

Steel Magnolias

Breast Cancer Support Group, Inc.

Heart Prints

October 20, 2008

A Moment In Time, A Heart Print, An Epiphany

<Dictionary.com> Epiphany: In The American Heritage Dictionary, we read: An epiphany is a sudden, intuitive perception of or insight into the reality or essential meaning of something, usually initiated by some simple, homely or commonplace occurrence or experience. "I experienced an epiphany, a spiritual flash that would change the way I viewed myself!" (Frank Maier)

Anyone who has experienced an epiphany, an event that has changed the way they view themselves, carries at the core of who they are a HEART PRINT.

Some epiphanies are brought about by 1) very negative events, 2) some because of words or actions of special people and 3) some because of the written word.

Someone very close to me, several years ago, told me about an event that happened at work, an event that stopped her in

her tracks, something horrific that caused her to question the reality she had accepted about herself and her future. The effect was so stunning that she quit her job, started college and now has a career with a retirement plan, vacation days, insurance and other desirable benefits.

As I look back on events that have left permanent imprints on my heart, imprints that cemented beliefs upon which I live my life, I find they started in very early childhood. Many of you have read poems dedicated to a couple of them.

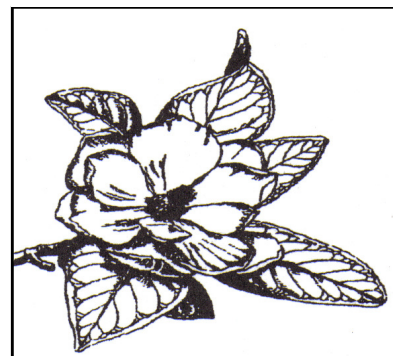
The event that has had the greatest impact on my work with Steel Magnolias, happened at the age of thirteen. As I walked down the railroad track that runs along US 29, through the Big Cypress Swamp, on to the south, I found a little magazine, obviously thrown from a passenger car window. I have no idea who that passenger was but I firmly believe that God, who knows the future, caused that traveler to

toss that issue of Guideposts at that particular place on the track.

The only thing I remember reading in the Guideposts is a well known quote by Dr. Norman Vincent Peale, "If you can think it, you can do it!" Because I grew up believing that whatever challenges God placed in my mind and heart, were possible, because God had placed those challenges in my mind, I lack what my husband calls, "Backing-up sense."

Studying the Bible, I've found many scriptures upon which Dr. Peale based his thinking.

As an adult, being diagnosed with breast cancer, being stopped in my tracks, being forced to face my own mortality, was definitely an epiphany, a wake-up-call! The rigors of treatment and surgeries, at a time when there was next to nothing in the way of support, in Anniston for breast cancer patients, caused me to plead with God, "There really should be something for women going



Sharing love through support

Lenora Johnson, Founder,
Editor, Director
P.O. Box 36
Jacksonville, AL 36265
www.steelmagnoliasinc.org
(256) 231-8827

Jim Wilson, RMC Chaplain
(256) 235-5146

Ina Rooks, Steel Magnolias
Chaplain (256) 488-5505

.....
through what I'm going
through!"

Starting with Joy Christian Book Store, and the little book, "The Prayer of Jabez," given to me by Dr. Bruce Wilkinson, God established Steel Magnolias Breast Cancer Support Group, Inc.

Because of God's faithfulness to complete what He started, Steel Magnolias Support now lives in the hearts of many survivors, in the hearts of our families, and in the hearts of supporters, locally

as well as in other cities and in other states. We are thankful that we have had the privilege of giving HOPE, through our dining voucher program, to many cancer patients, and to family members who love them. Since the middle of April, over 100 people, have received dining vouchers, allowing 2 family members of a loved one in surgery at RMC, regardless of whether the diagnosis is breast cancer or some other internal cancer, to share a meal in the cafeteria at Regional Medical Center.

Almost every breast cancer survivor, to whom I've spoken, tells much the same story: "Breast cancer changed me, I will never be the same! I am a better person, I want to give back and I have more compassion."

Veronia Cheatwood Hill
August 22, 1949—September 16, 2008

Sept. 18, at K. L. Brown Funeral Home in Jacksonville, the life of a woman who, for 30 years, taught in the Calhoun County School System, was remembered. We met in the late '70's, when she taught at Roy Webb School.

