Senior Gestyle Digest August 2008

Jim Smith Page 5 Senior Dining Guide Page 6 Susan Caddell, DDS Page 14 Valuable Coupons In This Issue The Old Buzz Saw Page 27





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Fred's Cat Corner

Well here we are in the heat of summer and I am glad I live on the inside with the air conditioner. I don't know if I have ever mentioned it, but I live in Mount Dora, Florida and it gets pretty warm here in the good old summertime. I am one of the few cats that really enjoy the summer storms and this summer we have had several.

I live in a mobile home park where most of the folks are old time seniors so the air conditioners get a good workout, and my senior is no exception. I was sitting here cooling off the other day and came up with some Senior Thoughts on Cats from others who know all about cats. "There are two means of refuge from the miseries of life: music and cats." - Albert Schweitzer made that observation. One of

the ladies in my park stopped by the other day and I heard her say, "Last week, I got rid of my husband. My cat was allergic, and he said it was him or the cat. I will probably miss him sometimes." She is a smart woman.

The other day my owner (that's what he calls himself) looked at me and said, "Just what do you do for me?" First I showed him how we teach you how to land on your feet as I did around and through his legs, then the next morning I reminded him how we donate our services as alarm clocks and displayed for him how we can perform daring acrobatic feats right in front of your eyes as I did a flip on his pillow. I think now he knows what I can do.

Well, keep cool and I will have more cat tips and news for you in September. \$\mathcal{Z}\$



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- She is not an "airhead" She is "Reality Impaired."
- She does not get "drunk" or "tipsy" She Gets "Chemically Inconvenienced"
- She does not "nag" you She becomes "Verbally Repetitive."

- He does not have a "beer gut" He has developed a "Liquid Grain Storage Facility."
- He does not "get lost all the time" He "Investigates Alternative Destinations."
- · He is not "balding" He is in "Follicle Regression."
- He does not get "falling-down drunk" He becomes "Accidentally Horizontal."
- He is not a "male chauvinist pig" He has "Swine Empathy."
- He is not afraid of "commitment" He is "Relationship Challenged.

Please use your best judgment when referring to these people, so as to make it more comfortable for the rest of us.

Three old blondes, all retired, died and found themselves standing before St.Peter. He told them that before they could enter the Kingdom, they had to tell him what Easter represented. The first blonde, an American, said "Easter is a holiday where they have a big feast and we give thanks and eat turkey." St. Peter said, "Noooooo," and he banished her to Hades. The second blonde, a Brit, said "Easter is when we celebrate Jesus' birth and exchange gifts." St. Peter said, "Noooooo," and he banished her to Hades. The third blonde, a Canadian. said she knew what Easter

was, and St. Peter said, "So, tell me." She said, "Easter is a Christian holiday that coincides with the Jewish festival of a passover. Jesus was having Passover feast with His disciples when he was betrayed by Judas, and the Romans arrested Him. The Romans hung him on the cross and eventually he died. Then they buried him in a tomb behind a very large boulder..." St. Peter said, "Verrrrry good." Then the blonde continued, "Now, every year the Jews roll away the boulder and Jesus comes out. If he sees his shadow, we have six more weeks of hockey." St. Peter fainted.



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The Walton's invited their new neighbors over to dinner. During dinner Mr. Walton was asked what he did for a living. His grandson, eight-year-old Brian Walton, jumped in and said, "Grandpa is a fisherman!" To which Mrs.

Walton replied, "Brian, why do say that? Your grandfather is a stockbroker, not a fisherman." "No Grandma. Every time I visit Grandpa at work and he hangs up the phone he laughs, rubs his hands together and says, 'I just caught another fish'."

✓ Ladies, Please Help Me ✓

Two older women were walking through the woods when a frog called out to them and said: "Help me, ladies! I am a stockbroker who, through an evil witch's curse, has been transformed into a frog. If one of you will kiss me, I'll be returned to my former state!" One old woman took out her

purse, grabbed the frog, and stuffed it inside her handbag. The other old woman, aghast, screamed, "Didn't you hear him? If you kiss him, he'll turn into a stockbroker!" The second woman replied, "Sure, but these days a talking frog is worth more than a stockbroker!"

A stock analyst and a Wall Street broker went to the races. The broker suggested to bet \$10,000 on a horse. The analyst was skeptical, saying that he wanted first to understand the rules, to look on horses, etc. The broker whispered that he knew a secret algorithm for the success, but he could not convince the analyst. "You are too theoretical," he said and bet on a horse. Surely, that horse came

first bringing him a lot of monev. Triumphantly, he exclaimed: "I told you, I knew the secret!" "What is your secret?" the analyst asked. "It is rather easy. I have two kids, three and five year old. I sum up their ages and I bet on number nine." "But, three and five is eight," the analyst protested. "I told you, you are too theoretical!" the broker replied, "Haven't I just shown experimentally that my calculation is correct?!"

An old stockbroker decided to take a day off and visit some of his old professors in his old school. When he made his way into the entrance he noticed a dog was attacking a small child. He quickly grabbed the dog and throttled it with his two hands. The next day the local newspaper reported the story with the headline. "Valiant student

saves boy from ferocious dog". The old stockbroker called the editor and strongly suggested that a correction be issued and that the paper will tell the readers he was a successful Wall Street broker and not a student. The next day the newspaper issued a correction and the headline read, "Pompous old stockbroker kills school mascot".

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- · Sound Fiscal Management
- Expanded role of Sheriff's Office within our schools
 - ★ School Resource Deputies
 - ★ Drug Abuse Resistance Education (D.A.R.E.)
 - ★ Gang Resistance Education (G.R.E.A.T.)
 - ★ Returned Truancy Enforcement
 - ★ Introduced Drug, Bomb and Gun Detection K-9s
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- Greatly Expanded the L.C.S.O. Mounted Police
- Greatly Expanded the L.C.S.O. K-0 Unit
- Greatly Upgraded the L.C.S.O. Evidence
- Introduced an Extensive Reutilization Government Surplus Program
- Introduced the L.C.S.O. Employee Self Insured Health Program
- Introduced an Organized Sheriff's Office Volunteer Program
- Introduced and Obtained Approval for the Career Service Legislation
- Established Liaison with School Board, Local Police Chiefs in

