

OPINION

Bluegrass Beacon

Input from the people would offer a breath of fresh air



Bluegrass Beacon by Jim Waters

If you thought the days of political deals made in smoke-filled back rooms ended, think again. Of course, political corruption demands that those rooms now be smoke-free. Otherwise it's business as usual in some Northern Kentucky counties, where some good-old-boy politicians "sneakily" explore ways to trample on private-property rights via government-imposed smoking bans.

"It's never been publicly discussed," said Steve Megerie, Covington city commissioner. "I have a problem when the county is deciding to pass some kind of ordinance or regulation which will affect business in my city without any input or contact whatsoever with the city government."

a smoke," Megerie said. Does that sound like grounds for overwhelming support for a smoking ban in your area? A word to the unwisely Royal Legislators in the Buckeye State: Tax-and-spend behavior coupled with policies encroaching upon the freedoms of residents and business owners come with consequences. The recent "Rich States, Poor States" report by the American Legislative Exchange Council ranks Ohio ahead of only three states in economic competitiveness.

Even Kentucky does better. Of course, if the bureaucrats who run the Northern Kentucky Chamber of Commerce have their way, we would land at the bottom of the heap.

After Ohio enacted its statewide smoking ban last year, cigar bars in Cincinnati across the river from Northern Kentucky closed. Responding to market demands, Fitzgerald's opened. "A lot of people are coming to us to add, from Kentucky to have a cocktail and

In an editorial blog, Dennis Hetzel, Kentucky Enquirer general manager, called that "an amazing response." I suppose it would also be "amazing" if I found the same number of respondents who believe the moon is made out of cheese. But it doesn't mean there's overwhelming support for that view.

Additional skewed "research" comes from Northern Kentucky Action, a group for which Smoking Nannies Inc. would make a more appropriate name. Typical of the approach of such groups, it claims overwhelming support for a government-imposed ban based on a survey with a minute sample size.

"The people who have been polled are supporters of this," Megerie said. "But that's one constituency. There's numerous constituencies affected by this."

You and I both know that these surveys don't take place in Ringo halls, howling alleys or Mom-And-Pop Corner Cupboard diners, where the locals meet every morning to drink coffee, light up and bemoan the expansion of the Nanny state.

— 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@bipspp.org. You can read previously published columns at www.bipspp.org.

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- Parade through downtown - Thursday evening at 7:00 p.m.. Crowning of the Blackberry Queen. Dignitaries present.

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hutton EFEP Program Assistant Nicholas County Extension Office I decided, to myself, last week that this week I would write about which vegetable the Hatton Garden had first with the current season of vegetables.

Cabbage went out for this week and will have cabbage for a while. If you remember from just a couple of weeks ago during our series on broccoli, cabbage is also a member of the cruciferous vegetable family. The cruciferous family can help protect the body against cancer because it is a rich source of Vitamin A and Vitamin C. Cabbage is also a good source of fiber. There are a variety of cabbage types in our markets today. This year we plant-

ed two different types. If you've not grilled cabbage try Flat Patch, that Papaw always planted, and a Golden Cross variety. It is a smaller head of cabbage. Sometimes the Early Flat Patch cabbage is over whelming for people so this is a smaller head of cabbage to enjoy and not worry about wasting any of it. Having two different types also allows us to have a longer season of cabbage. Below are a couple of cabbage recipes for you to try.

Try to make it a goal to try a new recipe each week. Have you ever tried to grill cabbage? I love, love, love to grill out and I am always experimenting with new things. Last year I grilled out cabbage and it was pretty tasty.

Cabbage Au Gratin 4 c. cabbage, shredded* 1 1/2 tablespoons butter or margarine, melted 1 1/2 tablespoons all-purpose flour 1/2 teaspoon salt 1 cup Cheddar cheese, shredded 1 cup soft bread crumbs

calories, 7 g protein, 15 g carbohydrate, 1 g fiber, 11 g fat, 20 mg cholesterol, 440 mg sodium. Recipe prepared by Pam Siger and Sarah Bransil. In season. Zucchini Coleslaw 2 cups coarsely shredded zucchini 2 cups shredded cabbage 1 medium shredded carrot 2 sliced green onions 1/2 cup thinly sliced red-ribbed 1/2 cup mayonnaise, low-fat 1/3 cup mild salad vegetables well Instructions 1) Wash and drain all vegetables well. 2) Thinly slice red cabbage, tear lettuce into pieces, peel and grate or slice carrot and grate, cut broccoli into florets and tomato into wedges in a bowl. 3) Combine all salad ingredients. 4) Add salad dressing and toss together lightly just before serving. Nutritional information: Serving size: 1 cup prepared salad. Calories: 140. Total fat: 2 grams; Dietary fiber: 6 grams; total carbohydrate: 20 grams; Protein: 9 grams. Source: Adapted from Wellness Ways Resource Book. University of Kentucky Extension Service. http://recipefinder.nal.usda.gov

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