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# SLD Digest<sup>®</sup>

More Than A Magazine!  
September/October 2018

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Where do you think  
you're going with  
MY sandwich?!



## RUSHING FOR BIG FLAVOR!

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Game Day has never been easier!

— SEE PAGE 19 —

Susan Glenn Caddell, DDS  
Page 3

SLD PRODUCTS Healthy Living  
Solutions - Pages 9-13

Ken's Amish Market & Deli Menu  
Pages 16-17

HUMOR • HEALTH • INSPIRATION



# SLDigest

SENIOR LEGACY, INC.

Ken Gillette publisher / editor

**graphic design**

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**contributing writer**

Susan Glenn Caddell, DDS

We are committed to publishing only jokes in *SLDigest* that are clean and tasteful. Our intent is to promote and provoke healthy laughter, never to offend. We all do well to remember that sometimes we need to be able to laugh even at ourselves. Thank you ~ Ken Gillette, Editor



## Just A Note

by Ken Gillette  
Editor & Publisher

FIRST OF ALL, I want to apologize for not keeping *SLDigest* on time as I'd promised. We'll eventually catch up and you'll be getting it on a timely basis. We're sending each of you a personal letter informing you of our plan. Thank you for your patience in this matter.

I'd also like to thank those who purchase our SLD Products health items and our Ken's Amish Market & Deli patrons for being such good customers during the summer months.

Now, to get down to business – how many of you really have a sense of humor? I ask that because, as many of you are aware, I'm fortunately able to talk to many of our customers each month, and I'm encouraged that there are a great many. I've studied some of the benefits of laughter for a good number of years. What concerns me is that I know some folks are not prone to laughing easily. Some even have trouble laughing at themselves. They also try to keep everything very serious, nearly to the point of being somber. There are a great number of studies that prove the health benefits of laughter, and that it's good to laugh several times a day. It's one of the reasons I started *SLDigest* – to be of help in this area. When I fall short I'm not laughing, but I'm going to use humor to help us get back on schedule. I'd like you to be aware that *SLDigest* is digitally available at [sldproducts.com/sldigest](http://sldproducts.com/sldigest); we're also now running jokes on Facebook daily, so if you're on Facebook I invite you to join us!

I'd also like to share some news about a project I've been working on which will affect Ken's Amish Market & Deli and *SLDigest*. I've added a **new gift corner** to the Deli, which we'll feature in *SLDigest*, but we need your help. **We need talented folks who can supply us with unique, well-designed, clever items** – gift baskets, picture frames and the like – for people who are looking for small gifts for friends, relatives and employees. So if you or someone you know is talented and looking for an outlet for your gift items, please contact us as soon as possible. We're ready to move ahead! Thank you, and I'm hoping to hear from many of you. *continued on page 20*

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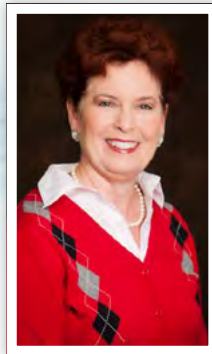
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## A Babe Ruth Story

*excerpts from The Journal of the American Dental Association, July 2008  
submitted by Susan Glenn Caddell, DDS*

EVERY YEAR, ON THE THIRD THURSDAY of November, smokers across the nation take part in the American Cancer Society's Great American Smokeout event so 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 began 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 and under the custody of the Xaverian Brothers – and Brother Mathias in particular, 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 an 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 to methotrexate, a current chemotherapy drug. The Babe responded dramatically well but

*continued on page 20*







# Saving Her Pet Cat

Tim Tebow, of college and pro football fame, is jogging down the street when he sees a building on fire. A woman is standing three floors up on a ledge holding her pet cat in her arms. “Hey, lady,” yells Tebow, “throw me the cat!” “No,” she cries, “it’s too far.” “Don’t worry,” says Tebow, “I play football, I can catch him.” Smoke pours from the windows, and finally the woman waves to Tebow, kisses her cat goodbye, and then tosses the kitty into the air. Tebow keeps his eye on the cat as it comes hurtling toward him. The feline bounces off an awning. Tebow runs into the street, jumps six feet into the air and makes a spectacular one-handed catch. The crowd that had gathered to watch the fire breaks into cheers. Tebow does a little dance, lifts the kitty above his head, wiggles his knees back and forth, and then... spikes the cat into the pavement.

