

The Family Room

By Dr. Don Whitehead

Do Not Judge Individual Successes or Failures

"I will judge the body of my work, not just my individual successes and failures." Ever since I read this in the book *Meditations for Men Who Do Too Much*, I have been thinking about it. I made quite an impression on me. I and others tend to look too closely at our individual failures. At the end of the day if everything has gone well except for one mistake, what do we remember? Yes, we remember the mistake. We judge ourselves based on one failure rather than taking into account the whole day.

What if everyone judged himself this way? When I was a kid, the Yankees were my favorite team and Mickey Mantle was my favorite player. (I still have some of those baseball cards. Luckily my mom didn't throw them all out.)

Mantle had unbelievable power. He once hit a home run that was measured at 565 feet. As a power hitter he was one of the best to ever play the game. He also struck out a lot, more than a hundred times in one season. Was Mantle a success as a baseball player? Certainly, that's why he is a member of the Hall of Fame. But if he judged himself on individual successes or failures, he would have spent a lot of time feeling like a failure. The way to judge an athlete is to judge the whole body of his work rather than individual mistakes.

William Shakespeare is acknowledged as one of (if not the) finest writer in English literature. The body of his work covers many volumes and has drawn acclaim for the power of his writing. But don't you think Bill had some off days too? Certainly he must have written a couple or two that weren't up to par. I hope he was able to judge himself based on the

body of his work rather than on one particularly disastrous passage that he wrote on a bad day.

Vera had a similar problem. (Vera and Norm are fictitious characters.) She was a very harsh judge of herself and others. Her husband Norm endured a lot of criticism from her.

As a high school teacher, Vera taught five classes a day. She was a good teacher and sometimes things would go well in all of her classes. More often though one or two classes would go poorly. Rather than having an exciting discussion with interested students, Vera felt as if she were talking to a wall.

On these days Vera felt like a failure. She would come home in a bad mood and take it out on Norm. She judged herself based on one class rather than on the whole body of her teaching work.

What do students remember of Vera? They won't remember the individual classes that did not go well. They will remember Vera for the whole body of her work. They will judge her as a teacher not on the basis of individual classes, but on her total contribution.

I feel a lot better about myself when I look at all that I have done rather than just looking at one or two events. From here on I want to judge the body of my work rather than one success or mistake. [Check out my new home page at <http://roydowhitehead.homepage.com>.]

"Court News"

(Cont. from B2)

Gerald Dickens: Speeding, paid \$30 fine and costs.

Andrew G. Fay: Possession of

marijuana, \$250 fine and costs and 10 days in jail/conditionally discharged two years; Drug paraphernalia use/possession, \$50 fine and 10 days in jail/conditionally discharged two years.

James W. Isaacs: Operating on suspended operators licensens \$50 fine and costs; No insurance, \$500 fine, suspend \$450; Possession of marijuana, \$250 fine and 30 days conditionally discharged two years on payment of fines and costs and no new drug offenses.

Wilma A. Kumlir: Speeding, \$36 fine and costs.

Ashok K. Lakhiani: Speeding, \$34 fine and costs.

Ann S. Mink: No Ky. Reg. Plates, paid \$68.50.

Christopher S. Mullins: Operating on suspended license, \$100 fine and costs and 10 days in jail, conditionally discharged two years on payment of fines and costs.

William Sandlin: Alcohol intoxication, \$25 fine and costs.

James L. Baker: Speeding, suspended license.

Joshua M. Chandler: Speeding, paid/state traffic school.

Matthew N. Clarkson: Speeding, paid.

Erma A. Cook: Speeding, state traffic school and costs.

Lewis Dale Cotton: Alcohol intoxication, \$25 and costs.

Donald L. Craven, Jr.: Speeding, paid.

Gerald Dickens: Speeding, suspended license.

Christopher A. Goff: Faulty equipment, \$20 and costs.

Ronald A. Kidd: Failure to yield right of way, \$25 and costs/suspend fine authorize state traffic school.

Wilma A. Kumlir: Speeding, suspended license.

Johnathon E. Cromer: Drug paraphernalia use/possession, \$50 and costs.

Christopher L. Wells: Possession of marijuana, \$500 and costs and 30 days to serve 2/credit 2 days time served-balance conditionally discharged one year; Drug paraphernalia use/possession, \$100 fine.

Roger W. Whitaker: Operating motor vehicle under influence drugs, \$300 and costs, \$200 service fee, \$20 victim compensation fund, 2 days time served; Possession of marijuana, \$500 fine and 60 days/conditionally discharged one year.

Robert William Benge: Criminal possession of forged instrument, dismissed on payment of restitution.

Hon. Michael L. Henry March 1, 2000

Kathy Baker: Possession of marijuana, \$100 fine and costs.

Loukins Ballens: Fines due (\$122.15), found guilty of contempt in absentia, 12 days or payment of fines, costs and fees.

Melanie J. Bennett: Theft by deception, 30 days in jail/conditionally discharged two years on payment of restitution and costs.

Rodney E. Bubnick: Speeding, suspended license for failure to appear.

James E. Coffey: Fines due (\$599), found guilty of contempt in absentia, 50 days in jail or payment of fines.

Claude L. Cope: Fines due (\$169.50), found guilty of contempt in absentia, 50 days in jail or payment of fines.

Bruce W. Davis: Speeding, \$34 and costs paid.

Jandell M. Debinder: Fines due (\$501.00), found guilty of contempt in absentia, 50 days in jail or payment of fines, costs and fees.

