

\$15.00 (30 wds. or less) line ads plus 0.25cents per wd. over 30. Cash, check or credit/debit card! Legal line ads are \$1.00 per word. Extra chg. for caps & bold.

The Beebe News **CLASSIFIEDS!** Deadline for the week is Monday at 3 p.m. Call **501-882-5414** to place your ad.

Classifieds

FOR RENT

FISHER RENTALS

- * Apartments
- * Mobile Homes
- * Duplexes
- * Houses
- * Commercial Property

501-882-5443

NOTICE

If you have an old flat screen tv- working or not - that you want to give away - please call Christian at The Beebe News. Thank you! 501-882-5414. Leave message and I will return your call. Thank you!

THE ISAACS

A TRIBUTE TO THE GRAND OLE OPRY

SATURDAY, NOVEMBER 9
7:30 PM

EACC FINE ARTS CENTER
FORREST CITY, ARKANSAS

EACC.EDU | 870-633-4480, EXT. 352

Donate Your Vehicle

Call (877) 313-1596 to donate your car, truck, boat, RV, and more today!

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
877-313-1596

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (877) 313-1596.



SAVE THE DATE! 47TH ANNUAL

Holiday Craft & Gift Sale

Nov. 22: 11AM - 6PM & Nov. 23: 9AM - 4PM
Jacksonville Community Center

Capture the spirit of the season! Purchase original works of art and unique gifts from over 80 artists and vendors.

Admission is \$2 for adults, \$1 for children ages 12-18. Or bring an unopened toy. Concessions available. Handicap accessible.

5 Municipal Drive • www.jacksonvilleparks.com • 501-982-4171

SATURDAY, NOVEMBER 9
7:30 PM

EACC FINE ARTS CENTER
FORREST CITY, ARKANSAS

EACC.EDU | 870-633-4480, EXT. 352

LeafFilter GUTTER PROTECTION

CALL TODAY FOR A FREE INSPECTION!
1-855-977-9614

20% OFF + **10% OFF**

Your Entire Purchase* Seniors + Military

++ We offer financing that fits your budget!

*See Representative for full warranty details. **One coupon per household. No obligation estimate valid for 1 year. †Subject to credit approval. Call for details. AR 36622023, AZ 802, CA 182579, CT 6071320, FL 62036678, IL 127230, ID 816104, LA 59564, MA 17047, MD 18611225, MI 26289712, MN 26289712, MO 26289712, NC 26289712, ND 26289712, OR 218294, PA 179643, RI 603883, SC 41354, TN 10981, UT 1078308-5501, VA 270516945, WA 1649740202, WI 9569912.

It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase* - valued at \$735.

Call 877-319-0598 to schedule your free quote!

GENERAC

We're Looking for 30 Homeowners to Participate in our Rake in the Fall Savings Event!

75% OFF INSTALLATION of a new Walk-in Shower!

18 Months No Interest, No Payment Financing!

\$200 Amazon Gift Card with walk-in shower purchase!

FREE \$50 Restaurant.com gift card with free in-home estimate!

Senior & Military Discounts!

Bath Makeover of Arkansas 1-800-560-1782 bathmakeover.com

Take good care.

Arkansas BlueCross BlueShield

takegoodcarearkansas.com

Donate Your Car

Imagine the Difference You Can Make

Vehicle donations are fully tax-deductible and the proceeds help provide services to help the blind and visually impaired.

FREE TOWING & TAX DEDUCTIBLE

When you donate your car, you'll receive:

- ✓ a \$200 restaurant voucher
- ✓ a 2-night, 3-day hotel stay at one of 50 locations

Call 1-866-587-0119

Help Prevent Blindness Get A Vision Screening Annually

Make the smart and **ONLY CHOICE** when tackling your roof!

SAVE! UP TO **50% OFF** INSTALLATION + AN ADDITIONAL **10% OFF** for military, health workers and first responders

FREE ESTIMATE 1.866.861.2447 Expires 4/30/2024

ERIC HOME

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Eric Construction Mid-West, Inc ("Eric"). Other terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded message by Eric or its affiliates and service providers using automated technologies notwithstanding if you are on a Do Not Call list or register. Please review our Privacy Policy and Terms of Use on homepage.compliance.com. All rights reserved. License numbers available at eric.com/eric-licenses/

DIRECTV

DIRECTV - LEADER IN SPORTS ON SUNDAY AND EVERY OTHER DAY

DIRECTV SPORTS PACK IS INCLUDED FOR THE FIRST 3 MONTHS AT NO EXTRA COST!

Contact your local DIRECTV dealer!

MS Holdings
855.400.3297

DIRECTV DEALER

STATEWIDE CLASSIFIEDS

Call Neil McConnell at (501) 374-1500 to place your ad here!

ANNOUNCEMENTS

Save the date!!

47th ANNUAL HOLIDAY CRAFT AND GIFT SALE!

Nov. 22nd, 11am-6 pm, and Nov 23rd, 9am to 4 pm. Jacksonville Community Center. Admission \$2 adults, \$1 children age 12-18, OR bring an unopened toy. Over 80 vendors with unique crafts and gift items! Concessions available, handicapped accessible.

WORLD'S LARGEST GUN SHOW - November 9 & 10 - Tulsa, OK Fairgrounds.

Saturday 8 - 6, Sunday 8 - 4. WANENMACHER'S TULSA ARMS SHOW. Free appraisals.

