

***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!***

# GOLF

The following is not intended to offend fans of tennis, basketball, football, or baseball. It is rather an attempt to put everything in its proper perspective.

Ever wonder why golf is growing in popularity and why people who don't even play go to tournaments or watch it on TV? The following truisms may shed some light.

Golf is an honorable game, with the overwhelming majority of players being honorable people who don't need referees.

Golfers don't have some of their players in jail every week.

Golfers don't kick dirt on or throw bottles at other people.

Professional golfers are paid in direct proportion to how well they play.

Golfers don't get per diem and two seats on a charter flight when they travel between tournaments.

Golfers don't hold out for more money, or demand new contracts, because of another player's deal.

Professional golfers don't demand that the taxpayers pay for the courses on which they play.

When golfers make a mistake, nobody is there to cover for them or back them.

The PGA raises more money for charity in one year than the NFL does in two.

You can watch the best golfers in the world up close, at any tournament, including the majors, all day, every day, for \$25 or \$30. A ticket for even a nosebleed seat at the Super Bowl costs around \$300 or more unless you buy it from scalpers, in which case it's \$1,000+.

You can bring a picnic lunch to the tournament golf course, watch the best in the world, and not spend a small fortune on food and drink. Try that at one of the taxpayer-funded baseball or football stadiums. If you bring a soft drink into the ballpark, they'll give you two options -- get rid of it or leave.

In golf, you cannot fail 70% of the time and make nine million dollars a season, like the best baseball hitters (.300 batting average) do.

Golf doesn't change its rules to attract fans.

Golfers have to adapt to an entirely new playing area each week.

Golfers keep their clothes on while being interviewed.

Golf doesn't have free agency.

In their prime, Palmer, Norman, and other stars, would shake your hand and say they were pleased to meet you. In his prime, Jose' Canseco wore t-shirts that read "Leave Me Along."

You can hear birds chirping on a golf course during a tournament.

At a golf tournament (unlike at taxpayer-funded sports stadiums and arenas), you won't hear a steady stream of four-letter words and nasty name calling while you're hoping that no one spills beer on you.

Tiger Woods hits a golf ball over twice as far as Barry Bonds hits a baseball.

Golf courses don't ruin the neighborhood.

And finally, here's a little slice of golf history you might enjoy. Why do golf courses have 18 holes and not 20, or 10, or even a dozen?

During a discussion among the club's membership board at St. Andrews in 1858, a senior member pointed out that it takes exactly 18 shots to polish off a fifth of scotch. By limiting himself to only one shot of Scotch per hole, the Scot figured a round of golf was finished when the Scotch ran out.

# GOOD ONES

You know that little thing inside your head that keeps you from saying things you shouldn't? Yeah, I don't have one of those.

Every day, thousands of innocent plants are killed by vegetarians. Help end the violence. Eat bacon.

The fact that there's a Highway to Hell and only a Staircase to Heaven says a lot about anticipated traffic numbers.

My people skills are just fine. It's my tolerance to idiots that needs work.

I'm only responsible for what I say, not for what you understand.

So when is "old enough to know better" supposed to kick in?

Have you ever listened to someone for a while and wondered "who ties your shoelaces for you?"

I prefer not to think before speaking. I like being just as surprised as everyone else by what comes out of my mouth.

S

Be careful when you follow the masses. Sometimes the M is silent.

I can explain it to you, but I can't understand it for you.

I'm not lazy. I just really enjoy doing nothing.

When you're dead, you don't know you're dead. It's only difficult for others. It's the same way when you're stupid.

If people could read my mind, I'd get punched in the face a lot.

Calm down, take a deep breath, and hold it for about twenty minutes.

I never argue. I just explain why I'm right.

I speak my mind because it hurts to bite my tongue all the time.

Don't confuse my personality with my attitude. My personality is who I am. My attitude depends on who you are.

# GOOD PUNS

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian .
3. She was only a whisky-maker, but he loved her still.
4. A rubber-band pistol was confiscated from an algebra class because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
15. The midget fortune-teller who escaped from prison was a small medium at large.
16. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
19. When cannibals ate a missionary, they got a taste of religion.
20. If you jumped off the bridge in Paris, you'd be in Seine .
21. A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
22. Two fish swim into a concrete wall. One turns to the other and says, 'Dam!'
23. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
24. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'Yes, I'm positive.'
25. Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcendental medication.
26. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

# Good v. Evil

In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's great gifts, Satan created Ben and Jerry's Ice Cream and Krispy Creme Donuts. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "and as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

And God created the healthful yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.

So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof.

God then created a light, fluffy white cake, named it "Angel Food Cake," and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."

God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.

Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And Man gained pounds.

God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheese-burger. Then said, "You want fries with that?" And Man replied, "Yes! And super

## Some good words of wisdom (from an old guy)

As I was lying around, pondering the problems of the world, I realized that at my age I don't really give a rat's ass anymore.

♥If walking is good for your health, the postman would be immortal.

♥A whale swims all day, mainly eat fish, drinks water, but is still fat.

♥A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

And you tell me to exercise?? I don't think so.

Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

Now that I'm older here's what I've discovered:

♥I started out with nothing, and I still have most of it.

♥My wild oats are mostly enjoyed with prunes and all-bran.

♥I finally got my head together, and now my body is falling apart.

♥Funny, I don't remember being absent-minded.

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♥If all is not lost, then where the heck is it?

♥It was a whole lot easier to get older, than to get wiser.

♥Some days, you're the top dog; some days you're the hydrant.

♥I wish the buck really did stop here; I sure could use a few of them.

♥Kids in the back seat cause accidents.

♥Accidents in the back seat cause kids.

♥It's hard to make a comeback when you haven't been anywhere.

♥The world only beats a path to your door when you're in the bathroom.

♥If God wanted me to touch my toes, he'd have put them on my knees.

♥When I'm finally holding all the right cards, everyone wants to play chess.

♥It's not hard to meet expenses . . . they're everywhere.

♥The only difference between a rut and a grave is the depth.

♥These days, I spend a lot of time thinking about the hereafter . . . .

I go somewhere to get something, and then wonder what I'm "here after".

♥Funny, I don't remember being absent-minded.

HAVE I GIVEN YOU THIS MESSAGE BEFORE?

## **Why Grandfathers are different.....**

**Have you ever wondered what the difference is between Grandmothers and Grandfathers?**

**Well, here it is.**

**There was this loving grandfather who always made a special effort to spend time with his son's family on weekends.**

**Every Saturday morning he would take his 5-year-old granddaughter out for a drive in the car for some quality time -- pancakes, ice cream, candy. Just him and his granddaughter.**

**One particular Saturday, however, he had a terrible cold and could not get out of bed. He knew his granddaughter always looked forward to their drives and would be very disappointed. Luckily, his wife came to the rescue and said that she would take their granddaughter for her weekly drive and breakfast.**

**When they returned, the little girl anxiously ran upstairs to see her grandfather who was still in bed.**

**"Well, did you enjoy your ride with grandma?" he asked.**

**"Not really, Papa, it was boring. We didn't see a single asshole, queer, piece of shit, horse's ass, socialist left wing Obama lover, blind bastard, dip shit, Muslim camel-humper, or son of a bitch anywhere we went! We just drove around and Grandma smiled at everyone she saw. I really didn't have any fun."**

