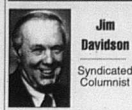


For Your Mind



Don't put others down

Several years ago, I had a neighbor who had a beautiful white dog that stayed in the house most of the time. Unfortunately, when the dog was let outside, he had a habit of visiting other neighbors' yards, bushes and flower beds, if you know what I mean.

One day another neighbor whose yard had been visited by this dog was irate and made a comment about the dog's owner. She said, "I think I'll give her a piece of my mind." When the dog's owner heard about it, she responded, "If she gave it all, you still wouldn't have anything."

While it's just human nature to respond to criticism in this manner, it's much harder to stop and consider whether or not the other person's criticism is justified. No one who lives in the city where houses are close together wants to have to watch where they step in their own yard, especially if they don't own a pet and the problem persists.

The problem here as it relates to good human relations is that it's much easier to put someone else down than it is to raise ourselves up. Unfortunately, because of the attitude of one neighbor and the resulting "put downs," both neighbors were losers and they missed the opportunity to be friends.

It's my belief that a lot of people today are being misled along these lines, and here's an example. Sometime ago I was in a very large city in another state and was listening to the radio. The program I was listening to featured a well known psychologist, and she took phone calls from listeners who were having stress and emotional problems. After listening to a caller for a few minutes, she then gave advice on how to cope with his or her problem. As I continued to listen I'm convinced that most of her callers were satisfied with

See DON'T on page 5



Feb. 5-11, 2001

Double the pleasure, double the fun

Carson Michael Fearin arrived at 4:50 pm, January 19, 2001, and 10 minutes later Peyton Elizabeth came into this world.

The twins are here. My daughter, Beth, and her husband, Matt, have come from a childless couple to the proud parents of three children in just under three years.

Clay Matthew will celebrate his second birthday March 19. The twins were so small that I could almost hold one in each hand, but they arrived with distinct and different personalities. They are tiny, beautiful miracles, little people, and though they both weighed in at less than 5 pounds, they're a double handful of promise.

The babies spent three nights in the hospital before coming home, where a big brother wasn't so sure about all the changes. Clay had led

Head of the Holler



up to six. Brian, Brad, and Holly Ann live nearby in Fleming County; the other three are near Walton in northern Kentucky. Close enough for frequent visits. Being a grandfather has never been traumatic, and I've now had a dozen years of experience. I remember my grandfathers as wise, wonderful men, though one of them was actually a step-grandfather. Both lived on Manik Ridge in Elliott County, where we traveled about every Sunday, so the ties were close until I left for college.

Neither one of my grandfathers played choo-choo trains with me, though, of course a "fooball" around the living room. Once, though, for a Sunday afternoon cowboy, and Indiana romp across the mountains, Sam Leedy led me to use his ornate old 12 gauge shotgun.

Letter to the Editor

Information on hamster care...

I was confirmed by veterinarians. Initially, you notice nothing unusual. Later on, it never crosses your mind that the animal's food, regular cage cleanings and frequent out-of-cage time. Nevertheless, they all died for short of normal life span. After adopting two mice, I learned about the dangers of shavings I had used for the hamsters' bedding. Softwood shavings, particularly cedar and pine, have been linked to respiratory, liver and skin diseases in animals constantly exposed to them. This has

laboratorily—even though they often do horrible things to animals—avoid softwood waste. They also like soft tissue paper. Other safe bedding include those made from pressed paper pellets, alfalfa, grain-by-products, aspen, straw, or recycled newspaper printed with soy ink (regular print can be harmful). Cornstarch or other softwood dusts have higher than usual incidences of squamous cell cancers of the respiratory tract. Softwood shavings can aggravate other human respiratory ailments or allergies.

My mice are doing well with a non-toxic bedding made from reclaimed wood pulp waste. They also like soft tissue paper. Other safe bedding include those made from pressed paper pellets, alfalfa, grain-by-products, aspen, straw, or recycled newspaper printed with soy ink (regular print can be harmful). Cornstarch or other softwood dusts have higher than usual incidences of squamous cell cancers of the respiratory tract. Softwood shavings can aggravate other human respiratory ailments or allergies.

