

**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!**

# TEN RULES FOR LIVING

1. Speak to people. There is nothing as nice as a cheerful word of greeting.
2. Smile at people. It takes 72 muscles to frown, but only four to smile.
3. Call people by name. The sweetest music to anyone's ear is the sound of one's own name.
4. Be friendly and helpful. If you would have friends, be friendly.
5. Be genuinely interested in people. You can like almost anybody if you try.
6. Be generous with praise and cautious with criticism.
7. Be considerate with the feelings of others. There are usually three sides to a controversy: yours, the other person's, and the right one.
8. Be alert to give service. What counts most in life is what we do for others.
9. Learn to trust people. That trust builds relationships.
10. Have a sense of humor. If you add to the above a good sense of humor, a big dose of patience, and a dash of humility, you will be rewarded manyfold.

Brian Cavanaugh,  
*Apple Seeds*

# Thanking You

Dear God:

I want to thank you for what you have already done.

I am not going to wait until I see the results or receive rewards. I am thanking you now.

I am not going to wait until I feel better or things look better. I am thanking you now.

I am not going to wait until people say they are sorry or until they stop talking to me. I am thanking you now.

I am not going to wait until the pain in my body disappears. I am thanking you now.

I am not going to wait until my financial situation improves. I am going to thank you now.

I am not going to wait until the children are asleep and the house is quiet. I am going to thank you now.

I am not going to wait until I get promoted at work or until I get a job. I am going to thank you right now.

I am not going to wait until I understand every experience in my life. I am going to thank you right now.

I am not going to wait until the journey gets easier or the challenges are removed. I am going to thank you right now.

I am thanking you because I am alive.

I am thanking you because I made it through today's difficulties.

I am thanking you because I have walked around the obstacles.

I am thanking you because I have the ability and the opportunity to do more and to do better.

I am thanking you because you haven't given up on me.

***"If you always do what you've always done, then you'll always get what you've always gotten."***

## Thanks to all...

My heartfelt appreciation goes out to all of you who have taken the time and trouble to send me "forwards" over the past 12 months.

And thank you so much for making me feel safe, secure, blessed, and wealthy.

Extra thanks to whoever sent me the one about rat pooh in the glue on envelopes, because I now have to go get a wet rag every time I need to seal an envelope.

Also, I scrub the top of every can I open for the same reason. And because of your concern, I no longer drink Coca Cola because it can remove toilet stains and may eat my guts out as well.

I no longer drink Pepsi or Dr. Pepper since the people who make these products are made by atheists who refuse to put "Under God" on their cans.

I no longer use Saran Wrap in the microwave, because it causes cancer, but I feel a lot safer now.

I no longer check the coin return on pay phones, because I could be pricked with a needle infected with AIDS.

I no longer use cancer-causing deodorants, even though I smell like a water buffalo on a hot day.

I no longer go to shopping malls, because someone might drug me with a perfume sample and rob me.

I no longer receive packages from, nor send packages by UPS or FedEx since they are actually, Al Qaeda in disguise.

I no longer answer the phone because someone will ask me to dial a number for which I will get a phone bill with calls to Jamaica, Uganda, Singapore, and Uzbekistan.

I no longer eat KFC, because their "chickens" are actually horrible mutant freaks with no eyes or feathers.

I no longer have any sneakers — but that will change soon as I receive my free replacement pair from Nike.

I no longer have to buy expensive cookies from Neiman Marcus since I now have their recipe.

I no longer worry about my soul, because at last count, I have 363,214 angels looking out for me in addition to all of the dear friends watching out for me.

Thanks to all y'all (plural) for you all) I've learned that God only answers my prayers if I forward your e-mails to 700 of my friends and make a wish within five seconds.

I no longer have any savings, because I gave it to a sick girl who is about to die in the hospital for the 1,387,258 time.

I no longer have any money at all — but that will change soon as I receive the \$15,000 that Microsoft and AOL are sending me for participating in their special e-mail program.

Yes, I want to thank you so much for looking out for me that I will now return the favor! If you don't send this d\*\$@ e-mail to at least 144,000 people in the next 7 minutes, a large flock of pigeons with a wicked case of diarrhea will land on your head at 5:00 PM (CST) tomorrow afternoon and pooh all over you. I know this will occur, because it actually happened to a friend of my next door neighbor's ex-mother-in-law's second husband's third cousin's beautician.

# THE SEED

A successful business man was growing old and knew it was time to choose a successor to take over the business. Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together.

He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you."

The young executives were shocked, but the boss continued. "I am going to give each one of you a SEED today - one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO."

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Everyday, he would water it and watch to see if it had grown. After about-three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow.

Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure. Six months went by -- still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing.

Jim didn't say anything to his colleagues, however, he just kept watering and fertilizing the soil. He so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection. Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach. It was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room.

When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful - in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed; a few felt sorry for him. When the CEO arrived, he surveyed the room and greeted his young executives. Jim just tried to hide in the back.

"My, what great plants, trees and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!"

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, "The CEO knows I'm a failure! Maybe he will have me fired!"

When Jim got to the front, the CEO asked him what had happened to his seed. Jim told him the story. The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer! His name is Jim!"

Jim couldn't believe it. Jim couldn't even grow his seed.

"How could he be the new CEO?" the others said.

Then the CEO said, "One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead. It was not possible for them to grow. All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!"

If you plant honesty, you will reap trust.  
If you plant goodness, you will reap friends.  
If you plant humility, you will reap greatness.  
If you plant perseverance, you will reap contentment.  
If you plant consideration, you will reap perspective.  
If you plant hard work, you will reap success.  
If you plant forgiveness, you will reap reconciliation.

So, be careful what you plant now; it will determine what you will reap later. Think about this for a minute. If I happened to show up on your door step crying, would you care? If I called you and asked you to pick me up because something happened, would you come? If I had one day left to live my life, would you be part of that last day? If I needed a shoulder to cry on, would you give me yours? This is a test to see who your real friends are or if you are just someone to talk to you when they are bored.

Do you know what the relationship is between your two eyes? They blink together, they move together, they cry together, they see things together, and they sleep together, but they never see each other; that's what friendship is. Your aspiration is your motivation, your motivation is your belief, your belief is your peace, your peace is your target, your target is heaven, and life is like hard core torture without it!

# THE SNEEZE

They walked in tandem, each of the ninety-three students filing into the already crowded auditorium.

With rich maroon gowns flowing, and the traditional caps, they looked almost as grown as they felt. Dads swallowed hard behind broad smiles, and moms freely brushed away tears.

This class would not pray during the commencement, not by choice but because of a recent court ruling prohibiting it. The principal and several students were careful to stay within the guidelines allowed by the ruling.

They gave inspirational and challenging speeches, and no one asked for blessings on the graduates or their families.

The speeches were nice, but they were routine. . . until the final speech received a standing ovation.

A solitary student walked proudly to the microphone. He stood still and silent for just one moment, and then it happened. All ninety-two students, every single one of them, suddenly sneezed!

The student on stage simply looked at the audience and said, "God bless you, each and every one of you." And he walked off the stage.

The audience exploded into applause. The graduating class found a unique way to invoke God's blessing on their future with or without the court's approval.

# **THE STRANGER**

A few months before I was born, my Dad met a stranger who was new to our small Tennessee town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around to welcome me into the world a few months later.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me the word of God, and Dad taught me to obey it. But the stranger, He was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history, or science, he always knew the answers about the past, understood the present, and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say and would go to her room and read her books (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them.

Profanity, for example, was not allowed in our home . . . not from us, our friends or any visitors. Our longtime visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad was as a teetotaler who didn't permit alcohol in the home, not even for cooking. But the stranger encouraged us to try it on a regular basis.

He made cigarettes look cool, cigars manly, and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.

I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked . . . and NEVER asked to leave.

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you were to walk into my parent's den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

His name?.... We just call him, "TV."

He has a younger sister now. We call her "computer."



# THE SURVEY SAYS . . .

According to a recent survey,

The Japanese eat little fat, and suffer fewer heart attacks than the British and Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British and Americans.

