

OPINION

Steve's Report

One day, Cindy and I were playing Yahtzee with the kids. Our youngest son, Max, was getting ready to take his turn and needed three 5s. Everyone was rooting for him, chanting "Five! Five! Five!" Then, just before Max rolled the dice, our daughter Sarah cheered, "C'mon, Max! Get three 5s!" Max gave the cup a couple more shakes for good measure then sent the dice skittering across the table. When they came to rest, instead of the desired six, there were four 3s - which Max didn't need. Frustrated, Max accused Sarah, "Way to get! When you said, 'Get three 5s,' you confused the dice!" Now, down deep inside, Max knows that Yahtzee is purely a game of chance, that nothing anyone does or says really has any impact on the outcome. (This is why he hates the game. He only plays it to earn occasions to humor his mom and dad.) But even though Max "knows" that his sister didn't actually confuse the numbers to come up 3s, there is still a part of him that kind of believes that she did something to change his luck. And it's not just Max. Most of us have our superstitions. You hear about professional baseball players who have a lucky bat or a lucky pair of socks. Some of the rituals they go through before stepping up to the plate are rather elaborate: pat their hands in the dirt, dust them off, adjust the batting helmet, tap the dirt out of the cleats - three taps each foot - first



Steve's Report By Steve Scalf

he would look up at the clock. If the second hand was between the 12 and the 3, the answer was A; if it was between 3 and 6, he'd write down B; and so on. He swore by this method, claiming it would give him the right answer at least 70% of the time. Most of us are uncomfortable trusting in blind luck. We are unsettled by the notion that no one can influence how things turn out. So, like my high school buddy, we came up with ways to create the illusion of control. For athletes, at least there is some justification. There's no doubt that your mental state can affect your performance. If going through all those motions helps them to find their focus, there's probably some real value to all that ritual. However, these strange behaviors are not just limited to athletes. When we find ourselves in situations that depend purely on chance, many of us have our little tricks that are supposed to help us win. In school, I was pretty good at taking multiple-choice tests. Even when I wasn't sure about the answer, I could normally eliminate two of the choices, leaving me with a 50/50 chance of guessing the right answer. If I studied the way I was supposed to, those odds got even better. I had a friend who lacked self-confidence and always second-guessed himself, even if he had studied and was pretty sure he had the right answer. He developed what he called the "Clock Method." If he couldn't make up his mind,

to change the odds in their favor. One of the most common methods of picking lucky numbers is by using important dates. An elderly gentleman who won the last big jackpot used a combination of his anniversary and his grand-daughter's birthday to select the winning numbers. Others serious lottery players use more scientific methods. They record each week's results and try to figure out patterns in the winning numbers. Some of them believe the weight of the ink used to number the balls may make a difference. And sure enough, for whatever reason, some numbers actually do tend to come up more frequently than others. The strategy is to buy as many combinations of these frequent winning numbers as you can afford. To try to convince me that this method actually works, one man showed me stacks of research and proved that it produced at least one winner (tickets that have at least two of the winning numbers) almost every single week. Over the years, he had won over \$200,000. When I asked him how much he had spent on tickets over the years, he admitted that this amount was also slightly over \$200,000. "But that's not the point," he explained, "Sooner or later, I'm going to win the big one."

And according to the odds, he's right. If the odds were only 200,000:1 he probably would have won by now. As it is, he only has 176,800,000 lottery tickets to go. Good luck! Signaling out from Honolulu, Steve Scalf

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The Barterville United Methodist Church invites you to Sunrise Service Easter Morning March 23. Easter Sunday Morning Service starts at 7 a.m. Breakfast will be provided following the service. EVERYONE WELCOME! Regular services and an Easter Egg Hunt will follow. Sunday School will be at 10 a.m. and Church at 11 a.m.

Notice Notice is hereby given that the annual meeting of the Harrison County Water Association, Inc. will be held on Wednesday, April 16, 2008, at 7:00 p.m. at the office of the Association on US 27 South in Cynthiana, Kentucky, for the purpose of conducting the regular business of the Association.