## What If

Miss Collins, a first-grade teacher, explains to her class that she is a Pittsburgh Steelers fan. She asks her pupils to raise their hands if they are Steelers fans too. Not really knowing what a Steelers fan is, but wanting to be liked by their teacher, their hands fly into the air. There is, however, one exception. Paula has not gone along with the crowd. The teacher asks her why she has decided to be different. “Because I’m not a Steelers fan,” she answers. “Then,” asks Miss Collins, “what are you?” I’m a Baltimore Ravens fan,” boasts Paula proudly. The teacher asks Paula why she is a Ravens fan. “Well, my mom and dad are Ravens fans, so I’m a Ravens fan, too,” Paula responds. “That’s no reason,” Miss Collins retorts. “What if your mum was a moron, and your dad was an idiot. What would you be then?” Paula smiles and says, “Then I’d be a Steelers fan.”

**A NEW FOOTBALL MOM** was talking to a friend. “I hear your son made the team,” the woman said. “What position does he play?” “I think he’s one of the drawbacks.”

**HOW’S THAT, COACH?** Bill Peterson, a Florida State football coach, was heard to say, “You guys line up, alphabetically by height.” And “You guys pair up in groups of three then line up in a circle.”

# GRIDIRON GUFFAWS

“He doesn’t know the meaning of the word fear. In fact, I just saw his grades and he doesn’t know the meaning of a lot of words.”

—Urban Meyer, on one of his players

“Football combines the two worst features of American life: violence and committee meetings.”

—George Will

“I never graduated from Iowa; I was only there for two terms: Truman’s and Eisenhower’s.”

—Alex Karras

“Most football players are temperamental. That’s 90% temper and 10% mental.”

—Doug Plank

“When I played football, I never set out to hurt anybody deliberately unless it was, you know, important, like a league game or something.”

—Dick Butkus

“If you’re mad at your kid, you can either raise him to be a nose tackle or send him out to go play on the freeway. It’s about the same.”

—Bob Golic

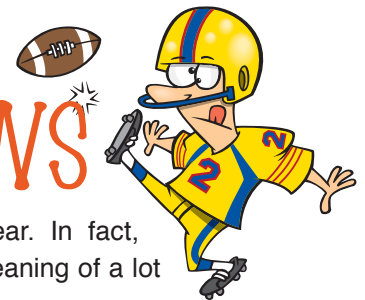
“If a man watches three football games in a row, he should be declared legally dead.”

—Erma Bombeck

## Three Fans

Three fans were talking about the sad state of their city’s pro football team. The first fan said, “I blame the manager; if we could sign better players, we’d have a great team.” The second fan muttered, “I blame the players; if they made more effort, I’m sure we would score more touchdowns.” The third fan announced, “I blame my parents; if I had been born in a different town, I’d be supporting a decent team.”

**I LEFT TWO IOWA HAWKEYES** tickets on my dashboard yesterday. Someone smashed the window and left two more.





## ☞ Paying His Respects ☞

Four old guys are at the Friday night football game when a funeral procession drives by the stadium on its way to the cemetery. As the procession passes, one of the old men takes off his hat and keeps it off until the last car passes, then puts his cap back on. One of the other guys says, "you must have known that person in the hearse pretty well." "Yep," replies the first man, "I was married to her for 42 years!"

## ☞ One-Sided Game ☞

Hours after the end of the world, a border dispute emerged between heaven and hell. God invited the devil for conversations to find a way to resolve this dispute quickly. The devil proposed a football game between heaven and hell. God, always fair, told the devil, "The heat must be affecting your brain. The game would be so one sided; don't you know all the 'good' players go to heaven?" The devil, smiling, responded, "Yeah, but we've got all the refs."

**A SUCCESSFUL FOOTBALL COACH** was asked the secret of evaluating his new recruits. "Well," he answered, "It's easy. I take 'em out in the woods and make 'em run. The ones that run round the trees, I make into running backs. The ones that run straight into the trees, I turn into linemen."

## ☞ Blonde's First Game ☞

A guy took his blonde girlfriend to her first football game. They had great seats right behind their team's bench. After the game, he asked her how she liked it. "Oh, I really liked it," she replied, "especially the tight pants and all the big muscles, but I just couldn't understand why they were killing each other over 25 cents." Dumbfounded, her boyfriend asked, "What do you mean?" "Well, they flipped a coin; one team got it and then for the rest of the game, all they kept screaming was, 'Get the quarterback! Get the quarterback!' I'm like... *Hel-loooooo*? It's only 25 cents!!

**WHEN I WENT BEFORE** an Air Force promotion board, I was asked a trick question: Who won that year's World Series? I pondered the question a bit, but knowing absolutely nothing about sports, I finally had to admit, "Sorry, I don't watch football."