- Management of the Law Enforcement Academy
- Established and Encouraged Employee Higher Education by Introducing F.B.I., S.P.I.
 Opportunities and a College Tuition Assistance Program
- Provided Community Oriented Policing
 - ★ Disaster Preparedness
 - * Senior Watch Program
 - ★ Care-Trak Program
 - ★ Explorers (a Youth Program)
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 - ★ Established a High School Diploma Program
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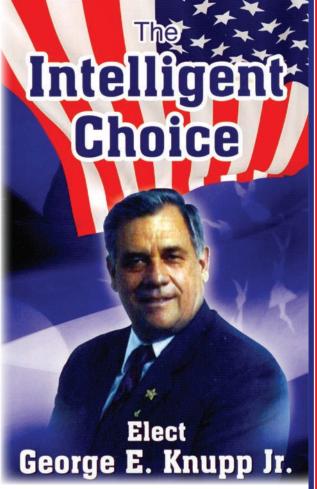
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When the waitress in a New York City restaurant brought him the soup du jour, the Englishman was a bit dismayed. "Good heavens," he said, "what is this?" "Why, it's bean soup," she replied." "I don't care what it has been," he sputtered. "What is it now?"

The old Priest, wanting to point out the proper behavior for church, was trying to elicit from the youngsters rules that their parents might give before taking them to a nice restaurant. "Don't play with your food," one second-grader cited. "Don't be loud," said another, and so on. "And what rule do your parents give you before you go out to eat?" the old priest inquired of one little boy. Without batting an eye, the child replied, "Order something cheap."

The Sunday School teacher was carefully explaining the story of Elijah the prophet & the false prophets of Baal. She explained how Elijah built the altar, put wood upon it, cut the steer in pieces, & laid it upon the altar. And then, Elijah commanded the people of God to fill four barrels of water & pour it over the altar. He had them do this four times. "Now," said the teacher, "Can anyone in the class tell me why the Lord would have Elijah pour water over the steer on the altar?" A little girl in the back of the room started waving her hand. "I know! I know!" she said, "To make the gravy!"



A young man asked an old rich man how he had made his money. The old guy fingered his worsted wool vest & said, "Well, son, it was 1932, depth of the Great Depression. I was down to my last nickel, I invested that nickel in an apple. I spent the entire day polishing the apple &, at the end of the day, I sold the apple for 10 cents. The next morning I invested those 10 cents in 2 apples. I spent the entire day polishing them & sold them at 5 PM for 20 cents. I continued this system for a month. By the end of that month, I'd accumulated a fortune of \$1.37. The old man paused, cleaned his glasses, put them back on, & looked the young man straight in the eyes, "Then my wife's father died & left us 2 million dollars."

Did you know it's against the law to let a monkey smoke a cigarette in Indiana? It's also against the law in Pennsylvania for a man to put an ice cream cone in his hip pocket.

Dear Mother Superior

The 98-year-old Mother Superior from Ireland was dying. The nuns gathered around her bed trying to make her last journey comfortable. They tried giving her some warm milk to drink but she refused it. One of the nuns took the glass back to the kitchen and, remembering a bottle of Irish whiskey received as a gift the previous Christmas, she opened it and poured a generous amount into the warm milk. Back at Mother Superior's bed, she held the glass to her lips. Mother drank a little, then a little more and before they knew it, she had drunk the whole glass down to the last drop. "Mother," the nuns asked with earnest, "please give us some wisdom before you die." She raised herself up in bed and said, "Don't sell that cow."

"It seems to me shallow & arrogant for any man in these times to claim he is completely self-made, that he owes all his success to his own unaided efforts. Many hands, hearts & minds generally contribute to anyone's notable achievements." - Walt Disney

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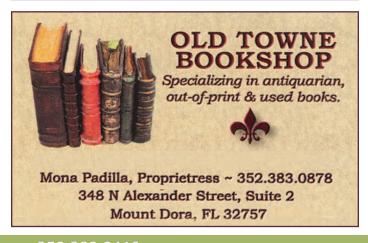


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There was a farmer who raised watermelons. He was disturbed by some local kids who would sneak into his watermelon patch at night and eat watermelons. After some careful thought he came up with a clever idea that he thought would scare the kids away for sure. So he made up the sign and posted it in the field. The next night the kids show up and they see this sign, it says "Warning!!

One of the watermelons in this field has been injected with cyanide." So the kids run off, make up their own sign and post it next to the sign that the farmer made. The farmer shows up later in the week and when he looks over the field he notices that no watermelons are missing but he notices a new sign next to his. He drives up to the sign which read: "Now there are two".

✓ Old Fashioned ✓

An agriculture student said to a farmer: "Your methods are too old fashioned. I won't be surprised if this tree will give you less than twenty pounds of apples." "I won't be surprised either," said the old farmer. "This is an orange tree".

Psychiatrist: You'll never make any progress until you get over these phobias.

Patient: I was afraid you'd say that.

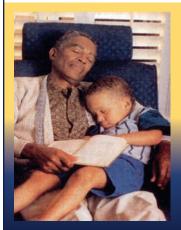


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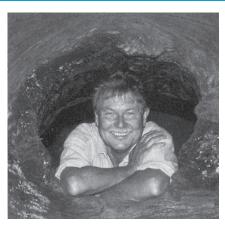
He Finds Photography A Joyful Experience

Siegfried Matull is an amazing man. **Before** becomina seriously involved in photography in 1989, German-born this adventurer spent two years traveling around the world then immigrated to California with his wife Gretel where he worked for

Volkswagen and Mercedes and then launched his own businesses. The last venture, real estate, gave him financial security and free time allowing him to pursue his two consuming passionstraveling, often to offbeat places where tourists seldom tread, and photography.

He is a photographer with a mission - making people. especially young people, aware of the plight of endangered wildlife. He has produced several mini-shows on this subject including burrowing owls, prairie dogs, and the monarch butterfly. But his talents go beyond just nature photography. His shows on travel photography, photojournalism, black lights and Mylar, experimentalcontemporary, humor in photography are just few of the varied subjects dynamic this talented photographer has produced.

Sieafried's One of first steps was to join the Photographic Society of America. He started participate at International Photo Exhibitions around world the and earned



Galaxy in Color Slides, a Diamond in Nature, 5 Stars in Photojournalism and 4 Stars in Photo Travel. He received 102 Gold Medals in the process. For several Siegfried achieved vears First Place Awards in the Photographic Society America's yearly "WHO IS WHO IN PHOTOGRAPHY" contests (USA & Canada). He won these first place achievements in both the nature and photojounalism categories. In his 11 years in the PSA he has amassed 4000 acceptances. over Over 600 of his photographs have been published. He is a frequent presenter at PSA International Conferences and PSA chapters across the US. He also judges PSA International Photo Salons.

