

Senior Lifestyle Digest[®]

October 2008



humor
health
inspiration

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Dedicated to displaying the essence, the energy, the wisdom and the humor of today's seniors.



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Safe Holistic Dog Foods



I was sitting in the Florida room the other day catching up on a little shut eye, when I decided to get up and head for the old kitchen to get some of the goodies they leave for me. I looked and my eye caught the calendar. Whoa!!! I thought to myself, is it that time of the month already. Time to put my article together. I must get it done as I am sure that stupid dog Sam already has his ready. He loves to look good in front of the publisher.

just ate the dove. Should I throw down the cat?"

Reflections of a Cat Lover

This old maid was living in the Senior Home and was overheard telling another resident the following story about herself: "I never married, because there was no need. I have three pets at home that serve the same purpose as a husband. I have a dog that growls every morning, a parrot that swears all afternoon, and a cat that comes home late every night."

That dumb dog loves hot dogs. That's all right, he will never know the sheer joy of eating delicious catnip.

The cat could very well be man's best friend, but would never stoop to admit it.

I want you to know I really looked hard to find all of you cat lovers some great jokes. Here is my first one:

My old and retired Aunt Betsy, who had never been married and did not really like kids, was telling her niece a few facts about cats and dogs. Aunt Betsy said, "Dogs and cats are better than kids. They eat less, don't ask for money all the time, are easier to train, never drive your car, don't hang out with drug-using friends, don't smoke or drink,

Amie Semple McPherson was an old time evangelist who was known for her dramatic sermons. Once she sent a little kid up into the choir loft and told him to release a dove out of its cage on cue. So she was preaching away and said, "And the Lord will send a dove of peace..." And the kid yelled out, "The cat

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~ That's My Boy! ~

A proud old grandpa was watching and listening to his little grandson playing baseball with himself. He listened to the youngster talking to himself and he strutting through the backyard, wearing his baseball cap and toting a ball and bat. "I'm the greatest hitter in the world," he announced. Then, he tossed the ball into the air, swung at it, and missed. "Strike One!" he yelled. Undaunted, he picked up the ball and said again, "I'm the greatest hitter in the

world!" He tossed the ball into the air. When it came down he swung again and missed. "Strike Two!" he cried. The boy then paused a moment to examine his bat and ball carefully. He spit on his hands and rubbed them together. He straightened his cap and said once more, "I'm the greatest hitter in the world!" Again he tossed the ball up in the air and swung at it. He missed. "Strike Three!" "Wow!" he exclaimed. "I'm also the greatest pitcher in the world!"

~ The Lie Detector ~

Police in Radnor, Pennsylvania interrogated a suspect by placing a metal colander on his head, and connected it with wires to a photocopy machine. The message 'He's lying' was placed

in the copier, and police pressed the copy button each time they thought the suspect wasn't telling the truth. Believing the 'lie detector' was working, the suspect confessed.

~ Second Notice ~

A taxpayer received a strongly worded "2nd notice" that his taxes were overdue. Hastening to the collector's office, he paid his bill, saying apologetically that he had

overlooked the first notice. "Oh," confided the collector with a smile, "we don't send out first notices. We have found that the second notices are more effective."

don't worry about having to buy the latest fashions, don't wear your clothes, and don't need a gazillion dollars for college. Also, if they get pregnant, you can sell the children!"

I would like to get a message out to all of the cats in central Florida: Remember Cat World, variety is the spice of life. One day, ignore people; the next day, annoy them. Climb your way to the top, that's why the curtains are there.

Here are a couple of tips for this month - the first one is a cleaning tip: Never hold a Dust-Buster and a cat at the same time. Number two is a moving tip: Don't pack dog & cat in same box.

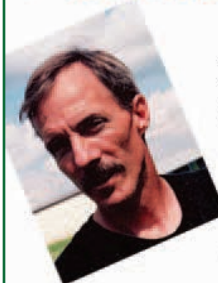
Have great October and I will see you trick or treating, so hold on to the cat nip.

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Fred

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Long Drive!

Ernie had just finished his first golf lesson, & his enthusiasm was boundless. His skill level was another matter. He teed up the ball, gripped his driver, & fixed his eye on the ball. "I'm making this hole in two!"

he shouted enthusiastically. Ernie hit the ball and it stopped only 10 feet in front of him. Undaunted, he reached for an iron & strode out on the fairway: "And now for one heck of a putt!"

Dance Lessons

"Congratulations, sir!" said the caller. "You've just won a series of dancing lessons at Arturo's Temple of Terpsichore!" Grandpa said, "I'm much too old for dancing lessons. Why,

I'm 90 years old!" The caller replied, "Oh, no, we have many senior citizens here." Grandpa said, "Well, in that case hold the line and I'll ask my father if he's interested."

That Warm Fuzzy Feeling

A six-year-old goes to the hospital with his grandma to visit his grandpa. When they get to the hospital, he runs ahead of his grandma and bursts into his grandpa's room. "Grandpa, Grandpa," he says excitedly, "as soon

as Grandma comes into the room, make a noise like a frog!" "What?" said his grandpa. "Make a noise like a frog," said the boy, "because grandma said that as soon as you croak, we're all going to Disneyland!!!"

Supplemental Income

I decided to stop worrying about my teenage granddaughter's driving and take advantage of it instead. I got one of those bumper

stickers that say, "How's My Driving?" and put a 900 number on it. At 50 cents a call, I've been making \$38 a week.

Smart Advertising

A man traveling in southern Oklahoma was heading toward Texas. He saw a sign reading, "Last chance for \$1.25 gas." So even though he still had a

quarter tank, he stopped to fill up. As he was paying for his gas, he asked the clerk, "How much is gas in Texas?" The clerk answered, "\$1.10."

Generosity

A millionaire was waking into the building he owned when a man came over & said, "Mr. Bronson, you probably don't remember me, but 20 years ago — on this very spot — I asked you for \$10, & you gave me \$10. I've

never forgotten that." "Ah, the goodness of mankind," smiled Mr. Bronson, "and now, you've come to pay me back." "Not exactly," said the man frankly. "I was just wondering if you've got another ten."

Football Folly

We live in a time when people are very sensitive and easily offended. There was a woman who was so sensitive that when she attended a football game and the players gathered in a huddle, she thought they were talking about her.

Polls, Polls, And More Polls

America is beset by polls. We have polls & surveys for everything. One Sunday afternoon a pollster called a man and woke him up from a good nap. The man was in a bad mood. The pollster asked him, "What do you think is America's greatest problem? Ignorance or apathy?" The man said, "I don't know, & I don't care!"

Respect

The manager of a hotel, finding that a guest had departed without paying his hotel bill, wrote him: "My dear Mr. Smythe, please send the amount of your bill as soon as possible." To this, Mr. Smythe, a retired salesman wrote politely, "My dear Mr. Manager, the amount of my bill was \$110. Yours, respectfully."

A retired woman was telling her friend, "It is I who made my husband a millionaire." "And what was he before you married him?" the friend asked. "A billionaire."