**Almost brings a tear to your eye, doesn't it?**

# GREAT TRUTHS

1. In my many years, I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a congress. -- John Adams
2. If you don't read the newspaper you are uninformed; if you do read the newspaper you are misinformed. -- Mark Twain
3. Suppose you were an idiot. And suppose you were a member of Congress. But then I repeat myself. -- Mark Twain
4. I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. -- Winston Churchill
5. A government which robs Peter to pay Paul can always depend on the support of Paul. -- George Bernard Shaw
6. A liberal is someone who feels a great debt to his fellow man, which debt he proposes to pay with your money. -- G. Gordon Liddy
7. Democracy must be something more than two wolves and a sheep voting on what to have for dinner. -- James Bovard, Civil Libertarian (1994)
8. Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries. -- Douglas Casey, Classmate of Bill Clinton at Georgetown University
9. Giving money and power to government is like giving whiskey and car keys to teenage boys. -- P.J. O'Rourke, Civil Libertarian
10. Government is the great fiction, through which everybody endeavors to live at the expense of everybody else. -- Frederic Bastiat, French economist(1801-1850)
11. Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it. -- Ronald Reagan (1986)
12. I don't make jokes. I just watch the government and report the facts. - Will Rogers
13. If you think health care is expensive now, wait until you see what it costs when it's free! -- P.J. O'Rourke
14. In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other. -- Voltaire (1764)
15. Just because you do not take an interest in politics doesn't mean politics won't take an interest in you! -- Pericles (430 B.C.)



16. No man's life, liberty, or property is safe while the legislature is in session. -- Mark Twain (1866)

17. Talk is cheap...except when Congress does it. -- Anonymous

18. The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other. -- Ronald Reagan

19. The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery. -- Winston Churchill

20. The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. -- Mark Twain

21. The ultimate result of shielding men from the effects of folly is to fill the world with fools. -- Herbert Spencer, English Philosopher (1820-1903)

22. There is no distinctly Native American criminal class...save Congress. -- Mark Twain

23. What this country needs are more unemployed politicians. -- Edward Langley, Artist (1928-1995)

24. A government big enough to give you everything you want, is strong enough to take everything you have. -- Thomas Jefferson

25. We hang the petty thieves and appoint the great ones to public office. -- Aesop

### **FIVE BEST SENTENCES**

1. You cannot legislate the poor into prosperity, by legislating the wealth out of prosperity.

2. What one person receives without working for, another person must work for without receiving.

3. The government cannot give to anybody anything that the government does not first take from somebody else.

4. You cannot multiply wealth by dividing it.

5. When half of the people get the idea that they do not have to work, because the other half is going to take care of them, and when the other half gets the idea that it does no good to work, because somebody else is going to get what they work for, that is the beginning of the end of any nation!

## **GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:**

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

## **GREAT TRUTHS THAT ADULTS HAVE LEARNED:**

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

## **GREAT TRUTHS ABOUT GROWING OLD**

- 1) Growing up is mandatory; growing old is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

## **THE FOUR STAGES OF LIFE:**

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

## **SUCCESS:**

- At age 4 success is . not peeing in your pants.  
At age 12 success is . . having friends.  
At age 16 success is . . having a drivers license.  
At age 35 success is. . having money.  
At age 50 success is . . . having money.  
At age 70 success is . . . having a drivers license.  
At age 75 success is . having friends.  
At age 80 success is . not peeing in your pants.

# GROWING OLDER

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon? I will dance with myself to those wonderful tunes of the 60 & 70's, and if I, at the same time, wish to weep over a lost love ..... I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child su ers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

**MAY OUR FRIENDSHIP NEVER COME APART, ESPECIALLY WHEN IT'S STRAIGHT FROM THE HEART!**

# Growing Up Without a Cell Phone

When I was a kid, adults used to bore me to tears with their tedious diatribes about how hard things were when they were growing up; what with walking twenty-five miles to school every morning, uphill, barefoot, BOTH ways. Yadda, yadda, yadda.

And I remember promising myself that when I grew up, there was no way I was going to lay a bunch of crap like that on my kids about how hard I had it and how easy they've got it!

But now that I'm over the ripe old age of forty, I can't help but look around and notice the youth of today. You've got it so easy! I mean, compared to my childhood, you live in a Utopia! And I hate to say it, but you kids today, you don't know how good you've got it!

I mean, when I was a kid we didn't have the Internet. If we wanted to know something, we had to go to the library and look it up ourselves, in the card catalog!

There was no email! We had to actually write somebody a letter - with a pen! Then you had to walk all the way across the street and put it in the mailbox, and it would take like a week to get there! Stamps were 10 cents!

Child Protective Services didn't care if our parents beat us. As a matter of fact, the parents of all my friends also had permission to kick our butt. Nowhere was safe!

There were no MP3's or Napsters or iTunes! If you wanted to steal music, you had to hitchhike to the record store and shoplift it yourself!

Or you had to wait around all day to tape it on the radio, and the DJ would usually talk over the beginning and mess it all up! There were no CD players! We had tape decks in our car. We'd play our favorite tape and "eject" it when finished, and then the tape would come undone rendering it useless. Cause, hey, that's how we rolled, Baby! Dig?

We didn't have fancy crap like Call Waiting! If you were on the phone and somebody else called, they got a busy signal, that's it!

There weren't any freaking cell phones either. If you left the house, you just didn't make a call or receive one. You actually had to be out of touch with your "friends". OH MY GOSH !!! Think of the horror. Not being in touch with someone 24/7! And then there's TEXTING. Yeah, right. Please! You kids have no idea how annoying you are.

And we didn't have fancy Caller ID either! When the phone rang, you had no idea who it was! It could be your school, your parents, your boss, your bookie, your drug dealer, the collection agent. You just didn't know!!! You had to pick it up and take your chances, mister!

We didn't have any fancy PlayStation or X-box video games with high-resolution 3-D graphics! We had the Atari 2600! With games like 'Space Invaders' and 'Asteroids'. Your screen guy was a little square! You actually had to use your imagination! And there were no multiple levels or screens, it was just one screen. Forever! And you could never win. The game just kept getting harder and harder and faster and faster until you died! Just like LIFE!

You had to use a little book called a **TV Guide** to find out what was on! You were screwed when it came to channel surfing! You had to get on your butt and walk over to the TV to change the channel!!! NO REMOTES!!! Oh, no, what's the world coming to?!?!

There was no Cartoon Network either! You could only get cartoons on Saturday Morning. Do you hear what I'm saying? We had to wait ALL WEEK for cartoons, you spoiled little punks.

And we didn't have microwaves. If we wanted to heat something up, we had to use the stove! Imagine that!

And our parents told us to stay outside and play. All day long. Oh, no, no electronics to soothe and comfort. And if you came back inside, you were doing chores!

And car seats - oh, please! Mom threw you in the back seat and you hung on. If you were lucky, you got the "safety arm" across the chest at the last moment if she had to stop suddenly, and if your head hit the dashboard, well that was your fault for calling "shot gun" in the first place!

See! That's exactly what I'm talking about! You kids today have got it too easy. You're spoiled rotten! You guys wouldn't have lasted five minutes back in 1970 or any time before!

Regards,  
The Over 50 Crowd

# HANDBOOK 2011

## Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants..
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2010 .
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

## Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time. You already have all you need.
18. Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. 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.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree.

## Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything.
28. Spend time with people over the age of 70 and under the age of 6.
29. Try to make at least three people smile each day.

30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

**Life:**

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change.
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come.
38. When you awake alive in the morning, thank GOD for it.
39. Your Inner most is always happy. So, be happy.

