

Well, it had to happen sooner or later. So why not now? As I tell people, I'm in the fourth quarter and the clock is running. I'm going through boxes I've saved (some would say hoarded) and computer files I've kept, and came across these. I hate to throw them away, yet I hate to leave them for someone else to indiscriminately pitch.

I've been collecting this stuff for years. I've used it in my classroom, shared it with my executive board, worked it into speeches. Some of it has
inspired me,

motivated me,

amused me,

made me laugh,

made me cringe,

made me think.

While I've put together a couple books with quotes, many of these escaped print. I thought of doing another book, but that's more work than I want, plus I already have boxes of past publications to deal with. So I thought why not do it electronically. That way you can access it on your computer, tablet, phone, watch, or easily trash them.

But before you hit trash, think if there is someone else in your world who might be able to use some of these: a teacher, a preacher, a speaker, a friend (just like me!). Especially someone younger. A lot of these need to be preserved and passed down.

And for many of you who receive this, like me, you have a lot of time on your hands to read, reflect, remember. So enjoy. I've tried to keep most of the files to fifty messages so it doesn't slow down your mind or your computer.

And please don't yell at me for sending these. My feelings get hurt really easy!

These are actual comments made on students' report cards by teachers in the New York City public school system. All teachers were reprimanded (but, boy, are these funny!)

1. Since my last report, your child has reached rock bottom and has started to dig.
2. I would not allow this student to breed.
3. Your child has delusions of adequacy.
4. Your son is depriving a village somewhere of an idiot. (my favorite...)
5. Your son sets low personal standards and then consistently fails to achieve them.
6. The student has a 'full six-pack' but lacks the plastic thing to hold it all together.
7. This child has been working with glue too much.
8. When your daughter's IQ reaches 50, she should sell.
9. The gates are down, the lights are flashing, but the train isn't coming.
10. If this student were any more stupid, he'd have to be watered twice a week.
11. It's impossible to believe the sperm that created this child beat out 1,000,000 others.
12. The wheel is turning but the hamster is definitely dead.

These are actual comments made by 16 police officers. The comments were taken from actual police car videos around the country:

1. "You know, stop lights don't come any redder than the one you just went through."
2. "Relax, the handcuffs are tight because they're new. They'll stretch after you wear them a while."
3. "If you take your hands off the car, I'll make your birth certificate a worthless document."
4. "If you run, you'll only go to jail tired."
5. "Can you run faster than 1200 feet per second? Because that's the speed of the bullet that'll be chasing you." (LOVE IT)
6. "You don't know how fast you were going? I guess that means I can write anything I want to on the ticket, huh?" (MY FAVORITE)
7. "Yes, sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I'm the shift supervisor?"
8. "Warning! You want a warning? OK, I'm warning you not to do that again or I'll give you another ticket."
9. "The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?"
10. "Fair? You want me to be fair? Listen, fair is a place where you go to ride on rides, eat cotton candy and corn dogs and step in monkey poop."
11. "Yeah, we have a quota. Two more tickets and my wife gets a toaster oven."
12. "In God we trust; all others we run through NCIC." (National Crime Information Center)
13. "Just how big were those 'two beers' you say you had?"
14. "No sir, we don't have quotas anymore. We used to, but now we're allowed to write as many tickets as we can."
15. "I'm glad to hear that the Chief (of Police) is a personal friend of yours. So you know someone who can post your bail."

AND THE WINNER IS....

16. "You didn't think we give pretty women tickets? You're right, we don't. Sign here."

“I’m 76 and I’m Tired” by Bill Cosby

I’m 76. Except for brief period in the 50’s when I was doing my National Service, I’ve worked hard since I was 17. Except for some serious health challenges, I put in 50-hour weeks, and didn’t call in sick in nearly 40 years. I made a reasonable salary, but I didn’t inherit my job or my income, and I worked to get where I am. Given the economy, it looks as though retirement was a bad idea, and I’m tired. Very tired.

I’m tired of being told that I have to “spread the wealth” to people who don’t have my work ethic. I’m tired of being told the government will take the money I earned, by force if necessary, and give it to people too lazy to earn it.

I’m tired of being told that Islam is a “Religion of Peace,” when every day I can read dozens of stories of Muslim men killing their sisters, wives and daughters for their family “honour”; of Muslims rioting over some slight offense; of Muslims murdering Christian and Jews because they aren’t “believers”; of Muslims burning schools for girls; of Muslims stoning teenage rape victims to death for “adultery”; of Muslims mutilating the genitals of little girls; all in the name of Allah, because the Qur’an and Shari’a law tells them to.

I’m tired of being told that out of “tolerance for other cultures” we must let Saudi Arabia and other Arab countries use our oil money to fund mosques and madrassa Islamic schools to preach hate in Australia, New Zealand, UK, America, and Canada, while not one from these countries are allowed to fund a church, synagogue or religious school in Saudi Arabia or any other Arab country to teach love and tolerance..

I’m tired of being told I must lower my living standard to fight global warming, which no one is allowed to debate.

I’m tired of being told that drug addicts have a disease, and I must help support and treat them, and pay for the damage they do. Did a giant germ rush out of a dark alley, grab them, and stuff white powder up their noses or stick a needle in their arm while they tried to fight it off?

I’m tired of hearing wealthy athletes, entertainers, and politicians of all parties talking about innocent mistakes, stupid mistakes or youthful mistakes, when we all know they think their only mistake was getting caught.

I’m tired of people with a sense of entitlement, rich or poor.

I’m really tired of people who don’t take responsibility for their lives and actions. I’m tired of hearing them blame the government, or discrimination or big-whatever for their problems.

I’m also tired and fed up with seeing young men and women in their teens and early 20’s bedeck themselves in tattoos and face studs, thereby making themselves un-employable and claiming money from the Government.

Yes, I’m damn tired. But I’m also glad to be 76. Because, mostly, I’m not going to have to see the world these people are making. I’m just sorry for my granddaughter and her children. Thank God I’m on the way out and not on the way in.

“ I’m 76 and I’m tired.”

COUNTRY WORDS OF WISDOM

Never name a pig you plan to eat.

Country fences oughta be horse high, pig tight, and bull strong.

Life ain't about how fast you run or about how high you climb. It's about how good you bounce.

Keep skunks and gossipers at a distance.

Life is simpler when you plow around the stumps.

A bumble bee is faster than a John Deere tractor.

Trouble with a milk cow is she won't stay milked.

Don't skinny dip in a pond filled with snapping turtles.

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

Meanness don't happen overnight.

To know how country folks are doing, look at their barns, not their houses.

Never lay an angry hand on a kid or an animal. It just ain't helpful.

Teachers, moms, and hoot owls sleep with one eye open.

Forgive your enemies. It messes with their heads.

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

Don't go drinking with a fellow called "Chug-A-Lug."

Every path has some puddles.

Don't wrestle with a pig. You'll get all muddy and the pigs enjoy it.

Most of the stuff people worry about never happens.

The early bird gets the worm, but the second mouse gets the cheese.

The Ten Commandments display was removed from the Alabama Supreme Court Building. There was a darn good reason for the move. You can't post: "Thou shalt not steal." "Thou shalt not commit adultery." and "Thou shalt not lie" in a building full of politicians and lawyers. It just don't make sense.

I have lived, loved, lost and loved again. Life is not easy, but it is what it is.

Cowboy rules for: Arizona, Texas, Oklahoma, Colorado, New Mexico, Wyoming, Montana, Utah, Nebraska, Idaho, and the rest of the Wild West are as follows:

1. Pull your pants up. You look like an idiot.
2. Turn your cap right, your head ain't crooked.
3. Let's get this straight: it's called a 'gravel road.' I drive a pickup truck because I want to. No matter how slow you drive, you're gonna get dust on your Lexus. Drive it or get out of the way.
4. They are cattle. That's why they smell like cattle. They smell like money to us. Get over it. Don't like it? I-10 & I-40 go east and west, I-17 & I-15 goes north and south. Pick one and go.
5. So you have a \$60,000 car. We're impressed. We have \$250,000 Combines that are driven only 3 weeks a year.
6. Every person in the Wild West waves. It's called being friendly. Try to understand the concept.
7. If that cell phone rings while a bunch of geese/pheasants/ducks/doves are comin' in during a hunt, we WILL shoot it outta your hand. You better hope you don't have it up to your ear at the time.
8. Yeah. We eat trout, salmon, deer and elk. You really want sushi and caviar? It's available at the corner bait shop.
9. The 'Opener' refers to the first day of deer season. It's a religious holiday held the closest Saturday to the first of November.
10. We open doors for women. That's applied to all women, regardless of age.
11. No, there's no 'vegetarian special' on the menu. Order steak, or you can order the Chef's Salad and pick o the 2 pounds of ham and turkey.
12. When we fill out a table, there are three main dishes: meats, vegetables, and breads. We use three spices: salt, pepper, and ketchup! Oh, yeah ... We don't care what you folks in Cincinnati call that stu you eat. IT AIN'T REAL CHILI!!
13. You bring 'Coke' into my house, it better be brown, wet and served over ice. You bring 'Mary Jane' into my house, she better be cute, know how to shoot, drive a truck, and have long hair.
14. College and high school football is as important here as the Giants, the Yankees, the Mets, the Lakers and the Knicks, and a dang site more fun to watch.