The Italians drink a lot of red wine and also suffer fewer heart attacks than the British and Americans.

The conclusion?

Eat and drink what you like. Apparently, speaking English is what kills you.

# THE YEAR IS 1915

This will boggle your mind. The year is 1915, one hundred years ago. What a difference a century makes. Here are some statistics for the year 1915:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average U.S. wage in 1910 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home. Ninety percent of all doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars.

The population of Las Vegas, Nevada, was only 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was neither a Mother's Day nor a Father's Day.

Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at local corner drugstores. Back then, pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!"

Eighteen percent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the ENTIRE United States.

It is impossible to imagine what it may be like in another 100 years.

## SERENITY

Just before the funeral services, the undertaker came up to the very elderly widow and asked,

'How old was your husband?'

'98,' she replied. 'Two years older than me.'

'So you're 96,' the undertaker commented.

She responded, 'Hardly worth going home, is it?'

Reporters interviewing a 104-year-old woman: 'And what do you think is the best thing about being 104?' the reporter asked.

She simply replied, 'No peer pressure.'

The nice thing about being senile is you can hide your own Easter eggs.

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends.

But, thank God, I still have my driver's license.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.

'Wal-Mart?' the preacher exclaimed. 'Why Wal-Mart?'

'Then I'll be sure my daughters visit me twice a week.'

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart says, 'For fast relief.'

### THE SENILITY PRAYER :

Grant me the senility to forget the people I never liked anyway,  
the good fortune to run into the ones I do, and  
the eyesight to tell the difference.

# They Ask Why I Like Retirement !

**Question:** How many days in a week?

**Answer:** 6 Saturdays, 1 Sunday.

**Question:** When is a retiree's bedtime?

**Answer:** Three hours after he falls asleep on the couch.

**Question:** How many retirees to change a light bulb?

**Answer:** Only one, but it might take all day.

**Question:** What's the biggest gripe of retirees?

**Answer:** There is not enough time to get everything done.

**Question:** Why don't retirees mind being called Seniors?

**Answer:** The term comes with a 10% discount.

**Question:** Among retirees what is considered formal attire?

**Answer:** Tied shoes.

**Question:** Why do retirees count pennies?

**Answer:** They are the only ones who have the time.

**Question:** What is the common term for someone who enjoys work and refuses to retire?

**Answer:** NUTS!

**Question:** Why are retirees so slow to clean out the basement, attic or garage?

**Answer:** They know that as soon as they do, one of their adult kids will want to store stuff there.

**Question:** What do retirees call a long lunch?

**Answer:** Normal .

**Question:** What is the best way to describe retirement?

**Answer:** The never-ending Coffee Break.

**Question:** What's the biggest advantage of going back to school as a retiree?

**Answer:** If you cut classes, no one calls your parents.

**Question:** Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

**Answer:** He is too polite to tell the whole truth.

And, my very favorite....

**QUESTION:** What do you do all week?

**Answer:** Monday through Friday, NOTHING. Saturday & Sunday, I rest.

# THINGS I'VE LEARNED THROUGHOUT LIFE

Read it through to the end. It gets better as you go.

I've learned that I like my teacher because she cries when we sing "Silent Night." Age 5

I've learned that our dog doesn't want to eat my broccoli either. Age 7

I've learned that when I wave to people in the country, they stop what they are doing and wave back.  
Age 9

I've learned that just when I get my room the way I like it, Mom makes me clean it up again. Age 12

I've learned that if you want to cheer yourself up, you should try cheering someone else up. Age 14

I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me. Age 15

I've learned that silent company is often more healing than words of advice. Age 24

I've learned that brushing my child's hair is one of life's great pleasures. Age 26

I've learned that wherever I go, the world's worst drivers have followed me there. Age 29

I've learned that if someone says something unkind about me, I must live so that no one will believe it.  
Age 30

I've learned that there are people who love you dearly but just don't know how to show it. Age 42

I've learned that you can make someone's day by simply sending them a little note. Age 44

I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others. Age 46

I've learned that children and grandparents are natural allies. Age 47

I've learned that no matter what happens, or how bad it seems today, life does go on and it will be better tomorrow. Age 48

I've learned that singing "Amazing Grace" can lift my spirits for hours. Age 49

I've learned that motel mattresses are better on the side away from the phone. Age 50

I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. Age 51

I've learned that keeping a vegetable garden is worth a medicine cabinet full of pills. Age 52

I've learned that regardless of your relationship with your parents, you miss them terribly after they die.  
Age 53

I've learned that making a living is not the same thing as making a life. Age 58

I've learned that if you want to do something positive for your children, work to improve your marriage.  
Age 61

I've learned that life sometimes gives you a second chance. Age 62

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. Age 64

I've learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you. Age 65

I've learned that whenever I decide something with kindness, I usually make the right decision. Age 66

I've learned that everyone can use a prayer. Age 72

I've learned that even when I have pains, I don't have to be one. Age 82

I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back. Age 90

I've learned that I still have a lot to learn. Age 92

## THINGS MY MOTHER TAUGHT ME

My mother taught me to **appreciate a job well done.**

"If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me **religion.**

"You better pray that will come out of the carpet."

My mother taught me about **time travel.**

"If you don't straighten up, I'm going to knock you into the middle of next week."

My mother taught me **logic.**

"Because I said so, that's why."

My mother taught me **more logic.**

"If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me **foresight.**

"Make sure you wear clean underwear in case you're in an accident."

My mother taught me **irony.**

"Keep crying and I'll give you something to cry about."

My mother taught me about **the science of osmosis.**

"Shut your mouth and eat your supper."

My mother taught me about **contortionism.**

"Will you 'look' at the dirt on the back of your neck?"

My mother taught me about **stamina.**

"You'll sit here until all that spinach is finished."

My mother taught me about **weather.**

"It looks as if a tornado swept through your room."

My mother taught me how to **solve physic problems.**

"If I yelled because I saw a meteor coming toward you, would you listen THEN?"

My mother taught me about **hypocrisy.**

"If I've told you once, I've told you a thousand times, don't exaggerate."

My mother taught me about **the circle of life.**

"I brought you into this world, and I can take you out."

My mother taught me about **behavior modification.**

"Stop acting like your father."

My mother taught me about **envy.**

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about **anticipation.**

"Just wait until your father gets home!"

My mother taught me about **receiving.**

"You are going to get it when we get home."

My mother taught me **medical science.**

"If you don't stop crossing your eyes, they are going to freeze that way."

My mother taught me to **think ahead.**

"If you don't pass your spelling test, you'll never get a good job."

My mother taught me **ESP.**

"Put your sweater on. Don't you think I know when you're cold?"

My mother taught me **humor.**

"When that lawn mower cuts off your toes, don't come running to me."

My mother taught me **how to become an adult.**

"If you don't eat your vegetables, you'll never grow up."

My mother taught me about **sex.**

"How do you think you got here?"

My mother taught me about **genetics.**

"You're just like your father."

My mother taught me about **my roots.**

"Where do you think you were born, in a barn?"

My mother taught me about **wisdom of age.**

"When you get to be my age, you will understand."

And my all-time favorite:

My mother taught me about **justice.**

"One day you'll have kids. And I hope they turn out just like you."

# THINGS TO DO FOR FUN

1. Glue some quarters to the floor and watch people try to pick them up.
2. Page yourself over the intercom, but don't disguise your voice.
3. Every time someone asks you to do something, ask if they want fries with that.
4. Decorate with bouquets of dead flowers.
5. Encourage your colleagues to join you in a little synchronized chair dancing.
6. Put your garbage can on your desk and label it "IN."
7. Develop an unnatural fear of staplers.
8. Pur decaf in the coffee maker for three weeks. Once everyone has gotten over their caffeine addictions, switch to espresso.
9. Put mosquito netting around your cubicle.
10. Reply to everything some says with, "That's what you think."
11. When leaving the zoo, start running toward the parking lot yelling, "Run for your lives. They're loose."
12. Adjust the tint on your monitor so that the brightness level lights up the entire work area. Insist to others that you like it that way.
13. Don't use any punctuation.
14. As often as possible, skip rather than walk.
15. Five days in advance, tell your friends you can't attend their party because you're not in the mood.
16. Specify that your drive-through order is "to go."
17. Sing along at the opera.
18. Go to a poetry recital and ask why the poems don't rhyme.
19. Find out where your boss shops and buy exactly the same outfit.
20. Send e-mail to the rest of the office to tell them what you're doing. Example: "If anyone needs me, I'll be in the bathroom."
21. When the money comes out of the ATM, scream, "I won! I won! That's the third time this week!"