Siegfried has earned the FIAP Artist Distinction from the International Federation of Photographic Art, as well as the Associate Degree from the Royal Photographic Society of Great Britain. In 1997 he earned the highest achievement award from the Photographic Society

Continued on page 18









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Dave & Cathy

by Eleanor Scheier

Not too many guys marry their high school sweethearts, but this one did, almost 37 years ago; and they're still honeymooners.

David & Cathy Jedziniaks graduated from Winter Haven high school & attended the prom together. Since their families were against young this marriages. 18-vearold couple went to South Carolina on Thanksgiving

Day to be married. They were determined to be married by a Baptist minister, & spent all day hunting for one to do the honors. They weren't successful in their quest, so in desperation went to the night magistrate at the jailhouse. He knew a retired Baptist minister who was kind enough to come over & marry the young couple in the office of the iail.

While David was in high school, he was the only boy in the business class where he studied

data processing. The girls were jealous because he got to sit in the office with the teacher, smoking cigars with their feet on the desk. (We think things may be different today.)

During his first year of marriage, Dave had 12 jobs: (1) gas station attendant, (2) plumber's helper, (3) lawn irrigation, (4) movers' helper, (5) employee for J.M. Fields, (6) mowing lawns, (7) loading trucks for grocer, (8) building roof trusses, (9) working for Scotties, (10) working in phosphate mines, (11) orange

picker, & (12) bussing tables at a Holiday Inn. (He turned down the job of delivering caskets.)

David surprised Cathy quite a few years later, when on Mother's Day he said to her, "Let's have our wedding," because they had never really had one at their marriage in 1971. He bought two gorgeous wedding rings for the two of them, & they



Cathy & Dave Jedziniaks at one of their **Golden Corral locations**

had their 32nd anniversary on the Saturday closest to Thanksgiving Day. Formal invitations were sent out, & 150 were in attendance. Their three children with their mates, and their four grandkids were all part of the wedding party at the church, which was followed by a wonderful party at Lake Receptions. They were so pleased to have even some from their graduating class in attendance, after so many

David was born & raised in Massachusetts. & likes cool

weather, hunting & fishing. He gets plenty of fresh water bass from the lake they live by in Umatilla. The family enjoys vacationing together, and one Christmastime all six of them, Dave & Cathy, Dave's mom, & the 3 kids all went snowmobiling in Yellowstone National Park. For his birthday this year, he plans to take the family to vacation in the Smokey Mountains.

Golden Corral gives away free trips for two to winners in the partner-manager category, to anyplace in the world they'd like to go. Dave won a trip to Australia once. That's a 25-hour trip. He said if they go again, they will cut the long travel time by making a couple-day stopover in Hawaii.

For relaxation, he likes target shooting, & is interested in custom knives. so attends their annual shows in Atlanta. But he's also very much involved in the frequent Princess Parties that his wife puts on for little girls. Dave decorates the whole house with crepe paper, butterflies, hearts. flowers & umbrellas. & even decorates the full length of the driveway. Would vou believe, they even have a Cinderella Coach? The place takes on the appearance of a fairyland. All for two hours of living in a fantasy world for eight little girls, who behave like little ladies. Artistic

Cathy has a real talent along these lines, besides being a fantastic Grandma. She bakes heart-shaped cakes for the parties, & maintains a delightful wardrobe in sizes 3 to 10 for the youngsters, in styles from fairy tale characters to beauty pageant dresses, including shoes, jewelry, crowns, & kiddy make-up. Of course their mommies come along for the parties, & help the little ones with their make-up & hairdos. No, Cathy doesn't host these special events only once a year. It's whenever one of the princesses has a birthday, & on Valentine's Day. Oh, yes there are princess mirrors for each of the guests of honor, plus a gift pack to take home.

Wouldn't you think gala occasions like these would be hard to break up & bring to a close? Not with the Jedziniaks' resourcefulness. They follow this 2-hour extravanza with a pool party! What tiny tot's going to turn THAT down! Yes, this couple learned a l-o-n-g time ago how to keep young ones occupied, in order to diminish the time they otherwise devote to mischief. Like an unforgettable memory he has of his young son, Tim, when he left his 4 fingerprints on the butter in the refrigerator, & wondered how they knew he was the guilty one..... 🥩

A man went to see his old doctor of 25 years because he was suffering from a miserable cold. The old doctor prescribed some pills, but they didn't help. On his next visit the old doctor gave him a shot, but that didn't do any good. On his third visit the old doctor told the man, "Go home and take a hot bath. As soon as you finish bathing throw open all the windows and stand in the draft." "But doc," protested the patient, "if I do that, I'll get pneumonia." "I know," said the doctor, "I can cure pneumonia."









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Jack, age 3, was watching his Mom breast-feeding his new baby sister. After a while he asked, "Mom, why have you got two? Is one for hot & one for cold milk?"

Brittany, age 4, had an earache & wanted a pain killer. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mom explained it was a child-proof cap & she'd have to open it for her. Eyes wide with wonder, the little girl asked, "How does it know it's me?"

Susan, age 4, was drinking juice when she got the hiccups. "Please don't give me this juice again," she said, "it makes my teeth cough."

DJ, age 4, stepped onto the bathroom scale, & asked, "How much do I cost?

Marc, age 4, was engrossed in a young couple that were hugging & kissing in a restaurant. Without taking his eyes off them, he asked his dad, "Why is he whispering in her mouth?"

Clinton, age 5, was in his bedroom looking worried. When his mom asked what was troubling him, he replied, "I don't know what'll happen with this bed when I get married. How will my wife fit in?"

James, age 4, was listening to a Bible story. His dad read, "The man named Lot was warned to take his wife & flee out of the city, but his wife looked back & was turned into salt." Concerned, James asked, "What happened to the flea?"

Tammy, age 4, was with her mother when they met an elderly rather wrinkled woman her mother knew. Tammy looked at her for a while & then asked, "Why doesn't your skin fit your face?"

