

Opinion

PERRY COUNTY

Petit Jean Country Headlight

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Charlotte's Corner

By Charlotte Hodge, Editor



Don't Stress, Be Nice

One thing I have learned these last several months is the true meaning of stress. I find myself stressing over the big things as well as the little things. And, if there is nothing around me to stress over, I stress over the fact that I have probably forgotten something really important that I should have taken care of yesterday. We now know that if we hurt someone that we have never hurt before or have a headache or something else that we don't have a name for, we can ask any of our friends or even go see our favorite doctor and convince him that something weird is going on, and we don't have a clue why, and it will all boil down to stress. Or if we want to, when the doctor asks us what is wrong and we really don't know we just blame it on stress. And it always helps if we can get someone, anyone to agree with us. But in today's world and time, it probably really is stress. Chris Reeder of Perry County sent me this information about stress and how to be nice. See if you can relate.

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, "half empty or half full?" She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced."

"So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up tomorrow."

1. Accept the fact that some days you're the pigeon, and some days you're the statue!

2. Always keep your words soft and sweet, just in case you have to eat them.

3. Always read stuff that will make you look good if you die in the middle of it.

4. Drive carefully. It's not only cars that can be recalled by their Maker.

5. If you can't be kind, at least have the decency to be vague.

6. If you lend someone \$20 and never see that person again, it was probably worth it.

7. It may be that your sole purpose in life is simply to serve as a warning to others.

8. Never buy a car you can't push.

9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10. Nobody cares if you can't dance well. Just get up and dance.

11. Since it's the early worm that gets eaten by the bird, sleep late.

12. The second mouse gets the cheese.

13. When everything's coming your way, you're in the wrong lane.

14. Birthdays are good for you. The more you have, the longer you live.

15. Some mistakes are too much fun to make only once.

16. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

17. A truly happy person is one who can enjoy the scenery on a detour.

18. Have an awesome day and know that someone has thought about you today.

And, most importantly:

19. Save the earth. It's the only planet with chocolate!

I think!

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Failing Toward Success

Someone once said, "All roads to success run through the land of failure." This is a great statement! I would even go so far as to say that anyone who becomes a success in any field of endeavor faces failure many times. Regular failures are experienced by those who enter the arena of sports, business, politics, education, raising a healthy, functional family, spiritual growth, etc.

Since failure is a reality for every human being, here's the question: Why do we so often avoid teaching our kids (and adults!) how to "fail forward" in the direction of success?

Dr. Henry Cloud is a committed Christian, counselor and business consultant. In his book "Integrity" he tells the story of a mom who approached him as her two sons were graduating from high school. She asked him to talk with them about how to succeed in life. She then pressed him about what he would say. He told her he would tell them they must learn to respond properly to failure.

"Why," she questioned, "Would you talk to them about that?"

Dr. Cloud replied, "Because

they will fail, and they've got to know how to respond to it without allowing it to destroy them."

Now, there's some good advice! In fact, there is a growing body of research today indicating that the only difference between people who eventually succeed and those who never do is their perspective about and their response to failure.

Each year, I pick a translation of the Bible from which to do my devotionals to help me experience the Scripture through fresh eyes. This year, I'm using the Holman Christian Standard Bible.

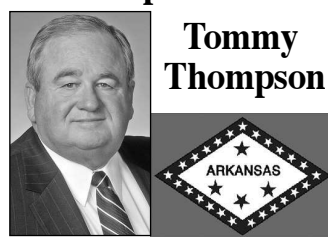
In Psalm 37:23-24, the HCSB says, "A man's steps are established by the Lord, and He takes pleasure in his way. Though he falls, he will not be overwhelmed, because the Lord holds his hand."

Verse 23 in the King James Version (KJV) says, "The steps of a good man are ordered by the Lord."

As I pondered these verses, I realized that it doesn't say the good or godly man never falls or fails. It simply points out that "because the Lord holds his hand," he isn't devastated or "overwhelmed." There's the key to "failing forward toward success."

Alan "Rocky" Shelton
Today's Family Church
Bigelow, Arkansas

State Representative



By the end of our sixth week in session the governor signed over 140 bills into law. Seventy-six of those bills originated in the House. Over 450 bills have been filed in the House during the 89th General Assembly.

One bill now making its way to the governor's desk will be the first step in establishing a new home for our veterans. This bill allows the State Department of Veterans Affairs to select a new site for a 150-bed facility after seeking advice from a task force.

