

Notes to Consider...

History: *Where Did Your Liberty Go? (The Patriot Act, etc.)*

By G.S. Morris — 01 January 2018



Want to eliminate terrorist takeover of aircraft? Stop preventing law abiding citizens from flying armed. Of course, the actual “security” steps taken after September 11, 2001 have been closer to what other observers have accurately described as nothing more than, “Security Theater.”

The Patriot Act did remove the absurd post-Watergate bar to our foreign (CIA) and domestic (FBI) intelligence agencies from sharing information on terrorist activities. Significantly however, evidence has surfaced the Patriot Act

has (predictably) thrown the door open for the government to blatantly violate the Fourth Amendment’s guarantee against unreasonable search and seizure. The wholesale mining of the communications of American citizens is dangerous and lazy intelligence work. Instead of casting blanket nets, the feds should be diligently profiling (aka, realistic police work) individuals and requesting specific search warrants.

Were you and I tasked with screening individuals at Lexington Bluegrass Field’s arrival gates for a terrorist believed to be arriving this afternoon, how would we best spend our precious time? Selecting out Middle Eastern males for closer questioning? Or should we just randomly pull passengers off to the side? Adults know the obvious answer to such a question yet in Patriot Act America it’s been way too much, “Against the wall, granny!”

Next Week: Arts and Leisure

Happy New Year!

Inspirational Thoughts Into God’s Word

By Lynetta Hunter

“It is what it is”, “what’s done is done”, these are true statements. First there must be an acceptance of reality before there can be a conclusion to the matter. However, the conclusion is often not the end of the situation when God has control of it. An earthly assumption is simply where He takes over supernaturally to (Php.1:6) finish the good work He began and (Ro. 8:28) conclude working all things together for good.

Bad things happen, disturbing circumstances take place, death and sicknesses seem unfair, trials are inevitable and suffering is sure to come, but that’s not where life has to end. Jesus came to earth, died on the cross, and made the way for humanity to connect with God to receive divine life, even after death has occurred. Death means the end of a beating heart, but the same grief is felt at the end of a relationship, division of a family, or as a result of personal failures.

Jesus, who was and is and is to come, (1 Peter 1:20) Jesus WAS foreknown before the foundation of the world, (John 1:1) WAS in the beginning with God and in Him WAS life and the power to bestow life. (John 8:12) Jesus IS the light of the world, (John 14:6) He IS the way, truth, and life. (John 14:1) Jesus is COMING back to take us to an eternal home, (Mark 13:26) COMING in clouds with great power and glory. Presently, here on earth, He comes to intervene in situations, make wrongs right, heal broken hearts, mend relationships, and save souls. The result of bad things doesn’t have to be where life stops, for with Jesus there can also be a “yet to come”.

Reducing Kentucky’s Smoking Rates: A Breath of Fresh Air

A Guest OpEd by Dr. Laura Hancock Jones,
Dr. O. Wayne Mortenson, and Rick Whitehouse

Most of us, when we think about the dangers of smoking, see lung cancer as the biggest risk. And it’s a fact that in Kentucky, cancer and smoking frequently go hand in hand. A higher percentage of Kentuckians get lung cancer than in any other state, and Kentucky has one of the highest smoking rates in the country as well.

It’s also true that smoking affects not just your lungs, but nearly every part of your body. So it shouldn’t surprise us that 80 percent of people who get oral cancer are smokers.[i] Still, it may come as a shock that smoking causes cancers of the mouth, throat, tongue, sinuses, lips, voice box, and esophagus.

But long before cancer can be diagnosed, smoking damages your mouth, teeth, and gums in other insidious ways. The tar and nicotine in cigarettes stain your teeth yellow, and eventually brown. Smoking causes bad breath. It also causes gum disease, making your gums red, swollen and sore, so that it’s hard to chew or even sleep. Gum disease caused by smoking can become so severe that your teeth fall out or have to be pulled.

Poor oral health also is linked to diabetes, stroke, adverse pregnancy outcomes, and cardiovascular disease. Dental cavities left untreated can lead to life-threatening secondary infections.

