

HALLOWEEN HINTS

Tips for a healthy Halloween

Healthy and Halloween are usually two words that contradict each other...

Healthy treats is easier than it sounds. Here are some do and don'ts to having a healthier Halloween.

young child's mind. Halloween stickers and temporary tattoos are two other options.



This little Jack Russell named Jelly Bean is ready for Halloween.

others who prepared baked goods or ate the goodies contain allergic ingredients.

Check all individually wrapped candies for tiny holes in wrappers and signs that the candy has been opened and shut; these are indicators that the candy could have been tampered with or mishandled by the wrapper.

See TIPS Page 3

DAVIS

Continued from Page 1

He also commented on those who protest against the war in Iraq.

Davis, who went into business as a consultant after serving in the military, voted against H.R. 1424, the second version of the Emergency Economic Stabilization Act of 2008, and told the students as much, saying one of the reasons he voted against the bill was because there was nothing home-grown and it "re-enforced bad behavior."

"If you or I needed a bail out we wouldn't get one," Davis said, adding that the consequences of the new congressional economic action "would be felt for generations."

Davis posted the following comment on his web site after a recent press release of his vote.

"This legislation does a major disservice to American citizens and to the American free market system. I am very disappointed that the other viable options proposed by economists and my colleagues were not given more thoughtful consid-



Congressman Geoff Davis is shown surrounded by members of the NCHS student council, who engaged in a casual but candid conversation with the Congressman.

Davis also led the cheer for lowering certain taxes. "You will benefit greatly by lowering Capital Gains Tax," he said. "Capital Gains Tax affects everyone."

Of the upcoming election, Davis kept the discussion light with the students. "I'll be glad to watch CSI without all the political commercials," he said and added that he had counted "six in a row" during a recent commercial break from

Davis was questioned about the stability of gas prices. "The key is to create more energy," he said. "Last year the demand exceeded the production."

Davis said he was strongly in favor of alternate energy sources.

Davis turned 50 this week, and I though there was a generational divide between him and the students, he spoke candidly to them about achieving their dreams and aspiring to greatness. "You can do anything you want to," he said. "Just never quit. When you fall down and fail, get back up."

Davis also encouraged the students to consider becoming interns and visit Washington D.C. in the future. "I'd like to show you the capital," he said.

The students and NCHS Principal Joe Orzano gave Davis a warm reception and spoke easily with him for them about achieving their dreams and aspiring to greatness.

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Dining Out

Carnico Restaurant advertisement with phone number (859) 289-5400.

Sonic Burger or Extra Long Chili Cheese Cone advertisement.

Stonecreek Bistro advertisement for a celebration of the everyday.

Ladobee's STEAK HOUSE advertisement for open Wednesday thru Saturday.

Migdalina's Restaurant & Bar advertisement for live music and 1/2 priced wine.

Huddle House advertisement for a big combo meal for \$5.99.

OPINION

Heaven Is A Lot Like Kentucky

To Live A Heap Longer Late autumn, 1778, at St. Asaph's Station, also called Benjamin Logan's Fort...



By Charles Mattier

Some were asking for the removal of his officer's rank, but others whispered in the shadows that they wanted to hang Daniel Boone for his traitorous behavior.

Capt. Boone, as always, was calm and spoke easily with his daughter, Jimena, her husband Flanders Callaway and many others, who had jammed into the little room, which had been the scene of the court martial proceedings against the 44-year-old frontiersman.

The charges against Boone were serious. Boone by his own admission, surrendered men under his command in February, over eight months earlier, while leading a salt march, which led to officers being wounded just prior to the subsequent siege of the fort.

Heaven Is A Lot Like Kentucky

Another charge against Boone was that, following his return to Fort Boonesborough, he had led a contingent of men away from the fort while it was already dangerously undermined at a time when there were reports of enemy activity nearby.

Still another charge stated that Boone had deliberately taken other military officers from the fort in a dangerous treaty-signing ceremony outside of the fort, which led to officers being wounded just prior to the subsequent siege of the fort.

Boone testified, as had his antagonist, Colonel Richard Callaway. Boone had said he would do several things he had not normally done under those extreme circumstances, but had done them all for the greater good of Fort Boonesborough and those men who were taken captive, and by surrendering the salt march he had prevented an attack, and subsequent loss of the fort.

Two of the men Boone had surrendered at Blue Licks and who had fled in similar fashion as Boone had, also testified. Over two-dozen of the men who were among the salt making party had not escaped and their fate was unknown as the court martial ended. Among those who remained prisoners were a nephew of Benjamin Logan, and two nephews of Colonel Callaway: Micajah and James Callaway.

To some degree, some folks said they could understand how Captain Logan might, in some way, blame Capt. Boone for his own injuries. He sat there with three bullet holes and a broken arm, and looked straight at Boone with no expression. Logan had been shot to pieces during the siege of Boonesborough when he rode from St. Asaph in an attempt to gather information of the siege.

Callaway and Boone had disagreed strongly for years and their expressions toward one another could not reveal otherwise. When the members of the tribunal returned with their verdict and cleared Boone of all charges, crews mingled with shouts of joy and elation.

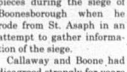
As high-ranking officers within the state's militia, the tribunal members also promoted Boone to the rank of Major.

We know very little of the facts surrounding the court martial of Daniel Boone, dear reader. Only one man present at Boone's court martial, Colonel Daniel Trabus, wrote of the judicial proceedings that we know of, and his 147-page manuscript, which details three years of his life along the frontier, was later collected and preserved by Lyman Copeland Draper, whose priceless collection now belongs to the Wisconsin State Historical Society and remains the corner stone of research for most books regarding pioneer

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TIPS

Continued from Page 2

giver. Check candies for metal objects such as pins, needles and razor blades. Many community hospitals, doctor's offices and health departments offer free X-rays for Halloween candy.

An adult also should examine any novelty items or toys for Halloween candy. Check these organizations within your area to see if they are offering this service on trick-or-treat night.

Boone quickly left Rebecca Bryan, who had believed his 'dead and returned to her parents' home during his captivity among the Shawnee. Boone would return with her and the rest of his family several months later and with his kinsmen would build a wilderness fortress called Boone's Station.

Trabus' manuscript available now in book form, remains a treasure and paints a picture of the hardships of pioneer life, but one that also uses humor throughout, and we today understand the phrase "If we have a plenty of turkeys we will never die; but if we had bread and bacon we might live a heap longer."

For more information on a healthy Halloween, tips, contact the Nicholas County Cooperative Extension Service. Educational programs of the University of Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

Ball Dance advertisement for Caring Hearts of Nicholas County.

Carlisle City Council advertisement for Betty Jo Booth.

Looking for a way to save money on your insurance? advertisement for Shelter Today!

Elect Betty Crockett Fay advertisement for the City of Carlisle.

Bill Clark advertisement for a real estate agent.

Make Reservations Now advertisement for deSha's Seafood.

deSha's Seafood advertisement for reservations and gifts.

Huddle House advertisement for a big combo meal for \$5.99.

Migdalina's advertisement for live music and 1/2 priced wine.

The Carlisle Mercury advertisement for subscription rates.

WE ENCOURAGE LETTERS TO THE EDITOR advertisement for reader feedback.

LEGAL ADVERTISING advertisement for professional services.