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~ Diner Dues & Blues ~

Sometimes I wonder if there is any meaning to life other than to be God's comic relief. He must be in stitches most of the time. I mean, can there be another species as gullible and uneducated as we have become? We have several coffee klatches that frequent the Diner and I get to sit in with one or the other every now and then. Here are a few of the nuggets I have gleaned. One of the clubs is made up of some very senior citizens. One of them told a story about a person who knew a person who knew a person's nephew. It went on for at least 10 minutes. When he was through, one of the other members said (and I quote) "Don't be telling those long boring stories anymore because I am too darn old to pay attention." Then there is the political group, which consists of two conservatives, a liberal, a know-it-all, and an out-and-out kook. The know-it-all dominates the conversation and comes up with gems such as: Sarah Palin and Barack Obama are secret lovers; we would have more than enough oil if the oil companies would quit hiding it in the desert; Americans have more gold in their teeth than is in Fort Knox; and dogs are the transportation wave of the future. The kook fully believes George Bush flew one of the planes into the Twin Towers, parachuting at just the right moment (says he has seen video), Republicans are poisoning our air and water supply (which the liberal agrees with) and blacks could be (and he stresses *could be*) a figment of our collective imagination. The liberal believes everything he hears on ABC News and quotes it almost word for word. Even when some of the stories are later proven to be incorrect, he stands by them saying "It's the right-wing talk show hosts spreading lies and deceit." I am not sure what the conservatives think, because they can't get a word in edgeways. They just sit there, sip coffee and smile. I think they might be up to something.

- posted by Larry the Chef at www.hominy.blogspot.com

~ Cute Waitress ~

The waitress in a local diner told him, "Just write your number on a ten dollar bill and leave it for me so I can call you." She

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Dining Guide

Inner Peace

I am passing this on to you because it was passed on to me and has definitely worked. By following the simple advice I read in an article, I have finally found inner peace. It read: "The way to achieve inner peace is to finish all the things you've started." I looked around to

see all the things I started and hadn't finished... So far today I have finished one bottle of vodka, a bottle of red wine, a bottle of Scotch, a small box of chocolates and 9 beers. You have no idea how good I feel. You may pass this on to those you feel are in need of Inner Peace.

The Three Cooks

Three cooks, one from Kentucky, one from California and one from Oregon were sitting on a park bench passing the time. Suddenly, the cook from Kentucky reaches under the bench and drags out a new bottle of bourbon, takes a big swig, tosses the bottle into the air and shoots it with a pistol. "What did you do that for?" asks the cook from California. "We got lots of bourbon in Kentucky," was the reply. Next the cook from California takes out a

bottle of fine wine, takes a huge swig, throws the bottle into the air and shoots it with a pistol. "What did you do that for?" asks the cook from Oregon. "We got lots of wine in California," was the reply. The cook from Oregon takes out a bottle of Henry's Private Reserve beer, takes a humongous swig and shoots the cook from California. "What did you do that for?" asks the cook from Kentucky. "We got lots of Californians in Oregon," was the reply.

Diet-isms

I keep trying to lose weight, but it keeps finding me.

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

It's not the minutes spent at the table that put on weight; it's the seconds.

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GRINS

This fall Michigan and Ohio State will face off once again in football, and the rivalry is always intense. These jokes are for both sides to chuckle over.

IT WAS REPORTED that the Ohio Football Coach Jim Tressel will only be dressing 40 players for the Michigan game... the rest of the players will have to dress themselves.

DID YOU HEAR that the Michigan University library burned to the ground? All five books in the library were completely destroyed and the football team is really upset by the fire; they hadn't colored in two of the books yet.

Q: How do you get an Ohio State Graduate off your front porch?

A: Pay him for the pizza.

Q: What did the Michigan Grad grad say to the Ohio State grad?

A: "Welcome to McDonald's. May I take your order please?"

Q: Why is ice no longer available at Ohio State football games?

A: Because the senior who knew the recipe finally graduated.

A YOUNG MAN hired by a supermarket reported for his first day of work. The manager greeted him with a warm handshake and a smile, gave him a broom and said, "Your first job will be to sweep the store." "But, I'm a Michigan graduate," the young man replied indignantly, "I even played football there!" "Oh, I'm sorry. I didn't know that," said the manager. "Here, give me the broom, I better show you how".

A BUCKEYE FOOTBALL PLAYER was almost killed today in a tragic horseback riding accident. He fell from the horse and was nearly trampled to death. Luckily, the manager of the WalMart came out and unplugged the horse.

A LITTLE BOY and his mother were walking through an Michigan cemetery when they came upon a headstone that read: "Here lies an Michigan graduate and a good man." The little boy asked his mother, "Mommy, why did they bury two people in there?"

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COACHES JIM TRESSEL AND LLOYD CARR are walking down the beach talking about the rivalry between Ohio State and Michigan. As they are walking, Lloyd trips over something in the sand. Upon closer inspection it turns out to be a genie's lamp. "Who disturbs me?" asked the genie. Jim and Lloyd both say they did. "You will each get one wish," said the genie. Jim offers to go first. "I want an impenetrable wall built around the entire state of Ohio so that none of those stupid Michigan ers can ever get in. I want it as far down into the ground as it is high and I want it to be completely sealed in so that we can finally have our peace!" The genie grants the wish to Jim and his is instantly whisked away to his new paradise. The genie now tells Lloyd he'll grant him one wish. Lloyd says, "Fill it with water."

FOUR COLLEGE ALUMNI were climbing a mountain one day: an Ohio State grad, a Michigan grad, a Wisconsin grad, and a Notre Dame grad. Each proclaimed to be the most loyal of all fans at their alma mater. As they climbed higher, they argued as to which one of them was the most loyal of all. They continued to argue all the way up the mountain, and finally as they reached the top, the Notre Dame grad hurled himself off the mountain, shouting "This is for the Fighting Irish!" as he fell to his doom. Not wanting to be out done, the Wisconsin grad threw himself off the mountain proclaiming, "This is for the Fighting Badgers!" Seeing this the OSU grad walked over and shouted "This is for the Buckeyes!" and pushed the Wolverine off the side of the mountain.

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Senior Living at Grand Court Tavares with Activities Director

Ann Brunette

by Eleanor Scheier



You could say she was a water baby, born and raised in New York State in the part known as the Thousand Islands chain, before it was converted into the St. Lawrence Seaway. Living on a river, Ann and her four siblings all knew how to swim, go boating, and fish and how to gut and clean them. However, she had a bit too much self confidence when she was only 9 or 10 years old.

Her Dad would take the whole family to spend the summer on Telic Island. He would spend the weekends with them. This child took a row boat and started out on a solo adventure. She didn't tell anyone about it, and when it was over with, she still never told her parents what had happened. She got into a dangerous situation when she entered the waters between two islands, and hadn't noticed the whirlpool between them, until it had her boat going round and round. She fought the current for over an hour, praying for help. Her little arms struggled desperately with the oars; she must not be drawn into the vortex! The adrenalin finally gave her that moment of super strength, and she broke free into the calmer waters. She took the long way home, going around the island in the opposite direction. She never forgot the lesson this adventure taught her.

Ann preferred playing with her brothers, for they taught her to whistle, climb trees and play Cowboys and Indians. It was great fun to go with them into the neighbor's yard to filch stalks of rhubarb to gnaw on, and green apples to eat. But

as she grew older, her interests turned to art. She was sent to art school, and turned out commendable oil paintings for several years. Then she met an irresistible French Canadian who swept her off her feet, married her, and took her to begin married life in Miami, Florida. This is where their four children were born and raised. The three daughters remain

Floridians, but their son moved to Atlanta, where he's manager of a renowned Ultra Salon.