# **HEADLINES FROM THE YEAR: 2029**

***Ozone created by electric cars now killing millions in the seventh largest country in the world, Mexifornia, formerly known as California .***

***White minorities still trying to have English recognized as Mexifornia's third language.***

***Spotted Owl plague threatens northwestern United States crops and livestock.***

***Baby conceived naturally! Scientists stumped.***

***Couple petitions court to reinstate heterosexual marriage.***

***Iran still closed off; physicists estimate it will take at least 10 more years before radioactivity decreases to safe levels.***

***France pleads for global help after being taken over by Lichtenstein. No other country comes forward to help the beleaguered nation!***

***Castro finally dies at age 112; Cuban cigars can now be imported legally, but President Chelsea Clinton has banned all smoking.***

***Postal Service raises price of first class stamp to \$17.89 and reduces mail delivery to Wednesdays only.***

***85-year \$75.8 billion study: Diet and exercise is the key to weight loss.***

***Global cooling blamed for citrus crop failure for third consecutive year in Mexifornia and Floruba.***

***Japanese scientists have created a camera with such a fast shutter speed they now can photograph a woman with her mouth shut.***

***Abortion clinics now available in every High School in United States***

***Senate still blocking drilling in ANWAR even though gas is selling for 4532 Pesos per liter and gas stations are only open on Tuesdays and Fridays.***

***Massachusetts executes last remaining conservative.***

***Supreme Court rules punishment of criminals violates their civil rights.***

***Average height of NBA players is now nine feet, seven inches.***

***New federal law requires that all nail clippers, screwdrivers, fly swatters and rolled-up Newspapers must be registered by January 2030.***

***IRS sets lowest tax rate at 75 percent.***

***Floruba voters still having trouble with voting machines.***

***I Love This Country! It's The Government That Scares Me!***

# Health Message

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3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. If God wanted me to touch my toes, he'd have put them on my knees.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're the top dog; some days you're the lamp post.
9. I wish the buck really did stop here; I sure could use a few of them.
10. Kids in the back seat cause accidents; accidents in the back seat cause kids.
11. It's hard to make a comeback when you haven't been anywhere.
12. The world only beats a path to your door when you're in the bathroom.
13. Funny, I don't remember being absent-minded.
14. When I'm finally holding all the right cards, everyone wants to play chess.
15. It's not hard to meet expenses . . . they're everywhere.
16. The only difference between a rut and a grave is the depth.
17. These days, I spend a lot of time thinking about the hereafter; I go somewhere to get something, and then wonder what I'm "here after."
18. Funny, I don't remember being absent-minded.
19. HAVE I GIVEN THIS TO YOU BEFORE????



# HEY, WASN'T THIS US?

A little house with three bedrooms, one bathroom and one car on the street. A mower that you had to push to make the grass look neat.

In the kitchen on the wall we only had one phone, and no need for recording things, someone was always home.

We only had a living room where we would congregate, unless it was at mealtime in the kitchen where we ate.

We had no need for family rooms or extra rooms to dine. When meeting as a family those two rooms would work out fine.

We only had one TV set and channels maybe two, but always there was one of them with something worth the view.

For snacks we had potato chips that tasted like a chip. And if you wanted flavor there was Lipton's onion dip.

Store-bought snacks were rare because my mother liked to cook and nothing can compare to snacks in Betty Crocker's book.

Weekends were for family trips or staying home to play. We all did things together -- even go to church to pray.

When we did our weekend trips depending on the weather, no one stayed at home because we liked to be together.

Sometimes we would separate to do things on our own, but we knew where the others were without our own cell phone.

Then there were the movies with your favorite movie star, and nothing can compare to watching movies in your car.

Then there were the picnics at the peak of summer season, pack a lunch and find some trees and never need a reason.

Get a baseball game together with all the friends you know, have real action playing ball -- and no game video.

Remember when the doctor used to be the family friend, and didn't need insurance or a lawyer to defend? The way that he took care of you or what he had to do, because he took an oath and strived to do the best for you.

Remember going to the store and shopping casually, and when you went to pay for it you used your own money? Nothing that you had to swipe or punch in some amount, and remember when the cashier person had to really count?

The milkman used to go from door to door, and it was just a few cents more than going to the store.

There was a time when mailed letters came right to your door, without a lot of junk mail ads sent out by every store. The mailman knew each house by name and knew where it was sent; there were not loads of mail addressed to "present occupant."

There was a time when just one glance was all that it would take, and you would know the kind of car, the model and the make. They didn't look like turtles trying to squeeze out every mile; they were streamlined, white walls, fins and really had some style.

One time the music that you played whenever you would jive, was from a vinyl, big-holed record called a forty-five. The record player had a post to keep them all in line and then the records would drop down and play one at a time.

Oh sure, we had our problems then, just like we do today and always we were striving, trying for a better way. Oh, the simple life we lived still seems like so much fun, how can you explain a game, just kick the can and run?

And why would boys put baseball cards between bicycle spokes and for a nickel, red machines had little bottled Cokes?

This life seemed so much easier and slower in some ways. I love the new technology but I sure do miss those days.

So time moves on and so do we and nothing stays the same, but I sure love to reminisce and walk down memory lane. With all today's technology we grant that it's a plus! But it's fun to look way back and say, Hey look, guys, THAT WAS US!

# HOT CHOCOLATE

A group of graduates, well established in their careers, were talking at a reunion and decided to go visit their old university professor, now retired. During their visit, the conversation turned to complaints about stress in their work and lives. Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups - porcelain, glass, crystal, some plain looking, some expensive, some exquisite -telling them to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in hand, the professor said: "Notice that all the nice looking, expensive cups were taken, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. The cup that you're drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was hot chocolate, not the cup; but you consciously went for the best cups and then you began eyeing each other's cups.

Now consider this: Life is the hot chocolate; your job, money and position in society are the cups. They are just tools to hold and contain life. The cup you have does not define nor change the quality of life you have. Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate God has provided us.

God makes the hot chocolate; man chooses the cups.

The happiest people don't have the best of everything. They just make the best of everything that they have. Live simply. Love generously. Care deeply. Speak kindly.

And enjoy your hot chocolate!

# **DO YOU LIKE GETTING OLDER?**

As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I have seen too many dear friends leave this world, too soon, before they understood the great freedom that comes with aging.

Whose business is it if I choose to read, or play on the computer until 4 AM, or sleep until noon? I will dance with myself to those wonderful tunes of the 50's, 60's and 70's, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They too will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet passes? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer the question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

**MAY OUR FRIENDSHIP NEVER COME APART, ESPECIALLY WHEN IT'S  
STRAIGHT FROM THE HEART!**

# HOW DUMB CAN YOU GET?

He's about as sharp as a marble.  
He's a few clowns short of a circus.  
He's a few fries short of a Happy Meal.  
He's an experiment in Artificial Stupidity.  
She's not the brightest bulb on the Christmas tree.  
She's dumber than a box of hair.  
She's a few peas short of a casserole.  
She doesn't have all her Cornflakes in one box.  
He's all foam, no beer.  
The cheese slid off his cracker.  
Body by Fisher; brains by Mattel.  
He's as smart as bait.  
His elevator doesn't go all the way to the top floor.  
She forgot to pay her brain bill.  
His antenna doesn't pick up all the channels.  
He's missing a few buttons off his remote control.  
Her receiver is off the hook.  
He's not the sharpest knife in the drawer.  
The lights are on but nobody's home.  
The wheel's spinning but the hamster's dead.  
He has a photographic memory but no film.  
He took an IQ test and the results were negative.  
She's missing a few sunflower seeds from her trail mix.  
He has the brains of a grape.  
He's dumber than a bag of hammers.  
She's about as sharp as a bowling ball.  
His monitor is on but the CPU isn't running.  
His wheels are spinning but the tires are off the ground,