We updated you last week that the House and Senate both passed identical versions of the Human Trafficking Act. This week the governor signed the bill into law. Now Act 132 enhances penalties for human trafficking offenses and allows for the creation of a task force to identify other ways to address the epidemic. Since 2008 national hotlines have taken 246 calls reporting suspected cases of human trafficking in Arkansas.

The governor also recently signed a bill which provides changes to the state's lethal injection procedure. The Arkansas State Supreme Court

ruled the previous method unconstitutional. Act 139 defines the procedure and identifies the class of drugs used opening the door for executions to resume.

The House sent HB1037 to the governor's desk this week after concurring in an amendment. The bill prohibits abortions after 20 weeks. The bill makes exceptions for rape, incest or if the mother's life is at risk.

And the House passed SB134. This bill would prohibit abortions after 12 weeks. It provides similar exceptions and includes exceptions for fatal fetal disorders and medical emergencies.

In other developments this week the House and Senate leadership started the process of selecting a company to do an independent assessment for the Big River Steel project. According to Amendment 82, we have 20 days to have that assessment complete. This assessment will give us more information about the potential impact this project will have on the state budget. It will be useful information going forward as we will eventually be voting on whether or not to support a steel mill in Mississippi County with bonds backed by General Revenue.

We will continue to keep you updated on the steel mill project and other pieces of legislation as we move forward. Remember, you can watch most committee meetings and all House floor proceedings on our website at arkansashouse.org.

As always, I hope you have a great rest of the week.

Glimpses From the Past

By BUFORD SUFFRIDGE

Headlight Correspondent

The Feb. 24, 1949, edition of the *Perry County News* reports that Mrs. Maude House, 46, wife of Sheriff Baylor House, died at the family home Wednesday evening at 7 after a lingering illness.

She was born May 20, 1902, in the Sweet Home community to Mr. and Mrs. W.D. Sanders who survive her.

Other survivors are a son, Loyd House of Perryville; daughter, Mrs. Lois H. McKay of Columbia, Tenn., and two grandchildren, Baylor Ann and Robert Morton McKay of Columbia.

Terry Vaught of Booneville was in Perryville Tuesday installing a new ice cream machine for the Perryville Drug Store.

Visiting their grandmother, Mrs. Walter Paul, in Antioch Monday night were Jackie, Janice, Jeanette, Nancy and Howard Paul Jr.

Mr. and Mrs. Charles Reeder and children, Bobby and Judy, visited Mr. Reeder's parents, Mr. and Mrs. Grant Reeder, in Little Rock this weekend.

At Hollis, Miss Edith Caldwell, Carylon Sue Crain and the Ward boys have been on the sick list.

Loyd Hawk was injured badly when a mule kicked him.

At Thornburg, an outbuilding belonging to Moody Westerfield was destroyed by fire and two acres of ranch land belonging to Jeff High were burned.

At Adona, Mr. and Mrs. Arthur Holbrook and daughter Gayle of Perryville visited with Mr. and Mrs. Wade Holbrook last Wednesday night.

Sunday afternoon guests of Mrs. Cletus Young were Bobbie Jean McCabe, Deloris Wade and Della Sue Lakey.

At Wye, during Sunday school hour, the superintendent, Mr. W.M. Lewis, asked Bennie Ross Harmon, Glenda Underwood and Barbara Pudinas to count the 82 pennies he had saved as a gift to Otterbein Home, a penny for each year.

At Bigelow, Mr. and Mrs. Heburn Moore of Perryville visited Mrs. Moore's parents on Sunday.

At Antioch, Bennie Bogard spent Sunday night with Nelson Doughty.

Barbara Nell Cannon spent Saturday night with her grandparents, Mr. and Mrs. Will Rankin.

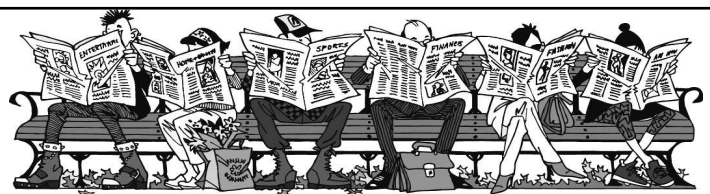
At Casa, W.D. Baskin Sr. is working for Luther Whitfield while he is under the doctor's care for eye trouble.

Mr. and Mrs. Oscar Fowler of Adona visited with Mr. Fowler's sister, Mrs. A.L. Morgan, who is ill.