15. Yeah, we have golf courses. But don't hit the water hazards - it spooks the fish.

16. Turn down that blasted car stereo! That thumpity-thump ain't music, anyway. We don't want to hear it anymore than we want to see your boxers! Refer back to #1!

The COWBOY Solution to save Gasoline. Obama wants us to cut the amount of gasoline we use. The best way to stop using so much gasoline is to deport 15 million illegal immigrants! That would be 15 million less people using our gas. The price of gas would come down.

Bring our troops home from Afghanistan to guard the borders. When they catch an illegal immigrant crossing the border, hand him a canteen, rifle and some ammo and ship him to Afghanistan. Tell him if he wants to come to AMERICA then he must serve a tour in OUR military.

Give him a soldier's pay while he's there and tax him on it. After his tour, he will be allowed to become a citizen since he defended this country. He will also be registered to be taxed and be a legal resident.

This option will probably deter illegal immigration and provide a solution for the troops in Afghanistan and the aliens trying to make a better life for themselves. If they refuse to serve, ship them to Afghanistan anyway, without the canteen, rifle or ammo.

Problem solved.

DARE TO BELIEVE

EVERYBODY KNOWS . . .

You can't be all things to all people.
You can't do all things at once.
You can't do all things equally well.
You can't do all things better than everyone else.
Your humanity is showing just like everyone else's.

SO . . .

You have to find out who you are, and be that.
You have to decide what comes first, and do that.
You have to discover your strengths, and use them.
You have to learn not to compete with others,
Because no one else is in the contest of "being you."

THEN . . .

You will have learned to accept your own uniqueness.
You will have learned to set priorities and make decisions.
You will have learned to live with your limitations.
You will have learned to give yourself the respect that is due.
And you'll be a most vital mortal.

DARE TO BELIEVE . . .

That you are a wonderful, unique person.
That you are a once-in-all-history event.
That it's more than a right, it's your duty, to be who you are.
That life is not a problem to solve, but a gift to cherish.
And you'll be able to stay one up on what used to get you down.

DEEP THOUGHTS

by Jack Handy

If you ever drop your keys into a river of molten lava, let 'em go, because, man, they're gone.

To me, it's a good idea to always carry two sacks of something when you walk around. That way, if anybody says, "Hey, can you give me a hand?" you can say "Sorry, got these sacks."

If you ever catch on fire, try to avoid seeing yourself in the mirror, because I bet that's what really throws you into a panic.

Instead of having "answers" on a math test, they should call them "impressions," and if you got a different impression, so what? Can't we all be brothers?

If you go flying back through time and you see somebody else flying forward into the future, it's probably best to avoid eye contact.

It's easy to sit there and say you'd like to have more money. And I guess that's what I like about it. It's easy. Just sitting there, rocking back and forth, wanting that money.

If you ever reach total enlightenment while you're drinking a beer, I bet it makes beer shoot out your nose.

As the light changed from red to green to yellow and back to red again, I sat there thinking about life. Was it nothing more than a bunch of honking and yelling? Sometimes it seemed that way.

I can picture in my mind a world without war, a world without hate. And I can picture us attacking that world because they'd never expect it.

I hope some animal never bores a hole in my head and lays its eggs in my brain, because later you might think you're having a good idea but it's just eggs hatching.

Whenever you read a good book, it's like the author is right there, in the room, talking to you. That's why I don't like to read good books.

If I ever get real rich, I hope I'm not real mean to poor people, like I am now.

Maybe in order to understand mankind, we have to look at the word itself. "Mankind." Basically it's made up of two separate words: "mank" and "ind." What do these words mean? It's a mystery, and that's why so is mankind.

It takes a big man to cry, but it takes a bigger man to laugh at that man.

I bet the main reason police keep people away from a plane crash is that they don't want anybody walking in and laying down in that crash stuff, then, when somebody comes up, act just like they wake up and go "What was THAT?"

The face of a child can say it all, especially the mouth part of the face.

I'd rather be rich than stupid.

I bet one legend that keeps recurring throughout history, in every culture, is the story of Popeye.

To me, boxing is like ballet, except there's no music, no choreography, and the dancers hit each other.

We tend to scoff at the beliefs of the ancients. But we can't scoff at them personally, to their face, and this is what annoys me.

Better not take a dog on the space shuttle, because if he sticks his head out when you're coming home, his face might burn up.

If a kid asks where rain comes from, I think a cute thing to tell him is "God is crying." And if he asks why God is crying, another cute thing to tell him is "probably because of something you did."

If you saw two guys named Hambone and Flippy, which one would you think liked dolphins the most? I'd say Flippy, wouldn't you? You'd be wrong though. It's Hambone.

Whenever I see an old lady slip and fall on a wet sidewalk, my first instinct is to laugh. But then I think, what if I were an ant and she fell on me? Then it wouldn't seem quite so funny.

The memories of my family outings are still a source of strength to me. I'd remember we'd all pile into a car - I forget what kind it was - and we'd drive and drive. I'm not sure where we'd go, but I think there were some trees there. The smell of something was strong in the air as we played whatever sport we played. I remember a bigger, older guy we called "dad." We'd eat some stuff, or not, and then I think we went home. I guess some things never leave you.

If trees could scream, would we be so cavalier about cutting them down? We might, if they screamed all the time, for no good reason.

DESIDERATA

Go placidly amid the noise and haste.

And remember what peace there may be in silence.

And as far as possible without surrender, be on good terms with all persons.

Speak your truth quietly and clearly and listen to others, even the dull and the ignorant; they too have their stories.

Avoid loud and aggressive people; they are vexations to the spirit.

If you compare yourself with others, you may become vain and bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble.

It is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery.

Let this not blind you to what virtue there is.

Many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself, especially do not feign affection, neither be cynical about love. In the face of all aridity and disenchantment, it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortunes. But do not distress yourself with imaginings.

Many fears are born of fatigue and loneliest beyond a wholesome discipline. Be gentle with yourself.

You are a child of the universe. No less than the trees and the stars, you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God.

And whatever your labors and aspirations, and the noisy confusion of life, keep peace with your soul.

With all its sham, drudgery, and broken dreams, strive to be happy.

-written in the 15th Century
author unknown

DID YOU KNOW THIS???

Many years ago in Scotland , a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden"...and thus the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the U.S.Treasury.

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow.

The State with the highest percentage of people who walk to work : Alaska

The percentage of Africa that is wilderness : 28% (now get this...) The percentage of North America that is wilderness : 38%

The cost of raising a medium-size dog to the age of eleven : \$6,400

The average number of people airborne over the U.S. in any given hour : 61,000

Intelligent people have more zinc and copper in their hair.

The first novel ever written on a typewriter: Tom Sawyer.

The San Francisco cable cars are the only mobile national monuments.

Each king in a deck of playing cards represents a great king from history : Spades - King David; Hearts - Charlemagne; Clubs -Alexander, the Great; Diamonds - Julius Caesar

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

Q. Half of all Americans live within 50 miles of what? A. Their birthplace

Q. Most boat owners name their boats. What is the most popular boat name requested? A. Obsession

Q. If you were to spell out numbers, how far would you have to go until you would find the letter "A"?
A. One thousand

Q. What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common?
A. All were invented by women.

Q. What is the only food that doesn't spoil? A. Honey

Q. Which day are there more collect calls than any other day of the year?
A. Father's Day

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase..... "goodnight, sleep tight."

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." It's where we get the phrase "mind your P's and Q's"

