

OPINION

Bluegrass Beacon

Squeeze sweet success out of life's lemons



Bluegrass Beacon  
By Jim Waters

A vicious cyber attack shut down the Bluegrass Institute's Web site a couple of weeks ago. Getting it back online remains a work in progress. Hopefully by the time you read this, it's back up.

The whole situation has been a bummer. But the attack has given us the opportunity to improve the site and its security.

Sometimes when life hands you lemons, you make lemonade.

Walker, born to emancipated slaves two years after the Civil War ended, became America's first black female millionaire. She did it without a government bailout and long before discussion of reparations for the awful institution of slavery showed up on the political radar.

In fact, if anyone deserved reparations, she and her family did.

But Walker didn't sit around waiting on alms from Washington in order to achieve fulfillment in her life. They didn't have free-lunch programs back then. It was the era of Jim Crow; women couldn't even vote, much less run for office.

This stage bears repeating during the current election cycle, when many "new" voters search for candidates who help them escape problems rather than solve, or overcome, the challenges themselves. This holds especially true for minorities, who have felt disenfranchised by the political process and eagerly seek "change."

But the best change comes when you — not some self-serving politician — make it happen.

That describes the life story of Madame C.J. Walker. Life handed Walker lots of lemons. She made lots of lemonade.

Bad things happened in our country back then, just as they do now. But at least Walker escaped today's rant from "educrats" about how "poor black children can't learn."

If the "educrats" ranted back then, Walker didn't listen. Instead, she busied her-

self by helping women keep their hair — and dignity.

Those who succeed often do so by discovering the unseen — and doing that which gives their lives meaning and purpose — not by waiting by the mailbox for a government check to arrive.

In Walker's day, most Americans didn't have indoor plumbing, running water or electricity. As a result, women suffered from scalp diseases that often caused them to lose hair. This happened to Walker, too.

Rather than just accept it, she developed a line of hair-care products especially for black women. Her business flourished, despite some critics who thought black women should wear their hair in "natural styles" rather than attempt to change its texture.

Walker ignored her detractors and became so successful that she provided thousands of jobs and countless opportunities for black entrepreneurs. Walker's Agents, as they became known, went door to door demonstrating and selling her products.

Eventually, her success led to a posh estate in Irvington, N.Y., in Westchester County.

sometimes called Irvington-on-Hudson. She lived among the Goulds and Rockefeller.

Not bad.

And Walker succeeded while maintaining her heritage. She supported many charitable and social causes, including giving the largest donation to the NAACP that the organization ever received. It supported the group's anti-lynching campaign.

She learned her interpersonal and speaking skills while attending St.

Paul's African Methodist Episcopal Church in St. Louis. Here was a true American success story.

But Walker's story likely ripples across in Kentucky today, where a culture of entitlement and welfare has developed to a point where many voters won't look beyond the promises of a pittance from Frankfort or Washington.

At least for now, our country embodies a place where new ideas, hard work and self-reliance still lead to great success.

Yet too many Americans

— especially younger citizens — get more revved about candidates' promises to take bread from the mouths of those who earn it and give it to those who won't than they do about the prospects living in freedom offers them.

They only see the lemon. Madame Walker saw lemonade.

— Jim Waters is the director of policy and communications for the Bluegrass Institute, Kentucky's free-market think tank. You can reach him at [jw@watersblipp.org](mailto:jw@watersblipp.org).

CONSERVATIVE  
Continued from Page 5

his state purchased Chrysler 300 luxury ride, he could rake in millions by endorsing after market ad-ons from the automaker. He could become the Tiger Woods of education administration.

I realize that this idea sounds crazy, but to me it's not much different than the deals those guys already have going for them. Being a free market conservative, I've never been one to begrudge a guy for negotiating a good salary. But it seems to me that the terms of some of these deals and the perks that go along with them are a bit much for the realm of

public service. After all, the market determiners in the government realm are decidedly different than they are in the business world. The men and women who choose to do the real work in the public sector often understand that because of the nature of their occupation, they will be paid less, sometimes a great deal less, than those in the private sector. They are usually aware as well that many of the benefits of doing what they do may be long tangible than those of a golf club wedding CEO.