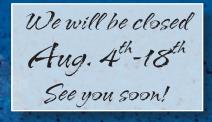
An old fellow came into the hospital truly on death's door due to an infected gallbladder. The surgeon who removed the gallbladder was adamant that his patients be up and walking in the hall the day after surgery, to help prevent blood clots forming in the leg veins. The nurses walked the patient in the hall as ordered, and after the third day the nurse told how he complained bitterly each time they did. The surgeon told

them to keep walking him. After a week, the patient was ready to go. His family came to pick him up and thanked the surgeon profusely for what he had done for their father. The surgeon was pleased and appreciated the thanks, but told them that it was really a simple operation and we had been lucky to get him in time. "But doctor, you don't understand," they said, "Dad hasn't walked in over a year!"

"The doctor said he would have me on my feet in two weeks." "And did he?" "Yes, I had to sell the car to pay the bill."



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A Babe Ruth Story

Excerpts from The Journal of The American Dental Association - July 2008

by Susan Glenn Caddell, DDS

This being the All Star Break in baseball, I thought we needed a baseball story. Babe Ruth was a colorful figure in baseball. As a youngster, George Herman Ruth, Jr. began drinking beer, wine & whiskey, and chewing tobacco at the tender age of five. He was a behavior problem so at seven years old he was signed over to St. Mary's Industrial School for Boys under the custody of the Xaverian Brothers, particularly Brother Mathias who introduced George to America's favorite pastime. At the age of 19, George was adopted by Jack Dunn, a well-known scout and owner and manager of the Baltimore Orioles - a minor league team of the Boston Red Sox. George was then referred to as "Jack's newest babe" and the name stuck.

The Babe made his majors debut at Fenway Park in 1914 as a pitcher and was sold to the Yankees in 1920. Ruth was very popular and drew large crowds, so much so that when the new Yankee stadium was built in '23 it was labeled "the house that Ruth built".

Ruth began experiencing pain behind his left eye in the summer of 1946 and a large mass was found at the base of his skull. A diagnosis was made of laryngeal carcinoma and radiation therapy (RT) was begun. By November , the symptoms were relieved but a

inoperable mass was found on the left side of his neck. In June 1947, Ruth received another course of RT and daily injections of a drug which would be the precursor methotrexate. a current chemotherapy drug. The Babe responded dramatically well but the improvement was short lived. Babe Ruth died on August 16, 1948 of pneumonia secondary to the cancer. His autopsy revealed he did not have laryngeal carcinoma but nasopharyngeal (nose and mouth) carcinoma that had metastasized to the lymph nodes, one lung, his liver, adrenal glands, and cranial nerves 9, 19, and 11. His larynx was normal.

We can learn from the Babe. He was an early user of tobacco and alcohol and this probably contributed to his diagnosis. In the years since, baseball has made significant strides in curbing the tobacco use on the field. Ruth was most likely the first cancer patient to receive RT and chemotherapy for his particular type of cancer. Ruth was quoted as saying, "I realized that if anything was learned about that type of treatment, whether good or bad, it would be of use in the future to the medical profession and maybe to people with my same trouble."

Thanks, Babe.



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Do You Remember?

The Man Everybody Liked

Why? Because Will Rogers never met a man he didn't like. He had genuine love & respect for humanity & people everywhere. He always thought of himself as first a caring member of the human race, an American, then a Cherokee Indian, &

a faithful husband & father. He didn't approve of all the things that people do, but he added that even so, "there is some goodness & some cussedness in all of us. If you know a man well enough you can always find something good in him, & you can always find something interesting about him. It's just a matter of what you're looking for!"

What put Will Rogers in the public eye first were his unsurpassed lariat feats. A freed slave taught him how to use a lasso as a tool to work Texas Longhorn cattle on t he family ranch. The roping skills Will developed were so special, he was listed in the Guinness Book of Records for throwing three lassos at once: one rope caught the running horse's

neck, the other would hoop around the rider, & the third swooped up under the horse to loop all four legs. The old classic movie "The Ropin' Fool", recorded these feats. And of course, his expertise won him jobs in wild west & vaudeville shows. Soon his wise-cracks & folksy observations were more popular with his audiences than his expert roping. His philosophy was put forth in such simple terms, everyone could understand. In the 1920's & 1930's, he

was the star of Broadway & of 71 movies, & was the top-paid star in Hollywood. He was also a popular radio broadcaster, besides writing more than 4,000 syndicated newspaper columns. During his lifetime, he traveled around the world three times. He



wrote six books, was the first big time radio commentator, was a guest at the White House, & a friend of world leaders. Yet he always thought of himself as a simple Oklahoma cowboy who was a family man. He had a happy marriage which produced four children, & three of them became actors. His youngest son died of diphtheria when he was two. Will's own life was cut short, when he died at 55 in a plane crash with Wiley Post on their way to Alaska.

But his legacy remains with us into this 21st century, as is evident in a Broadway musical, books, home movies, new art & songs, besides two museums in Oklahoma. Another cause for renewed interest is the apparent parallel between today's peculiar

times & the roaring twenties & the depressed thirties when Will Rogers brightened gloom with anecdotes such as this one: "We'll be the first nation in the world to go to the poor house in an automobile", & "Whatever the other fellow don't do. we will". Some other sayings of his that bear repeating are: "Live your life so that whenever you lose, you're ahead." "If you live life right, death is a joke as far as fear is concerned." "Everybody is ignorant. Only on different subjects." "I don't care how little your country is; you got a right to run it like you like to. When the big nations quit meddling, then the world will have peace." "People talk peace. But men give their life's work to war. It won't stop 'til

there is as much brains & scientific study put to aid peace as there is to promote war." "Take diplomacy out of a war, & the thing would fall flat in a week." "Nowadays it is about as big a crime to be dumb as it is to be dishonest."

Thousands of persons who annually visit the Will Rogers Memorial at Claremore, & his birthplace at Oologah, have made the same general observation: "Will Rogers words are still meaningful today."

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August 2

Friday Movie in the Park: Big Bully

Time: Dusk
Free

Donnelly Park on the corner of 5th Avenue and Donnelly Street

In the case of inclement weather, movies will be shown in the Community Building. For more information please contact Mount Dora Parks & Recreation Department at 352-735-7183.

August 13

Classic Film Series 7 PM

Free

W.T. Bland Public Library

Due to a licensing agreement, we cannot list the title of the film. Please call 735-7180, Option 5 to learn the title of the films being shown.