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

~~~~~AND FINALLY~~~~~

At least 75% of people who read this will try to lick their elbow!

Don't delete this just because it looks weird. Believe it or not, you can read it.

I cdnuolt blveiee taht I cluod aulacty uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh?

YOU KNOW YOU ARE LIVING IN 2007 when...

1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries.
7. Every commercial on television has a web site at the bottom of the screen.
8. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
10. You get up in the morning and go on line before getting your coffee.
11. You start tilting your head sideways to smile. : )
12. You're reading this and nodding and laughing.
13. You are too busy to notice there was no #9 on this list.
14. You actually scrolled back up to check that there wasn't a #9 on this list.

# *Did you know?*

That back in the 1500s:

They used to use urine to tan animal skins, so families used to all pee in a pot and then once a day it was taken and sold to the tannery. If you had to do this to survive, you were “Piss Poor.”

But worse than that were the really poor folk who couldn't even afford to buy a pot. They “didn't have a pot to piss in” and were the lowest of the low .

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s.

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all, the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, “Don't throw the baby out with the bath water!”

Houses had thatched roofs (thick straw-piled high) with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained, it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying “It's raining cats and dogs.”

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, “dirt poor.” The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence, a thresh hold.

Getting quite an education, aren't you?

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, “Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old”

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat."

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the "upper crust."

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer."

And that's the truth.

Now, whoever said History was boring !!!

# DIDJA EVER WONDER???

If a cow laughed, would milk come out her nose?

What the speed of lightning would be if it didn't zigzag?

Whatever happened to Preparations A through G?

About those people who spend \$2.00 apiece on those little bottles of Evian water? Try spelling Evian backwards. Naive.

Isn't making a smoking section in a restaurant like making a peeing section in a swimming pool?

If four out of five people suffer from diarrhea, does that mean that one enjoys it?

If people from Poland are called Poles, why aren't people from Holland called Holes?

Do infants enjoy infancy as much as adults enjoy adultery?

If a pig loses its voice, is it disgruntled?

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

Why isn't the number eleven pronounced ontey one?

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, cowboys deranged, musicians denoted, models deposed, tree surgeons debarked, and dry cleaners depressed?

If Fed Ex and UPS would merge, would they call it Fed Up?

Do Lipton Tea employees take coffee breaks?

What hair color do they put on the licenses of bald men?

If mothers feed their babies with tiny spoons and forks, do Chinese mothers use toothpicks?

If it's true that we are here to help others, then what exactly are the others here for?

Why you really never learn to swear until you learn to drive?

Are people who read the Bible more as they get older cramming for their final exam?

Why they put pictures of criminals up in the post office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the mailmen could look for them as they deliver the mail?



# **DILBERT'S WORDS OF WISDOM**

*I can please only one person per day. Today is not your day. Tomorrow isn't looking good either.*

*I love deadlines. I especially love the whoosing sounds they make as they go flying by.*

*Am I getting smart with you? How would you know?*

*I'd explain it to you, but your brain would explode.*

*Someday we'll look back on all this and plow into a parked car.*

*There are very few personal problems that cannot be solved through a suitable application of high explosives.*

*Tell me what you need, and I'll tell you how to get along without it.*

*Accept the fact that some days you're the pigeon, and some days you're the statue.*

*Needing someone is like needing a parachute. If he isn't there the first time you need him, chances are you won't be needing him again.*

*I don't have an attitude problem. You have a perception problem.*

*Last night I lay in bed looking up at the stars in the sky and I thought to myself, "Where the heck is the ceiling?"*

*My Reality Check bounced.*

*On the keyboard of life, always keep one finger on the escape key.*

*I don't suffer from stress. I'm a carrier.*

*You're slower than a herd of turtles stampeding through peanut butter.*

*Everybody is somebody else's weirdo.*

*Never argue with an idiot. They drag you down to their level then beat you with experience.*

# DO LESS

**DO LESS THINKING,**  
and pay more attention to your heart.

**DO LESS ACQUIRING,**  
and pay more attention to what you already have.

**DO LESS COMPLAINING,**  
and pay more attention to giving.

**DO LESS CONTROLLING,**  
and pay more attention to letting go.

**DO LESS CRITICIZING,**  
and pay more attention to complimenting.

**DO LESS ARGUING,**  
and pay more attention to forgiveness.

**DO LESS RUNNING AROUND,**  
and pay more attention to stillness.

**DO LESS TALKING,**  
and pay more attention to silence.

# Don't Ever . . .

Don't ever be reluctant to show your feelings. When you're happy, give in to it. When you're not, live with it.

Don't ever be afraid to try to make things better. You might be surprised at the results.

Don't ever take the weight of the world on your shoulders.

Don't ever feel threatened by the future. Take life one day at a time.

Don't ever feel guilty about the past. What's done is done. Learn from any mistakes you might have made.

Don't ever feel that you are alone. There is always somebody there for you to reach out to.

Don't ever forget that you can achieve so many of the things you can imagine. It's not as hard as it seems.

Don't ever stop loving; don't ever stop believing; don't ever stop dreaming your dreams.

# Don't Widen the Plate

In Nashville, Tennessee, during the first week of January, 1996, more than 4,000 baseball coaches descended upon the Opryland Hotel for the 52nd annual ABCA convention.

While I waited in line to register with the hotel staff, I heard other more veteran coaches rumbling about the lineup of speakers scheduled to present during the weekend. One name, in particular, kept resurfacing, always with the same sentiment — “John Scolinos is here? Oh man, worth every penny of my airfare.”

Who the is John Scolinos, I wondered. No matter, I was just happy to be there.

In 1996, Coach Scolinos was 78 years old and five years retired from a college coaching career that began in 1948.

He shuffled to the stage to an impressive standing ovation, wearing dark polyester pants, a light blue shirt, and a string around his neck from which home plate hung — a full-sized, stark-white home plate.

Seriously, I wondered, who is this guy?

After speaking for twenty-five minutes, not once mentioning the prop hanging around his neck, Coach Scolinos appeared to notice the snickering among some of the coaches. Even those who knew Coach Scolinos had to wonder exactly where he was going with this, or if he had simply forgotten about home plate since he'd gotten on stage.

Then, finally ...

“You're probably all wondering why I'm wearing home plate around my neck. Or maybe you think I escaped from Camarillo State Hospital,” he said, his voice growing irascible. I laughed along with the others, acknowledging the possibility. “No,” he continued, “I may be old, but I'm not crazy. The reason I stand before you today is to share with you baseball people what I've learned in my life, what I've learned about home plate in my 78 years.”

Several hands went up when Scolinos asked how many Little League coaches were in the room. “Do you know how wide home plate is in Little League?” After a pause, someone offered, “Seventeen inches,” more question than answer.

“That's right,” he said. “How about in Babe Ruth? Any Babe Ruth coaches in the house?” Another long pause.

“Seventeen inches?” came a guess from another reluctant coach.

“That's right,” said Scolinos. “Now, how many high school coaches do we have in the room?” Hundreds of hands shot up, as the pattern began to appear. “How wide is home plate in high school baseball?”

“Seventeen inches,” they said, sounding more confident.

“You're right!” Scolinos barked. “And you college coaches, how wide is home plate in college?”

“Seventeen inches!” we said, in unison.

“Any Minor League coaches here? How wide is home plate in pro ball?”

“Seventeen inches!”

“RIGHT! And in the Major Leagues, how wide home plate is in the Major Leagues?”

“Seventeen inches!”

“**SEV-EN-TEEN INCHES!**” he confirmed, his voice bellowing off the walls. “And what do they do with a a Big League pitcher who can't throw the ball over seventeen inches?” Pause. “They send him to Pocatello!” he hollered, drawing raucous laughter.

“What they don't do is this: they don't say, ‘Ah, that's okay, Jimmy. You can't hit a seventeen-inch target? We'll make it eighteen inches, or nineteen inches. We'll make it twenty inches so you have a better chance of hitting it. If you can't hit that, let us know so we can make it wider

still, say twenty-five inches.”

Pause.

“Coaches ...”

Pause.

” ... what do we do when our best player shows up late to practice? When our team rules forbid facial hair and a guy shows up unshaven? What if he gets caught drinking? Do we hold him accountable? Or do we change the rules to fit him, do we widen home plate?

The chuckles gradually faded as four thousand coaches grew quiet, the fog lifting as the old coach’s message began to unfold. He turned the plate toward himself and, using a Sharpie, began to draw something. When he turned it toward the crowd, point up, a house was revealed, complete with a freshly drawn door and two windows. “This is the problem in our homes today. With our marriages, with the way we parent our kids. With our discipline. We don’t teach accountability to our kids, and there is no consequence for failing to meet standards. We widen the plate!”

Pause. Then, to the point at the top of the house he added a small American flag.

“This is the problem in our schools today. The quality of our education is going downhill fast and teachers have been stripped of the tools they need to be successful, and to educate and discipline our young people. We are allowing others to widen home plate! Where is that getting us?”

Silence. He replaced the flag with a Cross.

“And this is the problem in the Church, where powerful people in positions of authority have taken advantage of young children, only to have such an atrocity swept under the rug for years. Our church leaders are widening home plate!”

I was amazed. At a baseball convention where I expected to learn something about curveballs and bunting and how to run better practices, I had learned something far more valuable. From an old man with home plate strung around his neck, I had learned something about life, about myself, about my own weaknesses and about my responsibilities as a leader. I had to hold myself and others accountable to that which I knew to be right, lest our families, our faith, and our society continue down an undesirable path.