**How old is Grandma???**  
**Stay with this — the answer is at the end. It will blow you away.**

**One evening a grandson was talking to his grandmother about current events. The grandson asked his grandmother what she thought about the shootings at schools, the computer age, and just things in general.**

The Grandma replied, "Well, let me think a minute. I was born before: **television, penicillin, polio shots, frozen foods, Xerox, contact lenses, Frisbees, and the pill.**

**There were no: radars, credit cards, laser beams, or ball-point pens**

**Man had not invented: pantyhose, air conditioners, dishwashers, clothes dryers (the clothes were hung out to dry in the fresh air), and man hadn't yet walked on the moon.**

**Your Grandfather and I got married first, . . . and then lived together.**

**Every family had a father and a mother.**

**Until I was 25, I called every man older than me, "Sir". And after I turned 25, I still called policemen and every man with a title, "Sir."**

**We were before gay-rights, computer-dating, dual careers, daycare centers, and group therapy.**

**Our lives were governed by the Ten Commandments, good judgment, and common sense.**

**We were taught to know the difference between right and wrong and to stand up and take responsibility for our actions.**

**Serving your country was a privilege; living in this country was a bigger privilege.**

**We thought fast food was what people ate during Lent.**

**Having a meaningful relationship meant getting along with your cousins.**

**Draft dodgers were people who closed their front doors when the evening breeze started.**

**Time-sharing meant time the family spent together in the evenings and weekends, not purchasing condominiums.**

**We never heard of FM radios, tape decks, CDs, electric typewriters, yogurt, or guys wearing earrings.**

**We listened to the Big Bands, Jack Benny, and the President's speeches on our radios.**

**I don't ever remember any kid blowing his brains out listening to Tommy Dorsey.**

**If you saw anything with 'Made in Japan' on it, it was junk.**

**The term 'making out' referred to how you did on your school exam.**

**Pizza Hut, McDonald's, and instant coffee were unheard of.**

**We had 5 & 10-cent stores where you could actually buy things for 5 and 10 cents.**

**Ice-cream cones, phone calls, rides on a streetcar, and a Cola were all a nickel.**

**And if you didn't want to splurge, you could spend your nickel on enough stamps to mail 1 letter and 2 post-cards.**

**You could buy a new Chevy Coupe for \$600, . . . but who could afford one?  
Too bad, because gas was 11 cents a gallon.**

**In my day: "grass" was mowed, "coke" was a cold soft drink, "pot" was something your mother cooked in and "rock music" was your grandmother's lullaby. "Aids" were helpers in the Principal's office, "chip" meant a piece of wood, "hardware" was found in a hardware store and "software" wasn't even a word.**

**And we were the last generation to actually believe that a lady needed a husband to have a baby. No wonder people call us "old and confused" and say there is a generation gap.**

**How old do you think I am?**

**This woman would be only 58 years old!**

## How the Internet Began

A revelation with an Incredibly Big Message (IBM).

Well, you might have thought that you knew how the Internet started, but here's the TRUE story.

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a young wife by the name of Dot. Dot Com was a comely woman, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband: "Why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?"

And Abraham did look at her - as though she were several saddle bags short of a camel load - but simply said: "How, dear?"

And Dot replied: "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. And the sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent.

To prevent neighboring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was called Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew To The People (HTTP).

But this success did arouse envy. A man named Maccabia did secret himself inside Abraham's drum and began to siphon off some of Abraham's business. But he was soon discovered, arrested and prosecuted - for insider trading.

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land. And indeed did insist on drums to be made that would work only with Brother Gates' drumheads and drumsticks.

And Dot did say: "Oh, Abraham, what we have started is being taken over by others."

And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known. He said: "We need a name that reflects what we are."

And Dot replied: "Young Ambitious Hebrew Owner Operators."

"YAHOO," said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com.

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside. It soon became known as God's Own Official Guide to Locating Everything (GOOGLE)



# HOW TO STAY YOUNG

1. Try everything twice. On one woman's tombstone, she said she wanted this epitaph: "Tried everything twice. Loved it both times!"

2. Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches!)

3. Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's!

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him.

6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. LIVE while you are alive.

7. Surround yourself with what you love. Whether it's family, pets, keepsakes, music, plants, hobbies, whatever, your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

11. Forgive now those who made you cry. You might not get a second chance.

12. Lost time can never be found. Be kinder than necessary, for everyone you meet is fighting some kind of battle.

Wine does not make you fat, it makes you lean. (Against tables, chairs, floors, walls and ugly people.)

# When is @\$% Acceptable?

There are only eleven times in history where the “F” word has been considered acceptable for use.

They are as follows:

11. "What the @\$% do you mean, we are sinking?"  
— Capt. E.J. Smith of RMS Titanic, 1912
10. "What the @\$% was that?"  
— Mayor Of Hiroshima, 1945
9. "Where did all those @\$%ing Indians come from?"  
— Custer, 1876
8. "Any @\$%ing idiot could understand that."  
— Einstein, 1938
7. "It does so @\$%ing look like her!"  
— Picasso, 1926
6. "How the @\$% did you work that out?"  
— Pythagoras, 126 BC
5. "You want WHAT on the @\$%ing ceiling?"  
— Michelangelo, 1566
4. "Where the @\$% are we?"  
— Amelia Earhart, 1937
3. "Scattered @\$%ing showers, my ass!"  
— Noah, 4314 BC
2. "Aw c'mon. Who the @\$% is going to find out?"  
— Bill Clinton, 1998

and a drum roll please.....!

1. "Geez, I didn't think they'd get this @%#^ing mad."  
— Saddam Hussein, 2003

# The Four Cats !

Four men were bragging about how smart their cats were.

The first man was an engineer, the second man was an accountant, the third man was a chemist, and the fourth man was a government employee.

To show off, the engineer called his cat.

"T-square, do your stuff."

T-square pranced over to the desk, took out some paper and pen, and promptly drew a circle, a square, and a triangle. Everyone agreed that was pretty smart.

But the accountant said his cat could do better. He called his cat and said,

"Spreadsheet, do your stuff."

Spreadsheet went out to the kitchen and returned with a dozen cookies. He divided them into 4 equal piles of 3 cookies. Everyone agreed that was good.

But the chemist said his cat could do better. He called his cat and said,

"Measure, do your stuff."

Measure got up, walked to the fridge, took out a quart of milk, got a 10 ounce glass from the cupboard, and poured exactly 8 ounces without spilling a drop into the glass.

Everyone agreed that was pretty good.

Then the three men turned to the government employee and said, "What can your cat do?"

The government employee called his cat and said,

"CoffeeBreak, do your stuff."

CoffeeBreak jumped to his feet, ate the cookies, drank the milk, pooped on the paper, screwed the other three cats, claimed he injured his back while doing so, filed a grievance report for unsafe working conditions, put in for Workers Compensation, and went home for the rest of the day on sick leave.

# A LITTLE FLAB !!

One morning while making breakfast, a man walked up to his wife, pinched her on the butt and said...

"If you firmed this up, we could get rid of your control top pantyhose."

While this was on the edge of intolerable, she kept silent.

The next morning, the man woke his wife with a pinch on each of her breasts and said....

"You know, if you firmed these up, we could get rid of your bra."

This was beyond a silent response. So she rolled over and grabbed him by his 'DANGLER.' With a death grip in place, she said...

"You know, if you firmed this up, we could get rid of  
the gardener,  
the postman,  
the pool man  
and  
your brother!"