August 14

Tri-Chamber Business After Hours at Monster Storage

5-7 PM

FREE

Monster Self Storage 19400 S.R. 44, Eustis

For more information please call 352-383-2165.

August 16

Women for Hospice SANDALS AND SANGRIA

6:30 PM 'til ... ? \$40 per person Mission Inn

Join us at the Mission Inn – poolside. Fun, food, bar and dancing!! Caribbean music provided by Captain Henry. *Please RSVP by August 4th to Marj Clements 352-383-7585.* Send your check payable to Women for Hospice to Marj at 403 Sassafras Lane, Mt Dora, FL 32757.

Planning your fall trip to Mount Dora? Include the Craft Fair!

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A Joyful Experience, continued from page 9

of America, the EPSA-Excellence-Distinction. Mr. Matull is widely known world wide in PSA and other photographic circles as he is frequently invited to judge PSA International and other International Competitions and Exhibitions, and is much in demand for his interesting and popular photographic lectures at the Annual PSA International Conference, the annual NECCC Conference in Amherst, Mass., which is the world's largest Photo Meeting. He was featured in a Popular Photography Magazine article "Photo Lifestyles" in July 1998. Not only has he been the Director of the US/UK Nature Slide Study Circuit, but he is also a frequent Gold Medal winner of the annual PSA Photo Essay Competitions. Travelling to all continents of this world with his wife Gretel, Siegfried has become a top photographer across many subjects. He was also the President of the Contra Costa Camera Club.

How he manages to find time to pursue his passion, we can only guess. But luckily for all of us, he is often at work in and around his California Sea Ranch home, capturing hummingbirds and other birds in flight, photographing raccoons, skunks, foxes and many other creatures and plants, as well as landscapes. However, Siegfried's favorite and most enjoyable subject is spending time with his children and grandchildren and, of course, photographing them.

See examples of Siegfried's works featured on pages 22-23

Late one afternoon my granddaughter Mary Lynn stopped by the house and could hardly make it to my big recliner chair. She dropped down into the chair with a big sigh and was literally exhausted. Being a retired loan officer myself, I was ready to ask why the exhaustion but my wife came into the room with a cool drink

and said sympathetically, "My goodness. Mary Lynn, you look terrible! You must have had a very hard day at work today. What happened to make you so exhausted?" "It was terrible," the young executive said, "The computer broke down, and we had to do our own thinking to solve all of the problems."

Here came Grandpa and Grandma pulling into the only remaining campsite. Out jumped four of their grandchildren from the vehicle who quickly began unloading gear & setting up the tent. The small boys rushed to gather firewood, while the girls &

their grandmother set up the camp stove & cooking utensils. A nearby camper marveled to the youngsters' grandfather, "That, sir, is some display of teamwork." "Well," Grandpa replied, "I have a system. No one goes to the bathroom until the camp is set up."

7)r. George Edwards

by Eleanor Scheier



Not many individuals get a teaching certificate at age 14. You know with a mind like that, there's apt to be an interesting future. There was for the father of Dr. George. His initial education had begun in a one room schoolhouse, and continued to the point of earning his Ph.D. at Ohio State University, in the shortest time of any student. He became a college professor. He also wrote for the Minimum Foundation Program for schools in the 1940's.

Dr. George's mother also had a lifetime certificate as a teacher. She was a graduate of New Smyrna High School. Her side of the family also has an interesting background, with Grandfather being the founder of the town of Shiloh. In recent years it became part of NASA, north of Cape Canaveral. The inhabitants of Shiloh in the 1800's lived in palmetto huts, as there was no wood in that part of Florida for building homes. Grandfather also built the Kuhl Dock on the coastal waterway, as appears on maps of the U.S. Coast.

With a background like that, George Edwards was bound to inherit good genes. He was born in Tallahassee, and grew up across the street from a sweet little girl he ended up marrying over 40 years ago. His education

at Emory University, followed by dental school at Louisville University. But he has never stopped studying the latest scientific advancements of dentistry, including using the new digital technologies, such as in detecting amalgam in old fillings that have been covered over. Actually, his staff are all individuals who are well-trained people, tops in their respective fields.

The good genes continued on in future generations. Dr. George Edwards has three daughters who are all doctors, and his son followed in his footsteps, and has been a dentist in his Dad's office for a year now. It seems quite likely that Dr. George's seven grandchildren may carry on the family tradition, with such good examples before them.

When his children were small, the good doctor enjoyed his hobby of working with wood by building tables. Now, however, he's into bigger things, like doing all the woodwork in remodeling his son's home.

The family loves nature, like fishing, hiking in National Parks such as Yosemite and the Grand Canyon — all the outdoorsy stuff. However, the high point of each year is the huge fair every October at Freyburg, Maine. This is the greatest of all fairs, held at the time of year when the leaves are turning color, and the temperature is great. Regular visits to New England and western U.S. keep Dr. Edwards active, alert and on his toes, as it were, always up-to-date in his practice, and ready to return to enjoy his vocation of giving his patients beautiful smiles. 💋

-Real Estate –

Lake County Company Wants to Buy Your Home

Selling a home is usually an expensive, complicated and time-consuming process. There are basically two alternatives a homeowner can use in selling a home. Use a Realtor, or sell their home themselves. The former may inflate the property price to accommodate commissions and still take months to sell a home. The latter is difficult because owners are emotionally involved,

"They will provide a seller with a written offer within 48 hours."

may not have the marketing savvy, and it still may take months for them to sell. (All the while the homeowner is still making house, tax and insurance payments.) Not to mention, homeowners haven't had to solve many of the typical problems that can pop up right before closing.

Remember, buying a house is a big decision for most people and it is easy for them to walk away at the first sign of complications like liens, necessary repairs, survey problems or many other typical closing issues.

There is now a third alternative. Sunny Lakes Properties, Inc. purchases homes in 7 days. Picture walking into an office, giving some basic information about your home and closing the following week.

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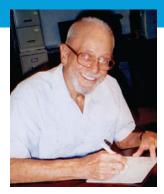
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The Man At The Top

by Eleanor Scheier



His memory often drifts back to his days in the military, & no wonder — he was a graduate of a military high school in Georgia at age 16, & at 17 joined the Navy. He became a machine gun & radio operator, & did maintenance of electronic equipment. Warren Bridges had his 18th birthday in Tonga in the South Pacific, flying in the anti-sub patrol.