## Fred's Cat Corner

**WELL, WELL, BACK AGAIN!** We're in the fall season here in Florida. It's a great time of the year and it means we're looking forward to the great holidays again. My friends know I love the holidays; it means lots of good food, and they make sure I get my fill.


Now it's time to see if I've come up with something to make you laugh. First let's try this one...

**THE TUESDAY MORNING GARDEN CLUB**, an organization of wealthy retired city women, met and decided that next month's outing was to be at a dairy farm. Most of them had lived in the city all their lives, and had never really been to a working farm. The day came, and after they arrived, they were greeted by Old Farmer Sours who invited them to look him up should they have any questions. Eloise, after looking about and being amazed by what she saw, stepped into a building and viewed something she thought was quite remarkable. She saw the farmer walk by with a pail of fresh milk and hailed him. "Mr. Sours," she inquired, "why doesn't this cow have any horns?" The farmer cocked his head for a moment, then began in a patient tone: "Well, ma'am, fact is, cattle can do a powerful lot of damage with horns. Sometimes we keep 'em trimmed down with a hacksaw. Other times we can fix up the young 'uns by puttin' a couple drops of acid where their horns would grow in, and that stops 'em cold. Still, there are some breeds of cattle that never grow horns. But the reason this cow don't have no horns, ma'am, is 'cause this here's a horse."

### CATS VS. MEN

- A cat never comes home drunk after being out all night with friends.
- You can't put a bell around your man's neck and always know exactly where he is.
- When a cat comes in at midnight it doesn't wake you up by smashing into the furniture.
- Cats never pretend they know how to fix what's broken.
- Cats will love you even when you have bad hair days.
- Cats love rubbing up to your legs no matter how much cellulite you have.
- It's okay if your cat rubs up against your guests.
- Cats love to see you come home from shopping with lots of bags!
- You'll never get a call from your cat's ex.
- Your cat will never leave you for a younger woman.

That's it for now! Have a great time and see you next time.

Your friend,  
Fred 





# THINGS I'VE LEARNED From My Children

1. A king size waterbed holds enough water to fill a 2000 sq. foot house 4 inches deep.
2. If you spray hair spray on dust bunnies and run over them with roller blades, they can ignite.
3. A 3-year-olds voice is louder than 200 adults in a crowded restaurant.
4. If you hook a dog leash over a ceiling fan, the motor is not strong enough to rotate a 42-pound boy wearing Batman underwear and a superman cape. It is strong enough, however, if tied to a paint can, to spread paint on all four walls of a 20 by 20 foot room.
5. You should not throw baseballs up when the ceiling fan is on. When using the ceiling fan as a bat, you have to throw the ball up a few times before you get a hit. A ceiling fan can hit a baseball a long way.
6. The glass in windows (even double pane) doesn't stop a baseball hit by a ceiling fan.
7. When you hear the toilet flush and the words "Uh-oh," it's already too late.
8. Brake fluid mixed with Clorox makes smoke, and lots of it.
9. A six-year-old can start a fire with a flint rock even though a 36-year-old man says they can only do it in the movies.
10. Certain Legos will pass through the digestive tract of a four-year-old.
11. "Play Doh" and "microwave" should never be used in the same sentence.
12. Super glue IS forever.
13. No matter how much Jell-O you put in a swimming pool you still can't walk on water.
14. Pool filters do not like Jell-O.
15. VCRs do not eject PB&J sandwiches even though TV commercials show they do.
16. Garbage bags do not make good parachutes.
17. Marbles in gas tanks make lots of noise when driving.
18. You probably do not want to know what that odor is.
19. Always look in the oven before you turn it on. Plastic toys do not like ovens.
20. The fire department in Austin, Texas has a 5-minute response time.
21. The spin cycle on the washing machine does not make earthworms dizzy.
22. It will, however, make cats dizzy.
23. Cats throw up twice their body weight when dizzy.
24. The mind of a six-year-old is wonderful.

## Strategy

Now this older women decided to have her portrait painted. She told the artist, "I want you to paint me with a diamond necklace and earrings, emerald bracelets and a ruby pendant." "But you're not wearing any of those things," the artist replied. "I know," she said. "It's in case I die before my husband. I just know he'll marry one of his little girlfriends right away, and I want her to go crazy looking for the jewelry."