“If I am lucky,” Coach Scolinos concluded, “you will remember one thing from this old coach today. It is this: if we fail to hold ourselves to a higher standard, a standard of what we know to be right; if we fail to hold our spouses and our children to the same standards, if we are unwilling or unable to provide a consequence when they do not meet the standard; and if our schools and churches and our government fail to hold themselves accountable to those they serve, there is but one thing to look forward to ...”

With that, he held home plate in front of his chest, turned it around, and revealed its dark black backside.

“... dark days ahead.”

Coach Scolinos died in 2009 at the age of 91, but not before touching the lives of hundreds of players and coaches, including mine. Meeting him at my first ABCA convention kept me returning year after year, looking for similar wisdom and inspiration from other coaches. He is the best clinic speaker the ABCA has ever known because he was so much more than a baseball coach.

His message was clear: “Coaches, keep your players — no matter how good they are — your own children, and most of all, keep yourself at seventeen inches.

**Here's another trick of Doctor Dementia to test your skills.  
Can you meet this challenge?**

We've seen this with the letters out of order, but this is the first time we've seen it with numbers. Good example of a Brain Study: If you can read this OUT LOUD you have a strong mind. And better than that: Alzheimer's is a long long, way down the road before it ever gets anywhere near you.

|                |                 |
|----------------|-----------------|
| 7H15           | M3554G3         |
| 53RV35         | 7O PR0V3        |
| H0W            | 0UR M1ND5 C4N   |
| D0             | 4M4Z1NG 7H1NG5! |
| 1MPR3551V3     | 7H1NG5!         |
| 1N             | 7H3 B3G1NN1NG   |
| 17             | WA5 H4RD BU7    |
| N0W,           | 0N 7H15 LIN3    |
| YOUR           | M1ND 1S         |
| R34D1NG 17     |                 |
| 4U70M471C4LLY  |                 |
| W17H           | 0U7 3V3N        |
| 7H1NK1NG       | 4B0U7 17,       |
| B3 PROUD! 0NLY |                 |
| C3R741N        | P30PL3 C4N      |
| R3AD           | 7H15.           |
| PL3453         | F0RW4RD 1F      |
| U              | C4N R34D 7H15.  |

To my 'selected' strange-minded friends: If you can read the following paragraph, forward it on to your friends with 'yes' in the subject line. Only great minds can read this. This is weird, but interesting!

If you can read this, you have a strange mind, too. Can you read this? Only 55 people out of 100 can.

I could believe that I could actually understand what I was reading. The phenomenon of the human mind, according to a research at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be in the right place. The rest can be a total mess and you can still read it without a problem. This is because the human mind does not read every letter by itself, but the word as a whole. Amazing huh? Yeah and I always thought spelling was important!

# ***Dreams***

It is not enough to have a dream unless I am willing to pursue it.

It is not enough to know what is right unless I am strong enough to do it.

It is not enough to join the crowd, to be acknowledged and accepted.

I must be true to my ideals, even if am left out and rejected.

It is not enough to learn the truth unless I also learn to live it.

It is not enough to reach for love unless I care enough to give it.

# The Comfort Zone

*By Unknown*

I used to have a comfort zone where I knew I wouldn't fail.

The same four walls and busywork were really more like jail.  
I longed so much to do the things I'd never done before,  
But stayed inside my comfort zone and paced the same old floor.

I said it didn't matter that I wasn't doing much  
I said I didn't care for things like commission checks and such.  
I claimed to be so busy with the things inside the zone,  
But deep inside I longed for something special of my own.

I couldn't let my life go by just watching others win.  
I held my breath; I stepped outside and let the change begin.  
I took a step and with new strength I'd never felt before,  
I kissed my comfort zone goodbye and closed and locked the door.

If you're in a comfort zone, afraid to venture out,  
Remember that all winners were at one time filled with doubt.  
A step or two and words of praise can make your dreams come true.  
Reach for your future with a smile; success is there for you!



# THE CREATION

On the first day, God created the dog.

God said: "Sit all day by the door of your house and bark at anyone who comes in or walk by. I will give you a life span of twenty years."

The dog said, "That's too long to be barking. Give me ten years and I'll give you back the other ten."

So God agreed.

On the second day, God created the monkey.

God said: "Entertain people, do monkey tricks, make them laugh. I will give you a twenty-year life span."

The monkey said, "How boring. Monkey tricks for twenty years? I don't think so. Dog gave you back ten, so that's what I'll do too. Okay?"

So God agreed.

On the third day, God created the cow.

God said: "You must go to the field with the farmer all day long and suffer under the sun, have calves, and give milk to support the farmer. I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. Let me have twenty and I'll give you back the other forty."

And God agreed again.

On the fourth day, God created man.

God said: "Eat, sleep, play, marry, and enjoy your life. I'll give you a life span of twenty years."

Man said, "What? Only twenty years? Tell you what, I'll take my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back. That makes eighty. Okay?"

"Okay," God said. "You got a deal."

So that is why the first twenty years we eat, sleep, play, and enjoy ourselves. For the next twenty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain our grandchildren. And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.

# ***THE DASH BETWEEN THE DATES***

Memorial Day was over now.  
All had left and I was alone  
And began to read the names and dates  
Chiseled there on every stone.  
The dates which showed whether it was Mom or Dad,  
Or daughter, or baby son.  
The dates were different, but the amount the same. . .  
There were two on every one.

It was then I noticed something,  
It was but a simple line.  
It was the dash between the dates,  
Placed there, it stood for time.  
All at once it dawned on me  
How important that little line.  
The dates there belonged to God,  
But that line is ***yours*** and ***mine***.

It's God who gives this precious life,  
And God who takes away.  
But that line between He gives to us  
To do with what we may.  
We know God's written the first date down  
Of each and every one.  
And we know those hands will write again,  
For the last date has to come.

We know He'll write the last date down,  
And soon, we know for some.  
But upon the line between **MY** dates,  
I hope He'll write "**Well Done!**"

--Lucille Britt

# The Difference Between Winning and Losing

*by Catherine Pulsifer*

Some of the significant differences between winning and losing are:

Hanging on, persevering,

**WINNING**

Letting go, giving up easily,

**LOSING**

Accepting responsibility for your actions,

**WINNING**

Always having an excuse for your actions,

**LOSING**

Taking the initiative,

**WINNING**

Waiting to be told what to do,

**LOSING**

Knowing what you want and setting goals to achieve it,

**WINNING**

Wishing for things, but taking no action,

**LOSING**

Seeing the big picture, and setting your goals accordingly,

**WINNING**

Seeing only where you are today,

**LOSING**

# **THE DRUG PROBLEM IN AMERICA**

The other day, someone at a store in our town read that a methamphetamine lab had been found in an old farmhouse in the adjoining county, and he asked me a rhetorical question: ***“Why didn’t we have a drug problem when you and I were growing up?”***

I looked at him and replied: ***“I had a drug problem when I was young.”***

I was drug to church on Sunday morning.

I was drug to church for weddings and funerals.

I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults.

I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn’t put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profane four-letter word.

I was drug outside to pull weeds in mom’s garden and flower bed, and cockleburrs out of dad’s fields.

I was drug to the homes of family, friends, and neighbors to help out some poor soul who had no one to mow the yard, repair the clothes line, or chop some firewood.

And if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins, and they affect my behavior in everything I do, say, and think.

They are stronger than cocaine, crack, or heroin; and if today’s children had this kind of drug problem, America would be a better place.

**Written By Regina Brett, 90 years old, of *The Plain Dealer*, Cleveland, Ohio**

“To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I’ve ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn’t fair, but it’s still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won’t take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don’t have to win every argument. Agree to disagree.
7. Cry with someone. It’s more healing than crying alone.
8. It’s OK to get angry with God. He can take it.
9. Save for retirement starting with your first pay check.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won’t screw up the present.
12. It’s OK to let your children see you cry.
13. Don’t compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn’t be in it.
15. Everything can change in the blink of an eye. But don’t worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn’t useful, beautiful, or joyful.
18. Whatever doesn’t kill you really does make you stronger.
19. It’s never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don’t take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don’t save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don’t wait for old age to wear purple.

24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words, 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative — dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up, and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."

# A Great Lesson on Stress

A young lady confidently walked around the room while explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'

She fooled them all. "How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8 ounces to 20 ounces.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm .

If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down.

Don't carry them through the evening and into the night. Pick them up tomorrow.

1. Accept the fact that some days you're the pigeon, and some days you're the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully. It's not only cars that can be recalled by their Maker..
5. If you can't be kind, at least have the decency to be vague
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can't push.

9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10. Nobody cares if you can't dance well. Just get up and dance.

11. Since it's the early worm that gets eaten by the bird, sleep late.

12. The second mouse gets the cheese .