The seaplanes were overloaded & underpowered. actually sitting ducks, as it were. He had his first neardeath encounter in a seaplane when they hit a reef in shallow water. He was almost pulled into the propeller, when the pilot grabbed him in the nick of time. Then they changed to heavier land planes in Fiji. His naughty nature came to the fore in this beautiful paradise. so he dabbled at his duties long enough to extend their leave on this island.

His memories of serving at Guadalcanal aren't good ones.

They were starving, subsisting on meager rations. An unescorted merchant marine ship floated in at 12 knots, & in a very short time, the hungry sailors were salivating as the odors of meat cooking wafted over

to their ship. Of course, they had to check that out immediately, to see if they could bring some pleasure to their stomachs once more. The merchant marines were a hospitable bunch & served big juicy steaks to their guests. Warren wolfed his steak down in short order. So they brought him a bigger one. Same result. He had an insatiable appetite.

Warren said he could eat a cow. The cook bet him \$20 he could bring him a steak so big he couldn't eat it. Warren accepted the challenge. When the cook returned with literally half a cow on a plank that took two guys to carry, Warren paid him the \$20.

Warren got bored flying around & seeing nothing. If there were Jap subs there, they didn't detect them. That's when he asked to be transferred to where the action was.

The SBD planes won the battle of Midway over Japan. Warren's was the second seat of the dive bomber, which brought him his second brush with death. He knew the U.S. had lost the battle in the Phillipines. He was itching to shoot the Japs. He was in a 360 degree swivel seat with his gun & parachute & seatbelt, facing the rear of the plane.

He couldn't move to operate the bomb, so he took off his parachute just as the pilot dived. As he floated out into space, he hung onto the machine gun for dear life, with only one swivel bolt. As he was hanging out in the air, the

guns jammed, & he couldn't see anything to shoot. He fell out at 10,000 feet, & fell back in as the plane righted itself.

Warren served in the armed forces from June of 1941 'til June of 1947. During that time he was on the staff for music for the armed forces, & taught the flute. He's very versatile on wind instruments, playing the piccolo, saxophone, & clarinet, also. In the NCO, he

cruised in the Caribbean, & then the very opposite was the cruise to Alaska. They remembered that trip vividly because of the salmon. They watched them swim upstream, & they ate fresh salmon every day, prepared in different culinary styles at each meal. Catherine & Warren were happily married for almost 60 years.

Warren was born in Georgia & raised in South





trained bandmasters.

The year after he mustered out of the service, he met his future wife on a blind date, while he was working at a radio station.

She was a lab and X-ray technician at a private hospital. It was love at first sight. She got off from 2 to 4 PM; he proposed, she accepted, & the justice of the peace married them. They had no honeymoon, & their first residence was a 2nd story apartment facing the afternoon sun.

Young love survives everything. They did fun things together, like taking cruises on the Mississippi River. One of those was a special one, dedicated to the music of the big bands, a 3-day cruise with Russ Columbo aboard. Warren got to play his clarinet with the bands between shows. As time went on, they also

Carolina. He was an only child, an only grandchild, & an only nephew. He says he was spoiled rotten, had lots of toys, but never enough his appetite for them was insatiable. As he got a little older, his interest in toys was supplanted by his interest in Audubon, & he began a collection of all his books.

As he grew up, music became his greatest passion. & he played clarinet in the high school band. Today he can probably play any song you can recall going back to the 1890's & early 1900's. One he especially likes is "After the Ball". His love of music & performing continues in the life of this octogenarian. You can listen to him on radio Monday through Friday on Spanish station 1440 AM at 12:07 P.M. He's also on at 6:07 P.M. to 7:00 P.M. on Wednesdays.

Continued on page 24



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Yature Photography by Siegfried Matull

Obtaining unique and outstanding pictures ranks only a distant SECOND in my life. What is NUMBER ONE and most important for me, is to spend lots of time with Gretel, my wife, and as often as possible with our dear family members on vacations, mainly in the outdoors, where we enjoy most of the time being physically exposed

to our natural world. Many years ago I discovered that no picture, TV show or movie can duplicate or come close the real natural experiences of the outdoor sites, sounds and even smells, around the corner and around the world.



Although unexpected and surprising, it was totally thrilling and even acceptable, when a large group of birds naturally connected with us by crapping on Gretel, me and my camera. It happened to us in New Mexico in the Bosque del Apache "Bird Paradise". One bird-crap-direct-hit completely covered the front of my lens. But Gretel quickly solved the tiny problem by holding an open umbrella over us, and I kept on SHOOTING, while thousands of Snow Geese and Sandhill Cranes above us continued pooping on us! AWESOME!!!



Once I was photographing a white-tailed kite, which was hunting and dropping down to the ground in our yard, and a short time later, rose back up into the air, clinging to a vole (a mole-like mammal) in its talons. I could not believe my eyes when I observed and photographed how the female kite approached her successful hunting mate, and he handed over the prey to her, in mid-air. This was one of the most exciting nature stories I have ever observed and captured successfully with my camera! So what is

my advice to nature photographers? Always have your camera ready to shoot, because you never know exactly when those wonderful nature stories will pop up.





Violet-green swallows fighting for a nesting box



Endangered Western bluebird couple in love



SIEGFRIED MATULL is an award-winning wildlife photographer. He lives in Sea Ranch, California.





The Man At The Top, continued from page 21

Warren has another great interest — his love of animals. He used to have pet chickens, but now has only cats & dogs, five of each. Three of the cats sleep with him. Fred's the one who awakens him each morning with a kiss, & Coco & Candy also share his bed. One dog sleeps under the bed.

Piccolo was Catherine's doggie, so when she died, the little Yorkie got special attention from Warren. It was devastating when the pup got run over, so friends brought Warren some dogs to choose from as a replacement. He couldn't decide on one from among the five. Although Piccolo was a tiny creature, he was quite a ball player, batting a lightweight beach ball back & forth, & some times with such force that it would land on the roof! Believe it or not, he even played once with a Harlem Globetrotter, a personal friend of the family. No other single dog could ever replace Piccolo, so Warren decided to keep all five.

Now that you've seen the soft side of this man, there's the other side to consider. He has a big interest in Internet businesses on courses & seminars to sell into, and as involved as he is in Aloes International, he's thinking ahead about building another company to run on television, in order to compete with himself. He intends to remain "The Man at the Top".