Ann had taken a college course in horticulture, and worked two years managing a wholesale nursery. Her expertise can be seen at her home in Lady Lake, Florida. Spectacular bromeliads are her specialty. She also served as Chaplain for L.R.M.C. and Lake Community Hospitals in Leesburg, Florida, and the Psychiatric Unit in Eustis, Florida. She also visited retirement centers in her capacity as Chaplain.

The maintenance man at one of these centers told his wife at

Grand Court in Tavares, Florida, what an asset Ann would be for Grand Court. His wife was in the process of looking for a new activities director. Ann accepted the position and has been there 13 years.

As for the future, there's another activity she looks forward to enjoying -- snorkeling in the Florida Keys. She's run the gamut from naughty activities kid, to religious activities lady, to activities director for retirees, and will hopefully have travel activities thrown in soon for more adventures. ✂



Ann Brunette has had lots of fun with the residents of Grand Court Tavares

A BURGLAR SNEAKS into a darkened bar after hours and goes straight to the cash register. A voice calls out, "GOD IS WATCHING YOU". He looks all around and sees nothing so returns to jimmying the cash drawer. Again, the voice says, "GOD IS WATCHING YOU". The burglar looks around and finally sees a parrot in a cage and says, "Oh, hi, Polly. You startled me." "Hey," said the parrot, "my name ain't Polly. It's John the Baptist." The burglar snorted, "Who in the world named you John the Baptist?" The parrot says, "The same guy who named that Rottweiler over there GOD!"

☞ *When a person's outgo exceeds his income, his upkeep may be his downfall.* ☞

~ The Old Customer ~

A old customer sent an order to a distributor for a large amount of goods totaling a great deal of money. The distributor noticed that the previous bill hadn't been paid. The collections manager left a voicemail

for the customer saying, "We can't ship your new order until you pay for the last one." The next day he received a fax from the old customer: "Please cancel the order. We can't wait that long."

~ Uncle George ~

My Uncle George likes to drive sports cars — unfortunately not always with the owner's permission. Anyway, he was serving some time in prison, again — when the nicest thing

happened to him. He married the warden's daughter. The warden didn't mind so much that his daughter married my uncle, but he was a little upset that they eloped.

~ Notre Dame Chaplain ~

Years ago, the chaplain of the football team at Notre Dame was a beloved old Irish priest. At confession one day, a football player told the priest that he had acted in an un-sportsman-like manner at a recent football game. "I lost my temper and said some bad words to one of my opponents." "Ahhh, that's a terrible thing for a Notre Dame lad to be doin'," the priest said. He took a piece of chalk and drew a mark across the sleeve of the player's coat. "That's not all, Father.

I got mad and punched one of my opponents." "Saints preserve us!" the priest said, making another chalk mark. "There's more," said the player. "As I got out of a pileup, I kicked two of the other team's players." "Oh, goodness me!" the priest wailed, making two more chalk marks on his sleeve. "Who in the world were we playin' when you did these awful things?" "Southern Methodist." "Ah, well," said the priest, wiping his sleeve, "boys will be boys."

~ What's Your IQ? ~

Albert Einstein arrives at a party of senior citizens and introduces himself to the first person he sees and asks, "What is your IQ?" to which the old man answers "241." "That is wonderful!" says Albert. "We will talk about the Grand Unification Theory and the mysteries of the Universe. We will have much to discuss!" Next Albert introduces himself to an attractive

older lady and asks, "What is your IQ?" To which the lady answers, "144." "That's great!" responds Albert. "We can discuss politics and current affairs. We will have much to discuss!" Albert goes to another old guy decked out in college colors and asks, "What is your IQ?" to which the old man answers, "51." Albert responds, "How 'bout them Cowboys?"



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The Dying Scotsman

An old Scotsman was dying. On his deathbed, he looked up and said: "Is my wife here?" His wife replies: "Yes, dear, I'm here, next to you." The Scot goes: "Are my children here?" "Yes, dad, we are all here?" say the children. The Scot: "Are my other relatives also here?" And they say: "Yes, we are all here..." The Scot gets up and says: "Then why the heck is the light on in the kitchen?"

Noisy Neighbors

A student at an English university, Donald MacDonald from the Isle of Skye, lived in the hall of residence in his first year. After he had been there for a month, his mother came to visit, no doubt carrying reinforcements of oatmeal. "And how do you find the English students, Donald?" she asked. "Mother," he replied, "they're such terrible noisy people! The one on that side keeps banging his head against the wall, and won't stop. The one on the other side screams and screams and screams away into the night!" "Oh, Donald! How ever do you manage to put up with these awful noisy English neighbours?" "Mother, I do nothing, I just ignore them! I just stay here quietly playing my bagpipes!"

The Bagpipes & The Dog

An old friend of mine here in British Columbia plays the bagpipes. When he practices, he goes down into the basement, and his pet dog sits at the top of the stairs and sings along with him. One day after an hour of practicing his neighbors came over and called down the stairs, "Can you play something the dog doesn't know?"

Glasgow Auction

At an auction in Glasgow a wealthy American announced that he had lost his wallet containing £10,000 and would give a reward of £100 to the person who found it. From the back of the hall a Scottish voice shouted, "I'll give £150!"

🌀 Scotsman at the Dentist 🌀

A old Scotsman goes to the old dentist and asks how much it is for an extraction. "\$85 for an extraction, sir," was the dentists reply. "Och! Huv ye nay got unythin cheaper," replies the Scotsman, getting agitated. "But that's the normal charge for an extraction sir", said the dentist. "What about if ye didnae use uny anaesthetic?" asked the old Scotsman hopefully. "Well it's highly unusual sir, but if that's what you want, I suppose I can do it for \$70," said the dentist. "Hmmm, what about if ye used one of ye dentist trainees and still wi'oot anaesthetic," said the old Scotsman. "Well it's possible, but they

are only training and I can't guarantee their level of professionalism, and it'll be a lot more painful. But I suppose in that case we can bring the price down to, say, \$40," said the dentist. "Och, that's still a bit much! How about if ye make it a training session and have yon student do the extraction and the other students watchin' and learnin'," said the old Scotsman hopefully. "Hmmmm, well OK, it'll be good for the students I suppose. I'll charge you only \$5 in that case," said the dentist. "Wonderful, it's a deal!" said the old Scotsman. "Can ye book me dear old wife for next Tuesday?"

🌀 Scottish Women 🌀

Three men were sitting together bragging about how they had given their new wives duties. Terry had married a woman from America and bragged that he had told his wife she was going to do all the dishes and housecleaning that needed done at their house. He said that it took a couple days but on the third day he came home to a clean house and the dishes were all washed and put away. Jimmy had married a woman from Australia. He bragged that he had given his wife orders that she was to do all the cleaning, dishes and the cooking. He told them that the first day he didn't see any results but

the next day it was better. By the third day, his house was clean, the dishes were done and he had a huge dinner on the table. The third man had married a Scottish girl. He boasted that he told her that her duties were to keep the house cleaned, dishes washed, lawn mowed, laundry washed and hot meals on the table for every meal. He said the first day he didn't see anything, the second day he didn't see anything, but by the third day most of the swelling had gone down and he could see a little out of his left eye. Enough to fix himself a bite to eat, load the dishwasher, fill the washing machine and call a landscaper.



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Denture Repair - Don't Do It Yourself!

by Susan Glenn Caddell, DDS

You are having a small problem with you dentures and you think you can fix it with your saw, sander, Dremel, glue or drill. You have seen all those fixer-upper shows and think you can fix it yourself - well, think again!!! You will have to call your friendly dentist!!!