This extraordinary woman made prints on my heart. In the early eighties, I had lost sight of myself. I was Prentiss' wife, Van, Bill and Greg's mother, etc. and was devoted to my family, but I had all but lost touch with the gifts that were so much a part of who I am. Veronia Hill inspired me to start writing again. She even asked that I write an original poem for Pleasant Valley's first year book, *Treasures*. Pouring over memorabilia, I not only gained much insight into how to write the poem, I found myself.

I loved Veronia and called her friend. My heart is broken for David, Veronia's husband, her siblings and for everyone who loved her. Upon learning of Veronia's passing, my 36 year old son, Bill said, "I am so sorry, she was more than a teacher to me." I think Bill's comment is the heartfelt feeling of many who were blessed to have been taught by Ms. Hill. (NOTE: To make contribution to the **Veronia Hill Scholarship Fund**: mail or take to Ft. McClellan Credit Union, 1204 Church Ave., Jacksonville, AL 36265. Contributions can also be made at Pleasant Valley School and League of Animal Welfare.) Thankful for friendship and heart prints! Lenora Johnson

Treasures

As sunlight awakens earth with the kiss of Spring;
So treasures touch our lives kindling vibrance to sing.
Fleeting are the years since our walk in school began;
Treasured are the memories, to enliven again and again.
At times we ached for losing games we fought to win.
At times, we wept for losing the presence of a friend.
And yet, in our trophy case, postured proudly,
more and more,
Trophies shout of victory in competing for score.
Evenings filled with laughter, in our faded cotton suede;

We played games of skill at the Cinema Arcade.
The daring of Travolta; the beauty of Brooke Shields;
Hours consumed in adventures; our fantasies fulfilled.
Emotions stir within us like moving, shifting sand.
The future looms before us; as a vast untraveled land.
Careful rearing by our parents, and our teachers' skillful hand;
Promises introduction to treasures, in our yet untraveled land.

Lenora Washington Johnson
1982 Pleasant Valley Year Book
TREASURES

This September and early October, several Steel Magnolias have grieved *the loss of the presence of a friend*.

Ms. Hazel Johnson Rudolph, Steel Magnolias Jester, is grieving the loss of a granddaughter, Celeste Neuvar Stark. Celeste was born April 11, 1954 and lost her battle with breast cancer October 4, 2008. I met Celeste and her mother, Wanda, Hazel's older daughter, two years ago, January 1, at Hazel's house. I found Celeste to be a very positive person, active in her support group, and even as she battled metastatic breast cancer, she was part of a mission to collect needed items for breast cancer patients in Nicaragua. I count it a privilege to have shared an evening with this beautiful, courageous woman. Celeste is yet another in the "Great Cloud of Witnesses" who surrounds us, as we run with patience the race set before us. Hebrews 12:1

My Friend, Sue Paschal Moore

I first met Sue in 1965, when as a probation officer, she invited me to speak to students at the old Anniston High School on Quintard Avenue. Little did I realize that later I would join her in the Guidance Department at the new Anniston High School as a co-worker and that we would work together for the next 20 years.

In 1985, I heard the four most dreaded words a woman can hear, "You have breast cancer." During the terrible weeks that followed, Sue was always there to give me encouragement.

I will never forget waking from surgery and there stood Sue with a gift from the Anniston High School Faculty. It was the sexiest black night gown I had ever seen. It was to let me know that I was still a woman.

Throughout the years, I admired Sue for her love for her family, her devotion to her students and her professionalism in her work. I was there when she discovered that she had breast cancer. Cancer did not take her life, but on September 8, 2008, she was called home to be with the Lord.

I miss you, Sue! Marti Warren

?? ASK DR. ASHLEY ???