Homes with Acreage!! 200 J.B. Lear Lane, Georgetown 900 East Union Rd, Carlisle-10 2049 Jones County, rolling acreage in a very private setting. 2 story home w/ vinyl siding & replacement windows and log home has three bedrooms, one bath, a cozy living room with new flooring and fireplace, a small stream running through the farm. Bring your horses! \$115,000 1618 Myers Rd, Carlisle- Two bedroom home w/ deck located on 15.2 acres of rolling pastures and scattered woods. \$85,000 5425 Crooked Creek Rd, Carlisle 3746 Mountain Rd, Carlisle KY 40311 859-289-5739

MARK MATTOX 349 Johnson Rd, Carlisle-10 2049 Jones County, rolling acreage in a very private setting. 2 story home w/ vinyl siding & replacement windows and log home has three bedrooms, one bath, a cozy living room with new flooring and fireplace, a small stream running through the farm. Bring your horses! \$115,000

Kawasaki Let the good times roll.™ 2008 MULE UTILITY VEHICLE 2 Row Seating or Extended Seat \$10,599 MSRP 2008 TRXV RECREATION UTILITY VEHICLE Terry 750 444 introducing the all-new 2008 Kawasaki Terry™ 750 444, the high-powered, sport oriented Recreation Utility Vehicle (RUV) that's got all the competition quaking. The extremely potent 740cc V-Twin engine is fuel-injected and adapted from our award winning Brute Force® ATV to provide the torque you need for heavy hauling and the high-rpm punch you want for off-highway excitement. \$9599 MSRP

Big Sale Friday, Saturday, Sunday - Mar. 21, 22, 23 3 lb. Yellow Onion \$0.99 Pringles Chips Assorted Variety 4 for \$5 Webbers Sausage Patties 24 count box \$3.99

Van Camp Pork & Beans 2 for \$1 15 oz. \$0.69 IGA Mustard 20 oz. \$0.99 Bounty Single Roll \$0.99

Stokley Vegetables French Style Green Beans, Cut Style Green Beans, Shells, Beans, Peas, Whole Kernel Corn, Cream Corn. 5 for \$2 Kingsford Charcoal 18 lb. bag \$7.29 Deli 9 Piece Chicken Bucket \$5.99

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

HEALTHY LIVING

Take it to heart

Make smart, tasty choices for healthy eating

It's important to understand what to look for when making choices for a heart-healthy eating plan. Learning about fat and cholesterol can help you make smart choices and let you enjoy a diet abundant in flavorful foods while reducing your fat and cholesterol intake.

Fat and Cholesterol Facts From the American Heart Association There are four major fats in the foods we eat: saturated fats, trans fats, monounsaturated fats and polyunsaturated fats.

- The "bad fat" are saturated and trans. They raise bad cholesterol (LDL) in your blood. We definitely need some fat in our diets - for energy, cell growth, making important hormones and absorbing some nutrients - but not as much as most of us eat. The fats in the foods you eat should not total more than 25 to 35 percent of the calories you eat in a given day. For good health, the majority of these fats should be monounsaturated or polyunsaturated. Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat. Dietary cholesterol is found in some foods: foods of animal origin, particularly meat, egg yolks and high-fat dairy products. Limit your intake of cholesterol from food to less than 300 mg per day.

It's the overall pattern of choices you make that count when building a heart-healthy diet. It's easy to select heart-healthy foods - look for vegetables, fruits, whole-grain, high-fiber foods, fat-free or low-fat dairy products, lean meat, poultry and fish to include in your sensible eating plan. To quickly locate foods in the grocery store that can help you reduce your intake of saturated and trans fat as well as cholesterol, look for the American Heart Association heart-check mark. Foods that carry the mark are low in total fat, saturated fat, cholesterol and are low in trans fat. Build your free, heart-healthy grocery shopping list at heartcheckmark.org.