# THINGS TO DO ON AN ELEVATOR

◆ When there's only one other person in the elevator, tap them on the shoulder then pretend it wasn't you.

◆ Push the buttons and pretend they give you a shock. Smile, and go back for more.

◆ Ask if you can push the button for other people, but push the wrong ones.

◆ Call the Psychic Hotline from your cell phone and ask if they know what floor you're on.

◆ Hold the door open and say you're waiting for a friend. After a while, let the doors close and say "Hi Greg. How's your day been?"

◆ Drop a pen and wait until someone picks it up, then scream "That's mine!"

◆ Bring a camera and take pictures of everyone in the elevator.

◆ Move your desk into the elevator and whenever anyone gets on, ask if they have an appointment.

◆ Lay down the Twister mat and ask people if they would like to play.

◆ Leave a box in the corner, and whenever someone gets on, ask them if they can hear ticking.

◆ Pretend you're a flight attendant and review emergency procedures and exits with the passengers.

◆ Ask "Did you feel that?"

◆ Stand really close to someone, sniffing them occasionally.

◆ When the doors close, announce to the others, "It's okay. Don't panic. They open again."

◆ Swat at flies that don't exist.

◆ Tell people that you can see their aura.

◆ Call out "Group Hug" then enforce it.

◆ Grimace painfully while smacking your forehead and muttering, "Shut up, all of you. Just shut up."

◆ Crack open your briefcase and while peering inside, ask "Got enough air in there?"

◆ Stand silently and motionless in the corner, facing the wall, without getting off.

◆ Stare at another passenger for a while, then announce in horror "You're one of THEM!" and back away slowly.

◆ Wear a puppet on your hand and use it to talk to other passengers.

◆ Make explosion noises when anyone presses a button.

◆ Stare, grinning at another passenger for a while, then announce "I have new socks on."

◆ Draw a little square on the floor with chalk and announce to the other passengers "This is MY personal space."



# ***THINGS TO DO THIS YEAR. . .***

Smile more.

Listen more intently.

Watch a child discover something new.

Do something totally silly once in a while.

Take responsibility for all your actions.

Make room for new friends.

Be free with compliments.

Encourage someone every day.

Tell people you love that you love them.

Read for fifteen minutes a day.

Call old friends and catch up on their lives.

Have a cookout in the middle of winter.

Be less critical of others.

Volunteer for a good cause.

Don't look for someone else to blame when you are unhappy.

Learn from your everyday failures.

Pray more and worry less.

Be quick to forgive others and learn to forgive yourself.

Whatever you do, give it your best shot.

Don't gossip.

Accept help when it's offered.

Bury your prejudices.

Accept yourself for who you are.

Treat yourself to something expensive or fattening occasionally.

Learn a new dance.

Be generous not only with money but with time.

Challenge your body and your brain.

Look at the big picture and don't sweat the small stuff.

Watch the sunset and realize that just as no two sunsets are alike,  
so are you a unique and beautiful creation.

Live your life this year in a way that you can look back on it fondly  
and without regrets.

**Here are a few things to think about that you probably have never thought about:**

**Can you cry under water?**

**How important does a person have to be before they are considered assassinated instead of just murdered?**

**Why do you have to “put your two cents in” but it’s only a “penny for your thoughts”? Where’s that extra penny going?**

**Once you’re in heaven, do you get stuck wearing the clothes you were buried in for eternity?**

**Why does a round pizza come in a square box?**

**What disease did cured ham actually have?**

**How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?**

**Why is it that people say they “slept like a baby” when babies wake up like every two hours?**

**If a deaf person has to go to court, is it still called a hearing?**

**Why are you IN a movie, but you’re ON TV?**

**Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?**

**Why do doctors leave the room while you change? Aren’t they going to see you naked anyway.**

**Why is “bra” singular and “panties” plural**

**Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?**

**If Jimmy cracks corn and no one cares, why is there a stupid song about him?**

**Can a hearse carrying a corpse drive in the carpool lane?**

**If the professor on Gilligan’s Island can make a radio out of a coconut, why can’t he fix a hole in a boat?**

**Why do people point to their wrist when asking for the time, but don’t point to their crotch when they ask where the bathroom is?**

**Why does Goofy stand erect while Pluto remains on all fours? They’re both dogs!**

**If Wiley E. Coyote had enough money to buy all that ACME crap, why didn’t he just buy dinner?**

**If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?**

**If electricity comes from electrons, does morality come from morons?**

**Do the Alphabet Song and Twinkle, Twinkle Little Star have the same tune?**

**Why did you just try singing the two songs above?**

**Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?**

# THINGS TO THINK ABOUT

The most valuable thing we have is life. Yet it has no trade-in value.

I live in my own little world. But that's okay; they know me here.

If flying is so safe, why do they call the airport the terminal?

Food has replaced sex in my life. Now I can't even get into my own pants.

I don't approve of political jokes. I've seen too many of them get elected.

Shopping tip: You can get shoes for eighty-five cents at the bowling alley.

I am nobody, and nobody is perfect. Therefore, I am perfect.

Every day I beat my own previous record for number of consecutive days I've stayed alive.

How come we choose just two people to run for the President of the United States and fifty for Miss America?

Snowmen fall from heaven unassembled.

I love being married. It's so great to find that one special person you want to annoy the rest of your life.

I don't do drugs anymore because I find I get the same effect just standing up fast.

The closest I ever got to a 4.0 in school was my blood alcohol content.

Money can't buy happiness, but it sure makes misery easier to live with.

I married my wife for her looks, but not the ones she's been giving me lately.

Why is it that most nudists are people you don't want to see naked?

Every time I walk into a singles' bar, I can hear my mom's wise words: "Don't pick that up; you don't know where it's been."

Isn't having a smoking section in an open restaurant like having a peeing section in a swimming pool?

# THINGS YOU SHOULD KNOW BUT PROBABLY DON'T

1. Money isn't made out of paper, it's made out of cotton.
2. The Declaration of Independence was written on hemp (marijuana) paper.
3. The dot over the letter 'i' is called a 'tittle.'
4. A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
5. Susan Lucci is the daughter of Phyllis Diller .
6. 40% of McDonald's profits come from the sales of Happy Meals.
7. 315 entries in Webster 's 1996 Dictionary were misspelled.
8. The 'spot' on 7UP comes from its inventor, who had red eyes. He was albino.
9. On average, 12 newborns will be given to the wrong parents, daily.
10. Warren Beatty and Shirley MacLaine are brother and sister.
11. Chocolate affects a dog's heart and nervous system; a few ounces will kill a small-sized dog.
12. Orcas (killer whales) kill sharks by torpedoing up into the shark's stomach from underneath, causing the shark to explode.
13. Most lipstick contains fish scales (eeww).
14. Donald Duck comics were banned from Finland because he doesn't wear pants.
15. Ketchup was sold in the 1830s as medicine.
16. Upper- and lower-case letters are named 'upper' and 'lower' because in the time when all original print had to be set in individual letters, the upper case' letters were stored in the case on top of the case that stored the smaller, 'lower case' letters.
17. Leonardo Da Vinci could write with one hand and draw with the other at the same time, hence multi-tasking was invented.
18. Because metal was scarce, the Oscars given out during World War II were made of wood.
19. There are no clocks in Las Vegas gambling casinos.
20. The name Wendy was made up for the book Peter Pan; there was never a recorded Wendy before!
21. There are no words in the dictionary that rhyme with: orange, purple, and silver.