Dr. Ashley,

I'm 29 years old. In 2007, I was diagnosed with Stage 2, Grade 3 IDC breast cancer of the left breast. I am ER+ but Progesterone and Her2 negative. 2 of 10 lymph nodes were positive. I had a bilateral mastectomy (prophylactic on the right side) along with chemotherapy. I am currently almost done with 1 year of my 5 years of Tamoxifen. My question is your opinion regarding me having a child after I'm done with the Tamoxifen. I am trying to get as many medical opinions as I can about the chances of a cancer recurrence if I were to try to get pregnant in a few years, especially since my cancer was Estrogen Receptor positive? Claire.....Helena, AL

Great Question!

Dear Claire,

As you are already aware, most women are offered five years of Tamoxifen, which is an Estrogen Receptor Antagonist. That is because there is no proven survival benefit beyond five years. Tamoxifen should not be taken during pregnancy, as it can cause birth defects. However, it does seem to make you more fertile, and is actually being studied as an infertility treatment.

What you really need to know is the chance that you might have a breast cancer recurrence during or after your pregnancy. Predicting that is pretty complicated. We must take into consideration the aggressiveness of your tumor, your stage at diagnosis, and your hormone receptor status. A study has recently been published that assesses risk of recurrence five years after diagnosis (assuming the patient has been disease free in that period of time and was treated appropriately). It says that the higher your stage, the better your chance for recurrence. That is easy to understand. It also says that hormone receptor positive tumors and those with a lower grade tend to recur in the distant future.

Right now, you probably are thinking, "But they told me hormone receptor positive and low grade was a good thing!" It is—remember we are talking about people who have been disease free for five years. So if you had an aggressive tumor, the chances are that if any residual tumor was in your body, it would have become apparent before five years. If you had a more indolent (inactive) tumor, those few cells might still be there, but growing too slowly to be detected after five years. They would eventually become apparent, though. This is what we refer to as "tumor biology."

Now let's get to the numbers: For the overall group, the risk of recurrence at five years is 11%, and at ten years, 20%. For stage 1, 2, and 3 disease the risk of recurrence is 7%, 11% and 13% respectively. Based on the grade of the tumor, the risk at five years is 14% for grade 1, 13% for grade 2, and 9% for grade 3. If the tumor is hormone-receptor positive, the risk is 13% at five years, and if the tumor is hormone receptor negative, the risk is 7%

So, for you, assuming that you remain disease free for the next four years, your chance of recurrence after you complete Tamoxifen is between 10-20 %. As far as the fact that your cancer was estrogen receptor positive, remember that pregnancy is protective against breast cancer because the predominant hormone is progesterone, and that is nine months of your life that you are not exposed to estrogen.

Brewster et al., Risk of Breast Cancer Recurrence Five years after Adjuvant Therapy J Nat Cancer Inst 2008 Aug.

If you have a question for Dr. Ashley, please contact Dr. Ashley c/o Steel Magnolias, P.O. Box 36, Jacksonville, AL 36265 or email <lenora@steelmagnoliasinc.org>

++++++Other News You Can Use++++++

This past few weeks, as a result of my sister's battle with cancer, I have learned stunning information. I researched what I was told and then spoke with Steel Magnolias' members concerning information that was new to me.

Inherited Hemochromatosis (Iron Overload): The build up of iron in the liver.

My sister, Debby, who works at the Harry S. Truman Veteran's Memorial Hospital in Columbia, Mo., as a result of Betty's medical history, has been searching the internet. When Debby emailed me about Inherited Hemochromatosis, I quizzed Betty. Betty then remembered years of slightly elevated liver enzyme test results that she nor her doctors had talked about. At her last appointment, she asked her oncologist, Dr. Posey, about Hemochromatosis. He confirmed what we had learned, Hemochromatosis is a common, genetic disorder in Caucasians in the United States.

Slightly elevated liver enzymes are one of the first indicators that a patient should be tested for this disorder. I mentioned Inherited Hemochromatosis to Pam Bussey, who now works with Amedisys Home Health, and she told me that an aunt, who never drank alcohol, had died from cirrhosis of the liver. Tests confirmed that her disease was caused by Inherited Hemochromatosis (iron overload). Siblings were told to be tested, and now two uncles are being treated for iron overload. Hemochromatosis is a metabolic liver disease that can cause a number of life threatening diseases, including cancer. When screening identifies this inherited metabolic condition early, and treated, patients can live a life free of organ damage caused by iron overload (Hemochromatosis).