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*"Ninety-eight percent of the adults in this country are decent, hardworking, honest Americans. It's the other lousy 2% that get all the publicity. But then, we elect them."*

—Lily Tomlin

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## Special Coffee

A sweet little boy surprised his grandmother one morning by bringing her a cup of coffee. He'd made it himself and was so proud. He anxiously waited to hear the verdict on the quality of the coffee. The grandmother had never in her life had such a bad cup of coffee, and as she forced down the last sip she noticed three of those little green army men in the bottom of the cup. She asked, "Honey, why would three little green army men be in the bottom of my cup?" Her grandson replied, "You know, Grandma, it's like on TV – 'The best part of waking up is soldiers in your cup.'"

**MY GRANDMOTHER MOVED IN** with our family of five. As I was brushing my teeth one morning, she tapped on the door. "Is anyone in there?" she called. I mumbled an answer, to which she replied, "Is that a yes or a no?"



## Four Letter Words

A young couple got married and went on their honeymoon. When they got back, the bride immediately called her mother. "So," said her mother, "how was the honeymoon?" "Oh, Mama," the bride replied, "the honeymoon was wonderful! So romantic." Suddenly she burst out crying. "But, Mama, I need to talk to you and Daddy, because as soon as we returned, Sam started using the most horrible language – things I'd never heard before! I mean all these awful four-letter words! You've got to let me come home... please, Mama!" "Sarah, Sarah," her mother said, "calm down! You need to stay with your husband and work this out. Now, tell me, what could be so awful? What four-letter words?" "Please don't make me tell you, Mama," wept Sarah, "I'm so embarrassed, they're just too awful! Come and get me, please!" "Darling, baby, you must tell me what has you so upset. Tell your mother these horrible four-letter words!" Sobbing, the bride said, "Oh, Mama... he used words like 'dust,' 'wash,' 'iron,' 'cook...'" "Honey, I'll come and we'll talk, but I don't think this is something we should discuss with your father."

**LUIGI AND PAULO WERE FISHING IN THE** Mediterranean sea one sunny day when a World War II mine came floating along. On seeing this round, spiky object coming nearer and nearer, Luigi shouts at his friend, "Hey Paulo, it's a mine, it's a mine!!!" Paulo replies, "Okay Luigi, you can-a have it!!"

## Where's Barney?

A four-year-old was at the pediatrician for a check up. As the doctor looked down her ears with an otoscope, he asked, "Do you think I'll find Big Bird in here?" The little girl stayed silent. Next, the doctor took a tongue depressor and looked down her throat. He asked, "Do you think I'll find the Cookie Monster down there?" Again, the little girl was silent. Then the doctor put a stethoscope to her chest. As he listened to her heart beat, he asked, "Do you think I'll hear Barney in there?" "Oh, no!" the little girl replied. "Jesus is in my heart. Barney's on my underpants."

*"Hamlet is the tragedy of tackling a family problem too soon after college."*

—Tom Mason

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**A YOUNG MAN WENT TO AN AUDITION** for a TV talent show. “What do you do?” the show's producer asked him. “I imitate birds,” the young man replied. “Bird imitators are a dime a dozen. We can't use you. Get out of here!” “Okay,” the disappointed young man said. He then flapped his arms and flew out the window.

*“One man with courage is a majority.”*  
—Thomas Jefferson

## The Cost Of Living

Harry's grandma complains about the cost of living. “When I was a girl, you could go out with a dollar and come home with a dozen eggs, two pints of milk, a pound of bacon, half a pound of tea and a chicken.” “Yes,” agrees Harry, “that's inflation for you.” “It's nothing to do with inflation,” says Grandma, “it's them lousy security cameras they have nowadays.”

*“Courage is resistance to fear; mastery of fear – not absence of fear.”*  
—Mark Twain



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—Ken Gillette, President, SLD Products



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# The Choice

**A** AT A FUNDRAISING DINNER for a school that serves children with learning disabilities, the father of one of the students delivered a speech that will never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question: “When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?” The audience was stilled by the query.

The father continued. “I believe that when a child like Shay, who is mentally and physically disabled, comes into the world, an opportunity to realize true human nature presents itself, and it comes in the manner of how other people treat that child.”

Then he told the following story: “Shay and I were walking past a park where some boys Shay knew were playing baseball. He asked, “Do you think they’ll let me play?” I knew that most of the boys would not want someone like Shay on their team, but as a father I also understood that if my son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps. I approached one of the boys on the field and, though not expecting much, asked if Shay could play. The boy looked around for guidance then said, “We’re losing by six runs and the game is in the eighth inning. I guess he can be on our team and we’ll try to put him in to bat in the ninth inning.”

Shay struggled over to the team’s bench and, with a broad smile, put on a team shirt. I watched with a

small tear in my eye and warmth in my heart. The boys saw my joy at my son being accepted.