22. Leonardo Da Vinci invented scissors. Also, it took him 10 years to paint Mona Lisa 's lips.
23. A tiny amount of liquor on a scorpion will make it instantly go mad and sting itself to death.
24. The mask used by Michael Myers in the original 'Halloween' was a Captain Kirk's mask painted white.
25. If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar (good to know.)
26. By raising your legs slowly and lying on your back, you can't sink in quicksand (and you thought this list was completely useless.)
27. The phrase 'rule of thumb' is derived from an old English law, which stated that you couldn't beat your wife with anything wider than your thumb.
28. The first product Motorola started to develop was a record player for automobiles. At that time, the most known player on the market was the Victrola, so they called themselves Motorola.
29. Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with. It's the same with apples.
30. Chewing gum while peeling onions will keep you from crying!
31. The glue on Israeli postage stamps is certified kosher.
32. Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
33. Astronauts are not allowed to eat beans before they go into space because passing wind in a space suit damages it.

### **I NEED TO REMEMBER THIS.**

34. George Carlin said it best about Martha Stewart, "Boy, I feel a lot safer now that she's behind bars. O. J. Simpson and Kobe Bryant are still walking around; Osama Bin Laden too, but they take the ONE woman in America willing to cook, clean, and work in the yard, and they haul her off to jail."

## **THINGS YOU'D LIKE TO SAY AT WORK**

I don't know what your problem is, but I bet it's hard to pronounce.

How about never? Is never good for you?

I see you've set aside this special time to humiliate yourself in public.

I'm really easy to get along with, once you see it my way.

I'll try to be nicer if you try to be smarter.

I'm out of my mind, but feel free to leave a message.

Ahhhh. . . .I see the screw-up fairy has visited us again.

I like you. You remind me of myself when I was young and stupid.

I have plenty of talent and vision. I just don't give a damn.

I'm already visualizing the duct tape over your mouth.

I will always cherish the initial misconceptions I had about you.

Thank you. We're all refreshed and challenged by your unique point of view.

Any connection between your reality and mine is purely coincidental.

What am I? Flypaper for freaks?

I'm not being rude. You're just insignificant.

Do I look like a people person?

This isn't an office. It's Hell with flourescent lighting.

If I throw a stick, will you leave?

I'm trying to imagine you with a personality.

Can I trade this job for what's behind door number one?

Nice perfume. Must you marinate in it?

Chaos, panic, disorder. My job is done here.

I thought I wanted a career. Turns out I just wanted a salary.

# THINK ABOUT IT...

If Jimmy cracked corn and no one cared, why is there a song about him?

Why is an alarm clock going "off" when it actually turns on?

If Milli Vanilli fell in the woods, would someone else make a sound?

If love is blind, how can we believe in love at first sight?

Why do toasters always have a setting that burns the toast to a horrible crisp which no decent human being would eat?

Why is it that rain drops but snow falls?

Who was the first person to look at a cow and say, "I think I'll squeeze these dangly things and drink whatever comes out"?

If the Professor on Gilligan's Island could make a radio out of a coconut, why couldn't he fix a hole in a boat?

Why doesn't a chicken egg taste like chicken?

What was the best thing before sliced bread?

What's the opposite of opposite?

If you try to fail and succeed, what did you just do?

Why does Goofy stand erect while Pluto remains on all fours when they're both dogs?

What do you call male ballerinas?

Why do they call it "getting your dog fixed" if afterward it doesn't work anymore?

If Wily Coyote had enough money for all that Acme crap, why didn't he just buy dinner?

Why is it that if a person tells you there's a million stars in the Universe, you believe them, but if someone tells you there's wet paint somewhere, you have to touch it to make sure?

Why do you get on a bus or a train, but get into a car?

Why is the alphabet song and "Twinkle Twinkle, Little Star" the same song?

I know you can be overwhelmed and I know you can be underwhelmed, but can you just be whelmed?

Do one-legged ducks swim in circles?

If a cat always lands on its feet, and buttered bread always lands butter side down, what would happen if you tied buttered bread on top of a cat?

Whose cruel idea was it for the word "lisp" to have an "s" in it?

What do fat chance and slim chance mean the same thing?



# Think About This. . .

**ONE:** Give people more than they expect and do it cheerfully.

**TWO:** Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

**THREE:** Don't believe all you hear, spend all you have, or sleep all you want.

**FOUR:** When you say, "I love you," mean it .

**FIVE:** When you say, "I'm sorry," look the person in the eye.

**SIX:** Be engaged at least six months before you get married.

**SEVEN:** Believe in love at first sight.

**EIGHT:** Never laugh at anyone's dream. People who don't have dreams don't have much.

**NINE:** Love deeply and passionately. You might get hurt, but it's the only way to live life completely.

**TEN:** In disagreements, fight fairly. No name calling.

**ELEVEN:** Don't judge people by their relatives.

**TWELVE:** Talk slowly but think quickly.

**THIRTEEN:** When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

**FOURTEEN:** Remember that great love and great achievements involve great risk.

**FIFTEEN:** Say "bless you" when you hear someone sneeze.

**SIXTEEN:** When you lose, don't lose the lesson !

**SEVENTEEN:** Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.

**EIGHTEEN:** Don't let a little dispute injure a great friendship.

**NINETEEN:** When you realize you've made a mistake, take immediate steps to correct it.

**TWENTY:** Smile when picking up the phone. The caller will hear it in your voice.

**TWENTY-ONE:** Spend some time alone.

## Thirteen Reasons to Smile

Now that food has replaced sex in my life, I can't even get into my own pants!

Marriage changes passion. Suddenly you're in bed with a relative.

I saw a woman wearing a sweat shirt with "Guess" on it. So I said "Implants?" She hit me.

How come we choose from just two people to run for president and over fifty for Miss America?

A good friend will come and bail you out of jail, but a true friend will be sitting next to you saying, "Wow...that was fun!"

I signed up for an exercise class and was told to wear loose-fitting clothing. If I HAD any loose-fitting clothing, I wouldn't have signed up in the first place!

When I was young we used to go "skinny dipping." Now I just "chunky dunk."

Don't argue with an idiot. People watching may not be able to tell the difference.

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over?

Why is it that our children can't read a Bible in school, but they can in prison?

Wouldn't you know it. Brain cells come and brain cells go, but FATcells live forever.

Why do I have to swear on the Bible in court when the Ten Commandments cannot be displayed outside?

Bumper sticker of the year: "If you can read this, thank a teacher. And since it's in English, thank a soldier"

**And remember: life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.**

# STUDENTS STARTING COLLEGE THIS FALL:

Are too young to remember the space shuttle blowing up.

Their lifetime has always included AIDS.

Bottle caps have always been screw off and plastic.

The CD was introduced the year they were born.

They have always had an answering machine.

They have always had cable.

They cannot fathom not having a remote control.

Jay Leno has always been on The Tonight Show.

Popcorn has always been cooked in the microwave.

They can't imagine what hard contact lens were.

They don't know who Mork was or where he was from.

They never heard: "Where's the Beef?" "I'd walk a mile for a Camel," or "de plane, Boss, de plane."

They do not care who shot JR and have no idea who JR even is.

Michael Jackson has always been white.

They don't have a clue how to use a typewriter.

Feeling old?

# 30 Years Does Make a Difference

1972:	Long hair
2002:	Longing for hair
1972:	The perfect high
2002:	The perfect high yield mutual fund
1972:	KEG
2002:	EKG
1972:	Moving to California because it's cool
2002:	Moving to California because it's warm
1972:	Growing pot
2002:	Growing pot belly
1972:	Seeds and stems
2002:	Roughage
1972:	Hoping for a BMW
2002:	Hoping for a BM
1972:	Rolling Stones
2002:	Kidney Stones
1972:	Going to a new, hip joint
2002:	Receiving a new hip joint
1972:	Whatever
2002:	Depends
1972:	Screw the system
2002:	Upgrade the system
1972:	Taking acid
2002:	Taking antacid
1972:	The Grateful Dead
2002:	Dr. Kervorkian

# Thoughts on Life

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one, so I'm wearing my garage door opener.

I also made a cover for my hearing aid and now I have what they call "blue teeth," I think.

You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.

I was thinking that women should put pictures of missing husbands on beer cans.