It is not unusual for new dentures and partials to need adjusting and this process may take a few appointments, so be patient. Your dentist has pressure indicating paste and indelible pencils to mark the exact spot that is causing the trouble and can relieve just what is needed for comfort and not over-reduce the prosthesis.

If dentures you have been wearing needs adjustments, make an appointment with your friendly dentist to get it checked. You might not be adjusting it in the correct spot and this could affect your overall fit.

The biggest no-no is trying to glue a tooth back into your denture or partial with super glue. Super glue is not made for the conditions of the mouth. The tooth has to be repositioned in the correct alignment or it may fracture again. This is true when the denture or partial has been fractured in two pieces. Correct placement is imperative for a proper fit.

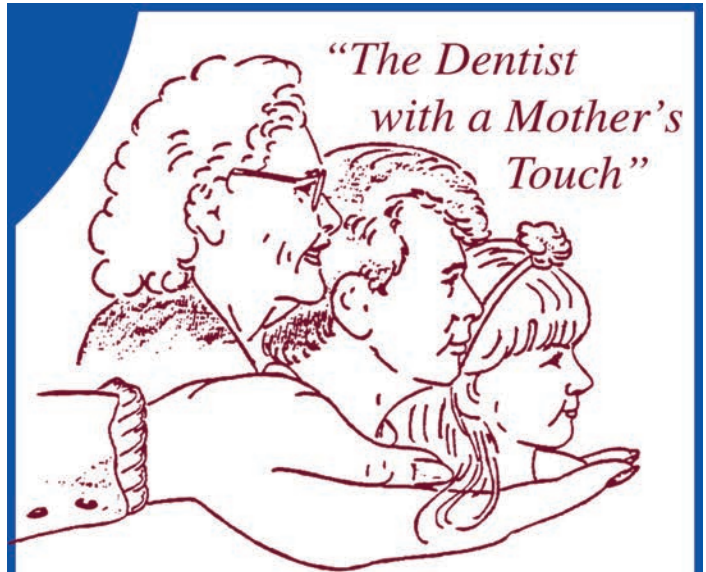
One last caution: don't try to tighten the clasps on your partial yourself as they can be easily broken. Your friendly dentist has special pliers to tighten them with less chance of them breaking.

Dentures can break because the fit has changed or you may need realignment. You may need a new denture altogether. No matter what problems you have with your denture, you should see your dentist at least once a year to protect your oral health. An oral examination can determine if there are any problems with your ridge, tongue, tissue, or joints. You will be also checked for tumors, precancerous sores, and general health problems that can manifest themselves in the oral cavity. So just remember... when your health is concerned, do-it-yourself projects can be worse after than they were before!!!

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If you're two steps ahead, you're a pioneer

If you're three steps ahead, you're a martyr



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Do You Remember?

Henry Ford

Henry Ford said he would produce an affordable car. He paid high wages and helped create a middle class. The first of William and Mary Ford's six children, Henry Ford, was born July 30, 1863. Today it's Dearborn, Michigan, but at the time he was being raised it was prosperous family farm.

Henry was a typical youngster of the rural nineteenth century, going to a one-room school and doing his farm chores. At an early age, he showed an interest in mechanical things and a dislike for farm work. At sixteen years of age in 1879, Henry Ford left the family farm to work in nearby Detroit as an apprentice machinist. However, he returned periodically to help on the farm.

He worked as an apprentice for three years before returning to Dearborn.



Over the next several years, Henry divided his time between operating or repairing steam engines, working in one of the Detroit factories, and in between he would over-haul his father's farm equipment. Once in a while he would help out with some of the farm work - not his favorite thing to do.

In 1888 he married Clara Bryant and supported the two of them running a saw mill. Ford became an engineer in 1891 with the Edison Illuminating Company in Detroit. It was this decision that led



him on the path to dedicate his life to industrial pursuits. He was promoted to Chief Engineer in 1893 and this gave him the time and money to devote attention to his personal experiments on internal combustion engines.

From these experiments he built his own self-propelled vehicle - the Quadricycle. The Quadricycle was a real sight to see, with four wire wheels, steered with a tiller like a boat, and had two forward speeds and no reverse. He was not the first to build a gasoline powered vehicle, but was one of several of the original pioneers to help this country become a nation on motorists.

Twice he failed in his attempt to build a company to manufacture automobiles. However in 1903 the Ford Motor Company was incorporated and Henry Ford was vice-president and also the chief

engineer. The small company only produced a few cars a day after they opened on Mack Avenue in Detroit.

With the introduction of the Model T in 1908, Henry had his dream come true of producing a reasonably priced, efficient, reliable automobile. It was the beginning of a new era in transportation for the family. The Model T was easy to operate, maintain and it was immediately a huge success.

By the year 1918, half the cars on the road were Model T's. Much of the success of Henry Ford was his introduction of the moving assembly line as it lowered the cost of each vehicle and speeded up production. Henry Ford, with the introduction of the Model T, was now the largest manufacturer of automobiles in the world.

It was after this that the company constructed the world's largest industrial complex along the banks of the Rouge River in Dearborn, Michigan. Everything needed to produce an automobile was included in the plant, including a steel mill, glass factory, even a foundry to convert the iron ore. All of the steps to Henry Ford's idea of mass production were completed in 1927. ✂



My body would just freeze in pain...

I had arthritis in my knees, sciatica in my hips, and pain throughout my body.

And I still had to take care of my 90-year-old mother with dementia and my husband, who was terminally ill.

That went on for 7 years.

Then my sister handed me a bottle of Catherine's Choice® Aloe Vera capsules.

Today I'm taking NO prescription meds for pain!

~By Connie Braun



Connie Braun (on the right) smiling with her sister Linda.

In 2000, I had been in pain for years and was suffering from chronic fatigue. Then I moved to Florida, and found some new doctors who gave me a diagnosis of everything that was wrong with me: fibromyalgia; osteo-arthritis of both knees, both hips, and spine; scoliosis; sciatica in both hips; and two immune deficiencies, one of which was rheumatoid arthritis throughout my entire body.

The doctors immediately put me on arthritis medication and gave me some very strong pain

killers. The painkillers made me so sleepy I only took them when I went to bed. I couldn't take them during the day, or I would not be able to drive. I was taking care of my 90-year-old mother with dementia and my 75-year-old husband who was dying.

Between the pain and the chronic fatigue, trying to dust and wax my living room and dining room furniture took me 3-1/2 hours and was such an effort, I couldn't do anything else that day. I'd have to go lie down.

The future was looking very dim.

By October 2007 I couldn't get down on either knee for anything. I had difficulty getting out of bed. The chronic fatigue made it hard to do any cleaning in the house at all. And with the sciatica on top of everything else, I had extreme difficulty just trying to put dinner on the table. My body would freeze in pain and I was just about ready to drop everything.

My legs looked like puppet legs when I tried to walk. I was almost

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at the point of using two canes, one for each leg, or else using a walker. I was facing having both knees and both hips replaced. I didn't know what they were going to do about my spine. I cringed at the thought of having back surgery, too.

My sister to the rescue!

It was right about then that my sister noticed I wasn't walking too well. She and her husband had been taking Catherine's Choice® Aloe Vera capsules and they were very happy with them. She handed me a bottle and said, "Take it!" I did.

After two weeks I started to feel like they were working. I was walking better and the arthritis pain was starting to dissipate.