In the bottom of the eighth inning, Shay’s team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as I waved to him from the stands.

In the bottom of the ninth inning, Shay’s team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat. At this juncture, do they let Shay bat and give away their chance to win the game?

Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn’t even know how to hold the bat



properly, much less connect with the ball. However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher. The game would now be over.

The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game. Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all teammates. Everyone from the stands and both teams started yelling, "Shay, run to

first! Run to first!" Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled. Everyone yelled, "Run to second, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base.

By the time Shay rounded towards second base, the right fielder had the ball, the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-baseman's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home. All were screaming, "Shay, Shay, Shay, all the Way Shay!" Shay reached

third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, "Run to third! Shay, run to third!"

As Shay rounded third, the boys from both teams and the spectators were on their feet screaming, "Shay, run home! Run home!" Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

"That day," said the father softly with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world. Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making me so happy, and coming home and having his mother tearfully embrace her little hero of the day!"

We all have thousands of opportunities every single day to help realize the 'natural order of things.' We e-mail or post thousands of jokes without a second thought, but when it comes to sending messages about life choices, people hesitate. The crude, vulgar, and often obscene pass freely through cyberspace, but public discussion about decency is too often suppressed. So many seemingly trivial interactions between people present us with a choice: Do we pass along a little spark of love and humanity, or do we pass up those opportunities and leave the world a little bit colder in the process?

A wise man once said, "Every society is judged by how it treats its least fortunate amongst them." May every day be a Shay Day. ❖





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## The Timeless Wit of

# RODNEY DANGERFIELD

- » What a childhood I had. Why, when I took my first step, my old man tripped me!
- » I tell ya when I was a kid, all I knew was rejection. My yo-yo, it never came back!
- » When I was a kid I got no respect. The time I was kidnapped, and the kidnappers sent my parents a note, they said, "We want five thousand dollars or you'll see your kid again."
- » I tell you, with my doctor, I don't get no respect. I told him, "I've swallowed a bottle of sleeping pills." He told me to have a few drinks and get some rest.
- » What a dog I got. His favorite bone is in my arm!
- » Last week I saw my psychiatrist. I told him, "Doc, I keep thinking I'm a dog." He told me to get off his couch.
- » I worked in a pet store and people kept asking how big I'd get.
- » My wife and I were happy for twenty years. Then we met.
- » I asked my old man if I could go ice-skating on the lake. He told me, "Wait 'til it gets warmer."
- » When I was born the doctor came out to the waiting room and said to my father, "I'm very sorry. We did everything we could... but he pulled through."
- » I come from a stupid family. During the Civil War my great uncle fought for the west!
- » My mother had morning sickness... after I was born.
- » My father had his own way of showing love. He always carried around the picture of the kid who came with his wallet.
- » One year they wanted to make me poster boy... for birth control.
- » I remember the time I was kidnapped and they sent back a piece of my finger to my father. He said he wanted more proof.
- » My uncle's dying wish was to have me sitting on his lap. He was in the electric chair.
- » Once when I was lost I saw a policeman and asked him to help me find my parents. I said to him, "Do you think we'll ever find them?" He said, "I don't know kid. There are so many places they can hide."
- » I remember I was so depressed I was going to jump out a window on the tenth floor. They sent a priest up to talk to me. He said, "On your mark..."
- » I had a lot of pimples too. One day I fell asleep in a library. I woke up and a blind man was reading my face.
- » My wife made me join a bridge club. I jump off next Tuesday.
- » I met the surgeon general. He offered me a cigarette.
- » It's tough to stay married. My wife kisses the dog on the lips, yet she won't drink from my glass!
- » My wife isn't very bright. The other day she was at the store, and just as she was heading for our car, someone stole it! I said, "Did you see the guy that did it?" She said, "No, but I got the license plate."
- » I went to a massage parlor. It was self service.
- » I knew a girl so ugly, I took her to the top of the Empire State building and planes started to attack her.
- » I knew a girl so ugly, she had a face like a saint – a Saint Bernard!
- » I went to see my doctor... I told him, "Doc, every morning when I get up and look in the mirror I feel like throwing up. What's wrong with me? He said, "I don't know, but your eyesight is perfect."
- » My psychiatrist told me I'm going crazy. I told him, "If you don't mind, I'd like a second opinion." He said, "All right. You're ugly too!"
- » I was so ugly, my mother used to feed me with a slingshot!
- » When I was born the doctor took one look at my face, turned me over and said, "Look, twins!"

