

LOOK AT WHAT'S INSIDE
The People News

HEALTH.... B J Armstrong
 TONYA'S TALES.... Tonya Brantley
 SPECIAL REPORT.... Alexandra Edwards
 MOCKINGBIRD.... June Griffin
 IT'S A PERSONAL VIEW.... Mel Griffith
 HUMOR COLUMNIST.... Ned Hickson
 SPORTS.... Jerry Keys
 COLUMNIST.... Joe Kirkpatrick
 MATTER OF FAITH.... Joel Lawler
 JENNIFER'S CORNER.... Jennifer Martin
 ASHLEY'S AVENUE.... Ashley Murphy
 FEED BAG.... Pauline Murphy
 WW II SECRETS.... Cecil Owen
 READ ALL ABOUT IT.... Pettus Read
 plus
 JOKES
 CROSSWORD
 EDITORIALS
 HUMOR
 LETTERS
 LIVESTOCK PRICES
 POLITICAL CARTOONS

Advertising Design - by Greenrain Graphics
www.greenraingraphics.com

Managing Editor
Tonya Brantley



Media Assistant
Ashley Murphy

Publisher
Pete Edwards



Editor's note: The views expressed by the independent columnists or letter writers in this paper are those of the author and do not necessarily reflect the views of THE PEOPLE NEWS publisher-editor, staff or our advertisers. Any comments "for or against" should be addressed to -

The PEOPLE News P.O. Box 3921
 Cleveland, TN 37320-3921

(423)-559-2150

FAX 559-1044

e-mail: Thepeoplenews@aol.com

website: www.thepeoplenews.com

For ADVERTISING
 Information Call

559-2150

2009 Copyright

If and When Were Planted

The following was sent to The People News by a reader. The author is unknown.

How is "if and when" planted? The short stories below are examples of planting "if and when":

Karen, one of my coworkers was stressed about where she was living. She hated the apartment she was in and complained every day about it. One day over coffee, I asked her why she didn't look for another apartment - it seemed like an easy solution to me. Karen's reply to this was, "I will look for another apartment *when* I come back from vacation."

Sam hated his job. He dreaded getting up in the morning. He hated the work he was doing and it started to take a toll on him. He had a love for photography and was currently taking a two-year course to obtain his certificate. Every night he complained about his work. After listening to his complaints for a month, I asked him why he didn't finish his course and start a small business doing photography on the weekends. His reply, "*If* only I had more time to finish my course. *When* I finish my course I will start a business."

Sarah had saved all her life and now was retired and living comfortably. The house she bought had a dishwasher in it; however, the dishwasher was old and didn't work. She hated doing dishes, and every time

we visited with her she complained about doing the dishes. One night, I asked her, "Why don't you buy a new dishwasher Sarah." Her reply, "I have been thinking about it, *if* they would only come on sale I would."

Larry worked for a company that allowed early retirement. Larry had both the years of service and his age, which allowed him to retire, but at a reduced pension. He was having difficulty coping with all the changes that were being made in his work. He had a couple of mild attacks, not a heart attack but similar to one. He called me and we talked for hours. I was worried about the stress of his job and the effects it was having on his health. "Why don't you retire Harry? Do something that you have always wanted to do," I asked. Harry's reply to my question was, "*If* only I was

older then I would get my full pension." I got bolder in my conversation with him, "But Harry, you have your house paid off, you have no bills, the kids are grown up. You could sell your house and downsize, it really is not worth your health is it? Harry then said, "*When* the summer comes maybe I will."

All of these stories have the same theme running through them. There is a proverb that says it all: "*If* and *when* were planted, and nothing grew." Now a year later, Karen is still living in the apartment she hates! Sam is still complaining about his job and still has not finished his

course! Sarah is still washing dishes! Larry is still working and his health is not what it used to be! The sad part of all of these stories is that all of these people had a lot of stress in their lives that they could have taken action to reduce. But, all of them defeated themselves by thinking "*if*" or "*when*". Life is too short for "*if's* and *when's*".

The next time you are in a stressful situation and you find yourself saying or thinking - "*if* or *when*" - remember the saying, "If and when were planted and nothing grew!" Change your thinking and take action, so that you can reduce your stress right now.

All Metal Garage
24 x 24 Call for Prices
 Includes: 2 9x7 Garage Doors,
 1 Walk-In Door, 1 Window



Carpools
 Starting at
\$595

All Materials & Labor
 Installed on your level lot or concrete pad.

We Clean Out Gutters and Install Gutter Covers. We Do Attic and Floor Insulation.

(423) 614-3146 (423) 472-0015

Bill Coffey Vinyl Siding & Gutter Co.
 2901 Bates Pike, Cleveland Tn.

CORRECTION

In last month's issue of *The People News*, the article that was intended to be on page 10 was inadvertently replaced with the page 10 article from February 2009's issue. We apologize for any confusion this may have caused our readers and to the author of the article that should have been printed. This month page 10 displays the correct article.

The People News
Gives You A Voice!
 Talk to us via e-mail.
 Tell us what you like and what you don't like. All your comments will be appreciated, but if you want them published you will need to identify yourself. So talk away, we'll be listening.
 Visit us on the web
www.thepeoplenews.com

Bill of Rights
 Congress of THE United States,
 THE OPEN EXPRESSION OF VIEWS
 AND OPINIONS IN THE CONTENTS OF
 THIS PAPER ARE MADE POSSIBLE BY
 THE CONSTITUTION
 AND
 BILL OF RIGHTS
 OF THE UNITED STATES OF AMERICA