

# Steel Magnolias

Breast Cancer Support Group, Inc.

## On Eagles' Wings

May 21, 2007

### Renewal

Even youths grow tired and weary,  
and young men stumble and fall;  
but those who hope in the Lord will renew their strength.  
They will soar on wings like eagles;  
they will run and not grow weary, they will walk and not faint.

Isaiah 40: 30-31

Sickness and aging are an unavoidable part of the human experience. At the April meeting of Steel Magnolias, we had guests who personified "Those" in Isaiah 40:30-31.

Ms. Hazel Adherolt, Shaw, Johnson, Rudolph, born the year the Titanic sunk, is certainly an example of a saint who continues to renew her strength, as she gives joy to all who are blessed to cross her path.

Vicki Everett, a young mother, living in White Plains, lost her breast to cancer. Vicki wrote, about her recovery, "I owe it all to God, competent doctors and early

detection."

Hazel wrote poetry that projects a humorous look at aging. Vicki wrote an article, concerning her diagnosis of breast cancer, that was published in the Jacksonville News and the Piedmont Journal.

The compositions, written by these two beautiful women, from different generations, are examples of "Soaring on wings like eagles."

### Stop Counting Birthdays...They'll Make You Old!

Old age is a secret we'd like to keep  
But it slips up on us while we're asleep.

One day we're twenty and as young as can be—  
The next day we turn fifty—Just wait and you'll see.

So you're having a birthday, what a shame!

Honey, I remember your birthday, but I forgot your name!

These old birthdays

make us sick  
All our most important parts simply fail to tick.

Our eyes are failing,  
both ears are bad—  
Our teeth are missing, we've only half what we had.

Our hair is thin and white as snow.  
We can't wear short sleeves or necks too low.

Our wrinkles show up, they're growing like crazy.

We can't take a walk, our legs are too lazy.

Our feet hurt everywhere, all the time.  
We rub 'em and we soak 'em

(But those words don't rhyme)

So have another birthday if you're determined to,  
But I'm not having any more, thank you!

I'm staying as young as I am right now!

These birthdays are



Sharing love through support

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.....  
nuisances anyhow.  
By  
Hazel Johnson Rudolph, age 93

### "An Old Age Recipe"

Like I've said before, old age is a time you can't ignore.

It will catch you early, or it will catch you late....  
But it will catch you as sure as Fate.

Some people grow old by age 44, Others look old at 50 or more.

But the best thing to do, when it happens to you,  
Just keep thinking young, and that will carry you through.

Don't mope over the years that have come and past....  
No one promised you youth forever would last.  
Just think of the days that lie ahead and don't waste time thinking  
While lying in bed. Get up and be doing something well,  
If it's only a short ways, walk a spell. Look at the sunset,  
Feel the breeze, and marvel at the beauty of the birds in the trees.

Spend some time reading a joke...Laughter never killed any old goat.  
It's a good medicine for the mind and soul.  
Really, it will keep you from growing old.  
Make young friends....That's easy to do,  
And their youth will inspire and revitalize you.

Do something to help others along....In the joy of service, you'll never go wrong.  
I know your knees will hurt and creak, and some days you can't stand on your feet.  
Your eyes will grow dimmer, Your ears will get bad,  
But you'll miss lots of national news that is terrible and sad.

Tell a good joke either one or more....Don't worry too much if you've told them before.  
Most everyone's memory is just like mine. Chances are they've forgotten them every time.  
Keep in touch with your children, they're growing old too  
And they're acting real bossy....You know that's true.  
But be patient with them whatever you do, for sure as you're living,  
Their Time's coming too.

Don't think about Nursing Homes, they'll come soon enough.  
Stay as busy as you can and forget about that stuff!  
But if and when you do go, plan ahead wisely and STEAL the SHOW.  
Be the best tenant that you can be, and revive that place of NO LIBERTY!  
Jolly those poor inhabitants there, make them forget every worry and care.  
We can be happy whatever our fate, and count our blessings  
Whether early or late, and just be glad that we're alive, whether we're 50....60 or....95!  
By Hazel Johnson Rudolph

I only wish everyone could have heard Hazel read her poetry and have been able to experience the energy of this beautiful and dynamic woman who is younger than most anyone half her age.