13. When everything's coming your way, you're in the wrong lane.

14. Birthdays are good for you. The more you have, the longer you live.

16. Some mistakes are too much fun to make only once.

17. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

18. A truly happy person is one who can enjoy the scenery on a detour.

19. Have an awesome day and know that someone has thought about you today

### **AND MOST IMPORTANTLY**

20. Save the earth. It's the only planet with chocolate!



# ENGLISH IS DIFFICULT

Can you read these right the first time?

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he could get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I do not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. Upon seeing the tear in the painting, I shed a tear.
19. I had to subject the subject to a series of tests.
20. How can I intimate this to my most intimate friend?

English is a crazy language. There is no egg in eggplant, nor ham in a hamburger, neither apple or pine in a pineapple.

Sweetmeats are candies, while sweetbreads, which aren't sweet, are meat.

English muffins weren't invented in England or french fries in France.

Quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor a pig.

Why do writers write, but fingers don't fing, grocers don't groce, and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, two geese. So one moose, two meese?

One index, two indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends, and get rid of all but one of them, what do you call it?

If teachers taught, why don't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat?

In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

Your house can burn up as it burns down, you can fill in a form by filling it out, and an alarm goes off by going on.

The human race is not a race at all. When the stars are out, they are visible, but when the lights are out, they are invisible.

Why doesn't Buick rhyme wth quick?

# **\*ENOUGH\***

***Please give me . . .***

*Enough tears to keep me human,*

*Enough humor to keep me wise,*

*Enough setbacks to keep me humble,*

*Enough accomplishments to keep me confident,*

*Enough waiting to teach me patience,*

*Enough hope to keep me trusting,*

*Enough friends to give me love,*

*Enough memories to give me comfort.*

# **EVERYTHING I NEED TO KNOW ABOUT LIFE, I LEARNED FROM NOAH'S ARK**

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan Ahead. It wasn't raining when Noah built the ark.
4. Stay fit. When you're six hundred years old, someone may ask you to do something really big.
5. Don't listen to critics. Just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float a while.
10. Remember, the ark was built by amateurs. The Titanic was built by professionals.
11. No matter the storm, when you are with God, there's always a rainbow waiting.

# FACTS OF LIFE

As we grow older, and hence wiser, we slowly realize that wearing a \$300.00 or \$30.00 watch, they both tell the same time.

Whether we carry a \$300.00 or \$30.00 wallet/handbag, the amount of money inside is the same.

Whether we drink a bottle of \$30.00 or \$3.00 wine, the vomiting is the same.

Whether the house we live in is 300 or 3,000 sq.ft. the loneliness is the same.

Hopefully, one day you will realize, your true inner happiness does not come from the material things of this world.

Whether you fly first or economy class, if the plane goes down, you go down with it.

Therefore, I hope you realize that when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven and earth, that is true happiness.

## Five Undeniable Facts of Life:

1. Don't educate your children to be rich. Educate them to be happy, so when they grow up they will know the value of things, not the price

2. Best awarded words in London: "Eat your food as your medicines. Otherwise you have to eat medicines as your food."

3. The One who loves you will never leave you because even if there are 100 reasons to give up, he will find one reason to hold on.

4. There is a big difference between a human being and being human. Only a few really understand it.

5. You are loved when you are born. You will be loved when you die. In between, you have to manage.

If you just want to walk fast, walk alone.

But if you want to walk far, walk together.

## Six Best Doctors in the World

1. Sunlight

2. Rest

3. Exercise

4. Diet

5. Self Confidence

6. Friends

Maintain them in all stages of life and enjoy healthy life. Shared with smiles and affection,

# FAILURE

*By Tim Connor*

Failure

It's only a word.

But it carries with it so much pain and so little concern;

so much frustration and so little respect,

so much stress and so little understanding that people spend their lives running through their days in the hope of avoiding the long arm of this little word.

To test our vision, you must risk failure.

To temper your ego, you must attempt the impossible.

To tell your story, you must take a chance.

To see beyond the horizon, you must spread your wings.

To be all you can be, you must stretch, flex, try, and go beyond your proven limits.

To bridge the silence, you must risk rejection.

To advance into the unknown, you must risk the peril of all your previous beliefs and emotions that feel so secure.

Failure is not negative. It is a teacher.

It molds, refines, and polishes you so that one day your light will shine for all to see.

It isn't the failure you experience that will determine your destiny, but your next step and then the next that will tell the story of your life.

# FAMILY

I ran into a stranger as he passed by, "Oh excuse me please" was my reply.

He said, "Please excuse me too; I wasn't watching out for you."

We were very polite, this stranger and I. We went on our way and we said goodbye.

But at home a different story is told, how we treat our loved ones, young and old.

Later that day, cooking the evening meal, my son stood beside me very still.

When I turned, I nearly knocked him down. "Move out of the way," I said with a frown.

He walked away, his little heart broken. I didn't realize how harshly I'd spoken.

While I lay awake in bed, God's still, small voice came to me and said,

"While dealing with a stranger, common courtesy you use, but the family you love, you seem to abuse.

Go and look on the kitchen floor, you'll find some flowers there by the door.

Those are the flowers he brought for you. He picked them himself: pink, yellow and blue.

He stood very quietly not to spoil the surprise, you never saw the tears that filled his little eyes."

By this time, I felt very small, and now my tears began to fall.

I quietly went and knelt by his bed; "Wake up, little one, wake up," I said.

"Are these the flowers you picked for me?" He smiled, "I found 'em, out by the tree.

I picked 'em because they're pretty like you. I knew you'd like 'em, especially the blue."

I said, "Son, I'm very sorry for the way I acted today; I shouldn't have yelled at you that way."

He said, "Oh, Mom, that's okay. I love you anyway."

I said, "Son, I love you too, and I do like the flowers, especially the blue."

## FAMILY

Are you aware that if we died tomorrow, the company that we are working for could easily replace us in a matter of days. But the family we left behind will feel the loss for the rest of their lives.

And come to think of it, we pour ourselves more into work than into our own family, an unwise investment indeed, don't you think?

So what is behind the story? Do you know what the word FAMILY means?

**FAMILY = (F)ATHER (A)ND (M)OTHER (I) (L)OVE (Y)OU**

# Fear Not

Fear not that you might make a mistake in believing your dream.

Fear rather that if you don't go for it.  
You might stand before God and He'll tell you  
you could have succeeded had you had a little more faith.

Fear not that you might fail.

Fear rather that you will never succeed if you never try and if  
you are unwilling to take risks.

Fear not that you might get hurt.

Fear rather that you will never grow if you wait for painless success.

The old man said to the young man,  
"Why not go out, on a limb;  
After all, isn't that where the fruit is."



# **15 Things You Probably Never Knew or Thought About**

1. At least 5 people in this world love you so much they would die for you.
2. At least 15 people in this world love you in some way.
3. The only reason anyone would ever hate you is because they want to be just like you.
4. A smile from you can bring happiness to anyone, even if they don't like you.
5. Every night, SOMEONE thinks about you before they go to sleep.
6. You mean the world to someone.
7. If not for you, someone may not be living.
8. You are special and unique.
9. Someone that you don't even know exists loves you.
10. When you make the biggest mistake ever, something good comes from it.
11. When you think the world has turned its back on you, take a look. You most likely turned your back on the world. !
12. When you think you have no chance of getting what you want, you probably won't get it; but if you believe in yourself, probably sooner or later, you will get it.
13. Always remember the compliments you received. Forget about the rude remarks.
14. Always tell someone how you feel about them; you will feel much better when they know.
15. If you have a great friend, take the time to let them know that they are great.

**A Minute:** They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them. Take the time .. to live and love.

# **FIVE LESSONS ABOUT THE WAY WE TREAT PEOPLE**

## **First Important Lesson - Cleaning lady**

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?" Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello." I've never forgotten that lesson. I also learned her name was Dorothy.

## **Second Important Lesson - Pickup in the rain**

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960's. The man took her to safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached. It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away. God Bless you for helping me and unselfishly serving others." Sincerely, Mrs. Nat King Cole.

## **Third Important Lesson - Always remember those who serve**

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

## **Fourth Important Lesson - The obstacle in our path**

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the King's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the road roadway. The peasant learned what many of us never understand. Every obstacle presents an opportunity to improve our condition.

### **Fifth Important Lesson - Giving when it counts**

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away". Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

### **Most importantly...**

Live with no regrets,  
Treat people the way you want to be treated,  
Work like you don't need the money,  
Love like you've never been hurt,  
and dance like you do when nobody's watching.

# FIVE RIDDLES

THIS IS ONE OF THE BEST FIVE RIDDLES I HAVE SEEN. THE ANSWERS ARE AT THE BACK. RIDDLE 5 IS AMAZING.

IT SHARPENS THOSE GENES IN YOUR BRAIN AND STALLS ALZHEIMER'S FOR YEARS ?

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?

2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

3. What is black when you buy it, red when you use it, and gray when you throw it away?

4. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?

5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching.

THE ANSWERS TO ALL FIVE THE RIDDLES ARE ON THE BACK.

Answers:

1. The third room. Lions that haven't eaten in three years are dead. That one was easy, right?