I was thinking about old age and decided that old age is when you still have something on the ball but you are just too tired to bounce it.

I thought about making a fitness movie for folks my age and call it 'Pumping Rust.'

I've gotten that dreaded furniture disease. That's when your chest is falling into your drawers.

When people see a cat's litter box they always say, 'Oh, have you got a cat?' Just once I want to say, 'No, it's for company!'

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, 'An ambulance.'

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me. They were cramming for their finals.

As for me, I'm just hoping God grades on the curve.

Birds of a feather flock together . . . .and then crap on your car.

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs...'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

You know you are getting old when everything either dries up or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, Keep your arm around my shoulder and your hand over my mouth.

# **THOUGHTS ON LIFE**

Sometimes, when I look at my children, I say to myself, "Lillian, you should have remained a virgin."  
— Lillian Carter (mother of Jimmy Carter)

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalog: "No good in a bed, but fine against a wall."  
— Eleanor Roosevelt

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.  
— Mark Twain

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.  
— George Burns

Santa Claus has the right idea. Visit people only once a year.  
— Victor Borge

Be careful about reading health books. You may die of a misprint.  
— Mark Twain

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.  
— Socrates

I was married by a judge. I should have asked for a jury.  
— Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.  
— Jimmy Durante

I have never hated a man enough to give his diamonds back.  
— Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar, and fat.  
— Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying.  
— Rodney Dangerfield

Money can't buy you happiness, but it does bring you a more pleasant form of misery.  
— Spike Milligan

I am opposed to millionaires, but it would be dangerous to offer me the position.  
— Mark Twain

Until I was thirteen, I thought my name was SHUT UP.  
— Joe Namath

I don't feel old. I don't feel anything until noon. Then it's time for my nap.  
— Bob Hope

**I never drink water because of the disgusting things that fish do in it.**

**— W.C. Fields**

**We could certainly slow the aging process down if it had to work its way through Congress.**

**— Will Rogers**

**Don't worry about avoiding temptation. As you grow older, it will avoid you.**

**— Winston Churchill**

**Maybe it's true that life begins at fifty, but everything else starts to wear out, fall out, or spread out.**

**— Phyllis Diller**

**By the time a man is wise enough to watch his step, he's too old to go anywhere.**

**— Billy Crystal**

**The cardiologist's diet: If it tastes good, spit it out.**



# Three Things

**Three things in life that, once gone, never come back:**

- 1. Time**
- 2. Words**
- 3. Opportunity**

**Three things in life that can destroy a person:**

- 1. Anger**
- 2. Pride**
- 3. Unforgiveness**

**Three things in life that you should never lose:**

- 1. Hope**
- 2. Peace**
- 3. Honesty**

**Three things in life that are most valuable:**

- 1. Love**
- 2. Family & Friends**
- 3. Kindness**

**Three things in life that are never certain:**

- 1. Fortune**
- 2. Success**
- 3. Dreams**

**Three things that make a person:**

- 1. Commitment**
- 2. Sincerity**
- 3. Hard work**

**Three things that are truly constant:**

- 1. Father**
- 2. Son**
- 3. Holy Spirit**

## Tips for an Exceptional, Superb & Powerful Life!

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Buy a Tivo (DVR), tape your late night shows and get more sleep.
4. When you wake up in the morning, complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
5. Live with the 3 E's — Energy, Enthusiasm, and Empathy.
6. Watch more movies, play more games and read more books than you did last year.
7. Always pray and make time to exercise.
8. Spend more time with people over the age of 70 and under the age of six.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less foods that are manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds and walnuts.
12. Try to make at least three people smile each day.
13. Clear your clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class .....but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince, and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the energy vampires away.
18. Life isn't fair, but it's still good.

19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't screw up the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. Ladies, go on and burn those 'special' scented candles, use the 600 thread count sheets, the good china and wear your fancy lingerie now. Stop waiting for a special occasion. Everyday is special.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: 'In five years, will this matter?'
27. Forgive everyone for everything.
28. What other people think of you is none of your business.
29. Time heals almost everything. Give time, time!
30. However good or bad a situation is, it will change.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch with them.
32. Get rid of anything that isn't useful, beautiful, or joyful.
33. Envy is a waste of time. You already have all you need. God provides, remember?!
34. The best is yet to come (in Heaven).
35. No matter how you feel, get up, dress up and show up.
36. Do the right thing!
37. Call your family often.
38. Each night before you go to bed complete the following statements: 'I am thankful for \_\_\_\_\_.' "Today I accomplished \_\_\_\_\_."
39. Remember that you are too blessed to be stressed.
40. Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

**T.G.I.F. - TODAY GOD IS FIRST**

# To Believe...

To believe is to know that every day is a new beginning. It is to trust that miracles happen, and dreams really do come true.

To believe is to see angels dancing among the clouds, To know the wonder of a stardust sky and the wisdom of the man in the moon.

To believe is to know the value of a nurturing heart, The innocence of a child's eyes and the beauty of an aging hand, for it is through their teachings we learn to love.

To believe is to find the strength and courage that lies within us when it is time to pick up the pieces and begin again.

To believe is to know we are not alone, that life is a gift and this is our time to cherish it.

To believe is to know that wonderful surprises are just waiting to happen, and all our hopes and dreams are within reach.

If only we believe.

# **To Maintain A Healthy Level Of Insanity**

- 1. At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.**
- 2. Page yourself over the intercom. Don't disguise your voice!**
- 3. Every time someone asks you to do something, ask if they want fries with that.**
- 4. Put decaf in the coffee maker for three weeks. Once everyone has gotten over their caffeine addictions, switch to espresso.**
- 5. In the memo field of all your checks, write "for marijuana."**
- 6. Skip down the hall rather than walk and see how many looks you get.**
- 7. Order a diet water whenever you go out to eat, with a serious face.**
- 8. Specify that your drive-through order is "To Go."**
- 9. Sing along at the opera.**
- 10. Five days in advance, tell your friends you can't attend their party because you have a headache.**
- 11. When the money comes out of the ATM, scream "I Won! I Won!"**
- 12. When leaving the zoo, start running toward the parking lot, yelling "Run for your lives! They're loose!"**
- 13. Tell your children over dinner, "Due to the economy, we are going to have to let one of you go."**

# **TODAY. . .**

**Today is a new day, a new beginning.**

**It has been given to me as a new gift.**

**I can either use it or throw it away.**

**What I do today will affect me tomorrow.**

**I can not blame anyone but myself if  
I do not succeed.**

**I promise to use this day to the fullest  
by giving my best, realizing it can  
never come back again.**

**This is my life and I choose to make  
it a success.**

**The first step toward creating an improved future is developing the ability to envision it. VISION will ignite the fire of passion that fuels our commitment to do whatever it takes to achieve excellence. Only VISION allows us to transform dreams of greatness into the reality of achievement through human action. VISION has no boundaries and knows no limits. Our VISION is what we become in life.**

**Whatever it takes.  
No excuses, no explanations.  
Do what we do.**

**-Tony Dungy  
Quiet Strength**

**As we approach a new year, my question to you is exactly what is our vision? How do we view the Ohio Valley Athletic Conference in 2008? How do we ignite that fire? How do we make the Conference better than what it is now? How strong is our commitment? What boundaries are holding us back?**

**Let's give it some thought for the January meeting.**

***Where there is no vision, people perish. Proverbs 29:18***

## *Too Busy for a Friend...*

One day a teacher asked her students to list the names of the other students in the room on two sheets of paper, leaving a space between each name. Then she told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed in the papers.

That Saturday, the teacher wrote down the name of each student on a separate sheet of paper, and listed what everyone else had said about that individual. On Monday she gave each student his or her list. Before long, the entire class was smiling. "Really?" she heard whispered. "I never knew that I meant anything to anyone!" and, "I didn't know others liked me so much," were most of the comments. No one ever mentioned those papers in class again. She never knew if they discussed them after class or with their parents, but it didn't matter. The exercise had accomplished its purpose. The students were happy with themselves and one another. That group of students moved on.