## ❧ A Heroic Rescue ❧

While in the White House, President Obama was out jogging one morning when he tripped, fell over the bridge railing and landed in the creek below. Before the Secret Service guys could get to him, three kids, who were fishing, pulled him out of the water. He was so grateful he offered the kids whatever they wanted. The first kid said, "I sure would like to go to Disneyland." The President said, "No problem. I'll take you there

on Air Force One." The second kid said, "I really need a new pair of Nike Air Jordan's." President Obama said, "I'll get them for you and even have Michael sign them!" The third kid said, "I want a motorized wheelchair with a built-in TV and stereo headset!!" Obama is a little perplexed by this and said, "But you don't look like you're handicapped." The kid says, "I will be after my Republican dad finds out I saved your buns from drowning!"

## ❧ When Is The Question ❧

A six-year-old boy told his grandfather he wanted to marry the little girl across the street. The grandfather, being modern and well-schooled in handling children, hid his smile behind his hand. "That's a serious step," he said. "Have you thought it out completely?" "Yes," his young grandson answered. "We can spend one week in my room and the next in hers. It's right across the street, so I can run home if I get scared of the dark." "How

about transportation?" Grandfather asked. "I have my wagon, and we both have our tricycles," the little boy answered. The boy had an answer to every question his grandfather raised. Finally, in exasperation, he asked, "What about babies? When you're married, you're liable to have babies, you know." "We've thought about that, too," the little boy replied. "We're not going to have babies. Every time she lays an egg, I'm going to step on it!"

**A TEN-YEAR-OLD**, under the tutelage of her grandmother, was becoming quite knowledgeable about the Bible. Then one day she floored her grandmother by asking, "Which Virgin was the mother of Jesus: the Virgin Mary or the King James Virgin?"

**WHILE EATING CORN ON THE COB** two weeks ago my 5-year-old daughter Rachel seemed to be struggling with it a little bit. I said, "Rachel, eat it like a typewriter." She looked at me with pure innocence in her eyes and said, "Mommy, what's a typewriter?"

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# Fun, Retiree Style

*Ken's Just a Note, cont'd from page 2*

I'd also like to put in a word about **our shipping service**. We have a warehouse from where we ship our SLD Products health items and products from the Deli. We can do the same for you and your products – just give me a call and I can give you the details.

Looks like I've run out of space, so I thank you for your kindness and wish you a wonderful fall and healthy living. God Bless,

*Ken Gillette*

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*Dr. Caddell, cont'd from page 3*

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 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. And encourage someone you know to use the date to make a plan to quit. It is never too late. ❖

Young working people frequently ask retired people what they do to make their days interesting. An example I like to share is one like the other day: Marilyn and I went into town one day and went into a shop. We were only in there for about five minutes. When we came out, there was a cop writing out a parking ticket. We went up to him and said, "Come on, man, how about giving a senior citizen a break?" He ignored us and continued writing the ticket. I called him a klutz. He glared at me and started writing another ticket for having worn tires. So Marilyn called him stupid and ugly. He finished the second ticket and put it on the windshield with the first. Then he started writing a third ticket. This went on for about twenty minutes. The more we abused him, the more tickets he wrote. Personally, we didn't care. We came into town by bus. We try to have a little fun each day now that we're retired. It's important at our age.

## ❧ Lost Wallet ❧

An old drunk was walking repeatedly around one light pole. A man came up and asked what he was doing. "I'm looking for my wallet that I lost." "Are you sure you lost it here?" asked the man. "No," replied the old drunk, "but this is the only place where there's enough light to look for it."

## ❧ Philanthropy? ❧

Little Rachel asked her mom, Kathy, for a dollar to give to a little old lady in the park. Kathy, impressed by her daughter's kindness, gave her the dollar. "There you are, Rachel," said Kathy. "But, tell me, isn't the little old lady able to work any more?" "She sells candy," was Rachel's reply.

# One More Time

A lady was hosting a birthday party for her granddaughter, and had gone all out. She had a caterer, band, and a hired clown. Just before the party starts, two down-and-out rednecks show up looking for a handout. Feeling sorry for the rednecks, the woman tells them that they can get a meal if they will chop some wood out back. Gratefully, they head to the rear of the house. Guests arrive, and all is going well with the children having a wonderful time. But the clown has not shown up, and finally, the clown calls to report that he is stuck in traffic and will probably not make the party at all. The woman is very disappointed and unsuccessfully tries to entertain the children herself. She happens to look out the window and sees one of the rednecks doing cartwheels across the lawn. She watches in awe as he swings from tree branches, does midair flips, and leaps high in the air. She speaks to the other redneck and says, "What your friend is doing is absolutely marvelous! I've never seen such a thing. Do you think your friend would consider repeating this performance for the children at the party? I'd pay him \$50!" The redneck replies, "Well, I dunno. Lemme ask him." "Hey, Merle! For \$50, would you chop off another toe?"