See CONSERVATIVE Page 11

**BUTLER**  
RECYCLING AND CORE

Copper - Aluminum - Brass - Catalytic Converters  
Batteries - Transmissions - Stainless Steel

We pay the highest prices for your scrap!  
Trucks available for pickups  
call 606-759-8863

for question or pricing contact:  
Jimmy Butler or Brad Miller

Hours:  
Mon-Fri 8:00 a.m. - 4:30 p.m.  
Sat 8:00 a.m. - 12:30 p.m.  
Closed - Major Holidays

ph: 606-759-8863  
5148 US HWY 62, Maysville, KY  
butlerrecycling.com | [maysville.ky.net](http://maysville.ky.net)

**3 DAY Sale**  
Friday, Saturday, Sunday - June 20, 21, 22

**Domino Sugar**  
\$1.89  
5 lb bag  
Limit 2 per customer

**Carrot**  
1 lb bag  
5 for \$5

**Show Boat Pork & Beans**  
15 oz.  
2 for \$0.89

**IGA Biscuits**  
4 pack  
\$1.29

**Carolina Turkey Breast**  
\$1.99  
Deli per lb.

**Webber Sausage Patties**  
24 ct.  
\$4.99

**Webbers Sausage & Biscuits**  
24 ct.  
\$3.99

**IGA Tea Bags**  
100 ct.  
\$1.79

**R.C. Cola**  
12 pk.  
2 for \$5

**CROCKETT'S IGA**  
Market St. • Carlisle  
Grocery: 859-289-5433  
Deli: 859-289-5788

**HOMETOWN PRIDE**

**Home Loan Sale In Progress!**

**\$500.00 OFF Closing Cost!**

Downtown Flemingsburg 606-845-3551  
Flemingsburg By-Pass 606-267-2061  
Ewing 606-849-2304  
South Ridge 606-849-2304

**Community Trust Bank**  
building communities...built on trust®

[www.ctb.com](http://www.ctb.com)

HEALTHY LIVING

Your source of Summer C  
California Peaches, Plums and Nectarines

When summer is here, and so is the season's delicious beauty of fresh summer stone fruit. Everyone knows that fruit is good for you, but did you know that peaches, plums and nectarines are good sources of vitamin C? This summer, bite into a fresh California peach, plum or nectarine to get your Summer C.

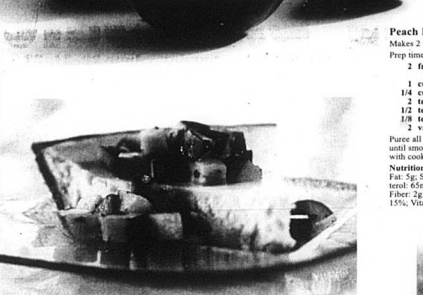
Vitamin C is essential for healthy teeth and gums, aids in the absorption of iron and helps maintain connective tissue health which is important for defending against infection. However, the good nutrition news doesn't stop there. In addition to vitamin C, peaches, plums and nectarines also contain potassium and fiber (see chart below).

Naturally sweet and juicy, California peaches, plums and nectarines are the perfect summertime food, from smart snacking to healthy recipes. For a scrumptious appetizer or satisfying lunch that packs a good-for-you punch, try Taragon Turkey Lettuce Cups with Plums and Toasted Almonds. It's possible to add more nutrients to your favorite desserts, too. Nectarine Neufchatel Cheesecake is a red-hot hit, but full of flavor and rich in tasteful nutrients. Don't forget that drinking your fruit counts, too. This simple Peach Pie Smoothie is a nectarine in a classic that is a wholesome treat any time of day.

For more recipes and nutritional information, visit [www.californiafruit.com](http://www.californiafruit.com).

|                           | Vitamin C %DV* | Fiber %DV* | Potassium %DV* |
|---------------------------|----------------|------------|----------------|
| Peach (1 medium/147g)     | 15%            | 2/8%       | 230/7%         |
| Plums (2 medium/151g)     | 10%            | 2/8%       | 230/7%         |
| Nectarine (1 medium/140g) | 15%            | 2/8%       | 250/7%         |

\*Percent Daily Values are based on a 2,000 calorie diet. Daily Values may be higher or lower depending on an individual's calorie needs.



Peach Pie Smoothie

Makes 2 servings  
Prep time: 5 minutes

- 1 fresh California peach, pitted and sliced
- 1 cup low-fat vanilla frozen yogurt
- 1/4 cup low-fat milk
- 2 teaspoons honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 2 vanilla wafer cookies, crumbled

Puree all ingredients except cookies in a blender until smooth. Pour into 2 chilled glasses and top with cookie crumbles.