2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry (shot; held under water; and hung).

3. Charcoal, as it is used in barbecuing.

4. Sure you can name three consecutive days: yesterday, today, and tomorrow! How about June 1,2,3?

5. The letter "e," which is the most common letter used in the English language, does not appear even once in the paragraph.

I'll be getting Alzheimer's any time now. How did you do?

# FNUNY SFUTF

Aoccdrnig to a rscheearch sdtuy at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is that the frist and lsat ltteer be at the rghit pclae. The rset can be a total mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Amzanig, huh?

# Follow Your Dreams

You must follow your dreams;  
You must follow wherever it leads.

Don't be distracted by less worthy leads.  
Shelter it,  
Nourish it,  
Help it grow.  
Hold your dream deep, down deep where dreams grow.

Follow your dreams,  
Pursue it with haste.  
Life is too precious, too precious to waste.

Be faithful,  
Be loyal in all the day through;  
the dream that you follow will ultimately come true.

# FOOD FOR THOUGHT

The greatest sin: Fear

The best day: Today

The biggest loser: The boy or girl who will not go to school

The best town: Where you succeed

The most agreeable companion: One who would not have you any different than what you are.

The great bore: One who will not come to a point

A still greater bore: One who keeps on talking after he has made his point

The greatest deceiver: One who deceives himself

The greatest secret of production: Saving waste

The best work: What you like

The best play: Work

The greatest comfort: The knowledge that you have done your work well

The greatest mistake: Giving up

The most expensive indulgence: Hate

The cheapest, stupidest, and easiest thing: Finding fault

The greatest trouble maker: One who talks too much

The greatest stumbling block: Egotism

The most ridiculous asset: Pride

The worst bankrupt: The soul who has lost his enthusiasm

The cleverest man: One who always does what he thinks is right

The most dangerous person: The liar

The most disagreeable person: The complainer

The best teacher: One who makes you want to learn

The meanest feeling of which any human being is capable: Feeling bad at another's success

The greatest need: Common Sense

The greatest puzzle: Life

The greatest mystery: Death

The greatest thing, bar none, in the world: Love

Governor Joe Manchin III



## FOOTBALL GAME IN TENNESSEE

This is a statement that was read over the PA system at a football game at Roane County High School in Kingston, Tennessee, by Principal Jody McLoud on September 1, 2000. I thought it was worth sharing with the world and hope you will share it with your friends. It shows clearly just how far this country has gone in the wrong direction.

“It has always been the custom at Roane County High School football games to say a prayer and play the National Anthem, to honor God and Country. Due to a recent ruling by the Supreme Court, I am told that saying a prayer is a violation of Federal Case Law. As I understand the law at this time, I can use this public facility to approve of sexual perversion and call it an “alternate lifestyle.” If someone is offended, that’s okay.

I can use it to condone sexual promiscuity, by dispensing condoms, and calling it “safe sex.” If someone is offended, that’s okay.

I can even use this public facility to present the merits of killing an unborn baby as a “viable means of birth control.” If someone is offended, no problem.

I can designate a school day as “Earth Day” and involve students in activities to worship religiously and praise the goddess “Mother Earth” and call it “ecology.”

I can use literature, videos, and presentations in the classroom that depict people with strong traditional Christian convictions as “simple minded” and “ignorant” and call it “enlightenment.”

However, if anyone uses this facility to honor God and ask him to bless the event with safety and good sportsmanship, then Federal Case Law is violated.

This appears to be inconsistent, at best, and at worst, diabolical (of the devil, devilish). Apparently, we are to be tolerant of everything and everyone, except God and His commandments.

Nevertheless, as a school principal, I frequently ask staff and students to abide by rules with which they do not necessarily agree. For me to do otherwise would be inconsistent at best, and at worst, hypocritical. I suffer from that infliction enough unintentionally. I certainly do not need to add an intentional transgression.

For this reason, I shall “render unto Caesar that which is Caesar’s” and refrain from praying at this time.

However, if you feel inspired to honor, praise, and thank God, and ask Him, in the name of Jesus, to bless this event, please feel free to do so. As far as I know, that’s not against the law -- yet.”

One by one, the people in the stands bowed their heads, held hands with one another, and began to pray. They prayed in the stands. They prayed in team huddles. They prayed at the concession stand. And they prayed in the announcer’s box.

The only place they didn’t pray was in the Supreme Court of the United States, the seat of “justice” in the “one nation, under God.”

Somehow, Kingston, Tennessee, remembered what so many have forgotten: we are given the freedom OF religion, not the freedom FROM religion.

# IT'S TIME FOR FOOTBALL

1. ***"Football is only a game. Spiritual things are eternal. Nevertheless, Beat Texas "*** - Seen on a church sign in Arkansas prior to the 1969 game.
2. ***"After you retire, there's only one big event left... and I ain't ready for that."*** - Bobby Bowden / Florida State
3. ***"The man who complains about the way the ball bounces is likely to be the one who dropped it."*** - Lou Holtz / Arkansas
4. ***"When you win, nothing hurts."*** - Joe Namath / Alabama
5. ***"Motivation is simple. You eliminate those who are not motivated."*** - Lou Holtz / Arkansas
6. ***"If you want to walk the heavenly streets of gold, you gotta know the password, 'Roll, Tide, Roll!'"***  
- Bear Bryant / Alabama
7. ***"A school without football is in danger of deteriorating into a medieval study hall."*** - Frank Leahy / Notre Dame
8. ***"There's nothing that cleanses your soul like getting the hell kicked out of you."*** - Woody Hayes / Ohio State
9. ***"I don't expect to win enough games to be put on NCAA probation. I just want to win enough to warrant an investigation."*** - Bob Devaney / Nebraska
10. ***"In Alabama, an atheist is someone who doesn't believe in Bear Bryant."*** - Wally Butts / Georgia
11. ***"You can learn more character on the two-yard line than anywhere else in life."*** - Paul Dietzel / LSU
12. ***"It's kind of hard to rally around a math class."*** - Bear Bryant / Alabama
13. ***When asked if Fayetteville was the end of the world. "No, but you can see it from here."*** - Lou Holtz / Arkansas
14. ***"I make my practices real hard because if a player is a quitter, I want him to quit in practice, not in a game."*** - Bear Bryant / Alabama
15. ***"There's one sure way to stop us from scoring; give us the ball near the goal line."*** - Matty Bell / SMU
16. ***"Lads, you're not to miss practice unless your parents died or you died."*** - Frank Leahy / Notre Dame
17. ***"I never graduated from Iowa, but I was only there for two terms - Truman's and Eisenhower's."***  
- Alex Karras / Iowa
18. ***"My advice to defensive players: Take the shortest route to the ball and arrive in a bad humor."***  
- Bobby Bowden / Tennessee
19. ***"I could have been a Rhodes Scholar, except for my grades."*** - Duffy Daugherty / Michigan State
20. ***"Always remember, Goliath was a 40-point favorite over David."*** - Shug Jordan / Auburn
21. ***"They cut us up like boarding house pie. And that's real small pieces."*** - Darrell Royal / Texas
22. ***"Show me a good and gracious loser, and I'll show you a failure."*** - Knute Rockne / Notre Dame
23. ***"They whipped us like a tied up goat."*** - Spike Dykes / Texas Tech

24. ***"I asked Darrell Royal, the coach of the Texas Longhorns, why he didn't recruit me and he said: 'Well, Walt, we took a look at you and you weren't any good.'"*** - Walt Garrison / Oklahoma State
25. ***"Son, you've got a good engine, but your hands aren't on the steering wheel."*** - Bobby Bowden / Florida State
26. ***"Football is not a contact sport, it is a collision sport. Dancing is a contact sport."*** - Duffy Daugherty / Michigan State
27. ***After USC lost 51-0 to Notre Dame, his postgame message to his team: "All those who need showers, take them."*** - John McKay / USC
28. ***"If lessons are learned in defeat, our team is getting a great education."*** - Murray Warmath / Minnesota
29. ***"The only qualifications for a lineman are to be big and dumb. To be a back, you only have to be dumb."*** - Knute Rockne / Notre Dame
30. ***"Oh, we played about like three tons of buzzard puke this afternoon."*** - Spike Dykes / Texas Tech
31. ***"It isn't necessary to see a good tackle. You can hear it."*** - Knute Rockne / Notre Dame
32. ***"We live one day at a time and scratch where it itches."*** - Darrell Royal / Texas
33. ***"We didn't tackle well today but we made up for it by not blocking."*** - Wilson Matthews / Little Rock Central High School
34. ***"Three things can happen when you throw the ball, and two of them are bad."*** - Darrell Royal / University of Texas
35. ***"I've found that prayers work best when you have big players."*** - Knute Rockne / Notre Dame
36. ***"Gentlemen, it is better to have died a small boy than to fumble this football."*** - John Heisman

# FOR LEXOPHILES (LOVERS OF WORDS)

1. I wondered why the baseball was getting bigger. Then it hit me.
2. Police were called to a day care where a three-year-old was resisting a rest.
3. Did you hear about the guy whose whole left side was cut off? He's all right now.
4. To write with a broken pencil is pointless.
5. The short fortune teller who escaped from prison was a small medium at large.
6. A thief who stole a calendar got twelve months.
7. When the smog lifts in Los Angeles, U.C.L.A
8. The math professor went crazy with the blackboard. He did a number on it!
9. The professor discovered that her theory of earthquakes was on shaky ground.
10. The dead batteries were given out free of charge.
11. A dentist and a manicurist fought tooth and nail.
12. A bicycle can't stand alone; it is just two-tired.
13. A will is a dead giveaway.
14. A backward poet writes inverse.
15. A chicken crossing the road: poultry in motion.
16. With her marriage she got a new name and a dress.
17. A grenade fell onto a kitchen floor in France, resulted in linoleum blown apart.
18. He broke into song because he couldn't find the key.
19. A calendar's days are numbered.
20. A boiled egg is hard to beat.
21. If you jump off a Paris bridge, you are in Seine.
22. When she saw her first strands of gray hair, she thought she'd dye.
23. Bakers trade bread recipes on a knead-to-know basis.
24. Acupuncture: a jab well done

# FOR THOSE WHO ENJOY LANGUAGE

Those who jump o a bridge in Paris are in Seine.

A man's home is his castle, in a manor of speaking.

Dijon vu - the same mustard as before.

Practice safe eating; always use condiments.

Shotgun wedding: A case of wife or death.

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Dancing cheek-to-cheek is really a form of floor play.

Does the name Pavlov ring a bell?

Condoms should be used on every conceivable occasion.

You feel stuck with your debt if you can't budge it.