"All our dreams can come true — if we have the courage to pursue them." — Walt Disney



Sam's Club

Well hi again, here we are into the wonderful month of August and when the next heat wave comes, my mommy, Barb as everyone else calls her, always waters the yard with the sprinkler and I am a happy camper running in and out of the water, and guess what no cats. Yessss!!! Now look I found a funny story for you this month and I hope you will get a chuckle or two including some items from the *Dictionary for Dogs:*

Doing the Dishes

A man went to visit his 90-year old grandfather and while eating the breakfast of eggs and bacon prepared for him, he noticed a film-like substance on his plate. So he says, "Grandfather, are these plates clean?" His grandfather replies, "Those plates are as clean as cold water can get them, so go on and finish your meal." That afternoon, while eating the hamburgers his grandfather made for lunch, he noticed many little black specks around the edge of his plate, so again he asked, "Grandfather are you sure these plates are clean?" Without looking up from his burger, the grandfather says, "I told you, those dishes are as clean as cold water can get them, now don't ask me about it anymore." Later that day, they were on their way out to get dinner. As he was leaving the house, Grandfather's dog, who was lying onthe floor, started to growl and would not let him pass. "Grandfather, your dog won't let me out." Without diverting his attention from the football game he was watching, his grandfather shouted, "Coldwater, get your butt out of the way!"

Dictionary for Dogs

BUMP: The best way to get your human's attention when they are drinking a fresh cup of coffee or tea.

WASTEBASKET: This is a dog toy filled with paper, envelopes, and old candy wrapper. When you get bored, turn over the basket and strew the papers all over the house until your person comes home, then head for the closet.

about building another company to run on television, in order to compete with himself. He intends to remain it is polite to run up and down the front of the sofa and wipe "The Man at the Top".

See you next time, Your Friend, Sam

In a terrible accident at a railroad crossing, a train smashed into a car & pushed it nearly 400 yards down the track. Though no one was killed, the driver took the train company to court. At the trial, the engineer insisted that he had given the driver ample warning by waving his lantern back and forth for nearly a minute. He even stood and convincingly demonstrated how he'd done it. The court believed his story, and the suit was dismissed. "Congratulations," his lawyer said to the engineer when it was over. "You did superbly under cross examination!" "Thanks," said the engineer, "but he sure had me worried." "How's that?" the lawyer asked. "I was afraid he was going to ask if the lantern was lit!"

On the first day of school, the old Kindergarten teacher who was about ready to retire said, "If anyone has to go to the bathroom, hold up 2 fingers." A little voice from the back of the room asked, "How will that help?"

A Sunday school teacher asked her class why Joseph & Mary took Jesus with them to Jerusalem. A small child replied, "They couldn't get a baby-sitter."

If passion drives you, let reason hold the reins.









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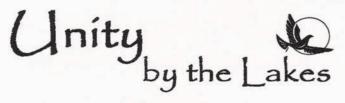
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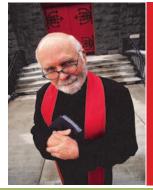
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Hey, this summer is really moving along! My goodness, I really believe those old adages that the older you get the faster the time goes. My mother-in-law was like that as she was always saying, "My oh my, where has the time gone? I just never get anything done!" I used to grit my teeth every time she made that statement.

I used to love those mother-in-law jokes, and even though I am a mother-in-law now, I still enjoy a good MIL joke when I find one and so this month I found some I hope you will enjoy. You might even want to show them to your mother-in-law:

Standing at the edge of the lake behind his home, enjoying a sunset, an old retired guy saw a woman flailing about in the deep water. Unable to swim, the man screamed for help. An old trout fisherman ran up. The old guy said, "My wife is drowning and I can't swim. Please save her. I'll give you a hundred dollars. The old fisherman dove into the water. In ten powerful strokes he reached the woman, put his arm around her, and swam back to shore. Depositing her at the feet of the man, the fisherman said, "Okay, where's my hundred dollars?"The man said, "Look, when I saw her going down

for the third time, I thought it was my wife. But this is my MIL." The fisherman reached into his pocket and said, "Just my luck. How much do I owe you?"

I was out shopping the other day when I saw six women beating my MIL up. As I stood there and watched, her neighbor, who knew me, said, "Well, aren't you going to help?" I replied, "No. Six of them is enough."

Mother Knows Best: At a senior citizen's meeting, a couple were celebrating their 50th Anniversary. The husband stood up and was telling story of his dating habits in his youth. It seemed that every time he brought home a girl to meet his mother, his mother didn't like her. So finally he started searching until he found a girl who not only looked like his mother and acted like his mother, she even sounded like his mother. So he brought her home one night to have dinner, and his father didn't like her.

Two men were in a pub. One says to his mate, "My MIL is an angel." His friend replies, "You're lucky. Mine is still alive."

See you next month, The Old Buzz Saw



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Every senior should say to his or her grandchild, "I've learned . . . "

- ...that the best classroom in the world is at the feet of an elderly person.
- ...that when you're in love, it shows.
- ...that just one person saying to me, "You've made my day!" makes my day.
- ...that having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- ...that being kind is more important than being right.
- ...that I can always pray for someone when I don't have the strength to help him in some other way.
- ...that no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
- ...that sometimes all a person needs is a hand to hold, and a heart to understand.
- ...that simple walks with my father, around the block on summer nights when I was a child, did wonders for me as an adult.
- ...that life is like a roll of toilet paper the closer it gets to the end, the faster it goes.
- ...that we should be glad God doesn't give us everything we ask for.
- ...that money doesn't buy class.
- ...that it's those small daily happenings that make life so spectacular.
- ...that under everyone's hard shell, is someone who wants to be appreciated and loved.
- ...that the Lord didn't do it all in one day what makes me think that I can?
- ...that to ignore the facts does not change the facts.
- ...that when you plan to get even with someone, you are only letting that person continue to hurt you.