## **An Irish Friendship Wish**

***May there always be work for your hands to do;  
May your purse always hold a coin or two;  
May the sun always shine on your window pane;  
May a rainbow be certain to follow each rain;  
May the hand of a friend always be near you;  
May God fill your heart with gladness to cheer you.***

# ***I BELIEVE. . .***

## ***I Believe. . .***

that our background and circumstances may have influenced who we are, but we are responsible for what we become.

## ***I Believe. . .***

that no matter how good a friend is, they're going to hurt you every once in a while, and you must forgive them for that.

## ***I Believe. . .***

that just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.

## ***I Believe. . .***

that it's taking me a long time to become the person I want to be.

## ***I Believe. . .***

that you should always leave loved ones with loving words. It may be the last time you see them.

## ***I Believe. . .***

that either you control your attitude or it controls you.

## ***I Believe. . .***

that money is a lousy way of keeping score.

## ***I Believe. . .***

that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

## ***I Believe. . .***

that it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

## ***I Believe. . .***

that no matter how bad your heart is broken, the world doesn't stop for your grief.

## ***I Believe. . .***

that the people you care about the most in life are taken from you much too soon.

## ***I Believe. . .***

that life is more precious than money will ever be able to be.

**I believe**

**that just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.**

**I believe**

**that we don't have to change friends if we understand that friends change.**

**I believe**

**that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.**

**I believe**

**that true friendship continues to grow, even over the longest distance. Same goes for true love.**

**I believe**

**that you can do something in an instant that will give you heartache for life.**

**I believe**

**that it's taking me a long time to become the person I want to be.**

**I believe**

**that you should always leave loved ones with loving words. It may be the last time you see them.**

**I believe**

**that you can keep going long after you think you can't.**

**I believe**

**that we are responsible for what we do, no matter how we feel.**

**I believe**

**that either you control your attitude or it controls you.**

**I believe**

**that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.**

**I believe**

**that money is a lousy way of keeping score.**

**I believe**

**that my best friend and I can do anything or nothing and have the best time.**

**I believe**

**that sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.**

**I believe**

**that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.**

**I believe**

**that maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.**

**I believe**

**that it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.**

**I believe**

**that no matter how bad your heart is broken, the world doesn't stop for your grief.**

**I believe**

**that our background and circumstances may have influenced who we are, but we are responsible for who we become.**

**I believe**

**that you shouldn't be so eager to find out a secret. It could change your life forever.**

**I believe**

**two people can look at the exact same thing and see something totally different.**

**I believe**

**that your life can be changed in a matter of hours by people who don't even know you.**

**I believe**

**that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.**

**I believe**

**that credentials on the wall do not make you a decent human being.**

**I believe**

**that the people you care about most in life are taken from you too soon.**

**I believe**

**that no matter how deeply those special ones hurt me, I will always forgive them and be there if they need me.**



## I HOPE. . .

We tried so hard to make things better for our kids that we made them worse. For my grandchildren, I'd like better.

I'd really like for them to know about hand-me-down clothes and homemade ice cream and leftover meat loaf sandwiches. I really would.

I hope you learn humility by being humiliated, and that you learn honesty by being cheated.

I hope you learn to make your own bed and mow the lawn and wash the car.

And I really hope nobody gives you a brand new car when you are sixteen.

It will be good if at least one time you can see puppies born and your old dog put to sleep.

I hope you get a black eye fighting for something you believe in.

I hope you have to share a bedroom with your younger brother/sister. And it's all right if you have to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you let him.

When you want to see a movie and your little brother/sister wants to tag along, I hope you'll let him/her.

I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely.

On rainy days when you have to catch a ride, I hope you don't ask your driver to drop you two blocks away so you won't be seen riding with someone as uncool as your Mom.

If you want a slingshot, I hope your Dad teaches you how to make one instead of buying one.

I hope you learn to dig in the dirt and read books.

When you learn to use computers, I hope you also learn to add and subtract in your head.

I hope you get teased by your friends when you have your first crush on a boy\girl, and when you talk back to your mother that you learn what ivory soap tastes like.

May you skin your knee climbing a mountain, burn your hand on a stove and stick your tongue on a frozen flagpole.

I don't care if you try a beer once, but I hope you don't like it. And if a friend offers you dope or a joint, I hope you realize he is not your friend.

I sure hope you make time to sit on a porch with your Grandma/Grandpa and go fishing with your Uncle.

May you feel sorrow at a funeral and joy during the holidays.

I hope your mother punishes you when you throw a baseball through your neighbor's window and that she hugs you and kisses you at Hanukah/Christmas time when you give her a plaster mold of your hand.

These things I wish for you — tough times and disappointment, hard work and happiness. To me, it's the only way to appreciate life. Written with a pen. Sealed with a kiss. I'm here for you. And if I die before you do, I'll go to heaven and wait for you.

Paul Harvey

# **I LOVE YA!**

One day a woman's husband died, and on that clear, cold morning, in the warmth of their bedroom, the wife was struck with the pain of learning that sometimes there isn't anymore. No more hugs, no more special moments to celebrate together, no more phone calls just to chat, no more "just one minute." Sometimes, what we care about the most gets all used up and goes away, never to return before we can say good-bye, or say "I love you."

So while we have it, it's best we love it, care for it, fix it when it's broken and heal it when it's sick. This is true for marriage, and old cars, and children with bad report cards, and dogs with bad hips, and aging parents and grandparents. We keep them because they are worth it, because we are worth it.

Some things we keep — like a best friend who moved away or a classmate we grew up with. There are just some things that make us happy no matter what.

Life is important, like people we know who are special. And so, we keep them close!

I received this from someone who thought I was a 'keeper'! Then I sent it to the people I think of in the same way. Now it's your turn to send this to all those people who are "keepers" in your life, including the person who sent it, if you feel that way. Suppose one morning you never wake up; do all your friends know you love them?

I was thinking.....I could die today, tomorrow or next week, and I wondered if I had any wounds needing to be healed, friendships that needed rekindling or three words needing to be said.

Let every one of your friends know you love them. Even if you think they don't love you back, you would be amazed at what those three little words and a smile can do.

And just in case GOD calls me home, I LOVE YA!!!

Live today to the fullest because tomorrow is not promised. If you don't like something, change it. If you can't change it, change the way you think about it.

## **I wish for you. . .**

Comfort on difficult days,  
Smiles when sadness intrudes,  
Rainbows to follow the clouds,  
Laughter to kiss your lips,

Sunsets to warm your heart,  
Gentle hugs when spirits sag,  
Friendships to brighten your being,  
Beauty for your eyes to see,

Confidence for when you doubt,  
Faith so that you can believe,  
Courage to know yourself,  
Patience to accept the truth,  
And love to complete your life.

# IF I KNEW

If I knew it would be the last time  
That I'd see you fall asleep,  
I would tuck you in more tightly  
and pray the Lord, your soul to keep.

If I knew it would be the last time  
that I see you walk out the door,  
I would give you a hug and kiss  
and call you back for one more

If I knew it would be the last time  
I'd hear your voice lifted up in praise,  
I would video tape each action and word,  
so I could play them back day after day.

If I knew it would be the last time  
I could spare an extra minute  
to stop and say "I love you,"  
instead of assuming you would KNOW I do.

If I knew it would be the last time  
I would be there to share your day,  
Well I'm sure you'll have so many more,  
so I can let just this one slip away.

For surely there's always tomorrow  
to make up for an oversight,  
and we always get a second chance  
to make everything just right.