All calendars' days are numbered.

A lot of money is tainted. It taint yours and it taint mine.

A boiled egg in the morning is hard to beat.

He had a photographic memory that was never developed.

Reading while sunbathing makes you well red.

When two egotists meet, it's an I for an I.

A bicycle can't stand on its own because it is two tired.

What's the definition of a will? (It's a dead giveaway.)

Time flies like an arrow. Fruit flies like a banana.

In democracy your vote counts. In feudalism your count votes.

She was engaged to a boyfriend with a wooden leg, but broke it o .

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist, you get repossessed.

With her marriage, she got a new name and a dress.

When a clock is hungry, it goes back four seconds.

The man who fell into an upholstery machine is fully recovered.

A midget fortune-teller who escapes from prison is a small medium at large.

Those who get too big for their britches will be exposed in the end.

Once you've seen one shopping center, you've seen a mall.

Bakers trade bread recipes on a knead-to-know basis.

Santa's helpers are subordinate clauses.

Acupuncture is a jab well done.

# FOR THOSE WHO TAKE LIFE SERIOUSLY

1. Save the whales. Collect a whole set.
2. A day without sunshine is like, night.
3. On the other hand, you have different fingers.
4. I just got lost in thought. It was unfamiliar territory.
5. 42.7% of all statistics are made up on the spot.
6. 99% of lawyers give the rest a bad name.
7. I feel like I'm diagonally parked in a parallel universe.
8. Honk if you love peace and quiet.
9. Remember, half the people you know are below average.
10. He who laughs last thinks slowest.
11. Depression is merely anger without enthusiasm.
12. The early bird may get the worm but the second mouse gets the cheese.
13. I drive way too fast to worry about cholesterol.
14. Support bacteria. They're the only culture some people have.
15. Monday is an awful way to spend 1/7 of your week.
16. A clear conscience is usually a sign of a bad memory.
17. Change is inevitable, except from vending machines.
18. Get a new car for your spouse. It will be a great trade.
19. Plan to be spontaneous tomorrow.
20. Always try to be modest and be proud of it
21. If you think nobody cares, try missing a few payments.
22. How many of you believe in telekinesis? Raise my hand.
23. Okay. So what's the speed of dark?
24. How do you tell when you're out of invisible ink?
25. If everything seems to be going well, you've obviously overlooked something.
26. When everything is coming your way, you're in the wrong lane.
27. Hard work pays off in the future. Laziness pays off now.
28. Everyone has a photographic memory. Some just don't have film.
29. If Barbie is so popular, why do you have to buy her friends?
30. Eagles may soar, but weasels don't get sucked into jet engines.
31. What happens if you get scared half to death twice?
32. I used to have an open mind but my brains kept falling out.
33. I couldn't repair your brakes so I made your horn louder.
34. Why do psychics have to ask you for your name?
35. Inside every older person is a younger person wondering what the heck happened.

# **FORREST GUMP GOES TO HEAVEN**

The day finally arrived. Forrest Gump dies and goes to Heaven. He is at the Pearly Gates, met by St. Peter himself. However, the gates are closed, and Forrest approaches the gatekeeper.

St. Peter said, "Well, Forrest, it is certainly good to see you. We have heard a lot about you. I must tell you, though, that the place is filling up fast, and we have been administering an entrance examination for everyone. The test is short, but you have to pass it before you can get into Heaven."

Forrest responds, "It sure is good to be here, St. Peter, sir. But nobody ever told me about any entrance exam. I sure hope that the test ain't too hard. Life was a big enough test as it was."

St. Peter continued, "Yes, I know, Forrest, but the test is only three questions.

First: What two days of the week begin with the letter T?

Second: How many seconds are there in a year?

Third: What is God's first name?"

Forrest leaves to think the questions over. He returns the next day and sees St. Peter, who waves him up, and says, "Now that you have had a chance to think the questions over, tell me your answers."

Forrest replied, "Well, the first one — which two days in the week begins with the letter "T"? Shucks, that one is easy. That would be Today and Tomorrow."

The Saint's eyes opened wide and he exclaimed, "Forrest, that is not what I was thinking, but you do have a point, and I guess I did not specify, so I will give you credit for that answer. How about the next one?" asked St. Peter.

"How many seconds in a year? Now that one is harder," replied Forrest, but I think and think about that, and I guess the only answer can be twelve."

Astounded, St. Peter said, "Twelve? Twelve? Forrest, how in Heaven's name could you come up with twelve seconds in a year?"

Forrest replied, "Shucks, there's got to be twelve:

January 2nd, February 2nd, March 2nd.... "

"Hold it," interrupts St. Peter. "I see where you are going with this, and I see your point, though that was not quite what I had in mind....but I will have to give you credit for that one, too. Let us go on with the third and final question. Can you tell me God's first name"?

"Sure," Forrest replied, "it's Andy."

"Andy?" exclaimed an exasperated and frustrated St Peter.

"Ok, I can understand how you came up with your answers to my first two questions, but just how in the world did you come up with the name Andy as the first name of God?"

"Shucks, that was the easiest one of all," Forrest replied. "I learnt it from the song,

"ANDY WALKS WITH ME, ANDY TALKS WITH ME, ANDY TELLS ME I AM HIS OWN. . . "

St. Peter opened the Pearly Gates, and said: "Run Forrest, run."



# **FORMULA FOR POSITIVE ATTITUDE ACHIEVEMENT**

**DECIDE YOU'RE WILLING TO GO FOR IT.** Know that the lifelong value of a positive attitude is worth it to you. If you can't decide, the rest of the formula is worthless.

**DECIDE IT WILL TAKE A YEAR TO SET A NEW THOUGHT PATTERN.** A year of positive isn't too long, considering that you have had thirty (more or less) negative ones.

**START EACH MORNING WITH SOME POSITIVE EXPOSURE, WISDOM, OR EXPRESSIONS.** First thing. Even if your butt fall offs. Fifteen minutes, every day.

**START YOUR DAY WITH A POSITIVE THOUGHT PROCESS.** *I'm happy. It's gonna be a great day. I'm the greatest.*

**GET RID OF NEGATIVE PEOPLE IN YOUR LIFE.** They waste your time and bring you down. If you can't get rid of them (like a spouse or a boss), reduce your time with them.

**AVOID THE NEGATIVES.** Eliminate negative things and people you come in contact with during your day. Exercise positive choices, and do things that build you up.

**AVOID THE VIOLENCE ON TV AND IN MOVIES.** Violence generates negative and nervous energy. Violence wastes all your positive energy. Violence begets violence.

**IGNORE IDIOTS AND ZEALOTS.** When you're on this journey, it may (at times) seem a little silly. *This is a natural feeling.* Stick with it. Hang in there. Let the idiots and zealots go their own way. You're on a mission. Let nothing or no one get in your way.

**TURN OFF THE TV.** Turn off the news (especially the local news). Turn off the weather. (Just look out the window.)

**MAKE YOUR OWN ENVIRONMENT.** One that makes you happy, gives you peace, and fosters your learning.

**READ BOOKS THAT GET YOU GOING AT THE START OF THE DAY.** Just a few pages each morning to give you a positive direction, thought, or inspiration. Share what you learned.

**LISTEN TO THE RECORDED MESSAGE OF POSITIVE PEOPLE.** Their messages will keep you going during the day and in tough times.

**SURROUND YOURSELF IN THE EXTERNAL ENVIRONMENTS THAT BREED SUCCESS.** Happy, creative, encouraging environments.

**CREATE NEW ASSOCIATIONS THAT WILL BOOST YOUR DESIRE TO BE POSITIVE.** Happy people, successful people, helpful people.

**SMILE ALL THE TIME.** Lead with a smile, and the words will follow. Earn a smile from everyone you talk to.

**RESPOND TO EVERYTHING IN THE POSITIVE.** At first, this requires thought. You **MUST** stop and think **BEFORE** you mouth off.

**START EVERYTHING IN THE POSITIVE.** Tell yourself and others what **CAN** be done. Tell yourself and others what you **WILL** do.

**SELECT ONE POSITIVE MESSAGE OR ONE PASSAGE.** And read it, or listen to it, or watch it every day for a year.

Jeffrey Gitomer  
***Little Gold Book of Yes Attitude***  
A good (and easy) book to read

## **40 Things To Do Daily To Improve Your Day:**

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
5. Live with the 3 E's: Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2008.
7. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds, and walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class, but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the energy vampires away.
18. Life isn't fair, but it's still good.
19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.

21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. Time heals everything.
29. However good or bad a situation is, it will change.
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. Get rid of anything that isn't useful, beautiful, or joyful.
32. Envy is a waste of time. You already have all you need.
33. The best is yet to come.
34. No matter how you feel, get up, dress up and show up.
35. Do the right thing!
36. Call your family often. (Or email them to death!!!) Hey I'm thinking of ya!
37. Each night before you go to bed complete the following statements: I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.
38. Remember that you are too blessed to be stressed.
39. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.
40. Smile. It makes you, and everyone around you, feel better.

# The Four Way Test

The man was Herbert J. Taylor who surveyed the way the company did its business, which was the sale of aluminum pots and pans. The nature of the industry was fraught with unethical business practices. To bring the business out of bankruptcy, Taylor knew that he had to change the way business was conducted. Ultimately he developed a very simple business philosophy that all employees were to follow in all of their business dealings with customers, suppliers and associates. The philosophy changed the business, turned the business around, and ultimately brought it out of bankruptcy.

The business philosophy is a simple four-step decision making tool. It didn't tell people what to do or how to think, but it did give them a tool to use in all of their business dealings. The tool is now well-known to anyone who has ever associated themselves with Rotary International. It is simple The Four Way Test. The tip is to use this simple decision making tool in your life and see if it doesn't make a difference. As people, we must all stand by our personal honesty and integrity. This is a handy and simple test of what you say, do or think. Give it a try in your life.

## The Four Way Test

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and better friendships?
4. Will it be **BENEFICIAL** to all concerned?

By the way, this tool made Herbert Taylor a multimillionaire in the 1930s. So it's also a very profitable way of doing business.

## “FRIEND”LY ADVICE

Love starts with a smile, grows with a kiss, and ends with a tear.

Don't cry over anyone who won't cry over you.

Good friends are hard to find, harder to leave, and impossible to forget.