- ...that love, not time, heals all wounds.
- ...that the easiest way for me to grow as a person is to surround myself with people smarter than I am.
- ...that everyone you meet deserves to be greeted with a smile.
- ...that there's nothing sweeter than sleeping with your babies and feeling their breath on your cheek.
- ...that no one is perfect until you fall in love with them.
- ...that life is tough, but I'm tougher.
- ...that opportunities are never lost; someone will take the ones you miss.
- ...that when you harbor bitterness, happiness will dock elsewhere.
- ...that I wish I could have told my mom that I love her one more time before she passed away.
- ...that one should keep his words both soft and tender, because tomorrow, he may have to eat them.
- ...that a smile is an inexpensive way to improve your
- ...that I can't choose how I feel, but I can choose what I do
- ...that when your newly born grandchild holds your little finger in his little fist, you're hooked for life.
- ...that everyone wants to live on top of the mountain, but that all the happiness and growth occurs while you're climbing it.
- ...that it's best to give advice in only two circumstances; when it's requested, and when it's a life threatening situation.
- ...that the less time I have to work with, the more things I get done. 🥩

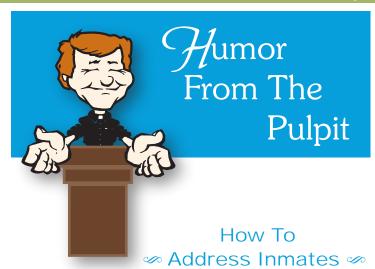
but he had no experience. manager gave him a tough account with the promise that if he collected it, he'd get the job. Two hours

Jones applied to a later, Jones came back finance agency for a job, with the entire amount. "Amazing!" the manager He was so intense that the said. "How did you do it?" "Easy," Jones replied. "I told him if he didn't pay up, I'd tell all his other creditors he paid us."

✓ Tour of The Battery ✓

A long time ago, a visitor from out of town came to a tour in Manhattan. At the end of the tour they took him to the financial district. When they arrived to Battery Park the guide showed him

some nice yachts anchoring there, and said, "Here are the yachts of our bankers and stockbrokers." "And where are the yachts of the investors?" asked the naive visitor.



A pastor just fresh from Bible College was invited to speak at a chapel service in a prison. He was very excited but being his very first time, he was very nervous as well. He thought hard how to introduce his message.

On the day he arrived at the prison, he was greeted by a large group of prisoners waiting to hear him. As the young pastor walked and stood behind the pulpit, he said, "Good morning. It's so good to see you here!"

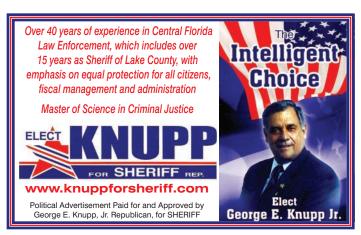
After the church service a little boy told the pastor, "When I grow up, I'm going to give you some money." "Well,

thank you," the pastor replied, "but why?" "Because my daddy says you're one of the poorest preachers we've ever had."

There was a church where the preacher and the minister of music were not getting along. As time went by this began to spill over into the worship service. The first week the preacher preached on commitment and how we all should dedicate ourselves to the service of God. The music director lead the song "I Shall Not Be Moved." The second week the preacher preached on tithing and how we all should gladly give to the work of the Lord. The director lead the song "Jesus Paid it All." The third week the preacher preached on gossiping and

how we should all watch our tongues. The music director led the song "I Love to Tell the Story." With all this going on, the preacher became very disgusted over the situation and the following Sunday told the congregation that he was considering resigning. The musician lead the song "Oh Why Not Tonight?" As it came to pass, the preacher did indeed resign. The next week he informed the church that it was Jesus who led him there and it was Jesus that was taking him away. The music leader lead the song "What a Friend We Have in Jesus."





Two ministers met in the after life. One said, "Isn't heaven wonderful

after the parish ministry?" The other said, "This isn't heaven!"

Being a new pastor to an aging congregation, I told them I would be serving them prune juice in Holy Communion. When asked why I would dare entertain such a thought, I said, "If the Holy Spirit won't move you--the prune juice will!"

A bishop visited a church in his diocese. Only three people turned up to hear him peach. He asked the Vicar, "Did you give notice of my visit?" "No," replied the vicar, "but word seems to have got around anyway".

A man lay dying and he began to yell out, "I need a priest, I need a priest!" Another man came along and asked what was wrong. The dying man said, "I need a priest to give me last rites, I'm dying." The man said, "There are no priests around here, but maybe I can help. I'm not a religious person myself, but I have lived next to the Catholic church my whole life and I hear their ritual all the time. I think that I can say it for you." The dying man says, "Thank you." The helpful man leans close to the dying man and in a soft voice repeats the ritual as he has heard it so many times: "B-6, N-33, G-52, I-24, ... (Bingo!)"









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Why did God make mothers?

Mostly to clean the house.

How did God make mothers?

The same way he made me, only he used bigger parts.

What ingredients are mothers made of?

They had to start with a man's bones. Then they mostly use string, I think.

What kind of little girl was your mom?

I don't know 'cause I wasn't there, but my guess would be pretty bossy.

What did Mom need to know about Dad before she married him? His last name.

Why did your mom marry your dad?

Grandma says Mom didn't have her thinking cap on.

What's the difference between moms & dads?

Moms work at work & work at home. Dads just have to work at work.

What does your mom do in her spare time? Moms don't do spare time.

What's the difference between moms & grandmas? About 30 years.

Describe the world's greatest mom.

She'd make broccoli taste like ice cream.

Is anything about your mom perfect?

Her teeth are, but she bought them from the dentist.

What would it take to make your mom perfect?

She's already perfect on the inside; outside, I think some kind of plastic surgery.

If you could change one thing about your mom, what would it be? I'd make her smarter. Then she'd know it was my sister who did it, & not me.

There was a old farmer who had a herd of pigs. One day someone went to the farm and asked the farmer: "What do you use to feed your pigs?" "Well, I give them garbage, corn from the barn, and things like that. Why?" "Because I am from the Animals Protection Association and I think you don't feed them like you should, they shouldn't eat wastes." Then he fined the old farmer. Some days later, another person arrived and asked the same question. The old farmer answered: "Well,

I feed them very well. I give them salmon, caviar, shrimp, steak... why?" "Because I am from the United Nations Organization and I think it's unfair that you feed your pigs like that when there are people dying with nothing to eat." And he fined the old farmer. Finally, another man came in and asked just the same question. The hesitant old farmer answered after a few minutes: "Well, I give five dollars to each pig so they can buy whatever they want."

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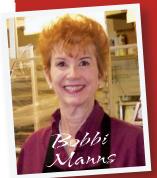
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