get the answers and information you need.

LDL, HDL and triglycerides are all independent risk factors for heart disease. The risk of developing

heart disease doubles when triglyceride levels are above 200. When triglycerides are above 300 and HDL cholesterol is below 40, a person is at four times the risk.

For more information on lipids and tips for healthy living, talk to your doctor, and visit www.LearnYourLipids.com.

Courtesy of ARAComet

Spring Shape Up: Easy Routines for Beautiful Health

(ARA) - When it comes to getting in shape, celebrity fitness trainer Kim Lyons from "The Biggest Loser" knows it's all about forming healthy routines.

Lyons has provided support and encouragement to millions of people looking to lose weight and adopt a healthier lifestyle.

"I tell my clients that they are not going to see drastic changes in their weight and appearance overnight. So it is important to stay motivated by adopting smaller,

easy habits that give them the reward of feeling more healthy and beautiful along the way," says Lyons who has just released her new book, "Your Body, Your Life."

Here she offers some unique tips to help you shape up inside and out:

• Take notes - Purchase a small notebook that fits in your purse or briefcase, and get in the habit of keeping a "compliment journal."

Record compliments you receive and browse through it one day for motivation to

stick to your healthy, beautiful habits.

• Weigh in - After you start your fitness program, stop on the scale one time each week to monitor your progress. You will be able to track your progress and remind yourself that you are getting there.

• Choose one - If getting healthy seems too overwhelming, pick one small habit and focus on eliminating it for one week. Then pick another for the next week. Do this for 12

weeks and before you know it you will have twelve new healthy habits.

• Celebrate - Take time to reward yourself for your healthy habits each week. When you reach a major goal, take a day off and go to the beach or treat yourself to an evening out.

Adopting these simple routines will keep you feeling healthy on the inside and beautiful on the outside. So start to finish your fitness program.

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