#### **Derek Conrad Brown**

Derek grew up in Metro Birmingham's Oak Grove community, where his family has lived for 8 generations. After he graduated from Samford University, he moved to Calhoun County to accept a job. In 2005, he joined with his current business partner, Chris Williams of Oxford, in growing their start-up company, WideNet consulting, LLC, from a few local customers to over 100 in nine states. This year they have been nominated, the second year in a row, for the Calhoun County small Business of the Year Award. While they are still very much in the challenging startup phase of their business, they plan to grow WideNet into one of the Southeast's leading website companies. Derek is a Member of Rock Creek Baptist Church, the Anniston Rotary Club, the Chamber Ambassadors, and has served for 11 years as a volunteer on the staff of Alabama Boys State.

Derek met Hazel when he first moved to Calhoun County. Upon recommendation, he contacted Hazel about locating a house to buy. Hazel was able to help him find a new house, not yet listed, and they became friends. Derek and Hazel have bartered cooking lessons for computer lessons. At 94 years young, Hazel is sending and receiving Email, even downloading and printing pictures from her computer. Of Hazel, Derek said, "Ms. Rudolph is one of my

greatest friends. She shows me, and others everyday, that true friendship is not bounded to your own generation and living life to the fullest is an ageless quality. She'll quickly and eloquently tell you that acting old is a choice, and she walks her talk! When around her, you always have fun and good laughs because no one around her is allowed to act old whether they're 20 or 100."

Derek is the most gracious of young men. You sometimes see his qualities in older men but seldom in a man of 28. I told Derek, "I know it was hard on your mama, but you were born with a halo." In order for me to learn how to install information onto: <[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org)>, with my limited computer skills, Derek has to be gifted with patience.

Derek projected our website onto a wall so Steel Magnolias could see the progress that is being made in loading material onto our website. The ladies of Steel Magnolias were very impressed with the progress and the unique pages that set it apart from the ordinary. A Steel Magnolia said, "Lenora, I love our web-site, it is professional looking yet very warm."

#### **Thank You Steel Magnolias (Tuesday, May 1, 9:34 p.m.)**

THANK YOU for the huge honor of inviting me to be a part of the Steel Magnolias meeting. I am 100% grateful to you and to others for including me and giving me such an immensely warm welcome, saying nothing of the great dinner too!! I got two of the absolute kindest emails from Lynn Luke and Marti Rogers today. The Steel Magnolias might just be the closest group I have ever been to a flock of angels! Because everyone there was so nice and it was quite obvious that the group is bonded by a sense of love, sisterhood, and caring rarely seen outside a blood family.

#### **Mother of Three**

A couple of months ago, I was first contacted by Vicki Everett, a reporter for the Jacksonville News. Vickie was looking for statistics to place in an article she was going to write. She also said that she wanted to attend Steel Magnolias' meetings. As with most young mothers, she was busy transporting children to ball practice, etc. It was a real pleasure, on Tuesday, April 24, to finally meet Vicki. Upon reading Vicki's story, I know everyone will be equally impressed.

#### **....Vicki Everett....**

#### **Breast Cancer Victim is on the Road to Recovery**

We live in an era where busy career women go frequently for Botox treatments and Microderm Abrasions on their lunch hour; yet these same women put off some of the most important medical screenings, for what they tell themselves to be a more convenient time. Among these important screenings that get left out are women's self-breast examinations and regular mammograms. I was no different.

Then one day, I got a disturbing phone call while at work. It was the results from my mammogram, and the results proved to be very disturbing. The next week, I found myself lying upside down on a table and at the mercy of a painful and fearful situation—a required biopsy.

The next Friday, I had to skip my usual lunch with the girls. Instead, I sat in the doctor's office waiting to hear the results from the biopsy. I was hoping to hear that the calcifications were just scar tissue from a previous breast reduction. After all, 80% of biopsies are rendered non-cancerous, however I was not so lucky.

"You have Ductal Carcinoma In Situ (DCIS)," I was told, "But the good news is that the cancer is at a stage zero."

How could cancer be good news? My mental state began to deteriorate quickly, as it became increasingly difficult to concentrate while I tried to deny the seriousness of breast cancer. Then I realized that denial is the first step in the grieving process. I easily slipped from one emotion to the next. I started counting my blessings: I had three wonderful children and friends and family who cared about me.