Glory is like a circle in the water, which never ceases to enlarge itself, till by broad spreading it dispense to naught. —William Shakespeare, Henry VI, Part I

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'Jacket Seniors'
Nicholas County celebrated Senior Night Tuesday in Carlisle. The basketball senior Jackets from left: Josh Fryman, Jay Grant, Stuart Baird, Forrest Hunt, Jacob Broderick and B.J. Tischer.

'JACKETS' from 1
18 after halftime - but the Jackets slid behind by 13 after three quarters, before making a run in the final 8:00. The hosts outscored the 'Cats 26-20 in the final period. The Jackets bested the 'Cats in their regular-season finale. The first round of the Holiday Tournament in Owingville took place in December. The 'Jackets play Harrison County in Cythians next Tuesday, Feb. 29 in the opening round of the District Tournament.



Denver Brown photo
Nicholas County travels to Frenchburg tonight (Thursday) to battle the 'Cats of Menifee County in their regular-season finale. The Jackets bested the 'Cats in their first round of the Holiday Tournament in Owingville last December.

Denver Brown photo
Nicholas County head coach Bobby Storie questions the official after a flagrant foul (that was not called) by Pendleton County that knocked Josh Fryman (32) to the floor. Assistant coach Greg Letcher checks Fryman's ankle injury.



Lady Jacket seniors Whitney Massey and Heather Howard make their way into Senior Night seniors in Carlisle. Both Nicholas County hoops programs celebrated their seniors this week - the boys players, cheerleaders, band and managers/stats were honored Tuesday.

Happiness is a butterfly, which when pursued is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you. —Nathaniel Hawthorne

Golf Digest Ranks Our Trail Among the Top 50 Destinations in the World.

Golfers aren't the only ones who love to brag about their scores.

ALABAMA'S ROBERT TRENT JONES GOLF TRAIL

We love it when people say nice things about us. Golf Digest recently listed Alabama's Robert Trent Jones Golf Trail among the top 50 golf destinations in the world! And in its current Places to Play ratings, Golf Digest gave most of the Trail's 21 courses 4 stars—and some even got 4½. Not bad when you consider that 5 stars only go to those once-in-a-lifetime courses. And all of the Trail's courses got top honors for service. Frequent Flyer Magazine listed us among its top 10 trips in the

HAMPTON COVE Huntsville 54 HOLES	SILVER LAKES Anniston/Caldwell 36 HOLES	OSMOOR VALLEY Birmingham 54 HOLES	GRAND NATIONAL Opelika/Asbury 54 HOLES
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Alabama's Robert Trent Jones Golf Trail 378 holes of world-class golf on eight sites

DON'T from 4

her answers, because it was obvious that she was well qualified and knew what she was talking about.

Because of my extensive interaction with people, I picked up several things in this psychologist's answers that told me where she was coming from. First, her tone of voice was harsh, not soft and gentle, and the feeling of love toward others did not come through. Next, she seemed to be elated when some of her callers (especially female callers), asserted they were going to do something for themselves for a change, because they had been involved in taking care of others too long.

Before you misconstrue what I'm saying, let me be quick to add: there is certainly nothing wrong with wanting to be our own person, to have self-respect, and a certain degree of independence, but there is a real danger in not knowing when or where to stop. In many cases, people like this become overly assertive and they go from

driving a motorcycle to a Sherman tank, and before long, they develop the attitude that they can "bulldoze" their way over everything and everyone who gets in their way. This type of person has little or no compassion for others.

Regardless of whether by conscious choice or just letting their selfish human nature take over, it's a shallow, shortsighted way to think and live. I believe the people who put stock in the kind of information this psychologist was putting out are being misled. Sooner or later, regardless of what we say or the lifestyle we choose, we all have to come face-to-face with our Maker. We would be much better off if we would strive to always lift people up. In most cases, we can say what needs to be said without putting other people down.

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