There will always be another day  
to say "I love you,"  
And certainly there's another chance  
to say our "Anything I can do?"

But just in case I might be wrong,  
and today is all I get,  
I'd like to say how much I love you  
and I hope we never forget.

Tomorrow is not promised to anyone,  
young or old alike,  
And today may be the last chance  
you get to hold your loved one tight.

So if you're waiting for tomorrow,  
why not do it today?  
For if tomorrow never comes,  
you'll surely regret the day,

That you didn't take that extra time  
for a smile, a hug, or a kiss  
and you were too busy to grant someone,  
what turned out to be their one last wish.

So hold your loved ones close today,  
and whisper in their ear,  
Tell them how much you love them  
and that you'll always hold them dear

Take time to say "I'm sorry,"  
"Please forgive me," "Thank you," or "It's okay."  
And if tomorrow never comes,  
you'll have no regrets about today.

# If Tomorrow Never Comes

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly and pray the Lord, your soul to keep.

If I knew it would be the last time that I see you walk out the door, I would give you a hug and kiss and call you back for one more.

If I knew it would be the last time I'd hear your voice lifted up in praise, I would video tape each action and word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute or two to stop and say "I love you," instead of assuming, you would know I do.

If I knew it would be the last time I would be there to share your day, well I'm sure you'll have so many more, so I can let just this one slip away.

For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything right.

There will always be another day to say our "I love you's", and certainly there's another chance to say our "Anything I can do's?"

But just in case I might be wrong, and today is all I get, I'd like to say how much I love you and I hope we never forget. Tomorrow is not promised to anyone, young or old alike, and today may be the last chance you get to hold your loved one tight.

So if you're waiting for tomorrow, why not do it today?

For if tomorrow never comes, you'll surely regret the day that you didn't take that extra time for a smile, a hug, or a kiss, and you were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, whisper in their ear. Tell them how much you love them and that you'll always hold them dear. Take time to say "I'm sorry," "please forgive me," "thank you" or "it's okay".

And if tomorrow never comes, you'll have no regrets about today.

# **IF YOU WORK FOR A MAN. . .**

**If you work for a man, in Heaven's name work for him.**

**If he pays wages that supply you your bread and butter, work for him, speak well of him, think well of him, and stand by him, and stand by the institution he represents.**

**I think if I worked for a man, I would work for him. I would not work for him a part of his time, but all of his time. I would give an undivided service or none.**

**If put to the pinch, an ounce of loyalty is worth a pound of cleverness. If you must vilify, condemn, and eternally disparage, why, resign your position, and when you are outside, damn to your heart's content.**

**But, I pray you, so long as you are a part of an institution, do not condemn it. Not that you will injure the institution – not that – but when you disparage the concern of which you are a part, you disparage yourself.**

## ***I'LL BE HAPPY WHEN. . .***

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his/her act together, when we get a nicer car, when we are able to go on a nice vacation, or when we retire. The truth is, there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with. And remember, time waits for no one.

### **So stop waiting. . .**

Until your car or home is paid off.

Until you get a new car or home.

Until your kids leave the house.

Until you go back to school.

Until you finish school.

Until you lose ten pounds.

Until you gain ten pounds.

Until you get married.

Until you get divorced.

Until you have kids.

Until you retire.

Until summer.

Until spring.

Untill winter.

Until fall.

Until you die.

There is no better time than right now to be happy. Happiness is a journey, not a destination.

So work like you don't need money, love like you've never been hurt, and dance like no one's watching.

If you want to brighten someone's day, share this with them. I just did



# ***IMAGINE. . .***

There is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do?

## ***DRAW IT ALL OUT, OF COURSE.***

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night, it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow."

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success. The clock is running. Make the most of today. And remember, that time waits for no one.

Yesterday is history. Tomorrow is a mystery. Today is a gift.  
That's why it's called the present.

# INNER STRENGTH

If you can start the day without caffeine,

If you can get going without pep pills,

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food every day and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can take criticism and blame without resentment,

If you can ignore a friend's limited education and never correct him,

If you can resist treating a rich friend better than a poor friend,

If you can conquer tension without medical help,

If you can relax without liquor,

If you can sleep without the aid of drugs,

Then you're probably the family dog!

# ***INSTRUCTIONS FOR LIFE***

●Remember that the best relationship is one where your love for each other is greater than your need for each other.

●Smile when you answer the phone. The caller will hear it in your voice.

●When you realize you made a mistake, correct it.

●Don't let a little dispute injure a great friendship.

●Talk slowly, but think quickly.

●Never laugh at anyone's dreams.

●When you say "I love you," mean it.

●Don't believe all you hear, spend all you have, or sleep all you want.

●Give people more than they expect, and do it cheerfully.

●When you lose, don't lose the lesson.

●Remember the Three R's: respect for self, respect for other, responsibility for your actions.

●Remember that silence is sometimes the better answer.

●Trust in God, but lock your car.

●Never interrupt when you're being flattered.

●Mind your own business.

●Remember that not getting what you want is sometimes a stroke of luck.

●Judge your success but what you had to give up in order to get it.

●Remember that great love and great achievements involve great risk.

●Believe in love at first sight.

# Instructions for Life

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: Respect for self; Respect for others; and Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.
20. Find something positive in this message and to pass it on to all your friends!

**There's a difference between interest and commitment. When you are interested in doing something, you do it only when it is convenient. When you are committed to something, you accept no excuses.**

**Which are you?**

**NO EXCUSES.**

**"The kamikaze pilot who was able to fly fifty missions was involved, but never committed."**

**--Lou Holtz**

# IT WAS BLACK AND WHITE

I think you'll enjoy this. Whoever wrote it could have been my next door neighbor because it totally described my childhood to a 'T.' Hope you enjoy it.

Black and White (Under age 60? You won't understand.) You could hardly see for all the snow, spread the rabbit ears as far as they go.

'Good Night, David.  
Good Night, Chet.'

My Mom used to cut chicken, chop eggs, and spread mayo on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

My Mom used to defrost hamburger on the counter and I used to eat it raw sometimes, too. Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting ecoli.

Almost all of us would have rather gone swimming in the lake instead of a pristine pool (talk about boring); no beach closures then.

The term cell phone would have conjured up a phone in a jail cell, and a pager was the school PA system.

We all took gym, not P.E. And risked permanent injury with a pair of high top Ked's (only worn in gym) instead of having cross-training athletic shoes with air cushion soles and built in light reflectors. I can't recall any injuries, but they must have happened because they tell us how much safer we are now.

Flunking gym was not an option, even for stupid kids! I guess PE must be much harder than gym.

Speaking of school, we all said prayers and sang the national anthem, and staying in detention after school caught all sorts of negative attention.

We must have had horribly damaged psyches. What an archaic health system we had then. Remember school nurses? Ours wore a hat and everything.

I thought that I was supposed to accomplish something before I was allowed to be proud of myself.

I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations.

Oh yeah. And where was the Benadryl and sterilization kit when I got that bee sting? I could have been killed!

We played 'king of the hill' on piles of gravel left on vacant construction sites, and when we got hurt, Mom pulled out the 48-cent bottle of mercurochrome (kids liked it better because it didn't sting like iodine did) and then we got our butt spanked.

Now it's a trip to the emergency room, followed by a 10-day dose of a \$49 bottle of antibiotics, and then Mom calls the attorney to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

We didn't act up at the neighbor's house either, because if we did we got our butt spanked there and then we got our butt spanked again when we got home.