Several years later, one of the students was killed in VietNam and his teacher attended the funeral of that special student. She had never seen a serviceman in a military coffin before. He looked so handsome, so mature. The church was packed with his friends. One by one those who loved him took a last walk by the coffin. The teacher was the last one to bless the coffin. As she stood there, one of the soldiers who acted as pallbearer came up to her.

"Were you Mark's math teacher?" he asked. She nodded: "yes." Then he said: "Mark talked about you a lot."

After the funeral, most of Mark's former classmates went together to a luncheon. Mark's mother and father were there, obviously waiting to speak with his teacher. "We want to show you something," his father said, taking a wallet out of his pocket. "They found this on Mark when he was killed. We thought you might recognize it." Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded and refolded many times. The teacher knew without looking that the papers were the ones on which she had listed all the good things each of Mark's classmates had said about him. "Thank you so much for doing that," Mark's mother said. "As you can see, Mark treasured it."

All of Mark's former classmates started to gather around. Charlie smiled rather sheepishly and said, "I still have my list. It's in the top drawer of my desk at home." Chuck's wife said, "Chuck asked me to put his in our wedding album." "I have mine too," Marilyn said. "It's in my diary." Then Vicki, another classmate, reached into her pocketbook, took out her wallet and showed her worn and frazzled list to the group. "I carry this with me at all times," Vicki said and without batting an eyelash, she continued: "I think we all saved our lists."

That's when the teacher finally sat down and cried. She cried for Mark and for all his friends who would never see him again.

The density of people in society is so thick that we forget that life will end one day. And we don't know when that one day will be. So please, tell the people you love and care for, that they are special and important. Tell them, before it is too late. And one way to accomplish this is: Give this message to a friend. If you do not give it, you will have, once again, passed up the wonderful



opportunity to do something nice and beautiful. If you've received this, it is because someone cares for you and it means there is probably at least someone for whom you care. If you're "too busy" to take those few minutes right now to forward this message on, would this be the VERY first time you didn't do that little thing that would make a difference in your relationships? The more people that you send this to, the better you'll be at reaching out to those you care about. Remember, you reap what you sow. What you put into the lives of others comes back into your own.

# TRAVEL PLANS

I have been in many places, but I've never been in Cahoots.  
Apparently, you can't go alone.  
You have to be in Cahoots with someone.

I've also never been in Cognito.  
I hear no one recognizes you there.

I have, however, been in Sane.  
They don't have an airport; you have to be driven there.  
I have made several trips there, thanks to friends, family and work.

I would like to go to Conclusions,  
but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt.  
That is a sad place to go, and I try not to visit there too often.

I've been in Flexible,  
but only when it was very important to stand firm.

Sometimes I'm in Capable,  
and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense!  
It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent,  
and I don't remember what country I was in. It's an age thing.

## PLEASE DO YOUR PART!

Today is one of the many National Mental Health Days throughout the year. You can do your bit by sharing this with at least one unstable person.

I have done my job!

Life is too short for negative drama and petty things. So laugh insanely, love truly, and forgive quickly!

And from one unstable person to another, I hope everyone in your head is happy. We are all doing well in mine!

# TRIBAL WISDOM

The tribal wisdom of the Dakota Indians, passed on from one generation to the next, says that when you discover that you are riding a dead horse, the best strategy is to dismount.

But in modern business, education, and government, because heavy investment factors are taken into consideration, other strategies are often tried with dead horses, including the following:

1. Buying a stronger whip.
2. Changing riders.
3. Threatening the horse with termination.
4. Appointing a committee to study the horse.
5. Arranging to visit other sites to see how they ride dead horses.
6. Lowering the standards so that dead horses can be included.
7. Reclassifying the dead horse as "living-impaired."
8. Hiring outside contractors to ride the dead horse.
9. Harnessing several dead horses together to increase speed.
10. Providing additional funding and/or training to increase the dead horse's performance.
11. Doing a productivity study to see if lighter riders would improve the dead horse's performance.
12. Declaring that the dead horse carries lower overhead and therefore contributes more to the bottom line than some other horses.
13. Rewriting the expected performance requirements for all horses.

And, as a final strategy,

14. Promoting the dead horse to a supervisory position.

## Can you guess which of the following are true and which are false?

Answers are below.

1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock didn't have a belly button.
3. A pack-a-day smoker will lose approximately 2 teeth every 10 years.
4. People do not get sick from cold weather; it's from being indoors a lot more.
5. When you sneeze, all bodily functions stop, even your heart!
6. Only 7 per cent of the population are lefties.
7. Forty people are sent to the hospital for dog bites every minute.
8. Babies are born without kneecaps. They don't appear until they are 2-6 years old.
9. The average person over 50 will have spent 5 years waiting in lines.
10. The toothbrush was invented in 1498.
11. The average housefly lives for one month.
12. 40,000 Americans are injured by toilets each year.
13. A coat hanger is 44 inches long when straightened.
14. The average computer user blinks 7 times a minute.
15. Your feet are bigger in the afternoon than any other time of day.
16. Most of us have eaten a spider in our sleep.
17. The REAL reason ostriches stick their head in the sand is to search for water.
18. The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.
19. John Travolta turned down the starring roles in 'An Officer and a Gentleman' and 'Tootsie.'
20. Michael Jackson owns the rights to the South Carolina State Anthem.
21. In most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.
22. Prince Charles and Prince William NEVER travel on the same airplane, just in case there is a crash.
23. The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.
24. Most hospitals make money by selling the umbilical cords cut from women who give birth. They are used in vein transplant surgery.
25. Humphrey Bogart was related to Princess Diana. They were 7th cousins.
26. If coloring weren't added to Coca-Cola, it would be green.

# AMA - The New Insurance Plan

The American Medical Association has weighed in on Trump's proposed health care package to replace Obama-care.

The **Allergists** were in favor of scratching it, but the **Dermatologists** advised not to make any rash moves.

The **Gastroenterologists** had sort of a gut feeling about it, but the **Neurologists** thought the Administration had a lot of nerve.

Meanwhile, **Obstetricians** felt certain everyone was laboring under a misconception, while the **Ophthalmologists** considered the idea shortsighted.

**Pathologists** yelled, "Over my dead body!" while the **Pediatricians** said, "Oh, grow up!"

The **Psychiatrists** thought the whole idea was madness, while the **Radiologists** could see right through it.

**Surgeons** decided to wash their hands of the whole thing and the **Internists** claimed it would indeed be a bitter pill to swallow.

**Plastic Surgeons** opined that this proposal would "put a whole new face on the matter."

The **Podiatrists** thought it was a step forward, but the **Urologists** were pissed off at the whole idea.

**Anesthesiologists** thought the whole idea was a gas, and those lofty **Cardiologists** didn't have the heart to say no.

In the end, the **Proctologists** won out, leaving the entire decision up to the assholes in Washington.

## 25 THINGS YOU SHOULD HAVE LEARNED BY MIDDLE AGE

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think; they don't do it very often.
3. Going to church doesn't make you a Christian anymore than standing in a garage makes you a car.
4. It ain't the jeans that make your butt look fat.
5. Artificial intelligence is no match for natural stupidity.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all your other parts feel so good.
13. Eat well, stay fit, die anyway.
14. Men are from earth. Women are from earth. Deal with it.
15. No man has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind and narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept for years and throw away three weeks before you need it.
20. There is always one more imbecile than you counted on.
21. Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
22. By the time you make ends meet, they move the ends.
23. Thou shalt not weigh more than thy refrigerator.
24. Someone who thinks logically provides a nice contrast to the real world.
25. If you must choose between two evils, pick the one you've never tried before.

# 24 Interludes of Life

This is dedicated to my wonderful friends who enrich my life with the treasure of their being. May your soul decisions always be made with your heart, and not with your head.