Yet, I experienced a lot of anger because much of my married life was full of sadness and resentment. I felt cheated. Still, I tried fighting the anger and tears and trudged through the days by scheduling my breakdowns. I would allow myself to break down for only 30 minutes a day, and at a specific time each day. This scheduling of breakdowns did not always work, and I had to fight off the fears and negative images of the possible outcomes that tried to play continuously over and over in my mind, like a worn out video of propaganda, out of the mouth of an unwelcome dictator.

It did not always work, but sometimes it did, and I was gradually able to focus for small amounts of time on the tasks at hand. The tools that I used to pause this negative video were positive self-talk, self-encouragement, and hope which gave me a sense of control over the uncontrollable. Some tasks would include demanding my mind to fix upon the required reading of each day for my master's program and my daily responsibilities of raising my children.

The tasks, however, did not detain the inevitable. After more tests that included sonograms, and chest X-rays, a lumpectomy and biopsy revealed another lump which was also not scar tissue, as we had hoped, but a Stage I cancer. I finally gave up the idea that I would be able to keep my breast and scheduled a mastectomy for December, just two days after I completed my final exams.

Because of the fear of getting close and losing me, the months of tests and surgeries caused some of my family to emotionally distance themselves. Even very close family and friends later revealed that they just didn't know what to say. I now look back and think this was their way of self-preservation. Still, with the help of family and friends, I was able to come to terms with what was happening to me. Even though I tried to shut them out and pretend nothing was different, they supported me by sending cards, scriptures in Emails and daily phone calls of encouragement.

My surgery was Dec. 13. The doctors and nurses at UAB helped me every step of the way toward a full physical and emotional recovery. I walked the halls to regain my physical strength and read my Bible to regain spiritual strength. While there, I looked back over my brief 40 years and reflected on what had really been important in my life, and how I could use my second chance to fill the empty gaps in my life with quality and meaning. I wanted to be a better mother, better friend, and a better member of my community. I didn't feel deserving of support from family and friends. I also lay and wondered what had caused this to happen to me. Was it stress from the divorce? Was heredity a factor? Had my eating habits and lifestyle changed that drastically? I was trying to make sense out of disease and illness.

My story is not unique. As a victim, we often turn to research for hope and consolation. In my research, I discovered in the November-December issue of Mamm Magazine, a sidebar story about "Low Levels of Breast Cancer Risk Awareness in Young Women: An International Survey," that was previously published in the July 6 issue of *The European Journal of Cancer*. What they found was that most women around the world attributed breast cancer to heredity, which, according to these studies, only plays about 5 to 10% of the role. In my case, breast cancer skipped three generations. It turns out that my great-grandmother died with breast cancer.

According to the Young Survival Coalition (YSC), there is little research on younger women with breast cancer; yet they have higher mortality rates than elderly breast cancer victims. Apparently there are several reasons for this: one-mammograms are not usually a part of an annual check up for women under 40. When they are performed, the dense breast tissue of younger women, prevents them from being reliable in exposing possible cancers. When cancer is found, it is usually at a more advanced stage which may account for the 82% lower survival rate in younger women with breast cancer.

In fact, YSC statistics indicate that there are currently 250,000 American women, under 40 who have breast cancer. Of that 250,000, 11,100 more will be diagnosed this year, and of that number, 1,400 will die with the disease, making breast cancer the leading cause of death for women between ages 15 and 54.

These astounding statistics make me feel lucky to have survived my battle with a cancer that so many women lose. I owe it all to God, competent doctors and early detection. In fact, the cancer actually became a blessing because it restored my own faith and reunited me with family and friends. I am also thankful that we now live in an age where cancer screening can and does save lives.

This journey has taught me not to take anything for granted, and to make certain to place my daily schedule time to attend to the really important things in life: God, family, friends, community, and love enough for myself to tend to my basic health needs-not by means of a superficial Botox injection but by scheduling monthly self-breast examinations and regular mammograms. By Former Jacksonville News reporter, Vicki Everett.

Thank you, Vicki for candidly sharing your journey with breast cancer and your research with Steel Magnolias!