I recall Donny Reynolds from next door coming over and doing his tricks on the front stoop, just before he fell off. Little did his Mom know that she could have owned our house. Instead, she picked him up and swatted him for being such a goof. It was a neighborhood run amuck.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that? We needed to get into group therapy and anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

LOVE TO ALL OF US WHO SHARED THIS ERA; AND TO ALL WHO DIDN'T, SORRY FOR WHAT YOU MISSED. I WOULDN'T TRADE IT FOR ANYTHING!

Remember that life's most simple pleasures are very often the best.

# IT'S REALLY QUITE SIMPLE

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say no to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time. Don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups: an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.
16. Carry a spiritually enlightening book with you to read while waiting in line.
17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life..
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good 'Thank you Jesus.'
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.



34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before. **GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU.**

'If God is for us, who can be against us?'

# It's the Journey that's Important...

*By John McLeod*

Life, sometimes so wearying  
Is worth its weight in gold  
The experience of traveling  
Lends a wisdom that is old  
Beyond our 'living memory'  
A softly spoken prayer:  
"It's the journey that's important,  
Not the getting there!"

Ins and outs and ups and downs  
Life's road meanders aimlessly?  
Or so it seems, but somehow  
Leads us where we need to be,  
And being simply human  
We oft question and compare....  
"Is the journey so important  
Or the getting there?"

And thus it's always been  
That question pondered down the ages  
By simple men with simple ways  
To wise and ancient sages....  
How sweet then, quietly knowing  
Reaching destination fair:  
"It's the journey that's important,  
Not the getting there!"

# Jack Schitt

The lineage is finally revealed. Many people are at a loss for a response when someone says, "You don't know Jack Schitt." Now you can intellectually handle the situation.

Jack is the only son of Awe Schitt and O. Schitt.

Awe Schitt, the fertilizer magnate, married O. Schitt, the owner of the Needeep N. Schitt, Inc. They had one son, Jack.

In turn, Jack Schitt married Noe Schitt. They produced four children named Dip Schitt, Holie Schitt, Fulla Schitt, and Giva Schitt.

However, after being married 15 years, Jack and Noe Schitt divorced. Noe Schitt later remarried Ted Sherlock and since her kids were living with her, she wanted to keep her previous name. She was then known as Noe Schitt-Sherlock.

Meanwhile, Dip Schitt married Loada Schitt and they produced a son of nervous disposition named Chicken Schitt.

Two of Noe's four children, Fulla Schitt and Giva Schitt, were inseparable throughout childhood and subsequently married the Happens brothers in a dual ceremony. The wedding announcement in the newspaper announced the Schitt-Happens wedding. The Schitt-Happens had four children named Dawg, Byrd, Hoarse, and Bull.

Bull left home to tour the world and returned with his new Italian bride, Pisa Schitt.

So, now when someone says, "You don't know Jack Schitt", you can correct them.

This family history was recorded by Crock O. Schitt.

## Jeff Foxworthy on Ohio

You might be from Ohio (pronounced O-hi-uh), if:

*You think all Pro football teams are supposed to wear orange!*

*You know all the 4 seasons: winter, still winter, almost winter and construction.*

*You live less than 30 miles from some college or university.*

*You know what a buckeye really is, and have a recipe for candied ones.*

*"Toward the lake" means "north" and "toward the river" means "south."*

*You know if other Ohioans are from southern or northern Ohio as soon as they open their mouths.*

*You can spell words like Cuyahoga, Olentangy, Bellefontaine, Tuscarawas, Wapakoneta and you know which letter is doubled in Cincinnati!*

*"Vacation!" means spending a day at Cedar Point in the summer and deer hunting in the fall.*

*You measure distance in minutes.*

*Your school classes were cancelled because of cold.*

*Your school classes were cancelled because of heat.*

*You've had to switch from "heat" to "A/C" in the same day.*

*You know what should be knee-high by the Fourth of July.*

*You end your sentences with an unnecessary preposition. For example: "Where's my coat at?"*

*You install security lights on your house and garage and leave both unlocked.*

*You think of the major four food groups as corn, pork, beer, and Jell-O salad with marshmallows.*

*You carry jumper cables in your car.*

*You know what 'pop' is.*

*You design your kid's Halloween costume to fit over a snowsuit.*

*Driving is better in the winter because the potholes are filled with snow. (Amen!)*

*You think sexy lingerie is tube socks and a flannel nightgown.*

*The local paper covers national and international headlines on one page but requires six pages for sports.*

*You know which leaves make good toilet paper.*

# JESUS AND SATAN

Jesus and Satan were having an on-going argument about who was better on the computer. They had been going at it for days, and quite frankly, God was tired of hearing all the bickering. Finally fed up, God said:

“THAT’S IT! I have had enough. I am going to set up a test that will run for two hours, and from those results, I will judge who does the better job.”

So Satan and Jesus sat down at the keyboards and typed away.

They moused.  
They faxed.  
They e-mailed.  
They e-mailed with attachments.  
They downloaded.  
They did spreadsheets.  
They wrote reports.  
They created labels and cards.  
They created charts and graphs.  
They did some genealogy charts.  
They did every job known to man.

Jesus worked with heavenly efficiency and Satan was faster than hell. Then, ten minutes before their time was up, lightning suddenly flashed across the sky, thunder rolled, rain poured, and, of course, the power went off.

Satan stared at his blank screen and screamed every curse word known in the underworld. Jesus just sighed. Finally, the power came back on and each of them restarted their computers. Satan started searching frantically, screaming,

“It’s gone! IT’S ALL GONE! I lost everything when the power went out.”

Meanwhile, Jesus quietly started printing out all of his files from the past two hours of work. Satan observed this and became irate.

“Wait,” he screamed. “That’s not fair. He cheated! How’s come he has all his work and I don’t have any”?

God just shrugged and said,

“Jesus saves.”

# JOHN WOODEN

On the 21st of the month, the best man I know will do what he always does on the 21st of the month. He'll sit down and pen a love letter to his best girl. He'll say how much he misses her and loves her and can't wait to see her again.

Then he'll fold it once, slide it in a little envelope and walk into his bedroom. He'll go to the stack of love letters sitting there on her pillow, untie the yellow ribbon, place the new one on top and tie the ribbon again. The stack will be 180 letters high then, because the 21st will be 15 years to the day since Nellie, his beloved wife of 53 years, died.

In her memory, he sleeps only on his half of the bed, only on his pillow, only on top of the sheets, never between; with just the old bedspread they shared to keep him warm.

There's never been a finer man in American sports than John Wooden, or a finer coach. He won 10 NCAA basketball championships at UCLA, the last in 1975. Nobody has ever come within six of him.

He won 88 straight games between January 30, 1971, and January 17, 1974. Nobody has come within 42 since.

So, sometimes, when the Basketball Madness gets to be too much — too many players trying to make Sports Center, too few players trying to make assists, too few coaches willing to be mentors, too many freshmen with out-of-wedlock kids, too few freshmen who will stay in school long enough to become men — I like to go see Coach Wooden.

I visit him in his little condo in Encino, 20 minutes northwest of Los Angeles, and hear him say things like "Gracious sakes alive!" and tell stories about teaching "Lewis" the hook shot. Lewis Alcindor, that is...who became Kareem Abdul-Jabbar.

There has never been another coach like Wooden, quiet as an April snow and square as a game of checkers; loyal to one woman, one school, one way; walking around campus in his sensible shoes and Jimmy Stewart morals.

He'd spend a half hour the first day of practice teaching his men how to put on a sock. "Wrinkles can lead to blisters," he'd warn. These huge players would sneak looks at one another and roll their eyes. Eventually, they'd do it right. "Good," he'd say. "And now for the other foot."