At that point I stopped taking my medication. Since the winter was coming on I was very skeptical as to what might happen. When the cold weather hits, the pain becomes much more severe, to the point where I sometimes had to double up on the pain killers. Well, you can imagine my surprise when the only time I got pain was when we had severe weather fronts – highs and lows – coming in too quickly.

No more pain killers!

Now it is a year later and I am off all prescription medication. No more arthritis medication and no pain killers to take anymore. If I do have any pain, it can be soothed with over-the-counter pain killers.

From what I have seen, it appears that the Aloe Vera works differently on every person. It seems to go to the part of the body that needs it most. My sister and her husband felt the Aloe Vera capsules had helped their eyesight – they no longer needed to wear their long distance glasses. For me, the main thing was what it did for my pain.

I can't emphasize more highly how glad I am that I am taking Catherine's Choice® Aloe Vera capsules. I take all four (4) at once when I get up in the morning. I will never stop taking the Aloe Vera capsules and I highly recommend it to everyone. Try it! You have nothing to lose, especially with the return policy that Catherine's Choice® offers.

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In the event of inclement weather, movies will be shown in the Community Building. For information call 352-735-7183.

October 10-12
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October 16
Mount Dora Area Chamber of Commerce Business After Hours - Superior Storage

5-7 PM

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October 25-26
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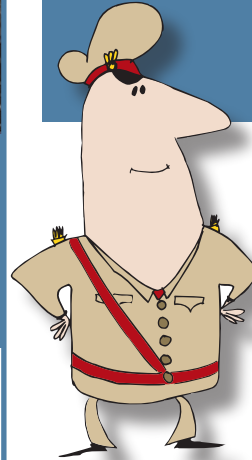
95 And Counting

Two guys are talking about their boss's upcoming wedding. One bloke says, "It's ridiculous, he's rich, but he's 95 years old, and she's just 24! What kind of a wedding is that?" The other says, "Well,

we have a name for it in my family." "What do you call it?" "We call it a football wedding." The first asks, "What's a football wedding?" The other says, "She's waiting for him to kick off!"

Few women admit their age; few men act it.

Marine Mirth



A MARINE WAS DEPLOYED to Afghanistan. While he was there he received a letter from his girlfriend. In the letter she explained that she had slept with two guys while he had been gone and she wanted to break up with him. and, she wanted pictures of herself back. So the Marine did what any squared-away Marine would do. He went around to his buddies and collected all the unwanted photos of women he could find. He then mailed about 25 pictures of women (with clothes and without) to his girlfriend with the following note: "I don't remember which one you are. Please remove your picture and send the rest back."

PRIVATE JONES was assigned to the Marine induction center, where he was to advise new recruits about their government benefits, especially their Serviceman's Group Life Insurance (SGLI). It wasn't long before the center's Lieutenant noticed that Private Jones had almost a 100% record for insurance sales, which had never happened before. Rather than ask about this, the Lt. stood in the back of the room and listened to Jones' sales pitch. Jones explained the basics of the SGLI to the new recruits, and then said. "If you have SGLI and go into battle and are killed, the government has to pay \$200,000 to your beneficiaries. If you don't have SGLI, and you go into battle and get killed, the government has to pay only a maximum of \$6000." "Now," he concluded, "which bunch do you think they are going to send into battle first?"

A NATIONAL NEWS ANCHOR, A REPORTER AND A U.S. MARINE were hiking through the desert one day when they were captured by the enemy. They were tied up, led to the village and brought before the leader. The leader said, "I am familiar with your western custom of granting the condemned a last wish. Before we kill you, do you have any last requests?" The news anchor said, "Well, I'm a Texan; so I'd like one last bowl full of hot, spicy chili." The leader nodded to an underling who left and returned with the chili. The news anchor ate it all and said, "Now I can die content." The reporter for a large newspaper said, "I'm a reporter to the end. I want to take out my tape recorder and describe the scene here and what's about to happen. Maybe someday

someone will hear it and know that I was on the job till the end." The leader directed an aide to hand over the tape recorder and reporter dictated some comments. She then said, "Now I can die happy." The leader turned and said, "And now, Mr. U.S. Marine, what is your final wish?" "Kick me in the butt," said the Marine." "What?" asked the leader. "Will you mock us in your last hour?" "No, I'm not kidding. I want you to kick me in the butt," insisted the Marine. So the leader shoved him into the open, and kicked him in the butt. The Marine went sprawling, but rolled to his knees, pulled a 9mm pistol from inside his cammies, and shot the leader dead. In the resulting confusion, he leapt to his knapsack, pulled out his M4 carbine, and sprayed the enemy soldiers with gunfire. In a flash, the enemy soldiers were dead or fleeing for their lives. As the Marine was untying the news anchor and the reporter, they asked him, "Why didn't you just shoot them? Why did you ask them to kick you in the butt?" "What!?" said the Marine, "And have you buttheads call me the aggressor?"

DIRTY ERNIE was in back of the mess hall playing in some garbage, when a Marine Corps PFC saw him and said "Dirty Ernie, what are you doing with that garbage?" Dirty Ernie replied, "I'm making a Marine Corps PFC." The PFC ran off and got his Corporal. The corporal said "Dirty Ernie, what are you doing?" Dirty Ernie looked at him, grabbed some more garbage and said, "I'm making a Marine Corps Corporal." The Corporal ran off and got his Sergeant. The Sergeant said, "Dirty Ernie, what are you doing?" Dirty Ernie looked at him, grabbed some more garbage, and said, "I'm making a Marine Corps Sergeant." The Sergeant ran off to get his Lieutenant. The Lieutenant said, "Dirty Ernie, what are you doing?" Ernie looked up at him and said, "I'm making a Marine Corps Sergeant." The Lieutenant looked at him with pride and said, "I thought you were going to say you were making a Marine Corps Lieutenant." Dirty Ernie looked at him and said, "No, sir, I don't have enough garbage!"

~ The Notre Game Joke ~

A fellow walks into a restaurant, orders a drink, and asks the waiter if he'd like to hear a good Notre Dame joke. "Listen buddy," he growled. "See those two big guys on your left? They were both linemen on the Notre Dame football team. And that huge fellow on your right was a world-class wrestler at Notre Dame. That guy in the corner was Notre Dame's all-time champion weight lifter. And I lettered in three sports at Notre Dame. Now, are you absolutely positive you want to go ahead and tell your joke here?" "Nah, guess not," the man replied. "I wouldn't want to have to explain it 5 times."

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The Graduation Speech

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi, Handsome. My name is Rose. I'm 87 years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course, you may!" And she gave me a giant squeeze. "Why are you in college at such a young, innocent age?" I asked. She jokingly replied, "I'm here to meet a rich husband, get married, have a couple of kids." "No. Seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always dreamed of having a college education, and now I'm getting one!" she told me.



After class, we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next 3 months, we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me. Over the course of the year, Rose became a campus icon, and she easily made friends wherever she went. She loved to dress up, and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester, we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her index cards on the floor. Frustrated and a little embarrassed, she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent, and this whiskey is killing me! I'll never get my speech back in order, so let me just tell you what I know."

As we laughed, she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing. There are only 4 secrets to staying young, being happy, and achieving success:

"You have to laugh and find humor every day.

"You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are



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dead and don't even know it!

"There is a huge difference between growing older and growing up. If you are 19 years old and lie in bed for one full year and don't do one productive thing, you will turn 20 years old. If I am 87 years old and stay in bed for a year and never do anything, I will turn 88. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change.