Karen E. Keith: Operating motor vehicle under influence of intoxicants, \$200 and costs, \$200 service fee, \$20 victim compensation fund, 2 days time served.

Darrell W. Lamb: Operating motor vehicle under influence of drugs, \$200 and costs, \$200 service fee, \$20 victim compensation fund, 30 days to serve 15 time served; Possession of marijuana, 15 days/suspend \$450.

Robert M. LaFavers: Obstructed windshield and other charges, issue summons.

Judy L. Mason: No operators license and operating motor vehicle under influence of drugs, issue warrant/suspend license.

Sharon V. Maynard: Faulty equipment, \$20 and costs; Failure to wear seatbelt, \$25 fine.

Travis K. Musgrove: No Ky. Reg. Plates and other charges, issue warrant/suspend license.

Christopher M. O'Bryan: Fines due (\$806), issue warrant.

Johnathan David Owens: Fines due (\$93.50), issue warrant/suspend license.

Jon D. Poynter: Speeding, state traffic school plus costs; Failure to wear seatbelt, \$25 fine.

Tamitha W. Roland: Expired Temporary Plate, suspend license for failure to appear.

Roy J. Shepherd: Fines due (\$132.15), issue warrant/suspend license.

Barbara Singleton: No insurance, \$500 and costs fine suspended.

Barbara M. Prichard Smith: No drivers license in possession, \$50 and costs; Contempt of court (slandering), \$50 fine.

bel), \$50 fine.

Todd S. Smith: Driving, DUI/Suspended License, \$500 fine and 30 days/conditionally discharged one year.

John H. Teague: Fines due (\$490.50), assessed 30 days/service suspended until 4/24.

Stephen D. Thibodeault: Speeding, paid.

Terry D. Warren: Fines due (\$280), issue warrant/suspend license.

Dennis J. Wells: No operators license and other charges, issue warrant/suspend license.

Charles Winnett: Probation violation, issue warrant.

Monica L. Gossett: Speeding, state traffic school and costs.

Ashok K. Lakhiani: Speeding, suspend license for failure to appear.

Talal As Bahakam: Speeding, suspend license.

Dennis R. Brown: No/Exp. Reg. Receipt and other charges, suspend license for failure to appear.

William L. Brown: Speeding, \$50 and costs/state traffic school authorized on payment of fine and costs.

Barbara A. Carpenter: Failure to wear seatbelt, \$25 and costs; Failure to wear seatbelt, \$25 fine.

Elizabeth B. Carroll: No/Exp. Reg. Receipt and other charges, issue warrant for failure to appear.

Rebecca J. Cunningham: No operating license, \$50 and costs.

Cindy F. Durham: Faulty equipment, \$20 and costs.

Vicki L. Evans: Speeding, \$30 and costs/state traffic school authorized.

William B. Evans: Operating motor vehicle under influence of intoxicants, issue warrant/suspend license.

Gloria P. Fain: No Ky. Reg. Plates, suspend license.

David B. Fleming: Speeding, paid \$97.15 total fine and costs.

Heather L. Friend: Fines due (\$127.50), issue warrant.

Troy L. Goforth: Speeding, \$12 and costs, suspend fine.

Lee Roy Hale: No Ky. Reg. Plates and no insurance, issue warrant/suspend license.

Clayton D. Hayes: Operating motor vehicle under influence of intoxicants, \$200 and costs, \$240 service fee, \$20 victim compensation fund, 7 days to serve 2/credit time served.

Daniel K. Howell: Nonpayment of fine (\$82.50), issue warrant/suspend license.

Robert D. Jackson: Fines due (\$68.50), issue warrant/suspend license.

Two Roses Beauty Salon

McKenzie Court, Cabins 1 & 2

35 Lovell Lane • Mt. Vernon

606-256-1445 1-877-443-7140 (out of town)

Two of Lexington's TOP stylists are now in

Mt. Vernon -- Christina Rose Perry and

Janet Rose House)!!

We attend all workshops and hair shows to keep up

to-date on all the latest styles, cuts and techniques

to keep your chemical services looking great!

We work with your natural beauty to help create a

look that will compliment you.

If you received a bad cut or perm or color,

WE CAN FIX IT....

(Bring in this ad and receive 10% off ANY

service or product!)

"Let our knowledge

go to your head"

There's some pretty high-tech

equipment on the farm these

days. The same is true at Jackson

Energy. We're always looking

for cutting-edge technology to

help us maintain the reliable,

affordable service you deserve.

So you have more time for the

important things, like friends

and family.

Technology changes. Our

philosophy doesn't. You do

your best for your friends

and neighbors.

Roger Medlock,

employee of

Jackson Energy

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SOMETIMES IT'S HARD TO STOMACH THE FACTS ABOUT COLON CANCER

- ✓ Colon cancer is expected to claim nearly 48,000 lives this year--enough to fill Rupp Arena twice.
- ✓ Colon cancer is the second leading cause of cancer-related deaths in the United States, just behind lung cancer.
- ✓ When detected early, the five-year survival rate for colon cancer is 92 percent.*

However, Rockcastle Hospital and Respiratory Care Center knows that only 37 percent of colon cancer cases are found in the early stage.*

That's why the hospital has declared March "Colon Cancer Awareness Month."

Stop by the hospital or your local pharmacy to pick up a free colon cancer screening kit, courtesy of Rockcastle Hospital. The results are confidential and mailed directly to your doctor.

Take a moment for yourself.

Take a moment to save your life.

*Statistics supplied by the American Cancer Society, 1-800-ACS-2345

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