### **Benevolent Closet is OPEN**

**Gladys Denizard, Chairperson of the Steel Magnolias' Follow-up Committee and the Benevolent Closet reports that the Closet is organized at the Tyler Center. She, her mother, Olga Muniz, visiting from New York, and Milli Carlisle West, the first part of April, set up shelves and took inventory of mastectomy bras, prostheses, wigs, caps and scarves. Gladys said that some women have a problem with receiving items free. Everything is free to breast cancer survivors but if one wishes, a small contribution would be accepted. Please call (256) 231-8827, leave your name, a short message and a number where you can be reached. Gladys will return your call.**

### **Steel Magnolias Group Meeting**

The Steel Magnolias Breast Cancer Support Group, Inc., met on April 24, at 5:00 p.m. in the Tyler Center. Ina Rooks, Chaplain, passed out the names of those on our prayer list. This month there were so many needs, the twenty people in attendance, had two to three names each. Pam Bussey started our chain prayer, and Ina closed with thanks for our food. We enjoyed a vegetable beef soup supper and wonderful desserts brought by Steel Magnolias members.

Hazel Johnson Rudolph opened our program by reading three very funny poems about growing older. Two of the poems are featured at the beginning of this newsletter. Following Hazel's reading, I told about the significance that Hazel played in mine and Prentiss' life, as well as the first coat I ever owned, bought in September 1963, at an Oxford dress shop, owned by Hazel and named for her husband, "Herschel's." Hazel then told about a contest that involved who could bring the most buttons and green stamps into Herschel's, and win a mink stole. Marti and Pokey Warren, new to Calhoun County, had ladies of the Presbyterian Church, where Pokey was pastor, collecting and delivering their buttons and stamps in Marti's name. It comes as no surprise to any of us that the HIGHLY MOTIVATED Ms. Marti is still the proud owner of a mink stole from Herschel's Dress Shop.

Following Hazel's presentation, Derek Brown, who is soooooo graciously and patiently teaching me how to enter information onto the Steel Magnolias web-site, projected our beautiful site onto the wall so that Steel Magnolias members could see how we are progressing. As Derek went from page to page, I brought the group up to date on how we plan to add more information to each page and the thinking behind our exclusive pages, "Rusty's Page" and "Jogging Inside."

As soon as Derek shut the projector off, Vicki Everett walked to the front of the room and told her story of being diagnosed with breast cancer. She also told of the continuing battle with her insurance company. I think everyone can agree, something has to happen that will solve the problem of paying the cost of health care. As with Hazel's poetry, Vicki's article, telling the story of her journey with breast cancer, is in the early part of this newsletter.

After our guests had left, Steel Magnolias were called into business meeting. In Secretary, Margaret Taylor's absence, the minutes were read by Lenora Johnson and approved as read. Treasurer, Nancy Burnell then read the financial report which was approved as read.

April	Balance Brought Forward	\$5,327.81
01- 100.00 Lenora Johnson-Monthly Expense		5,227.81
02- 100.00 New Beacon Hospice (Dr. Thomas W. Twele, Memorial)		5,127.81
18+ 500.00 RAJ Proceeds from 4/7 Jewelry Sale		5,627.81
18- 376.00 American Awards for Lapel Pins		5,251.81
12+1,375.75 Proceeds from Bake Sale		6,627.56
26- 750.00 U. S. Treasury (501-c-3)		5,877.56
26+ 65.00 (\$50 in honor of Gloria Woosley by Lenora) (\$15 for Original Shirt)		5,942.56

**Nancy Then read a thank you card from New Beacon Hospice:** Thank you for your contribution to New Beacon Hospice in memory of Dr. Thomas Twele. Your generosity is greatly appreciated. Thanks Again, New Beacon Staff

There Being no old business or committee reports, meeting moved to New Business.

### **New Business**

1. Lenora asked for a volunteer to cover Milli Carlisle's duties during the month of June and asked that the person be available to carry care packages to RMC Same Day Surgery, upon request, for any breast cancer patients who contacted Steel Magnolias. Lenora also requested that the person volunteering speak with Milli Carlisle. Marti Rogers volunteered.