"Have no regrets. As we grow older we usually don't have regrets for what we did, but rather for things we did not do. It is never too late to do things you wanted to do and have no regrets. The only people who fear death are those with regrets."

She concluded her speech by courageously singing "The Rose". She challenged each of us to study the lyrics and live them out in our daily lives. At the years' end, Rose finished the college degree she had begun all those years ago. One week after graduation, Rose died peacefully in her sleep. Over 2,000 college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

"THE ROSE" Lyrics

*Some say love, it is a river that drowns the tender reed.
Some say love, it is a razor that leaves your soul to bleed.
Some say love, it is a hunger, an endless aching need.
I say love, it is a flower, and you it's only seed.*

*It's the heart, afraid of breaking, that never learns to dance.
It's the dream, afraid of waking, that never takes a chance.
It's the one who won't be taken who cannot seem to give,
and the soul, afraid of dyin', that never learns to live*

*When the night has been too lonely
And the road has been too long,
And you think that love is only for the lucky and the strong,
Just remember in the winter, far beneath the bitter snows,
Lies the seed that, with the sun's love,
In the spring becomes the rose.*

~ Growing older is mandatory. Growing up is optional. ~

With A Smile

A nervous taxpayer was talking with the IRS tax auditor who had come to review his records. At one point, the auditor exclaimed, "Mr. Carr, we feel it is a great privilege to be allowed to live & work in the USA. As a citizen, you have an obligation to pay taxes, & we expect you to eagerly pay them with a smile." "Thank goodness," returned the taxpayer with a giant grin on his face. "I thought you were going to want me to pay cash."

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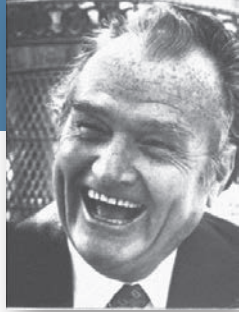
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Red Skelton's

Recipe for the Perfect Marriage



1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship She goes on Tuesdays; I go on Fridays.
2. We also sleep in separate beds. Hers is in California , and mine is in Texas.
3. I take my wife everywhere ... but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. 'Somewhere I haven't been in a long time!' she said. So I suggested the kitchen.
5. We always hold hands. If I let go, she shops.
6. She has an electric blender, electric toaster and electric bread maker. She said 'There are too many gadgets, and no place to sit down!' So I bought her an electric chair.
7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, 'In the lake.'
8. She got a mud pack, and looked great for two days. Then the mud fell off.
9. She ran after the garbage truck, yelling, 'Am I too late for the garbage?' The driver said, 'No, jump in!'
10. Remember: Marriage is the number one cause of divorce.
11. I married Miss Right. I just didn't know her first name was Always.
12. I haven't spoken to my wife in 18 months. I don't like to interrupt her.
13. The last fight was my fault though. My wife asked, 'What's on the TV?' I said, 'Dust!'

Can't you just hear him say all of these? I love it ... these were the good old days when humor didn't have to start with a four letter word. It was just clean and simple fun. And he always ended his programs with the words, "God Bless".

Who is wise? He that learns from everyone.

Who is powerful? He that governs his passions.

Who is rich? He that is content.

Who is that? Nobody.

∞ Cows & Politics Explained ∞

A Christian Democrat: You have two cows. You keep one and give one to your neighbor.

A Socialist: You have two cows. The government takes one and gives it to your neighbor.

An American Republican: You have two cows. Your neighbor has none. So what?

An American Democrat: You have two cows. Your neighbor has none. You feel guilty for being successful. You vote people into office who tax your cows, forcing you to sell one to raise money to pay the tax. The people you voted for then take the tax money and buy a cow and give it to your neighbor. You feel righteous.

A Communist: You have two cows. The government seizes both and provides you with milk.

A Fascist: You have two cows. The government seizes both and sells you the milk. You join the underground and start a campaign of sabotage.

Democracy, American Style: You have two cows. The government taxes you to the point you have to sell both to support a man in a foreign country who has only one cow, which was a gift from your government.

Capitalism, American Style: You have two cows. You sell one, buy a bull, and build a herd of cows.

Bureaucracy, American Style: You have two cows. The government takes them both, shoots one, milks the other, pays you for the milk, then pours the milk down the drain.

An American Corporation: You have two cows. You sell one, and force the other to produce the milk of four cows. You are surprised when the cow drops dead.

A French Corporation: You have two cows. You go on strike because you want three cows.

A German Corporation: You have two cows. You re-engineer them so they live for 100 years, eat once a month, and milk themselves.

A British Corporation: You have two cows. They are mad. They die. Pass the shepherd's pie, please.

An Italian Corporation: You have two cows, but you don't know where they are. You break for lunch.

A Russian Corporation: You have two cows. You count them and learn you have five cows. You count them again and learn you have 42 cows. You count them again and learn you have 12 cows. You stop counting cows and open another bottle of vodka.

A Brazilian Corporation: You have two cows. You enter

into a partnership with an American corporation. Soon you have 1000 cows and the American corporation declares bankruptcy.

An Israeli Corporation: There are these two Jewish cows, right? They open a milk factory, an ice cream store, and then sell the movie rights. They send their calves to Harvard to become doctors. So, who needs people?

An Arkansas Corporation: You have two cows. That one on the left is kinda cute.

Three NFL Quarterbacks

Peyton Manning, Tony Romo, and Tom Brady go to Heaven to visit God and watch a Monday Night game. God decides who will sit next to him by asking them each the same question. God asks Manning first: "What do you believe?" Peyton thinks long and hard, looks God in the eye, and says, "I believe in hard work, and in staying true to family and friends. I believe in giving. I was lucky, but I always tried to do right by my fans." God can't help but see the essential goodness of Manning, and

offers him a seat to his left. Then God turns to Tony Romo and says, "What do you believe?" Tony says, "I believe passion, discipline, courage, and honor are the fundamentals of life. I, too, have been lucky, but win or lose, I've always tried to be a true sportsman, both on and off the playing field." God is greatly moved by Tony's sincere eloquence, and he offers him a seat to his right. Finally, God turns to Tom Brady. "And you, Tom, what do you believe?" Tom replies, "I believe you're in my seat."

The Three Bears

The Three Bears had been having some trouble recently and ended up in family court. Momma and Poppa bear were splitting up, and baby bear had to decide who he was going to live with. So, the judge wanted to talk to baby bear to see what he thought about living with either of his parents. When he asked baby bear about living with his father, baby bear said "No, I can't live with Poppa bear, he beats me terribly." "Okay," said the judge, "Then you want to live with your mother,

right?" "No way!" replied baby bear, "She beats me worse than Poppa bear does." The judge was a bit confused by this, and didn't quite know what to do. "Well, you have to live with someone, so are there any relatives you would like to stay with?" "Yes," answered baby bear, "my aunt Bertha bear who lives in Chicago." "You're sure she will treat you well and won't beat you?" asked the judge. "Oh certainly," said baby bear, "The Chicago Bears don't beat anybody."

He who laughs last thinks slowest.



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Sam's Club

WOW again! It's October and time for more football, parties, chasing kids coming home from school and just hanging out as the weather gradually gets cooler. Barb, my owner, loves to have more of her friends over for dinner in the fall, so it means more great food! I will also stop and see my good buddy Ken at the Digest as he always has a good supply of hot dogs in the fridge. I have an old buddy, Ace, who lives in Orlando and he sent me some of his favorite things to do in the fall.