**HELLO! THIS IS A GREAT TIME** of the year, especially when you're a football fan. Now don't say it, my little darlin' is a Crimson Tide football fan all the way. There's one team she dislikes more than the Volunteers, and that's the Auburn Tigers. Now, you know it causes a little tension around our house when her Crimson Tide plays my Tennessee Volunteers. She may be from Alabama but I always remember she is good ol' fashioned Southern girl, and I'm Southern boy from Tennessee. Our home... well now, she won that one, it's in Alabama.

Getting back to football – over the years I've heard a lot of Tennessee Volunteers jokes. Some were really funny, so please take this article with a grain of salt. I know some of you won't be able to resist emailing Mr. Ken a bunch of Tennessee jokes, so with it being football season I'll just cast the first stone – but all in fun, okay? You read it right here, I'm going to give you the all-time Top Ten Alabama Crimson Tide jokes...

10. How do you make Alabama cookies? Put them in a big bowl and beat for three hours.
9. It's reported that Nick Saban will only dress 20 players for the Tennessee game. The rest will have to dress themselves.
8. What does the average Alabama student get on his SAT score? Drool.
7. What did the Alabama graduate say to the Tennessee graduate? Welcome to McDonald's; may I take your order, please?
6. An Alabama fan walks into the doctor's office one day with a

hat on. He takes off his hat, and the doctor sees that there is a big frog sitting right on top of his head. The doctor looks at the man and asks him why he has a frog sitting on his head. It was the frog who replied "Actually, Doc, I was the one who wanted to see you. Can you remove this wart off my butt?"

5. Why should the University of Alabama change its team name to the Opossums? Because they play dead at home and get killed on the road.
4. Where was O.J. really hiding at right before the famous Bronco chase? On the campus at Alabama. He figured they would never find a real football player there.
3. What do you call a good-looking girl on the University of Alabama campus? A visitor.
2. What should you do if you find three Alabama fans buried up to their necks in cement? Get more cement.

And... the Number #1

Alabama joke of all time is:

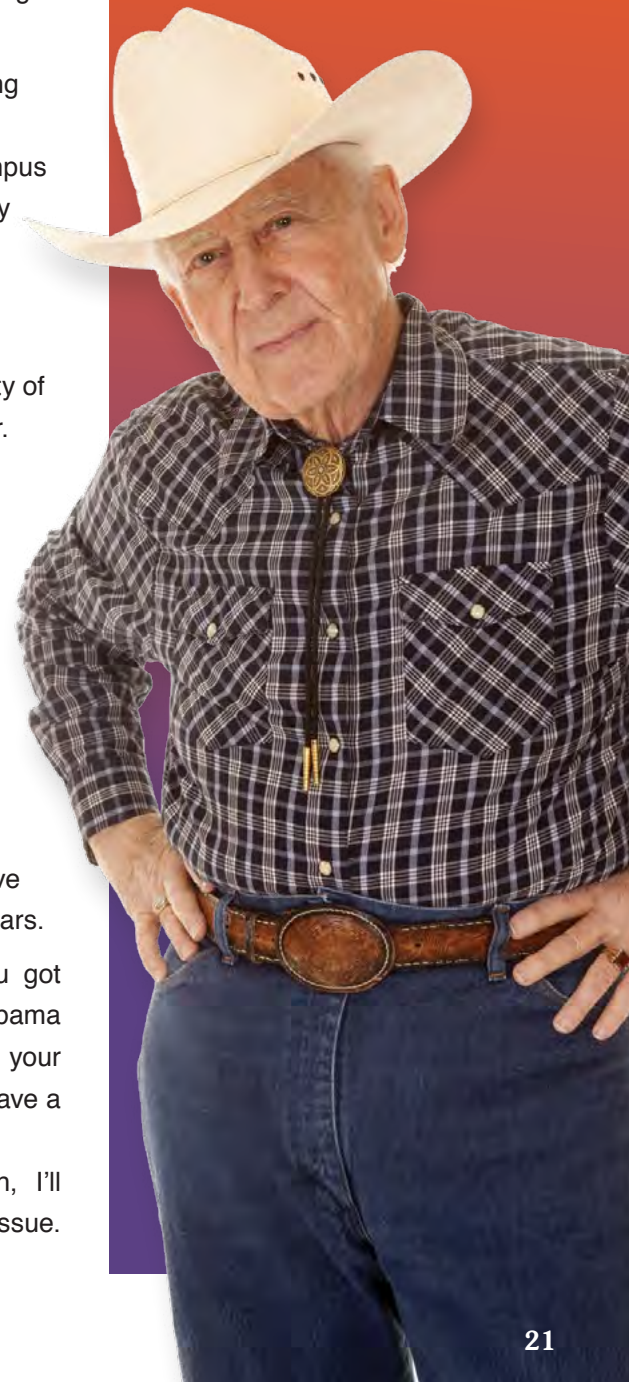
1. What do a maggot and an Alabama fan have in common? They can both live off of a dead bear for 20 years.