Bring your guns!
www.TulsaArmsShow.com

HELP WANTED

PRESS BRAKE OPERATOR

Exp preferred, 70 yr old co w/ good benefits, Hrs 7:30-4:30 M-F. Email karen.murphy@halbertsteel.net

MAINTENANCE TECH

We are a local quick service restaurant with deep roots in Arkansas. We have fifty locations throughout the state. We are an equal opportunity employer looking for an individual who works well with a team and is self motivated to work independently. You are required to have an EPA>Certification, a good working knowledge of 3 Phase Electrical System, lift 60 lbs. and climb ladders. Experience with restaurant equipment is a plus, but not necessary as you will be trained on any equipment within the restaurant.

Pay will be competitive depending on your experience and skill level. A Motor Vehicle Report, Background check and Drug Screening will be conducted on all qualified applicants.

We have positions in the Central AR Areas.

Benefits: Health and Dental Ins., Paid Vacation, Meals provided at location while working, Take Home Vehicle.

Apply online at: fourjayllc.com

QUALITY IS... QUALITY TRUCKING

NOW HIRING DUMP DRIVERS NW and Central AR areas.

Quality Trucking is a dump truck company with over 30 years experience. We provide contract hauling for large site work and highway projects that require import, export, demolition or on-site hauling. *We need:*

- Independent Owner/Operators
- DUMP TRUCK/END DUMP
- Local Routes
- Steady Work
- Pay Every Week

Company Drivers CLASS A/B DUMP TRUCK DRIVERS NEW Equipment, local routes, home every night. Life and Health Insurance, pay percentage of truck gross. 3 yrs driving exp., 1 violation, no accidents.

WE PAY ON TIME!

Call us at: 479-233-3907

QUALITY TRUCKING Family Owned & Local

REAL ESTATE

Investment Opportunity

Commercial investment now for sale. Owner retiring and offering a bundle of income properties. Included 2 small car washes, a motel and restaurant, a 3600 sq ft commercial building and a mini storage unit complex. Located in a small northwest Arkansas town. Offering as one sale only. Serious inquiries only. For sale by owner-NO AGENTS PLEASE. Owner holds an Arkansas Real Estate License Call 870-350-4153. Leave message

SERVICES

DIRECTV. New 2-Year Price Guarantee. The most live MLB games this season, 200+ channels and over 45,000 on-demand titles. \$84.99/mo for 24 months with CHOICE Package. Some restrictions apply. Call DIRECTV 1-855-400-3297

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-977-9614

FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-888-860-0146

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-631-0120

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-866-766-6046

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 866-699-1978

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-888-510-3017 FREE Consultation. Local Attorneys Nationwide Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)

Donating your vehicle? Get more! Free Towing. Tax Deductible. Plus a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today - 1-866-587-0119

The Postscript

By Carrie Classon



Future Me

I'm usually pretty good about doing things I don't want to do. I've been alive long enough to know that getting starting is always the hardest part. But nothing is harder for me to start than doing weights.

I say "doing" weights because I don't actually lift anything other than myself. I started out with push-ups because a friend suggested a "100-push-up challenge." I had never done any upper-body exercise of any kind. I couldn't imagine I could do 100 push-ups—and it turns out I was right. I couldn't for almost two years.

But I did them almost every day, and I went from 30 to 50 (where I stayed for a full year) to 75, and, finally, to 100. Then I discovered I could do 110 and, by the end, I was able to do 200 push-ups at a time.

Was my form perfect? It was not. I couldn't care less. I did them fast and sloppy and got them over with. But my arms got a lot stronger, and I hoped my genetic inclination toward osteoporosis might be helped. I did them because I thought a me in the future would appreciate my efforts.

But I finally got to a point where I absolutely dreaded push-ups. I stopped doing them for days at a time. It takes a while to do 200 push-ups, and I hated every moment of it. So, I decided to do something different. There is a small gym in the building where I live, and it has machines in it. I'd never used any of these machines. They terrified me. But my 16-year-old nephew, Beau, started lifting weights two years ago. He is very muscular now and goes to the gym several times a week. Beau came to my gym with me, and we looked at the terrifying machines.

"What do I do, Beau?"

"All you need is this machine," he said, pointing to the scariest one. He sounded sure of himself, and Beau is a fellow who does a lot of research before he comes out with pronouncements.

"Just this machine?"

"Yep. If you want to work upper body, this will do it."

Beau showed me three exercises I could do on the one machine, and I became determined to use this machine every day. And I did. For a while. Then I began to hate it almost as much as push-ups.

I had to get dressed to go to the gym (even if it was just downstairs). I had to put on my shoes (and we all know how hard that can be). Sometimes I had to do my exercises in front of other people. (They were not the least bit interested, but still.)

And I started avoiding it, just as I had the push-ups.

"Maybe I don't have to do weights at all," I told myself. "Maybe I've done enough!" But I didn't feel good. And I knew Future Me would be disappointed in Past Me.

So, I've started up again.

I'm not pretending I love doing weights, but I'm not complaining as much, either. Because even if I only do one short set, I feel better afterward. I feel stronger and more confident—but not really because my arms are stronger. I feel stronger when I do something I truly detest, even for a short time, because I decided to do it and did it. I did something just because it was the right thing to do.

I remind myself that I'm doing a favor for Future Me. I sure hope she appreciates it.

Till next time,
Carrie