

Kitty's Korner

By Kitty Craig - Jackson

People have a need to feel their pain. Very often pain is the beginning of a great deal of awareness. As an energy center it awakens consciousness.

Have you ever learned that you have a particular muscle only because you've strained it and now it hurts? I've often heard people talk about muscles they never knew they had, after a hard day's work has left them sore.

Our pain can be very beneficial to us if we pay attention to it; for it can let us know things that we still have to take care of, things that aren't as strong as they could be. For most people, though, pain is simply a signal to take painkillers. No learning takes place, no paying attention, no questioning as to the true cause of the pain. There's nothing saying that we should sit there in agony just to try to "experience" our pain, but the truth is that there is a lot to learn from it.

Sometimes it's not a deep lesson - but often the pain comes from a deeper source, and it can be worth our while to explore it - and the only way to explore it is to experience it. This goes for emotional pain as well as physical pain. I spent years feeling horrible amounts of pain from

rejection, until I took the time to actually explore the pain and learn from it - I found out some very important things about how my own mind was causing that pain because it associated what was happening to me while feeling rejected to what had happened to me as a child. When I became aware of that dynamic, I learned ways to break that pattern of association, and rejection stopped affecting me in the same ways.

Pain can be unpleasant, but it rarely is unbearable. For the unbearable kind, fix it quickly, in the best way you can. But for the other kinds, take a few moments before you fix it to find out what it may be trying to tell you - for there surely is a message for you, possibly from yourself. And if we can learn that message, then perhaps what we call pain may cease to feel like pain after all.

Our culture teaches us how to numb and distract ourselves but not how to listen to our pain and learn from our difficulties. Think what we learn about pain from television. We learn that pain is to be avoided at all costs and that there are a variety of pain relievers for every conceivable pain. I would like to see a commercial that says, "Your pain is a great teacher - learn from it and be healed."

Messin' Around

Life from the seat of a tractor

An old farmer's words of wisdom we could all live by ...

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks and bankers at a distance.

Life is simpler when you plow around the stump.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whispered ... not yelled.

Meanness don't just happen overnight.

Forgive your enemies; it messes up their heads.

Do not corner something that you know is meaner than you.

It don't take a very big person to carry a grudge.

You cannot unsay a cruel word.

Every path has a few puddles.

When you wallow with pigs, expect to get dirty.

The best sermons are lived, not preached.

Most of the stuff people worry about, ain't never gonna happen anyway.

Don't judge folks by their relatives.

Remember that silence is sometimes the best answer.

Live a good and honorable life, then when you get older and think back, you'll enjoy it a second time.

Don't interfere with somethin' that ain't bothering you none.

Timin' has a lot to do with the outcome of a rain dance.

If you find yourself in a hole, the first thing to do is stop diggin'.

Sometimes you get, and sometimes you get got.

The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.

Always drink upstream from the herd.

Good judgment comes from experience, and a lotta that comes from bad judgment.

Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.

If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.

Live simply, love generously, care deeply, speak kindly, and leave the rest to God.

(Contributed by Jim Long, San Antonio, Texas)

Walls

Coming home from New Zealand, I sat next to an American woman whose visa had expired and she was being told to leave the country. She had set up a successful horse breeding enterprise expecting that she'd get to stay in the country. She applied, re-applied, begged, solicited to stay. Nope. Time to leave.

Anyone who has been to New Zealand wants to stay there. My brother's daughter is one. She ended up marrying a "Russell Crowe" type and are a happy family now with two children and jobs with Peter Jackson, the movie mogul.

New Zealand, a small, prosperous, democratic country, controls who comes in and who gets to stay, luckily, because the only border they share is with the ocean.

History didn't work out as well for the countries south of the United States, except maybe Chile. Word got around that poor and oppressed populations could come to the United States and have a great life.

The Guevara tried to get all Latin Americans to rise up and throw off the evils of U.S. capitalism (1950s & '60s), but Latin Americans skipped that part and instead have been amassing to breach the U.S.-Mexican border illegally for 30 years. Reagan tried to deal with securing the border in 1986, but paradoxically capitalism attracted millions of Latin Americans to trot across and reside in the U.S.

Along comes President Donald Trump who has taken up the hue and cry of Americans who want to stop the onslaught from Latin America. His prevailing answer echoes every preceding President - build a wall. Lots of noisy Democrats have flipped and now say "no wall." The Leftwing political crew will control the Congressional purse strings in a few weeks and won't fund a wall, saying walls don't work.