Here is my thought for the month, kind of how to use southern dog talk:

A Translation Of Yankee Dogs To Southern Dawgs

To all you dog lovers out there and those who understand the difference between Yankees and Southerners.

(Yankee) German Shepherd Dog
(Southern) Poh-leece Dawg

(Yankee) St. Bernard
(Southern) "Thank Gawd, Here Comes The Whiskey Dawg"

(Yankee) Doberman Pinscher
(Southern-2 versions) Bad Dawg, or Dobimin Pinches

(Yankee) Beagle
(Southern) Rabbit Dawg

(Yankee) Rottweiler
(Southern) Bad Dawg and Mean-As-Heck-Dawg; Good Dawg to Guard the Still.

(Yankee) Yellow Lab
(Southern) Ol' Yeller Dawg

(Yankee) Black Lab
(Southern) Duck Fetchin' Dawg

(Yankee) Greyhound
(Southern) Greased Lightnin' Dawg

(Yankee) Pekinese
(Southern) Mop Dawg

(Yankee) Dachshund
(Southern) Weenie Dawg

(Yankee) Siberian Husky
(Southern) Sled-Pullin' Dawg



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CHECK IT OUT!

Look in your community clubhouse, recreation area or park office for the latest edition of Senior Lifestyle Digest

(Yankee) Bouvier, Komondor
 (Southern) "What The Heck Kinda Dawg Is That?"

(Yankee) Great Dane, Mastiff
 (Southern) Danged BIG Dawg

(Yankee) Any dog that raids the hen house
 (Southern) Egg-Suckin' Dawg

(Yankee) Any lazy dog
 (Southern) Good-Fer-Nothin' Dawg

(Yankee) Any dog that's dead & buried & gone to the
 Rainbow Bridge

(Southern) Best danged Dawg I ever had...

See you next time,
 Your Friend, Sam

Help Is On The Way

A number of new Air Force recruits were being taken on their first training flight. The plane had just leveled out after taking off when one of the engines locked up & another began

smoking badly. Adjusting his parachute, the instructor strove for nonchalance as he made his way to the hatch door! "Now I want you men to keep perfectly calm," he said, "while I go for help."

Chop Chop

The Chief of Staff of the U.S. Army decided that he would intervene in the recruiting crisis affecting all armed services. He directed an Air Force base to be opened & that all eligible young men & women be invited for a tour. As he & his staff were standing near a new M-1 battle tank, twin brothers who were well built & neat walked up. The two of them looked as if they had just stepped out of a recruiting poster. The Chief of Staff walked up to them, stuck out his hand & introduced himself. He looked at the first young man, "Son, what skills can you bring to the

best army in the world?" The young man looked at him & said, "I'm a pilot." The general excitedly turned to his aide & said, "Get him in today! See to it!" He then turned to the second young man & asked, "What skills can you bring to the best army in the world?" The young man replied, "I chop wood!" "Son, we don't need wood choppers in the Army of the 21st century. What else can you do?" "I don't understand. You hired my brother!" "Of course we did," explained the general. "He's a pilot." The young man rolled his eyes, "Well, I have to chop it before he can pile it!"

ANY MARRIED MAN should forget his mistakes. There's no use in two people remembering the same thing.

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A Thought For Your Day

by Dr. Jim Keough, Pastor
Mt. Dora Community Church

Some years ago J. B. Phillips wrote an excellent book entitled "Your God Is Too Small". In it he claimed that too many Christians had whittled God down to size -- their own size.

Perhaps someone should write a similar book and entitle it "Your God Is Too Far". How many of us, as we go about our daily work, think of God as sort of an absentee landlord living a billion light years away, somewhere "way out there"?

There is no comfort in the contemplation of such a God. The Scriptures assure us that our Lord is as close to us as the very breath we breathe. In Psalm 139:3-5 David says: "You have traced my journey and my resting places . . . You have kept close guard before me and behind and have spread Your hand over me" (NEB). David had put his trust in a personal God who was personally present with him every moment of his life.

At another time David wrote: "Where shall I flee from Your presence. . . If I take the wings of the morning and dwell in the uttermost parts of the sea; there shall Your hand lead me, and Your right hand uphold me." Wherever David went, his God was very close.

Jesus of Nazareth meant it when He said: "Lo, I am with you always, even unto the end of the world." The omnipresent Christ is with us at the breakfast table, at work, at the sickbed, in the hospital, in days of joy and in days of sadness. He promised to be with us in every circumstance of life. He is never far away.

of Worship

~ The Trouble Tree ~

I had hired a plumber to help me restore an old farmhouse, and he had just finished a rough first day on the job: a flat tire made him lose an hour of work, his electric drill quit and his ancient one ton truck refused to start. While I drove him home, he sat in stony silence. Upon arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. Then, opening the door, he underwent an amazing transformation . . . his face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree," he replied "I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning I pick them up again. Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before."

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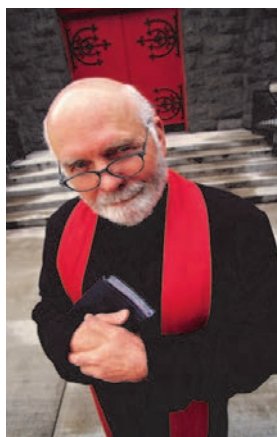
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Church Fund Management 101

A Priest, a Minister and a Rabbi were discussing church funds. How should one decide how to divide the collection money between the needs of the church, and God's other causes? "Well," said the Priest, "I always trust in God's judgement. I draw a circle on the ground, and throw the money into the air. What lands in the circle goes to the church. What lands

outside goes to God." The Minister told his technique: "Yes, I use a similar method. I draw the circle, throw the money into the air, and see where it lands. What lands outside the circle goes to our church, what lands inside goes to God." To which the Rabbi replied: "We do almost the same thing! I throw the money into the air, and what God wants, he keeps!"

The Pastor & The Eggs

The elderly pastor was cleaning up his office one Friday morning. In the back of the office, he found a small box containing 3 eggs and a hundred \$1 bills. He showed his secretary the box to ask her about the box and its contents. Embarrassed, she admitted having hidden the box there for the last 25 years. Disappointed and hurt, the old pastor asked her, "Why?" The secretary replied that she hadn't

wanted to hurt his feelings. He asked her how the box could have hurt his feelings. She said that every time that he had delivered a poor sermon, she had placed an egg in the box. The pastor felt that three poor sermons in 25 years was certainly nothing to feel bad about, so he asked her what the \$100 was for. She replied, "Each time I got a dozen eggs, I sold them to the neighbours for \$1."

WHEN THE PREACHER TOLD BROTHER JONES that he should give a small donation for a fence around the cemetery, Brother Jones said, "I don't see no use for a fence around a cemetery. Them what's in there can't get out, and them that's out sure don't wanna get in!"

Two Elderly Sisters

Two elderly sisters donated \$5 to a charity and, to their surprise, won tickets to a football game. Since they had never seen a live football game before, Madge thought the free tickets would provide an excellent opportunity for doing so. "I think so, too," said Mabel. "Let's go!" They soon found themselves high in a large, grassy expanse. They watched the kickoff and the seemingly endless back-and-forth struggles that comprised the scoreless first half. They enjoyed the band music and cheerleader performance that followed. Then came the second half. When the teams lined up for the second-half kickoff, Madge nudged her sister. "I guess we can go home now, Mabel," she said. "This is where we came in."

Smiles!