Well, that's it and I hope you got some laughs, even you Alabama fans. Good luck to whoever your team is this year, I hope they have a winning season.

That's it for this is month, I'll see y'all again with our next issue.

God Bless, *Clifford* ❖

Here's  
**CLIFFORD!**







# THE PROFESSOR'S TAUNT

A college professor, an avowed atheist, was teaching his class. He shocked several of his students when he flatly stated he was going to prove there was no God. Addressing the ceiling he shouted, "God, if you are real, then I want you to knock me off this platform. I'll give you 15 minutes!" The lecture room fell silent. You could have heard a pin fall. Ten minutes went by. Again he taunted God, saying, "Here I am, God. I'm still waiting." His countdown got down to the last couple of minutes when a retired Marine Master Sergeant, just released from active duty and newly registered in the class, walked up to the professor, hit him full force in the face, and sent him tumbling from his lofty platform. The professor was out cold! At first, the students were shocked and babbled in confusion. The old Marine took a seat in the front row and sat silent. The class fell silent... waiting. Eventually, the professor came to. Shaken, he looked at the old Marine in the front row. When the professor regained his senses and could speak, he asked, "What's the matter with you? Why did you do that?" The old Marine said, "God was busy. He sent the Marines."

## Too Jealous

There was once a wife so jealous that when her husband came home one night and she couldn't find hairs on his jacket, she yelled at him, "Great! So now you're cheating on me with a bald woman!" The next night, when she didn't smell any perfume, she yelled again, "She's not only bald, but she's too cheap to buy perfume!"

## A Kind Deed

A man in a bar is falling off his stool every couple of minutes. He is obviously drunk. So the bartender says to another man in the bar, "Why don't you be a good Samaritan and take him home?" The man takes the drunk out the door and to his car, and he stumbles at least ten times. They drive along until the drunk points out his house to the man. He stops the car and the drunk stumbles up the steps to his house with the man. The drunk's wife greets them at the door, "Why, thank you for bringing him home for me, but... where's his wheelchair?"

## A MAN STEPPED ON AN OLD

penny scales, the kind that tell your fortune and weight, and dropped in a coin. "Listen to this," he said, smiling to his wife and showing her a small, white card. "It says I'm energetic, bright, resourceful and a great person." "Yeah," his wife nodded, "and it has your weight wrong, too."

# EXCHANGING VOWS

After the wedding rehearsal, the groom approaches the minister with an unusual offer. "Look, I'll give you \$100 if you'll change the wedding vows. When you get to me and the part where I'm to promise to 'love, honor and obey' and 'forsaking all others, be faithful to her forever,' I'd appreciate it if you'd just leave that part out." He passes the minister the cash and walks away satisfied. The wedding day arrives, and the bride and groom have moved to that part of the ceremony where the vows are exchanged. When it comes time for the groom's vows, the minister looks the young man in the eye and says, "Will you promise to prostrate yourself before her, obey her every command and wish, serve her breakfast in bed every morning of your life and swear eternally before God and your lovely wife that you will not ever even look at another woman, as long as you both shall live?" The groom gulps, looks around and says in a tiny voice, "Yes." The groom leans toward the minister and hisses, "I thought we had a deal!" The minister puts the \$100 into his hand and whispers back, "She made me a much better offer."



## Dad, Can I Have The Car?

A teenage boy had just gotten his driving permit. He asked his father, who was a minister, if they could discuss the use of the car. His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your Bible a little and get your hair cut, and then we'll talk about it." After about a month the boy came back and again asked his father if they could discuss use of the car. They again went to the father's study where his father said, "Son, I've been real proud of you. You've brought your grades up, and you've studied your Bible diligently, but you didn't get your hair cut!" The young man waited a moment and replied, "You know, Dad, I've been thinking about that. In the Bible, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair." To which his father replied, "True. And did you notice? They walked everywhere they went!"



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