

Bluegrass Beacon

Politicians trade alliances when it comes to what's fair



Bluegrass Beacon by Jim Waters

The outcome of congressional left-wingers' attempts to kill the Colombian trade agreement plays out as critically for Kentuckians as for Colombians.

Most Americans don't understand the stakes, a reality that politicians such as Reps. John Yarmuth and Ben Chandler - both opponents of the agreement - seem all too willing to exploit.

One of Chandler's constituents is Kathy Gornik, president of Thial Audio Products Co., and full disclosure here is in Lexington, but her audio loudspeaker business operates worldwide.

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HEAVEN

Continued from Page 2

look in Boone's eyes now reflected joy and comfort. It reflected a straightforward honesty for which Boone was as famous for as he was a marksman and hunter.

William thought of how he'd received his cats, when his makeshift raft had rolled with the swollen Ohio River after he'd fled from Chillicothe. He'd nearly drowned, and he'd received several large cuts from some of the submerged limbs of the log as the current dragged him away before he could claw his way free.

But he focused now on what was important, what he must convey to Boone. The very reason he'd risk his own life on a desperate escape over ten days ago from the very center of the Shawnee Empire.

"There coming Captain Boone," Hancock mumbled in a tight whisper as he caught his breath again and raised himself slightly from his bed. "They'll be bringing several guns with them, to batter down the gates of the fort. They plan to kill every man here and take the women and children captives."

Boone paused and leaned in close as William's voice shook away. "How many will march against us William?"

"I'm not sure, warriors are coming to the fort to take your wife and a little more forcibly."

William Hancock's eyes cleared briefly and his stare again met Boone's.

"They are coming with French officers and Chief

OPINION

caused "incalculable" harm. Granted, some parts of the playing field remain uneven in the Colombian trade agreement, including those involving Kentucky products.

It's not fair, but it's free. And free trade in this case trumps some politician's definition of "fair trade."

"Colombian roses enter the United States duty free. As Nobel Laureate Milton Friedman once noted, "The word 'free' is used three times in the Declaration of Independence and once in the First Amendment to the Constitution, along with 'freedom.' The word 'fair' is not used in either of our founding documents."

Our government must resist the temptation to respond to trade imbalances by putting big import duties on U.S. products. Gornik says the "most" practices exist just because of wrong-headed government policy, not enforcement efforts of individuals and businesses.

Both Shapiro and Gornik say more, not fewer, trade opportunities offer the cure to the inequities. For example, Shapiro wrote that signing the Colombian agreement would increase

unfair policies - whether instigated by our country or others - only serve to enrich governments.

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

Ever met a Kangaroo?



A cataract is a clouding of the lens that can impair a person's vision. This impairment occurs because the lens helps to focus light on the retina, which needs a clear lens in order to receive a sharp image.

Ever played a Didgeridoo?



Whether it's fruitful or not, people tend to worry about their health as they age. For some, the worrying can be productive, forcing them to overcome injuries that might not be healthy. For others, the worrying might only compound existing problems.

While it's understandable and necessary to focus more on health as the aging process progresses, taking care of oneself and aging healthily doesn't have to be as hard as it seems. Instead, having an understanding of the human body and what happens to it as it ages can go a long way toward maintaining a healthy lifestyle well into one's golden years.

Whenever health comes into question, the first thing to cross most people's minds is their diet. Dietary changes are necessary as we get older for a variety of reasons.

Shifting energy levels: One of the foremost reasons diet changes are needed as we age is the loss of energy. Because the body's energy levels decrease over time, fewer calories are needed to function on a daily basis.

Weakening bones: Dietary changes are also necessary to defend oneself against injuries that can result from bones weakening as the body ages. As we get older, bones begin to lose mineral content, making them more susceptible to breaks and other injuries.

SENIOR LIVING What to Know About Cataracts

As the aging process runs its course, it's expected the body will go through certain changes. A slower metabolism, a reduction in strength, and a few extra pounds are some of the experiences of aging.

Another frequent development as people grow older is a loss of vision. According to the National Eye Institute (NEI), by the age of 80 more than half of all Americans either have a cataract or have had cataract surgery.

Such figures illustrate the importance of understanding cataracts and what, if anything, can be done to avoid being another number among the cataract-bearing masses.

What Are Cataracts? A cataract is a clouding of the lens that can impair a person's vision. This impairment occurs because the lens helps to focus light on the retina, which needs a clear lens in order to receive a sharp image.

Why do I know I have a cataract? Just because you have a cataract doesn't mean you know it. That's because cataracts develop slowly and the symptoms are not overwhelming.

How Do I Know If I Have a Cataract? Just because you have a cataract doesn't mean you know it. That's because cataracts develop slowly and the symptoms are not overwhelming.

typically occur in both eyes. Sometimes, though, they do not affect vision. When they do, lens removal might be necessary.

Secondary cataracts: These form from the result of another disease, such as diabetes, or another eye problem. Unlike primary cataracts, secondary cataracts can also cause cataracts. The NEI notes that secondary cataracts have been linked to steroid use as well.

What Can Be Done to Prevent Cataracts? Prevention of cataracts can be difficult because there is no concrete cause. However, certain behaviors have been linked to cataracts, and therefore avoiding these behaviors can lessen a person's risk.

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Aging Healthily Not a Mystery

having fatty deposits from their arteries walls, stiffening those walls as a result of which blood pressure and making it even harder for the heart to pump enough blood to the rest of the body.

Perhaps the biggest risk you won't be able to bounce back as quickly should you get the flu or a cold. Sometimes, you might not be able to bounce back as quickly should you get the flu or a cold.

For those who are under-derer, you might not be able to bounce back as quickly should you get the flu or a cold. Sometimes, you might not be able to bounce back as quickly should you get the flu or a cold.

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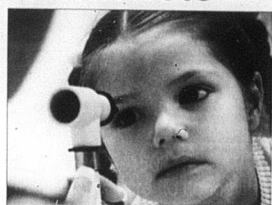
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Contrary to popular belief, children, and young people in general, are not immune to cataracts.

longed exposure to sunlight is a risk factor for cataracts, be sure to wear sunglasses whenever going out in the sun. For those with glasses, consider clip-on prescription lenses that attach directly to the lenses of eyeglasses.

Another way to prevent the onset of cataracts is to keep eyes protected from the sun at all times. Since pro-

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