Research information: www.ironoverload.org www.nih.gov/hemochromatosis

(Note) Debby has tested positive as a carrier of the gene for inherited hemochromatosis. I am awaiting results from my blood test.

Tamoxifen: For several years researchers have been conducting clinical trials, using Tamoxifen to treat cancers in the biliary system and the liver.

On her way back from Kirklin Clinic, my sister called. She was the most hopeful and peaceful about her treatments that she had ever sounded. She told me that Dr. Posey was going to begin daily treatments of Tamoxifen, starting with 20 mg. and building up to 80 mg. a day. Dr. Posey said there is no prescribed treatment for bile duct cancer but clinical trials with Tamoxifen are showing promising results.

Steel Magnolia, Ina Rooks, at our September meeting, told of a neighbor in Delta, a biliary cancer patient, who was in remission after being treated with Tamoxifen.

Steel Magnolias and Men of Steel Meet

The Steel Magnolias Breast Cancer Support Group, Inc. met on September 23, 2008 in the Tyler Center. Magnolias met in the Galley and Men of Steel in the Nook. Chaplain Ina Rooks led us in prayer for those on the prayer list and those added at the meeting. Special prayer was offered for the families of Debra Alexander and Sue Moore.

In the absence of President, Marti Warren, Vice-President, Keither Zeimet called the meeting to order. Keither read the list of officers for the new year. In addition to those read, Beverly Boggs will be helping to keep the office at RMC West. Helen Henley is replacing Pam Bussey as the In House Representative at RMC. Without controversy, the slate of officers were approved.

Secretary, Margaret Taylor read the minutes and Treasurer, Nancy Burnell gave the financial report. Both were approved as presented.

Steel Magnolias received invitations from RMC Cancer Resource Center to attend an open house reception Wednesday, October 1, Suite 406 of the RMC Physicians Office Building. Everyone agreed to meet at 11:00 a.m. in the resource center.

Old Business: Margaret Taylor reported on the progress of plans for the Oct. 4, Swinging Stars Benefit Dance for Steel Magnolias, to be held 7:00 p.m. at the Oxford Civic Center. Margaret asked for volunteers to help in different areas of need at the dance.

There was discussion about the Susan G. Komen Race For The Cure, on Saturday October 11 in Birmingham. Pam Bussey posted a team on the Komen Alabama web-site.

Lenora asked for a volunteer who would consider attending an October 3, grant writing workshop in Birmingham. Gladys Denizard volunteered to look into writing a grant proposal for Steel Magnolias.

Release forms were passed out and Steel Magnolias were once again asked to fill out forms, write a bio of their journey with breast cancer and provide a picture for the Survivor Page of the Steel Magnolias web-site.

Lenora announced that the Steel Magnolias Christmas party would be held on Saturday, December 13, at Classic on Noble. Classic will be preparing a special Steel Magnolias Christmas Breakfast Buffet. The cost will be \$14 plus gratuity. Everyone attending is asked to bring a \$5 gift, appropriate for a man or a woman. Steel Magnolias who attend meetings, need to contact Lenora Johnson about any financial difficulty.

Motion was made to adjourn by Carol Barker and seconded by Ina Rooks. Meeting Adjourned!

Just in time for Pizza! Steel Magnolias and Men of Steel also enjoyed a variety of salads and desserts.

Respectfully Submitted by Margaret Taylor, Secretary

MAMM Magazine

A few weeks ago, Margaret Taylor received a call from Mamm Magazine, Deputy Editor, Shana Aborn, informing Margaret that she would be receiving a free copy of the July/August issue. In that issue, there is a patient guide, *Real Women Real Talk*, with comments about dealing with the side effects of aromatase inhibitors (Femara -Arimidex-Aromasin). A few months ago a call, from Mamm Magazine, New York City, came into the Steel Magnolias office, requesting personal comments on ways members coped with the side effects of aromatase inhibitors. Margaret Taylor, who takes Aromasin, returned the call and attempted to find other patients taking AI's. Margaret's comment is on page 6 of the little appendage. Thank you Margaret for your dedication and faithfulness to Steel Magnolias!