Nutritional analysis per serving: Calories: 320; Fat: 5g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 65mg; Sodium: 85mg; Carbohydrate: 59g; Fiber: 2g; Sugar: 33g; Protein: 11g; Vitamin A: 15%; Vitamin C: 15%; Calcium: 30%; Iron: 2%.



Tarragon Turkey Salad Lettuce Cups with Plums and Toasted Almonds

Makes 4 servings  
Prep time: 15 minutes

- 12 ounces extra thick, deli-sliced, low-sodium oven-roasted turkey breast, sliced
- 2 fresh California plums, pitted and sliced
- 1/2 cup thinly sliced celery
- 1/4 cup minced red onion
- 1/4 cup light mayonnaise
- 2 tablespoons fat-free plain yogurt
- 1 tablespoon white wine vinegar
- 1 tablespoon finely chopped fresh tarragon
- Sea salt to taste
- 3 tablespoons sliced almonds, toasted
- 12 butter lettuce leaves

Stir together all ingredients except almonds and lettuce in a medium bowl. Cover and refrigerate until ready to serve. Stir in almonds just before serving. Spoon about 1/4 cup mixture into each lettuce leaf.

Nutritional analysis per serving: Calories: 170; Fat: 7g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 45mg; Sodium: 74mg; Carbohydrate: 9g; Fiber: 2g; Sugar: 5g; Protein: 7g; Vitamin A: 15%; Vitamin C: 8%; Calcium: 6%; Iron: 2%.

**Nectarine Neufchatel Cheesecake**  
Makes 8 servings  
Prep time: 20 minutes  
Cook time: 35 minutes  
Chill time: at least 3 hours

12 ounces Neufchatel cheese (1/3 less fat cream cheese), at room temperature  
1/3 cup fat-free plain or Greek yogurt  
1/3 cup sugar  
1 teaspoon vanilla extract  
1/4 teaspoon almond extract  
3 egg whites  
1 (8-ounce) ready-to-use natural graham cracker pie crust (with no trans fat)  
1 tablespoon honey  
1 tablespoon fresh lemon juice  
2 fresh California nectarines, pitted and diced  
2 teaspoons finely chopped fresh mint

Preheat oven to 325°F. Beat cream cheese, yogurt, sugar and extracts with electric mixer until smooth. Add egg whites and eggs; beat just until smooth. Pour into crust and bake for 35 minutes or until center is nearly set. Cool on rack, then refrigerate for 3 hours or until well chilled. Whisk together honey and lemon juice in a medium bowl. Add nectarines and mint and toss gently. Just before serving, top each slice with nectarine mixture.

Nutritional analysis per serving: Calories: 280; Fat: 16g; Saturated Fat: 8g; Trans Fat: 0g; Cholesterol: 60mg; Sodium: 330mg; Carbohydrate: 21g; Fiber: 1g; Sugar: 12g; Protein: 8g; Vitamin A: 15%; Vitamin C: 6%; Calcium: 6%; Iron: 4%.



**JMC** Johnson Mathers Health Care, Inc.

When seconds count ...  
**Nicholas County Hospital's ER is ready!**  
Certified in Trauma, ACLS & PALS

**SPECIALTY SERVICES**

|   |   |  |   |   |   |
|---|---|--|---|---|---|
| <b>RICHARD BLAKE, M.D.</b><br>CARDIOLOGY<br>Mondays<br>Call 859-7181<br>FAX APPROXIMATE | <b>GARY EARLE, M.D.</b><br>CARDIOVASCULAR<br>THORACIC SURGERY<br>Tuesdays<br>Call 289-7181<br>FAX APPROXIMATE | <b>JOHN TYRRELL, M.D.</b><br>UROLOGY<br>Wednesdays<br>Call 859-263-1300<br>FAX APPROXIMATE | <b>REGINA RAAB, M.D.</b><br>OBSTETRICS<br>Fridays<br>Call 859-987-2302<br>FAX APPROXIMATE | <b>FRED LAURE, M.D.</b><br>PEDIATRY<br>Wednesdays<br>Call 859-987-3002<br>FAX APPROXIMATE | <b>PARELLA COMBS, M.D.</b><br>CARDIOLOGY<br>Fridays<br>Call 859-987-3002<br>FAX APPROXIMATE |
|---|---|--|---|---|---|

2322 Concrete Rd.  
Carlisle, KY 40311  
289-7181  
Visiting hours  
11 a.m. - 8:30 p.m.