- 2. Lenora told the group that Steel Magnolias did an excellent job of caring for the newly diagnosed but we were not so good about caring for group members.** It was pointed out that the people in positions to reach out to members when hospitalized, if they don't know the person has been admitted, is not able to respond. Lenora suggested that we have a contact person who would be called when a member is hospitalized. The contact person would be responsible for making arrangements for patient to receive a gift from the group. A company in Woodville, Mississippi, "Magnolia Honey Jelly" made a price of \$22 plus shipping, each for a signature Steel Magnolias Breast Cancer Support Group, Inc. gift basket that would include Magnolia Honey Hand Cream and selections of Magnolia Honey Jelly. It was suggested that if the patient was hospitalized in Birmingham or Atlanta, the family would be contacted and arrangements would be made to get the gift to the patient. President, Pam Bussey, asked to be the contact person. These gifts would be for Steel Magnolias members and occasional appreciation gifts for guest speakers.
- 3. Benevolent Fund:** Nancy Burnell was asked to come up with a plan including the criteria for a fund to make a donation of \$50 at a time to help defray the expense involved with incidentals of being in the hospital or sitting with someone in the hospital.
- 4. New Beginnings Banquet:** Lenora suggested that the banquet be held in the RMC Private Dining Room. This will be voted on at the May meeting.
- 5. Celebration of Life Picnic:** It was suggested the picnic be held at Oxford Lake, each person bring enough food for their family and one other person. Suggested dates were August 11 or 18. Vote will be taken at May meeting.
- 6. Christmas Party:** Group voted to hold the Steel Magnolias Christmas Party at Shoney's, Dec. 8, at 10:00 a.m.

There being no further business, meeting was adjourned.

**Steel Magnolias Breast Cancer Support Group, Inc., sincerely thanks Chris Williams for designing our beautiful web-site: <[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org)> and Derek Conrad Brown for his valuable time in teaching us to use this most magnificent tool!!! To better serve their increasing client load, Chris and Derek are excited about the addition of a young man to WideNet, Josh Frantz, described by Derek as, "A super nice guy of tremendous character."**

### **Coffee**

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups—porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite—telling them to help themselves to the coffee.

When all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is but normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself, adds no quality to the coffee in most cases, just more expensive and in some cases even hides what you drink.

What all of you wanted was coffee, not the cup, but you consciously went for the best cups.... and then began eyeing each other's cups.

Now consider this: Life is the coffee, and jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of Life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us." God brews the coffee, not the cups.....enjoy your coffee!

**We Steel Magnolias have been blessed with many valuable cups that each holds part of the mission of Steel Magnolias—but the office, the web site—the Tyler Center—Chaplain Wilson's office—the RMC Mailroom, etc., etc., are only cups, the patient, like a deer, caught in the headlights, who is newly diagnosed or recurring and the patient who lives with the knowledge that she is forever a cancer statistic, is the mission!**

Ms. Hazel Johnson Rudolph's poem, "An Old Age Recipe," in verse four, speaks of the joy of service. My brother, Gerald, in 2004 wrote a poem titled, "Growing Older." It seems appropriate to close this letter with these thoughts:

### **Growing Older**

As youth slips away while years roll along,  
Physical changes slowly appear.  
But within the mind wisdom blooms  
That takes away any lingering fear.

Whichever stage of life you're in,  
Give it the best you've got  
Cause wanting something you cannot have  
Can bring along that old mental rot.

What is this thing, getting old?  
The wear and tear of foolish pursuits?  
Are we paying the price for being unwise  
And harvesting the bitter fruits?

Trade-offs are plentiful if you look,  
The dividends of experience abound  
Take time to study the problem  
You'll realize the answer's been found.

Those who would recapture  
The wild and foolhardy years,  
Are cheated of productive, satisfying times  
And the respect of their seasoned peers.

By Thomas Gerald Washington  
February 2004

.....Mark Your Calendars.....

Tuesday May 22: Steel Magnolias Group Meeting, 5:00 p.m. in the Tyler Center, in meeting area, just behind the deli. Parrish Nurse, Gladys Denizard will lead the program, accompanied by her friend who is an RMC Parrish Nurse. More Info: (256) 225-0109

Gladys will be bringing Puerto Rican Food for everyone, Lenora will bring Tossed Salad with dressings. Gladys suggests that others bring either novelty salad or dessert.