If you are a Bible believer and a Robert Frost aficionado,

you are ready to defend that yes-to-walls hill. Proverbs 25:28, for one, states, "A man without self-control is like a city broken into and left without WALLS." Israel is replete with walls, some still standing after thousands of years.

Robert Frost's famous poem, "Mending Wall," opens "Something there is that doesn't love a wall..." but ends with his neighbor asserting "Good fences make good neighbors." Americans characteristically are generous and compassionate, but we do not want to share everything with everybody. The Declaration of Independence even acknowledges this aspect of Judeo-Christian behavior. So did Benjamin Franklin in Poor Richard's Almanac, "Love your neighbor, but don't pull down your hedge."

The border wall needs to be as secure as New Zealand's bordering ocean. People can come live in this country by applicable, law-abiding principles. This issue has divided Americans - against all rational, social, and cultural caveats.

I absolutely strain at the seams of my mind at how the Left perceives the rule of law. Here today and "forget it" tomorrow? They used to be for barriers to illegal immigration. Not now. It drives me crazy to see thousands of little, short, black-haired, monolingual people living off the fat of our land. In Panama last year, I saw such depressing poverty. The place is run by drug cartels, even though Panama is trying to get ahead by charging no taxes for one's 1st 20 years of residence. I've read stories of women trying to get one toe over our border to have a baby here. That part of the Constitution - Amendment 14 - has to be clarified by a new statute. I think there's only one other country that allows birthright as citizenship. Maybe it's Canada, the 2nd largest country with fewer people than California!

- Pam Shumway

The 'Law and Order' candidate

In 2015, Donald Trump declared "I am the Law and Order Candidate." Even with his history of criminal activities, including sexual assault, housing discrimination, organized criminal activities, hiring undocumented workers, business fraud, and antitrust violations; candidate Trump had the unmitigated gall to seek the office of President of the United States. Surprisingly, he won, thanks to help from Russia.

Now just two years later, President Trump is the centerpiece of SEVEN separate criminal and civil investigations associated with "Russian interference in our election process." Five of his cabinet members have already been convicted or plead guilty to criminal behavior. In total, Special Counsel Robert Mueller has now charged thirty-three people associated with Trump for obstruction of justice in the Russian interference investigation.

Even with all this, many of

Trump's supporter still cling to his shirttails, disparaging the investigative agencies and free press that have brought these truths to light. They forget that it was congressional committees, special counsels, and America's free press that exposed the McCarthy 'communist threat conspiracy' and the many crimes of the Nixon administration.

McCarthy, Nixon, and Trump have all caused great harm to our way of life, and to our moral and ethical standards. Mercifully, Trump, like those other infamous characters, will soon be relegated to the dustbin of history.

America's democratic style of governance with its built-in 'checks and balances' - will unravel the issues that are still under scrutiny and will expose Donald Trump for what he is: America's most corrupt President.

- Luman Slade

The never-ending story continues

We have concluded 2018 and plunge head-long into 2019. Last year, all things considered, was a pretty good year. Well, that is if you think a growing economy, low unemployment, and new business start-ups are important. Plus, a lot of other good stuff for which we should be thankful. The rest of the world seems to be having economic issues. But, and it seems that there is always a "but" when it comes to our country. Like our current "rattled" stock market. But, we have climbed out of eight years where our growth was about dismal. Quite a change today with a businessman in charge. Do we ever wonder where we would be if everybody were on the same old page? So, Democrats, cease the time-wasting diversions, and investigating everyone, and the endless quest to impeach. Concentrate on the country, and it's people, not divisonary wastes of time and money.

So, as typical with mid-term elections we have a bit of a changing of the guard. When the Liberal/Progressive/Democrats take over the House in a few weeks, what are they going to do with this success? Will they shock the world, and actually get on board with working together to grow the country, or will it be open season on the President, and continuing to block everything, just for the fact that they can't forgive his taking down their queen, and exposing so much dirty laundry there in the swamp. There is an opportunity to do good things, but my money is on two years of obstruction, investigating, and doing everything possible so that this man does not succeed, and to pull all kinds of "stunts" to try to de-rail his run for a second term. Will the Russian Collusion, Allusion, Delusion still be alive, and well. We shall see.