Of the 180 players who played for him, Wooden knows the whereabouts of 172. Of course, it's not hard when most of them call, checking on his health, secretly hoping to hear some of his simple life lessons so that they can write them on the lunch bags of their kids, who will roll their eyes.

"Discipline yourself, and others won't need to," Coach would say. "Never lie, never cheat, never steal," and "Earn the right to be proud and confident."

If you played for him, you played by his rules: Never score without acknowledging a teammate. One word of profanity and you're done for the day. Treat your opponent with respect.

He believed in hopelessly out-of-date stuff that never did anything but win championships. No dribbling behind the back or through the legs. "There's no need," he'd say.

No UCLA basketball number was retired under his watch. "What about the fellows who wore that number before? Didn't they contribute to the team?" he'd say.

No long hair, no facial hair. "They take too long to dry, and you could catch cold leaving the gym," he'd say. That one drove his players bonkers.

One day, All-America center Bill Walton showed up with a full beard. "It's my right," he insisted. Wooden asked if he believed that strongly. Walton said he did. "That's good, Bill," Coach said. "I admire people who have strong beliefs and stick by them, I really do. We're going to miss you." Walton shaved it right then and there. Now Walton calls once a week to tell Coach he loves him.

It's always too soon when you have to leave the condo and go back out into the real world, where the rules are so much grayer and the teams so much worse.

As Wooden shows you to the door, you take one last look around. The framed report cards of his great-grandkids, the boxes of jellybeans peeking out from under the favorite wooden chair, the dozens of pictures of Nellie.

He's almost 90 now. You think a little more hunched over than last time. Steps a little smaller. You hope it's not the last time you see him. He smiles. "I'm not afraid to die," he says. "Death is my only chance to be with her again."

Problem is ... we still need him here.

"There is only one kind of a life that truly wins, and that is the one that places faith in the hands of the Savior. Until that is done, we are on an aimless course that runs in circles and goes nowhere. Material possessions, winning scores, and great reputations are meaningless in the eyes of the Lord, because He knows what we really are and that is all that matters." - John Wooden

# JUST BETWEEN US FRIENDS

Today, I wish you a day of ordinary miracles. . .  
A fresh pot of coffee you didn't have to make yourself. . .  
An unexpected phone call from an old friend. . .  
Green stoplights on your way to work or shop.

I wish you a day of little things to rejoice in. . .  
The fastest line at the grocery store. . .  
A good sing-a-long song on the radio. . .  
Your keys right where you look.

I wish you a day of happiness and perfection,  
    little bite-size pieces of perfection that give you the funny  
    feeling that the Lord is smiling on you, holding you so gently  
    because you are someone special and rare.

I wish you a day of peace, happiness, and joy.

They say it takes a minute to find a special person,  
an hour to appreciate them,  
a day to love them,  
but an entire lifetime to forget them.

Take time to connect with an old friend.



# JUST FOR TODAY. . .

Just for today, I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt I had to keep it up for a lifetime.

Just for today, I will be happy. This assumes to be true what Abraham Lincoln said, that "Most people are as happy as they make up their minds to be."

Just for today, I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and consideration.

Just for today, I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.

Just for today, I will exercise my soul in three ways: I will do somebody a good turn and not get found out. I will do at least two things I don't want to do, just for exercise. I will not show anyone that my feelings are hurt. They may be hurt, but today, I will not show it.

Just for today, I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anyone except myself.

Just for today, I will have a program. I am not sure I will follow it exactly, but I will have it. I will save myself from two pests: hurry and decision.

Just for today, I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

**and**

Just for today, I will try to remember that this is **NOT** just for today

# ***JUST ONE***

One song can spark a moment,  
One flower can wake the dream.

One tree can start a forest,  
One bird can herald spring.

One smile begins a friendship,  
One handclasp lifts a soul.

One star can guide a ship at sea,  
One word can frame the goal.

One vote can change a nation,  
One sunbeam lights a room.

One candle wipes out darkness,  
One laugh will conquer gloom.

One step must start each journey,  
One word must start each prayer.

One hope will raise our spirits,  
One touch can show you care.

One voice can speak with wisdom,  
One heart can know what's true,

One life can make a difference,  
You see, it's up to you!

# KEEP YOUR GRAY MATTER ACTIVE

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop. He is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English Language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California , you cannot take a picture of a man with a wooden leg. Why not?
8. What was the President's name in 1975?
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

## Here are the Answers

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

**Answer:** Johnny of course

2. There is a clerk at the butcher shop. He is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?

**Answer:** Meat.

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

**Answer:** Mt. Everest. It just wasn't discovered yet. [You're not very good at this, are you?]

4. How much dirt is there in a hole that measures two feet by three feet by four feet?

**Answer:** There is no dirt in a hole.

5. What word in the English Language is always spelled incorrectly?

**Answer:** Incorrectly

6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?

**Answer:** Billy lives in the Southern Hemisphere

7. In California, you cannot take a picture of a man with a wooden leg. Why not?

**Answer:** You can't take pictures with a wooden leg. You need a camera to take pictures.

8. What was the President's name in 1975?

**Answer:** Same as is it now - Barack Obama [Oh, come on .....]

9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?

**Answer:** You would be in 2nd. Well, you passed the person in second place, not first.

10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?

**Answer:** Neither, the yolk of the egg is yellow. [Duh]

11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

**Answer:** One. If he combines all of his haystacks, they all become one big stack.

# LARRY'S DIRTY DOZEN EMPLOYER HANDBOOK

1. Set high expectations for every employee. Clearly communicate those expectations. Manage to those expectations. Inspect what you expect.
2. Be decisive. Make the decision, and then make the decision right.
3. Don't concern yourself with being liked. Instead, be respected.
4. Pay people well. And then never mess with people's money.
5. Disrespect is grounds for immediate dismissal.
6. Discover your uniqueness and learn to exploit it in the service of others.
7. If it's broken, fix it fast before the problem grows and spreads.
8. Reward life skills and personal growth. Good people do a good job and bad people do a bad job.
9. A deal is a deal. Keep your word with customers and employees.
10. Fire people when they need to be fired. Don't wait too long or second-guess yourself.
11. When hiring, be aware of articulate incompetents who talk a good game but can't deliver.
12. Keep it simple. When it begins to feel complicated, stop, evaluate, simplify, and begin again.

# LARRY'S DIRTY DOZEN EMPLOYEE HANDBOOK

1. Focus on accomplishment. Be known as the person who gets things done.
2. Develop a reputation that you are proud of.
3. Be trustworthy. Be the person who can keep a secret, isn't a gossip, and can be counted on in all situations.
4. When you give your word, keep it. Without exception.
5. Be on time. Be where you are supposed to be when you are expected to be there.
6. Don't brag. It's obnoxious and it alienates others.
7. Don't complain. No one cares, and they have problems of their own to deal with.
8. Friendship among co-workers is a bonus. It is not required or to be expected.
9. Don't tolerate abuse, disrespect, or a lack of ethics or integrity from your employer. Life is short; there are other jobs.
10. Find out what the single most important thing is about your job, and then make sure it gets done. If nothing else gets done, make sure that one thing gets done.
11. Serve the customer well whether you call the customer a client, patient, co-worker, or boss. Your rewards in life are in direct proportion to the service you provide.
12. Remember that you work for someone. That person has the right to say what you do, when you do it, and how you do it.

-Larry Winget  
**It's Called Work for a Reason**