

OPINION

Bluegrass Beacon

The chilling impact of big government



Bluegrass Beacon by Bill Weisner

WASHINGTON — I'm in the nation's Capitol, where I testified this week in support of allowing the marketplace, not government, to determine wage scales paid on public projects, especially schools.

But for a moment, let me explain how some cold winds blew my thoughts back home.

I'm disheartened by events in Kentucky, where five years of planning by the city of Hodgenville for the bicentennial celebration of President Abraham Lincoln's birth got wiped out in a matter of hours by snow and ice.

But Lincoln's measure of the nation's future is not in the hands of politicians. It is in the hands of the people.

But like any psychologist can tell you, a fine line exists between healthy, "caring" relationships and the destructive and potentially devastating malady of codependency.

What America needs is less of Chandler's vision of a "caring" federal government and more responsible spending of our hard-earned money fast-tracked to Washington.

Government's "caring" results in a codependent citizenry that lawmakers such as Chandler seem all too willing to encourage.

I see America's progress threatened by a government "of the people, by the people, for the people."

Take U.S. Rep. Ben Chandler's bill to get the federal government involved in financing construction of new schools. House Resolution 3021.

He called the "21st Century High-Performing Public Schools Facilities Act," which would drive up the already out-of-control public-education costs and ensure even less accountability for how the money is spent.

As its co-sponsor, Kentucky's Chandler probably thinks it can generate headlines and show that the big, bad, impersonal federal government really cares.

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work "for the people." It wasn't the cold weather in Hodgenville that would make Lincoln shudder.

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

These recipes are all winners, literally — not only do they provide powerful protein, they were also chosen top finishes in the 2007 National Beef Cook-Off.

Lean Beef There are 29 cuts of beef that meet government guidelines for lean, including favorites such as sirloin, T-bone and flank steaks.

Healthy Living "I've always loved the taste of beef and that it provides protein," says Christine Ricciotti from Inciner Village, Nev., the 2007 National Beef Cook-Off grand prize winner.

Ginger-Maple Steak With Napa Cabbage & Grilled Onions Total preparation and cooking time: 40 to 45 minutes.

Crispy Beef Lettuce Wraps With Worcester Sauce Total preparation and cooking time: 25 to 30 minutes.

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Beef helps fuel an active lifestyle by providing a powerhouse of protein. This is good news considering research by Donald Layman, Ph.D., professor of nutrition at the University of Illinois, that suggests many Americans need more protein in their diets.

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Lean Beef

There are 29 cuts of beef that meet government guidelines for lean, including favorites such as sirloin, T-bone and flank steaks. It's easy to "go lean" with protein and follow the U.S. Dietary Guidelines.

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Nuevo Chipotle Beef In Buttered Napa Cabbage Boats

Total preparation and cooking time: 20 to 25 minutes

- 1 1/2 pounds beef sirloin 1/3 cup butter 1 cup tomato paste 2 tablespoons brown sugar 2 tablespoons Worcestershire vinegar

1 medium buttered squash (about 3 pounds) 1 1/2 cups water 1 medium tomato, chopped 1 small ripe avocado, cut into cubes (optional) 1/4 cup chopped fresh cilantro

1. Preheat oven to 325°F. Place beef, water, tomato paste, sugar, vinegar, chipotle pepper, onion, salt and black pepper in stockpot. Cover and bake in 325°F oven 1-3/4 to 2-1/4 hours or until beef is fork tender.

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