The Border - What a fine mess this is. Prompted by the left with "counselors" who are operating in, and setting up "camp", in Central America, and encouraging these "caravans", we are being deluged with tens of thousands of these people hell-bent on entering our country any way that they can. Don't need to follow no stinking laws. Now, if we had the Wall, and we all know who resists that, this could all move in an orderly fashion. However, encouraging this mass movement, is creating huge problems. We are presented with women and children, but the truth is that 85 percent of the caravan is grown men. Too many of highly dubious character.

The President has dug-in his heels, and thank God for that. This country cannot continue down this path without causing irreparable harm. The country, ten years from now, isn't looking so good if this is allowed to continue. But, there is a solution. Let's transfer groups of 500, or so, of these people, to the backyards of all the notable politicians, talking heads on CNN, MSNBC, NBC, etc., those late-night talk show pundits, and the oh-so-tolerant, and knowledgeable, Hollywood set. They want them, then take them! Let them deal with all of the inherent problems that come with these people. I would be willing to bet that we would see quite an attitude change

when they are now responsible for these people.

Oh, and about that tear gas being lobbed in when so many tried to storm their way in, throwing rocks, and bottles. Just for the benefit of allowing a little fact enter the debate, Barack Obama used tear gas 80 times. Where was all this righteous indignation then? This is nothing but a political game for Democrats. When this blows up in their faces, what then? How much exorbitant cost must we, the taxpayers, continue to endure? Back to Ellis Island! Legal or nothing! Otherwise, turn around and go home. End this mass-invasion idea!

A Country In Trouble - Probably with it's beginnings in the '80's, this Gender Identity Politics, fortified in our colleges, and universities, fostered by indoctrination, rather than teaching, and not permitting open exchange of ideas, has as an end product, radicalization. If you disagree, it might be a good thing just to take an honest look at the facts.

Look at the core beliefs of some of these new people elected to Congress. A very clear, and concerning, tilt towards Socialism. Add in this mass migration of "caravans", descending on our borders, aided and abetted by wealthy Liberal/Progressive/Democrats. The objective seems to be to overwhelm the system, which is very obvious. Then, of course, the only solution will be more government to "fix" the problem.

This will be the beginning of the erosion of our freedoms. Why? To prove what? That it is entirely possible to wreck a good thing?

Unless something is done to short-circuit this radical agenda, we could very surely be headed for a Civil War clash of ideologies. Impossible, but don't bet on it. When Antifa is allowed to destroy private property, and threaten people with no repercussions, we are in trouble. When people are allowed to be attacked, even verbally, in public places, we are seeing a seriously misdirected growth of hatred in our country. When people get so upset over losing an election, that it brings out open hate, and hostility, we are clearly headed for serious trouble down the road. The division is real, and it is ugly. And, it better change, and soon, or as I've said many times, in the not too distant future, people will be asking how this happened.

The Circus Is In Town - So, you think that the last national election was something with 17 Republicans throwing their hat into the ring, wait until you see the cast of characters the Democrats are about to trot out for 2020. Looking at the current list, one cannot help, to say, over and over, "You're kidding, right?" All this to take on a guy who, all tweets aside, is doing all the right stuff for the country, in spite of being hindered, and obstructed, from the minute he gets out of bed every, and I mean every day.

Bipartisanship - Anybody want to pick the month, and day, when we see the first signs? Problem solving 101! Is this not why we elected these people?

Healthcare - From the Department of Inconvenient Facts - Since the Obamacare Exchanges first opened in 2013, insurance premiums have doubled, and deductibles are crippling many a family budget. So, do we continue to hang our hat on a clearly unsustainable system just to "protect" a name, and so-called legacy, or does Congress actually do what is necessary for all of the American people? Of course, the Republicans have had two years to put forth some workable plan, but Speaker Ryan has been twiddling his thumbs.

Christmas - The holidays are concluded with the usual left-wing attacks on Christ, Christmas, Mangers, saying Merry Christmas, and on and on, but this season, we reached another low, Christmas Carols. Certain carols should be banned because they are sexist, homophobic, racist, or whatever. Next Christmas, let's just start by telling these people that we don't care what they think. Turn up the volume, say Merry Christmas, and celebrate one of the best times of the year, the old fashioned way!


- Robert Patrick

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