Wednesday, May 23: RMC Educational Event On Aging, "A Senior Summit." at the Anniston Meeting Center.... 8:00 a.m. till 12 noon. Steel Magnolias are needed to help at the Steel Magnolias and Chaplain Services table. Please call (256) 231-8827 and leave your name, a short message and your phone number.

Saturday June 16: Women's Health Fair at Lenlock Wal-Mart, 10:00 a.m. to 4:00 p.m.  
Contact Person: Ayona in the vision center, (256) 820-2800

Tuesday June 26: Steel Magnolias Group Meeting, 5:00 p.m. in the Tyler Center, in meeting area, just behind the deli. Pizza Party and Fellowship Meeting.

Happy Mother's Day to all MOTHERS, as well as the surrogate Mothers who love and encourage all of us.

## Here Goes!

### Sunday School Lesson

Sunday after church, a mom asked her very young daughter what the lesson was about. The daughter answered, "Don't be scared, you'll get your quilt." Needless to say, the mom was perplexed. Later in the day, the pastor stopped by for tea and the Mom asked him what that morning's Sunday School lesson was about. He said, "Be not afraid, thy comforter is coming."

### Nuns At The Hockey Game

Three nuns were attending a Hockey Game. Three men were sitting directly behind. Because their habits were partially blocking the view, the men decided to badger the nuns, hoping they'd get annoyed enough to move to another area. In a very loud voice, the first guy spoke up and said, "I think I'm going to move to Utah. There are only 100 nuns living there." Then the second guy spoke up and said, "I want to go to Montana. There are only 50 nuns living there." The third guy said, "I want to go to Idaho. There are only 25 nuns living there." One of the nuns turned around, looked at the men, and in a very sweet and calm voice said, "Why don't you go to Hell. There aren't any nuns there."

### Ponderisms

**I used to** eat natural foods until I learned that most people die of natural causes.....**Garden Rule:**When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.....**The easiest way** to find something lost around the house is to buy a replacement.....**Never** take life seriously. Nobody gets out alive anyway.....**Have you noticed** since everyone has a camcorder these days, no one talks about seeing UFO's like they used to.....**In the 60's** people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.....**How is it** one careless match can start a forest fire, but it takes a whole box to start a campfire.....**Who was the** first person to look at a cow and say, "I think I'll squeeze these dangly things here, and drink whatever comes out.....**Who was** the first person to say, "See that chicken there? I'm gonna eat the next thing that come outta its butt.....**If Jimmy cracks** corn and no one cares, why is there a song about him?".....**Why does** your OB-GYN leave the room when you get undressed if they are going to look up there anyway?.....**Do illiterate people** get the full effect of alphabet Soup?.....**Why doesn't** glue stick to the inside of the bottle?.....

### Vacation Clothes

While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had considered buying a bathing suit, so I sought my husband's advice. "What do you think?" I asked. "Should I get a bikini or an all-in-one?" "Better get a bikini," he replied. "You'll never get it all in one." He's still in intensive care.

### The Usher

An elderly woman walked into the local church. The friendly usher greeted her at the door and helped her up the flight of steps. "Where would you like to sit?" he asked politely. "The front row please," she answered. "You really don't want to do that," the usher said. "The pastor is really boring." "Do you happen to know who I am?" the woman inquired. "No," he said. "I'm the pastor's mother," she replied indignantly. "Do you know who I am?" he asked. "No," she said. "Good," he answered.

### Senior Special

Two friends went out for breakfast where the "Senior Special" was two eggs, bacon, hash browns, and toast for \$1.99. "Sounds good," one of the friends said to the waitress, "But I don't want eggs." "Then I'll have to charge you \$2.49 because you're ordering a la carte," the waitress warned her. "You mean I'd have to pay for not taking the eggs?" The woman asked incredulously. "Yes!" "Then I'll take the special." "How do you want your eggs?" "Raw and in the shell," the woman replied. She took the eggs home. Seniors have been around the block, more than once!

### Signs of Wear

"OLD" IS WHEN: Your sweetie says "Let's go upstairs and make love" and you answer, "Pick one, I can't do both!"  
"OLD" IS WHEN: Your friends compliment you on your new alligator shoes and you're barefoot.  
"OLD" IS WHEN: A sexy babe catches your fancy and your pacemaker opens the garage door.  
"OLD" IS WHEN: Going bra-less pulls all the wrinkles out of your face.