Heart-healthy grocery shopping just got easier I'm now easier than ever to shop for heart-healthy foods. The American Heart Association's online grocery list builder has advanced. No more worrying about forgetting your list at home or work. Now you can save your grocery list and access it from your smartphone, mobile phone or PDA. Start by building your free, heart-healthy grocery list at heartcheckmark.org. Click "My Grocery List" to choose from hundreds of foods certified by the American Heart Association. Add household necessities in the "My Items" category, and enter your e-mail address to save your list for future use. The result is an organized, easy-to-use grocery list sorted by category, such as breads, dairy, cereals, meats, snacks and more. Visit my.heartcheckmark.org from your Web-enabled mobile phone or PDA, and enter your e-mail address to access your saved grocery list any time you need it. It's sure to make your next trip to the grocery store quick and efficient.



Vanilla Flans With Berry Coulis Serves 4, 1 flan and 3 tablespoons coulis per serving Vegetable oil spray 2 cups water 1 cup fat-free evaporated milk 1/2 cup egg substitute 1 large egg 1/4 cup sugar 1 teaspoon vanilla extract 4 ounces frozen unsweetened mixed berries, thawed and juice reserved 1 tablespoon sugar 1/2 teaspoon vanilla extract 1/2 cup frozen unsweetened mixed berries (optional) Put oven rack in center of oven. Pre-heat oven to 325°F. Lightly spray four 6-ounce ramekins or custard cups with vegetable oil spray. Pour water into small saucepan. Bring to a rolling boil over high heat. Turn off heat, cover pan and leave on burner. In food processor or blender, process evaporated milk, egg substitute, egg, 1/4 cup sugar and 1 teaspoon vanilla until smooth. Pour equal amounts (about 1/2 cup) of mixture into each ramekin. Place 11- by 9- by 2-inch glass baking dish in oven. Pour boiling water into dish, then carefully place ramekins in dish. Bake 40 minutes, or until knife inserted in center of flan comes out clean. Carefully remove baking dish from oven and place it, with ramekins still in water, on cooling rack. Let cool slightly, about 10 minutes.

Vanilla Flans With Berry Coulis Serves 4, 1 flan and 3 tablespoons coulis per serving. Nutrient information per serving: 106 calories, 10 g protein, 22 g carbohydrates (29 g sugars), 55 mg cholesterol, 1.3 g total fat (0.5 g saturated), 0.9 g polyunsaturated, 0.3 g monounsaturated, 2 g fiber, 156 mg sodium. Dietary Exchanges: 1/2 fruit, 1/2 skim milk, 1 other carbohydrate, 1 very lean meat. This recipe is reprinted with permission from Little House Heart. Copyright © 2007 by the American Heart Association. Published by Publications International, Inc. Available at grocery store checkouts nationwide in February 2008, while supplies last.

Shop smart! Live well! Look for the heart-check mark! All products bearing the heart-check mark meet the American Heart Association's nutrition criteria per standard serving size to be: Low in fat (3 grams or less) Low in saturated fat (1 gram or less) Limited in trans fat (less than 3 grams) Low in cholesterol (20 milligrams or less) Moderate in sodium, with 480 milligrams or less for individual foods and Contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber. Additionally: Seafood, game meat, meat and poultry, as well as whole-grain products, main dishes and meals must meet additional nutritional requirements.

When seconds count... Nicholas County Hospital's ER is ready! Certified in Trauma, ACLS & PALS Johnson Mothers Health Care, Inc. 2322 Concrete Rd. Carlisle, KY 40311 289-7181 Visiting hours 11 a.m. - 8:30 p.m. SPECIALTY SERVICES RICHARD BLAKE, M.D. CARDIOVASCULAR THORACIC SURGERY Tuesdays Call 289-7181 For Appointment GARY EARLE, M.D. CARDIOVASCULAR THORACIC SURGERY Tuesdays Call 289-7181 For Appointment JOHN TUTTLE, M.D. UROLOGY Wednesdays Call 859-283-1300 For Appointment REBEKAH RAAB, M.D. OBSTETRICS Wednesdays Call 859-987-0302 For Appointment FRANK LAURE, M.D. OBSTETRICS Wednesdays Call 859-7181 For Appointment PAMELA CONNORS, M.D. OBSTETRICS Wednesdays Call 859-987-0302 For Appointment