This month's Digest Jokester is Linda Codd from Orlando, Florida:

Dear Senior Digest, I enjoy the Digest each month. I found the following Smiles in the laundry room while doing my washing and thought maybe your other readers would enjoy these as much as I did. Thanks for all the laughs.

Linda Codd

Consciousness: That annoying time between naps.

I let my mind wander, but it never came back.

I used to eat a lot of natural foods until I learned that most people die of natural causes.

My wife wanted to go out to someplace expensive, so I took her to the gas station.

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

If at first you don't succeed, don't try skydiving.

I'm in shape; round is a shape.

Everyone has a photographic memory. Some are just out of film.

We have enough youth. How about a fountain of "Smart"?

When I ask you to listen to me and you start giving advice, you have not done what I asked.

The first duty of love is to listen.

The word "listen" contains the same letters as the word "silent".

Women like silent men. They think they're listening.

You can listen to people without loving them, but you cannot love people without listening to them.



Memo from the Old Buzz Saw

Well, this is a big election year and like any good American I watched the Republican and Democratic Conventions on T.V. last month. I have to admit I could not help but laugh at some of the outfits that the members were wearing. I started to wonder if you could tell if someone is a Republican or Democrat and I did a little looking at what some jokesters had written.

Now, I've selected a few that I thought you might enjoy. I may have a weird sense of humor, but maybe you'll get a chuckle out of these as I did.

10 Reasons Why You Might Be A Democrat

1. You own something that says, "Dukakis for President" and still display it.
2. You believe our government must do it because everyone in Europe does.
3. You've never been mugged.
4. You actually expect to collect Social Security.
5. Your high school year gook goals included the words "help people."
6. You think the free market is where they hand out Government cheese.
7. You actually believe the NY Times and Washington Post.
8. You know that Jefferson really meant to say

"Entitled to happiness."

9. You think the flat tax should be at 95%.
10. After looking at your pay stub you can still say, "America is undertaxed."

10 Reasons Why You Might Be A Republican

1. You think "proletariat" is a type of cheese.
2. You've named your kids "Deduction One" and "Deduction Two"
3. The only union you support is the baseball players, because heck, they're richer than you.
4. You think you might remember laughing once as a kid.
5. You once broke loose at a party and removed your necktie.
6. You argue that you need 300 handguns, in case a bear ever attacks your home.
7. You've ever said "Clean air? Looks clean to me."
8. You wonder if donations to the Pentagon are tax-deductible.
9. You came of age in the '60s and don't remember Bob Dylan.
10. You confuse Lenin with Lennon.

Happy voting, folks!

Your friend,
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Handy Household Secrets

BY ELEANOR SCHEIER

KEEP MOSQUITOES AWAY — put a laundry dryer sheet in your pocket.

KEEP ANTS AWAY — put small piles of cornmeal where you see ants; they eat it, take it home, can't digest it, kills them within a week or so.

KEEP FRUITFLIES AWAY — fill small glass half-full with apple cider vinegar and 2 drops dishwashing detergent; mix well; flies commit suicide in it.

KEEP SQUIRRELS AWAY — sprinkle your plants with cayenne pepper; it doesn't hurt the plant, and the squirrels won't come near it.

PICK UP BROKEN GLASS — for small shards you can't easily see, use a wet cotton ball or Q-tip.

KEEP WEEDS AWAY — when you're putting in plants, put layers of wet newspaper overlapping around the plants and cover with mulch.

REHEATING REFRIGERATED BISCUITS, PANCAKES, MUFFINS — place in microwave with cup of water; reheats faster and stays moist.

FOGGY WINDSHIELD — carry chalkboard eraser in glove compartment to rub fogged windows; works better than a cloth.

REOPENING SEALED ENVELOPE — place in freezer for a couple hours; unseals easily

SHAVING LEGS — use cheap hair conditioner; cheaper than shaving cream and leaves legs really smooth.

REDUCE STATIC CLING — pin a small pin to the seam of your slip or in seam of slacks.

🌀 The Farmer & The IRS 🌀

An IRS agent was interviewing a farmer. During the interview, the agent asked, "How much would you say your prize bull is worth?" The farmer scratched his chin & answered, "Well, that depends — for tax purposes or has he been hit by a train?"

🌀 The Court Case 🌀

The judge looked sternly at the 2 men in his court & asked, "Can't this case be settled out of court?" One of the men looked up at the judge & said, "Your Honor, we were trying to do that when the police came."

🌀 *I used to think I was indecisive. Now I'm not so sure.* 🌀

🌀 Fun Fest 🌀

20 HUMOROUS QUOTES BY 10 FAMOUS PEOPLE

I once shook hands with Pat Boone and my whole right side sobered up.
When your opponent's sittin' there holding all aces, there's only one thing left to do: Kick over the table.

Dean Martin 1917-1995, American Actor and Singer

Listen Edith, I know you're singing, you know you're singing, but the neighbors may think I'm torturing you.

I'm saying I can't afford to make no donations to no Catholic charities. If you need the money that bad, wire the Pope! He's got more money than God!

Archie Bunker

I didn't make it in television because of ill health. I made people sick.

I like long walks, especially when they are taken by people who annoy me.

Fred Allen 1894-1956, Radio Star

As I look... at all these trusting and loving faces... tears come into my eyes... and if you must know why... it's because my girdle is killing me.
(Gracie Allen for President 1940)

"Gracie, did the maid ever drop you on your head when you were a baby?" "Don't be silly, George, we couldn't afford a maid.

My mother had to do it."

Grace Allen 1906-1964, Actress

Bing (Crosby) doesn't pay income tax. He just calls the government and says, 'How much do you boys need?'

I grew up with six brothers. That's how I learned to dance - waiting for the bathroom.

Bob Hope 1903-2003 American Actor, Comedian

I had my choice tonight of buying a hundred-dollar ticket or being up here on the dais. So, good evening, ladies and gentlemen.

I don't deserve this award, but I have arthritis and I don't deserve that either.

Jack Benny 1894-1974, American Comedian, Actor

98% of the adults in this country are decent, hardworking, honest Americans. It's the other lousy two percent that get all the publicity. But then, we elect them.

Sometimes I worry about being a success in a mediocre world.

Lily Tomlin 1939- American Comedienne, Actress

Poor people have more fun than rich people, they say; and I notice it's the rich people who keep saying it.

I have never seen a bad television program, because I refuse to. God gave me a mind, and a wrist that turns things off.

Jack Paar 1918-2004, American Comedian, Talk Show Host

A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing.

The trouble with her is that she lacks the power of conversation but not the power of speech.

George Bernard Shaw, 1856-1950, Irish Dramatist

A politician is a man who understands government and it takes a politician to run a government. A statesman is a politician who's been dead ten or fifteen years.

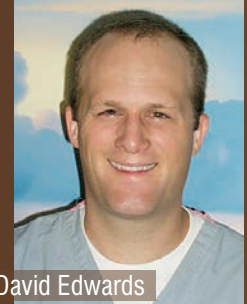
You want a friend in Washington? Get a dog.

Harry Truman, 1884-1972, 33rd President of the USA

George Edwards Holistic Dentistry



Dr. George Edwards



Dr. David Edwards



Dana



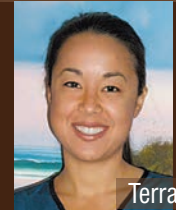
Heather



Ja'Monique



Karen



Terra

*"We can give you a prettier smile
and your friends will be green with envy."*

~ From Dr. Edwards & Staff

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