You can only go as far as you push.

Actions speak louder than words.

The hardest thing to do is watch the one you love, love someone else.

Don't let the past hold you back. You're missing the good stuff.

Life's short. If you don't look around every once in a while, you might miss it.

A best friend is like a four-leaf clover: hard to find and lucky to have.

Some people make the world special just by being in it.

Best friends are the siblings God forgot to give us.

When it hurts to look back, and you're scared to look ahead, you can look beside you and your best friend will be there.

True friendship never ends. Friends are forever.

Good friends are like stars. You can't always see them, but you know they are always there.

Don't frown. You never know who is falling in love with your smile.

What do you do when the only person who can make you stop crying is the person who made you cry?

Nobody is perfect until you fall in love with them.

Everything is okay in the end. If it's not okay, then it's not the end.

Most people walk in and out of your life, but only friends leave footprints in your heart.

Every minute spent angry is sixty seconds of happiness wasted.

Don't walk in front of me; I may not follow.

Don't walk behind me; I may not lead.

Just walk beside me and be my friend.

# Friendship

READ THIS VERY SLOWLY . . . IT'S PRETTY PROFOUND.

Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming, or are too rigid to depart from their routine.

I got to thinking one day about all those people on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I've tried to be a little more flexible.

How many women out there will eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word 'refrigeration' mean nothing to you?

How often have your kids dropped in to talk and sat in silence while you watched 'Jeopardy' on television?

I cannot count the times I called my sister and said, 'How about going to lunch in a half hour?' She would gas up and stammer, 'I can't. I have clothes on the line. My hair is dirty. I wish I had known yesterday, I had a late breakfast. It looks like rain' And my personal favorite: 'It's Monday.' She died a few years ago. We never did have lunch together.

Because Americans cram so much into their lives, we tend to schedule our headaches. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect!

We'll go back and visit the grandparents when we get Steve toilet trained. We'll entertain when we replace the living room carpet. We'll go on a second honeymoon when we get two more kids out of college.

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of 'I'm going to,' 'I plan on,' and 'someday, when things are settled down a bit.'

When anyone calls my 'seize the moment' friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with her for five minutes, and you're ready to trade your bad feet for a pair of roller blades and skip an elevator for a bungee cord.

My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process. The other day, I stopped the car and bought a triple-decker. If my car had hit an iceberg on the way home, I would have died happy.

Now, go on and have a nice day. Do something you WANT to, not something on your SHOULD DO list. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?

Make sure you read this to the end; you will understand why I gave this to you.

Have you ever watched kids playing on a merry-go-round or listened to the rain lapping on the ground? Ever followed a butterfly's erratic flight or gazed at the sun into the fading night? Do you run through each day on the fly? When you ask 'How are you?' do you hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child, 'We'll do it tomorrow.' and in your haste, not see his sorrow? Ever lost touch? Let a good friendship die? Just call to say 'Hi'?

When you worry and hurry through your day, it is like an unopened gift, thrown away. Life is not a race . Take it slower. Hear the music before the song is over.

**To those I have given this to, I cherish our friendship and appreciate all you do.**

**Life may not be the party we hoped for,**

**but while we are here we might as well dance!**



# Funny metaphors used in high school essays

Just in case you need some writing inspiration. Every year, English teachers from across the USA can submit their collections of actual analogies and metaphors found in high school essays. These excerpts are published each year to the amusement of teachers across the country. Here are last year's winners:

1. Her face was a perfect oval, like a circle that had its two sides gently compressed by a Thigh Master.
2. His thoughts tumbled in his head, making and breaking alliances like underpants in a dryer without Cling Free.
3. He spoke with the wisdom that can only come from experience, like a guy who went blind because he looked at a solar eclipse without one of those boxes with a pinhole in it and now goes around the country speaking at high schools about the dangers of looking at a solar eclipse without one of those boxes with a pinhole in it.
4. She grew on him like she was a colony of E. coli, and he was room temperature Canadian beef.
5. She had a deep, throaty, genuine laugh, like that sound a dog makes just before it throws up.
6. Her vocabulary was as bad as, like, whatever.
7. He was as tall as a six-foot, three-inch tree.
8. The revelation that his marriage of thirty years had disintegrated because of his wife's infidelity came as a rude shock, like a surcharge at a formerly surcharge-free ATM machine.
9. The little boat gently drifted across the pond exactly the way a bowling ball wouldn't.
10. McBride fell twelve stories, hitting the pavement like a Hefty bag filled with vegetable soup.
11. From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and Jeopardy comes on at 7:00 p.m. instead of 7:30
12. Her hair glistened in the rain like a nose hair after a sneeze.
13. The hailstones leaped from the pavement, just like maggots when you fry them in hot grease.
14. Long separated by cruel fate, the star-crossed lovers raced across the grassy field toward each other like two freight trains, one having left Cleveland at 6:36 p.m. traveling at 55 mph, the other from Topeka at 4:19 p.m. at a speed of 35 mph.
15. They lived in a typical suburban neighborhood with picket fences that resembled Nancy Kerrigan's teeth.
16. John and Mary had never met. They were like two hummingbirds who had also never met.
17. He fell for her like his heart was a mob informant, and she was the East River.
18. Even in his last years, Granddad had a mind like a steel trap, only one that had been left out so long, it had rusted shut.
19. Shots rang out, as shots are wont to do.
20. The plan was simple, like my brother-in-law Phil. But unlike Phil, this plan just might work.

21. The young fighter had a hungry look, the kind you get from not eating for a while.

22. He was as lame as a duck. Not the metaphorical lame duck, either, but a real duck that was actually lame, maybe from stepping on a land mine or something.

23. The ballerina rose gracefully en Pointe and extended one slender leg behind her, like a dog at a fire hydrant.

24. It was an American tradition, like fathers chasing kids around with power tools.

25. He was deeply in love. When she spoke, he thought he heard bells, as if she were a garbage truck backing up.

**The following questions were set in last year's GED examination  
These are genuine answers (from 16 year olds)...and they are breeders.**

**Q. Name the four seasons**

**A. Salt, pepper, mustard and vinegar**

**Q. Explain one of the processes by which water can be made safe to drink**

**A. Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep, and canoeists**

**Q. How is dew formed**

**A. The sun shines down on the leaves and makes them perspire**

**Q. What causes the tides in the oceans**

**A. The tides are a fight between the earth and the moon. All water tends to flow toward the moon, because there is no water on the moon, and nature abhors a vacuum. I forget where the sun joins the fight**

**Q. What guarantees may a mortgage company insist on**

**A. If you are buying a house they will insist that you are well endowed**

**Q. In a democratic society, how important are elections**

**A. Very important. Sex can only happen when a male gets an election**

**Q. What are steroids**

**A. Things for keeping carpets still on the stairs (Shoot yourself now, there is little hope)**

**Q. What happens to your body as you age**

**A. When you get old, so do your bowels and you get intercontinental**

**Q. What happens to a boy when he reaches puberty**

**A. He says goodbye to his boyhood and looks forward to his adultery (So true)**

**Q. Name a major disease associated with cigarettes**

**A. Premature death**

**Q. What is artificial insemination**

**A. When the farmer does it to the bull instead of the cow**

- Q. How can you delay milk turning sour**  
**A. Keep it in the cow (Simple, but brilliant)**
- Q. How are the main 20 parts of the body categorized (e.g. The abdomen)**  
**A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A, E, I, O, U.**
- Q. What is the fibula?**  
**A. A small lie**
- Q. What does 'varicose' mean?**  
**A. Nearby**
- Q. What is the most common form of birth control**  
**A. Most people prevent contraception by wearing a condominium (That would work)**
- Q. Give the meaning of the term 'Caesarean section'**  
**A. The caesarean section is a district in Rome**
- Q. What is a seizure?**  
**A. A Roman Emperor. (Julius Seizure, I came, I saw, I had a fit)**
- Q. What is a terminal illness**  
**A. When you are sick at the airport. (Irrefutable)**
- Q. Give an example of a fungus. What is a characteristic feature?**  
**A. Mushrooms. They always grow in damp places and they look like umbrellas**
- Q. Use the word 'judicious' in a sentence to show you understand its meaning**  
**A. Hands that judicious can be soft as your face (OMG)**
- Q. What does the word 'benign' mean?**  
**A. Benign is what you will be after you be eight (brilliant)**
- Q. What is a turbine?**  
**A. Something an Arab or Shreik wears on his head**

# The Gift of Time

The last wishes of Alexander the Great. On his death bed, Alexander summoned his army generals and told them his three ultimate wishes:

1. The best doctors should carry his coffin.
2. The wealth he had accumulated (money, gold, precious stones) should be scattered along the procession to the cemetery.
3. His hands should be let loose, so they hang outside the coffin for all to see.

One of his generals, who was surprised by these unusual requests, asked Alexander to explain. Here is what Alexander the Great had to say:

1. "I want the best doctors to carry my coffin to demonstrate that in the face of death, even the best doctors in the world have no power to heal."
2. "I want the road to be covered with my treasure so that everybody sees that material wealth acquired on earth, will stay on earth."
3. "I want my hands to swing in the wind, so that people understand that we come to this world empty handed and we leave this world empty handed after the most precious treasure of all is exhausted, and that is TIME."

We do not take to our grave any material wealth. TIME is our most precious treasure because it is LIMITED. We can produce more wealth, but we cannot produce more time.

When we give someone our time, we actually give a portion of our life that we will never take back . Our time is our life.

The best present that you can give to your family and friends is your TIME.