1. Don't go for looks, they can deceive. Don't go for wealth even that fades away. Go for someone who makes you smile.
2. There are moments in life when you really miss someone that you want to pick them up from your dreams and hug them. Hope you dream of that someone.
3. Dream what you want to dream, go where you want to go, be what you want to be, because you have only one life and one chance to do all the things you want in life.
4. May you have:
  - Enough happiness to make you sweet
  - Enough trials to make you strong
  - Enough sorrow to keep you human
  - Enough hope to make you happy
  - And enough money to keep you comfortable.
5. When one door of happiness closes, another opens. But we often take so long at the closed door, that we don't see the one which has been opened for us.
6. The best kind of friend is the one you could sit on a porch swing with, never saying a word, and then walk away feeling like that was the best conversation you've had.
7. It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.
8. Always put yourself in other's shoes. If you feel that it hurts you, it probably does hurt the person too.
9. A careless word may kindle a strife;  
A cruel word may wreck a life  
A timely word may level stress  
A lovely word may heal and bless.
10. The beginning of love is to let those we love be perfectly themselves and not to twist them with our own image, otherwise we love only the reflection of ourselves we find in them.
11. The happiest people don't necessarily have the best of everything, they just make the most of everything that comes along the way.
12. Maybe God wants us to meet a few wrong people before meeting the right one so that when we finally meet the right person, we should know how to be grateful for that gift.
13. It takes a minute to have a crush on someone, an hour to like someone, and a day to love someone, but it takes a lifetime to forget someone.

14. Happiness lies for those who cry, those who hurt, those who have searched and those who have tried. For only they can appreciate the importance of people who have touched their lives.
15. Love is when you take away the feeling, the passion, the romance, and find out you still care for that person.
16. A sad thing about life is that when you meet someone who means a lot to you only to find out in the end that it was never bound to be and you just have to let go.
17. Love starts with a smile, develops with a kiss, and ends with a tear.
18. Love comes to those who still hope even though they've been disappointed, to those who still believe even though they've been betrayed, need to love those who still love, even though they've been hurt before.
19. It hurts to love someone, and not to be loved in return but what is most painful is to love someone and never find the courage to let the person know how you feel.
20. The brightest future will always be based on a forgotten past. You can't go on well in life until you let go of your past failures and heartaches.
21.     Never say goodbye when you still want to try;  
          Never give up when you still feel you can take it;  
          Never say you don't love that person anymore when you can't let go.
22. Giving someone all your love is never an assurance that they'll love you back. Don't expect love in return, just wait for it to grow in their hearts; but if it doesn't, be content it grew in yours.
23. There are things you love to hear but you would never hear it from the person whom you would like to hear it from, but don't be deaf to hear it from the person who says it with his heart.
24. When you were born, you were crying and everyone around you was smiling. Live your life to the fullest so that when you die, you're smiling and everyone around you is crying.

**Author Unknown**



# TWENTY WAYS TO GET MENTALLY TOUGH

1. When you face a setback, think of it as a defining moment that will lead to a future accomplishment.
2. When you encounter adversity, remember that the best don't just face adversity, they embrace it, knowing that it's not a dead end but a detour to something greater and better.
3. When you face negative people, know that the key to life is to stay positive in the face of negativity, not in the absence of it. After all, everyone will have to overcome negativity to define themselves and create their success.
4. When you face the naysayers, remember the people who believed in you and spoke positive words to you.
5. When you face critics, remember to tune them out and focus on being the best you can be.
6. When you wake up in the morning, take a morning walk of gratitude and prayer. It will create a fertile mind ready for success.
7. When you fear, trust. Let your faith be greater than your doubt.
8. When you fail, find a lesson in it, and then recall a time when you succeeded.
9. When you are thinking about the past or worrying about the future, instead focus your energy on the present moment. The **now** is where your power is the greatest.
10. When you head into battle, visualize success.
11. When you want to complain, instead identify a solution.
12. When your own self-doubt crowds your mind, weed it and replace it with positive thoughts and positive self-talk.
13. When you feel distracted, focus on your breathing, clear your mind, and get into The Zone. The Zone is not a random event. It can be created.
14. When you feel all is impossible, know that with God all things are possible..
15. When you feel alone, think of all the people who have helped you along the way and who love and support you well.
16. When you feel lost, pray for guidance.
17. When you are tired and drained, remember to never, never, never give up. Finish strong in everything you do.
18. When you feel like you can't do it, know that you can do all things through Him who gives you strength.
19. When you feel like your situation is beyond your control, pray and surrender. Focus on what you can control and let go of what you can't.
20. When you're in a high-pressure situation and the game is on the line, and everyone is watching you, remember to smile, have fun, and enjoy it. Life is short; you only live once. You have nothing to lose. Seize the moment.

-Jon Gordon

# TWO TOUGH QUESTIONS:

## QUESTION ONE:

If you knew a woman who was pregnant, who already had eight children, three who were deaf, two who were blind, one mentally retarded, and she had syphilis, would you recommend that she have an abortion?

CIRCLE ONE

YES

NO

## QUESTION TWO:

It is time to elect a new world leader, and your vote counts. Here are the facts about the three leading candidates:

**CANDIDATE A:** Associates with crooked politicians and consults with astrologists. He's had two mistresses. He also chain smokes and drinks eight to ten martinis a day.

**CANDIDATE B:** He was kicked out of office twice, sleeps until noon, used opium in college, and drinks a quart of whisky every evening.

**CANDIDATE C:** He is a decorated war hero. He's a vegetarian, doesn't smoke, drinks an occasional beer, and hasn't had any extramarital affairs.

WHO WOULD YOU CHOOSE?    A    B    C

**CANDIDATE A is Franklin D. Roosevelt.**

**CANDIDATE B is Winston Churchill.**

**CANDIDATE C is Adolph Hitler.**

**And by the way, if you said yes to the abortion question, you just killed Ludwig von Beethoven.**

**Pretty interesting, isn't it?**

**Makes a person think before judging someone.**

# Two Traveling Angels

Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the mansion's guest room. Instead the angels were given a small space in the cold basement.

As they made their bed on the hard floor, the older angel saw a hole in the wall and repaired it. When the younger angel asked why, the older angel replied, "Things aren't always what they seem"

The next night the pair came to rest at the house of a very poor, but very hospitable farmer and his wife. After sharing what little food they had, the couple let the angels sleep in their bed where they could have a good night's rest. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field.

The younger angel was infuriated and asked the older angel how could you have let this happen? The first man had everything, yet you helped him, she accused. The second family had little but was willing to share everything, and you let the cow die.

"Things aren't always what they seem," the older angel replied. "When we stayed in the basement of the mansion, I noticed there was gold stored in that hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it."

"Then last night as we slept in the farmers bed, the angel of death came for his wife I gave him the cow instead. Things aren't always what they seem."

Sometimes that is exactly what happens when things don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage. You just might not know it until some time later.

Some people come into our lives and quickly go.

Some people become friends and stay awhile, leaving beautiful footprints on our hearts and we are never quite the same because we have made a good friend.

Yesterday is history. Tomorrow a mystery. Today is a gift. That's why it's called the present. Live and savor every moment. This is not a dress rehearsal.

Right Now -

- somebody is thinking of you.      -somebody is caring about you.      -somebody misses you
- somebody wants to talk to you.      -somebody wants to be with you.
- somebody hopes you aren't in trouble.
- somebody is thankful for the support you have provided.
- somebody wants to hold your hand.      -somebody hopes everything turns out all right.
- somebody wants you to be happy.      -somebody wants you to find him/her.
- somebody is celebrating your successes.      -somebody wants to give you a gift.
- somebody thinks that you ARE a gift.      -somebody loves you.
- somebody admires your strength.      -somebody is thinking of you and smiling.
- somebody wants to be your shoulder to cry on.

Never take away anyone's hope, that may be all they have, is hope!

# TWO WOLVES

One evening, an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two 'wolves' inside us all.

"One is Evil. It is anger, jealousy, envy, resentment, sorrow, regret, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought for it about a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee smiled and simply replied, "The one you feed."