At Cherry Hill, Barbara Ann Dehart spent Sunday with Shirley Bull.

Mr. and Mrs. J.W. Payne were visitors in the Tommie Payne home Sunday.

Saturday feature at the Fourche Theatre, "The 3 Mesquiteers."



State Capitol Week

in Review
from
Senator
David
Sanders



LITTLE ROCK - The Senate passed legislation to require voters to present a photo ID in order to get a ballot, and to set up a process by which voters can get a free identity card at their local county clerks' office.

Senate Bill 2 takes effect Jan. 1, 2014. Acceptable forms of photo ID include a driver's license, a passport, a student ID issued by an accredited college or university in Arkansas, a permit to carry a concealed handgun, a military identification document, an employee badge and a public assistance identification card.

SB 2 directs the secretary of state to issue free voter identification cards through local county clerks' offices. To get a free voter ID card from the county clerk, a person would have to swear under oath that he or she does not have any proof of identity.

The bill only become effective after the legislature approves funding for the secretary of state to issue free voter ID cards. The bill's sponsor told reporters he estimated that it would take an appropriation of about \$300,000 to set up the process.

When voting by absentee ballot, the voter must submit with the ballot a copy of his or her photo ID. Residents of nursing homes and long term care facilities would not have to show a photo ID, but they would have to show documentation from the facility administrator that they are residents. If the identity card has an expiration date, the voter can use it if it has not been expired for more than four years.

Lottery Scholarships

The Senate Education Committee advanced HB 1295 to

restructure lottery scholarship amounts, to preserve the long-term financial stability of the Academic Challenge Scholarship program. If enacted, the bill would be the second change in scholarship amounts since Arkansas voters approved a state lottery. The first scholarships were for \$5,000 a year for students at four-year universities and \$2,500 for students at two-year colleges. Those amounts were later reduced to \$4,500 and \$2,225.

Under HB 1295, students already in the system would continue to get the same amounts that they first qualified for, but scholarships would be lower for students who enroll in college in the fall of 2013. Freshmen would get \$2,000, and if they maintain their eligibility they would get \$3,000 as sophomores, \$4,000 as juniors and \$5,000 as seniors.

Students at two-year colleges, nursing schools and branch campuses of four-year institutions would get \$2,000 each year.

Concealed Carry on Campus

The Senate Judiciary Committee advanced HB 1243 to allow employees of colleges and universities to carry a concealed handgun on campus if they have a concealed carry permit. Also, the institution would have to have a policy that allows staff to carry concealed firearms.

The governing board of the institution would have to vote on a policy every year to prohibit staff from carrying concealed weapons. The board could adopt differing policies for different areas or buildings of the campus, or for different campuses within its supervision.

Privacy for Concealed Carry Permit Holders

SB 131, to prevent the names and ZIP codes of concealed carry permit holders from being made public under the state Freedom of Information Act, has passed both chambers. The governor said he would allow it to become law without his signature. It passed the House by a vote of 64-to-3 and the Senate by a vote of 24-to-9.

Bigelow

By ELOISE MORSE
Headlight Correspondent

The Good Lord has blessed us with another beautiful Sunday. It was pretty cold early this morning when I went out to get the paper but has warmed up some.

Guess the cold weather kept some people inside this morning because we did not have as many in church as usual. There were several who came for church only. I was able to go this morning. The headache I had last Sunday kept me in the house all day. My head finally got easy by bedtime. I hope I never have another headache like that one.

Linda Morrow was unable to go to church this morning so I picked up Marie. Katie also went to pick her up and we had already gotten to church. It is much easier for Marie to get in my car than Katie's van.

Our senior girls basketball team won their game Thursday night and again last night. They will play again Monday night. The game Monday night will be a championship game against Mountainburg. Way to go, girls. Everyone is very proud of you.

Deb and I did quite a bit of running around Saturday and by night I could really tell it. My hip and back were giving me fits. Hopefully I can get rid of this boot this coming Tuesday when I go back to the doctor.

I feel that I don't put anything in the news except things about my family. If anyone has some news please let me know by noon on Sunday. I send the news in Sunday afternoon.

Letters Policy

The *Headlight* welcomes letters from readers. All letters must be signed and should contain the author's address and a telephone number where that person may be reached during the day. The name of the writer will be published with the letter. Write to the *Headlight* at P.O. Box 540, Morrilton, AR 72110 or e-mail us: pjch@Suddenlinkmail.com Letters containing fewer than 500 words in length receive the highest priority.

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