The bottom line, according to the Centers for Disease Control and Prevention (CDC), is that current smokers have poorer oral health and more oral health problems than either former smokers or persons who have never smoked. Certainly, Kentucky’s high smoking rate shows up in our state’s oral health status: Kentucky ranks 42nd lowest in the nation for the percentage of adults 18 and older who’ve had one or more permanent teeth extracted due to tooth decay or gum disease.[ii]

The toothless grin that is so adorable on a developing infant or youngster losing baby teeth gives great joy, but that emotion is lost for an adult who has premature tooth loss. Rotting or missing teeth also make finding and keeping employment and engaging in healthy social activities more difficult.

Wouldn’t it be a breath of fresh air if we knew how to reduce Kentucky’s high smoking rate? We do.

In case after case across the country, the data show that raising taxes significantly on cigarettes leads to lower smoking rates. And the people most likely to quit are youth, lower-income groups and pregnant women who are more sensitive to the price hikes caused by a significant tax increase.

We support efforts to raise Kentucky’s cigarette tax by at least \$1, so that the resulting price increase has its intended effect: reduced smoking rates and better oral health. It has to be at least \$1; otherwise, tobacco companies will pass out coupons and offer in-store promotions that diminish the impact on price and, in turn, on smoking rates and health.

Yards to Paradise Landscaping

Naturalistic Landscaping

By Max Phelps

Take any natural setting with native plants, unbothered by mankind, and there will be a great canopy layer of big trees. Under these are small trees. Then shrubs. Also there will be perennial flowering plants and annuals, plus maybe some grasses if enough light shines through for them. Lastly, there’s the carpet layer. Maybe covered with leaves or mulch, quite likely groundcover plants, things that spread or crawl along the ground. Similar to that is the created naturalistic landscaping of a growing number of homeowners.

This idea we are exploring is really about looking in nature for design ideas and attempting to duplicate that “forest edge” look. The concept is also referred to as “layering”.

One or several large or very large trees create the skyline. These frame the house, perhaps. Or are a backdrop to everything. The concept could work for a section of a front yard, too. Better if you have some existing trees to begin with, but if you don’t, choose and plant some native trees you know will grow well in your area and with your conditions. Carefully selected exotic or non-native trees can also be planted, singly or in a grouping.

Plants such as dogwood trees, laurel, rhododendrons, hemlock, spicebush, pawpaws, Carolina silverbell, American holly, serviceberry, vine maple, snakebark maple, and buckthorn work as understory trees and shrubs. Some are ok with deep shade, but most like a dappled shade.

Perennial plants for a natural setting might include ferns, wild ginger, blood root, coral bells, columbine, hellebores, lupines, bergemot, hosta, plus some shade loving grasses. (No, not the kind of grasses that have to be mowed regularly.)

The groundcover layer will complete the scene. Some of the shrubs and perennials already mentioned can be groundcovers. Others are ivy, pachysandra, vinca, ajuga, mosses, liriopie, Japanese forest grass, winter-creeper, plumbago, and surely a few daffodils can be worked in here and there. Though daffodils and such need sun, they often get enough to do their thing before most forest trees leaf out and completely shade them later in the spring. Carefully putting them under the trees that are late to bud out in the spring can help with overcoming this issue.

Leaf mulch, pine bark, pine needles, ground hardwood mulch, or simply chipped wood can provide the final carpet layer to your project.

Apply these ideas to a small patch or corner of your yard. Or go all out, if you’re sure you’re ready for the full naturalistic look. Make yours into a natural looking paradise of a yard.

The only way to get more natural would be to build a custom home in the woods and remove only what simply has to go to make space for the footprint of your new house. I’ve had the pleasure to create stoneworks and water features for a couple of these homes in the woods, and I can tell you they are special. The only downside I could see to it would be possibly a forest fire. There are so many benefits to living with nature, among the trees and bees and birds and butterflies. We’ll cover the health benefits some other time. Let your creative imagination run a bit wild and see what ideas come to mind for your place. Finally, seek help from trusted friends or professionals if creating beauty in the outdoors isn’t your forte.

The author is a landscaper. To call (606) 416-3911. Website: rock-castles.net



Donna’s Cut & Curl

Call Us at (606) 364-2426

**It May Be Cold, But
You Can Keep It Hot**

with a New Hair Style!

**Schedule an appointment for
your color, cuts, perms and more.**