# **A WAY FORWARD**

*Whatever happens, there is a way forward. Remember that as you welcome each moment and each new development.*

*Out of any circumstance, you can find a positive pathway. In any situation, there is the opportunity to create success and to experience fulfillment.*

*Be unconditionally thankful for the moment you're in, because the moment you're in is filled with real possibilities.*

*Your gratitude will enable you to see the best of those possibilities. Your expectation of finding the best way forward will enable you to begin moving solidly forward.*

*There is much to be gained by planning and preparing, by anticipating what is most likely to happen and being ready for it. Yet there is no reason to be paralyzed by worry or fear, because you have what it takes to handle even the most unexpected setbacks.*

*Know that always, whatever may come, there is a realistic way forward. Have the confidence to find that way, and take yourself to magnificent new heights.*

*Ralph Marston*

# The Vote Is In . . .

While walking down the street one day, a U.S. senator is tragically hit by a truck and dies. His soul arrives in heaven and is met by St. Peter at the entrance.

"Welcome to heaven," says St. Peter. "Before you settle in, it seems there is a problem. We seldom see a high official around these parts, you see, so we're not sure what to do with you."

"No problem, just let me in," says the man

"Well, I'd like to, but I have orders from higher up. What we'll do is have you spend one day in hell and one in heaven. Then you can choose where to spend eternity."

"Really, I've made up my mind. I want to be in heaven," says the senator.

"I'm sorry, but we have our rules."

And with that, St. Peter escorts him to the elevator and he goes down, down, down to hell. The doors open and he finds himself in the middle of a green golf course. In the distance is a clubhouse and standing in front of it are all his friends and other politicians who had worked with him.

Everyone is very happy and in evening dress. They run to greet him, shake his hand, and reminisce about the good times they had while getting rich at the expense of the people.

They play a friendly game of golf and then dine on lobster, caviar and champagne.

Also present is the devil, who really is a very friendly guy who has a good time dancing and telling jokes. They are having such a good time that before he realizes it, it is time to go.

Everyone gives him a hearty farewell and waves while the elevator rises. The elevator goes up, up, up and the door reopens on heaven where St. Peter is waiting for him.

"Now it's time to visit heaven."

So, 24 hours pass with the senator joining a group of contented souls moving from cloud to cloud, playing the harp and singing. They have a good time and, before he realizes it, the 24 hours have gone by and St. Peter returns.

"Well, then, you've spent a day in hell and another in heaven. Now choose your eternity."

The senator reflects for a minute, then he answers: "Well, I would never have said it before, I mean heaven has been delightful, but I think I would be better off in hell."

So St. Peter escorts him to the elevator and he goes down, down, down to hell. Now the doors of the elevator open and he's in the middle of a barren land covered with waste and garbage. He sees all his friends, dressed in rags, picking up the trash and putting it in black bags as more trash falls from above.

The devil comes over to him and puts his arm around his shoulder. "I don't understand," stammers the senator. "Yesterday I was here and there was a golf course and clubhouse, and we ate lobster and caviar, drank champagne, and danced and had a great time. Now there's just a wasteland full of garbage and my friends look miserable. What happened?"

The devil looks at him, smiles and says, "Yesterday we were campaigning. Today you voted."

# THE WILL TO WIN

If you want a thing bad enough  
To go out and fight for it,  
Work day and night for it,  
Give up your time, and your peace, and your sleep for it;  
If only desire of it  
Makes you quite mad enough  
Never to tire of it,  
Makes you hold all other things tawdry and cheap for it;  
If life seems all empty and useless without it  
And all that you scheme and you dream is about it;  
If gladly you'll sweat for it,  
Fret for it,  
Plan for it,  
Lose all your terror of God or man for it;  
If you'll simply go after that thing that you want  
With all your capacity,  
Strength, and sagacity,  
Faith, hope, and confidence, stern pertinacity;  
If neither cold poverty, famished and gaunt,  
Nor sickness nor pain,  
Of body and brain  
Can turn you away from the thing that you want;  
If dogged and grim you besiege and beset it,  
**You'll get it.**

--Berton Braley



# The Wisdom of Larry The Cable Guy:

1. A day without sunshine is like night.
2. On the other hand, you have different fingers.
3. 42.7 percent of all statistics are made up on the spot.
4. 99 percent of lawyers give the rest a bad name.
5. Remember, half the people you know are below average.
6. He who laughs last thinks slowest.
7. Depression is merely anger without enthusiasm.
8. The early bird may get the worm, but the second mouse gets the cheese in the trap.
9. Support bacteria. That's the only culture some people have.
10. A clear conscience is usually the sign of a bad memory.
11. Change is inevitable, except from vending machines.
12. If you think nobody cares, try missing a couple of payments.
13. How many of you believe in psycho-kinesis? Raise my hand.
14. OK, so what's the speed of dark?
15. When everything is coming your way, you're in the wrong lane.
16. Hard work pays off in the future. Laziness pays off now.
17. How much deeper would the ocean be without sponges?
18. Eagles may soar, but weasels don't get sucked into jet engines. (That's True)
19. What happens if you get scared half to death, twice?
20. Why do psychics have to ask you for your name?
21. Inside every older person is a younger person wondering, "What the heck happened?"
22. Just remember — if the world didn't suck, we would all fall off.
23. Light travels faster than sound. That's why some people appear bright until you hear them speak.
24. Life isn't like a box of chocolates. It's more like a jar of jalapenos. What you do today, might burn your butt tomorrow.

# The Woman and the Fork

There was a young woman who had been diagnosed with a terminal illness and had been given three months to live. So as she was getting her things 'in order,' she contacted her Pastor and had him come to her house to discuss certain aspects of her final wishes.

She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Pastor was preparing to leave when the young woman suddenly remembered something very important to her.

'There's one more thing,' she said excitedly.

'What's that?' came the Pastor's reply?

'This is very important,' the young woman continued. 'I want to be buried with a fork in my right hand.'

The Pastor stood looking at the young woman, not knowing quite what to say.

'That surprises you, doesn't it?' the young woman asked.

'Well, to be honest, I'm puzzled by the request,' said the Pastor.

The young woman explained. 'My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement. In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming... like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance!'

So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: 'Keep your fork ..the best is yet to come.'

The Pastor's eyes welled up with tears of joy as he hugged the young woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the young woman had a better grasp of heaven than he did. She had a better grasp of what heaven would be like than many people twice her age, with twice as much experience and knowledge. She KNEW that something better was coming.

At the funeral people were walking by the young woman's casket and they saw the cloak she was wearing and the fork placed in her right hand. Over and over, the Pastor heard the question, 'What's with the fork?' And over and over he smiled.

During his message, the Pastor told the people of the conversation he had with the young woman shortly before she died. He also told them about the fork and about what it symbolized to her. He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either.

He was right. So the next time you reach down for your fork, let it remind you, ever so gently, that the best is yet to come. Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. Cherish the time you have, and the memories you share. Being friends with someone is not an opportunity, but a sweet responsibility.

Share this with everyone you consider a FRIEND...and I'll bet I they do remember, every time they pick up a fork!

And just remember...keep your fork! The BEST is yet to come!

God Bless You

# The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter-in-law, and four-year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table.

But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor."

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner.

Since Grandfather had broken a dish or two, his food was served in a wooden bowl!

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?"

Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow up." The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note, I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles three things: a rainy day, the elderly, lost luggage, and tangled Christmas tree lights.

I've learned that, regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life."

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that if you pursue happiness, it will elude you. But, if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day, you should reach out and touch someone.

People love that human touch — holding hands, a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn!

I've learned that you should pass this on to everyone you care about  
.....I just did.

# UPPER MANAGEMENT

An Indian walks into a cafe with a shotgun in one hand and a bucket of buffalo manure in the other. He says to the waiter.

“Me want coffee.”

“Sure chief. Coming right up,” the waiter replies.

He gets the Indian a tall mug of coffee. The Indian drinks it down in one gulp, picks up the bucket of manure, throws it into the air, blasts it with the shotgun, and walks out.

The next morning, the Indian returns. He has his shotgun in one hand, and a bucket of buffalo manure in the other. He walks up to the counter and says to the waiter,

“Me want coffee.”

“Whoa, wait a minute, Tonto,” the waiter replies. “We’re still cleaning up your mess from the last time you were here. What the heck was that all about anyhow?”

The Indian smiles and proudly says, “Me training for upper management position: come in, drink coffee, shoot shit, leave mess for others to clean up, then disappear for rest of day.”