Financial Report

September	Balance Brought Forward	\$4,985.20
01- 100.00	Lenora Johnson-Monthly Expenses	4,885.20
08+ 320.00	Energen Corp. 200, Personal Contributions 120	5,205.20
12- 31.00	Pokey Warren: Cards, Postage Labels	5,174.20
15- 118.10	Margaret Taylor-Snacks for Oncology Office	5,056.10
23- 75.52	Nancy Burnell-(6) pizzas 65.52 + 10 Tip for 9-23 Meeting	4,980.58
23- 10.31	Prentiss Johnson-Ice & Drinks for 9-23 Meeting	4,970.27
30+ 528.35	H & R Block 131.85—Country Side Hospice 233.00— Memory Of Georgia Ann Brooks 120—Individual 43.50	5,498.62

Callers and Cuers for A Cause

Saturday, October 4, 2008, Oxford Civic Center was the venue for the Swinging Stars Square Dance Club Benefit for Steel Magnolias.

Prentiss and I arrived a few hours early to find Margaret and Jimmy Taylor busy setting up the silent auction, arranging tables for food and tables to display Marti's Antique Jewelry. Many Steel Magnolias worked at Oxfordfest on behalf of the group and then drove over to the civic center and worked the jewelry tables and raffle table.

Billie Humphrey, came early and placed bids on several items. Not only was Ms. Humphrey the highest bidder on several items, she and K.L. Brown contributed nice items to help raise funds for services provided by Steel Magnolias. From jewelry to home décor, to gift certificates to restaurants and events, this year's auction presented many really great items.

We were pleased to see participation of several square dance clubs, from other Alabama cities as well as other states. Non-dancers had a great time listening to the singing, calling and watching the couples move across the floor in their beautiful costumes. Near the end of the evening, some Steel Magnolias, namely, Gladys, Marti R. and I couldn't resist making our own moves.

The food was delicious and everyone had a great time. In the November letter, we will have a report on the receipts for the event.

Thank you Swinging Stars for all your hard work on behalf of cancer patients!

Kudos To My Sister Steel Magnolias

Kudos to my sister Steel Magnolias for handling the jewelry sales at the Swinging stars event. Since I am in a cast and was confined to my home, I could not carry out my duties that night. The following ladies did a Yeoman's job: Linda Barton, Ina Rooks, Judy Elders, Joan Simmons, Janet Reese, Marti Rogers, and Estelle Robertson. Thanks, Ladies, Marti Warren

RMC Cancer Resource Center

Regional Medical Center, on Wednesday, October 1, celebrated the opening of the RMC Cancer Resource Center. Refreshments, as well as a light lunch was provided to cancer patients and representatives from various non-profit organizations. Steel Magnolias met at 11 a.m., as planned, at the resource center, located in suite 406 of the Physician's Office Building. Steel Magnolias had a great turnout and all were impressed with the beautiful center.

There were displays by the American Cancer Society and Monet Salon and Day Spa. Wendy Watson said the resource center would be open to patients five days a week and would have someone on staff. She also said that each month there would be a fun activity at the resource center. For more information: (256) 235-5084

Women of Worth

"On Monday, October 13, I spoke to a wonderful group of 23 ladies at the Glass House Restaurant in Munford. The restaurant was closed to the public and was reserved solely for the W.O.W. (Women of Worth) group from Munford Baptist Church. I gave a brief personal testimony and then talked about Steel Magnolias....who we are...what we do, etc. There were four breast cancer survivors in attendance."

Submitted by Nancy Burnell

Any Cake You Want

This is really neat! Just in time for the holidays.....I need all the help I can get, **cooking!** This is remarkable. Even if you have no particular interest, please pass on to the bakers in your life.

www.northpole.com/kitchen/cookbook/

Love You all, Rhonda Allen

The Trace We Leave Behind

Dr. P. M. Forni, co-founder of the 1997 Civility Project at Johns Hopkins University and author of *Choosing Civility*, said, "We never touch people so lightly that we do not leave a trace."

I find this quote profound and very sobering. As I think back on my life, and the moments in time that have influenced me, I know Dr. Forni is absolutely correct. Many times we describe the most crushing times of our lives as being in deep water. Sandy Lynam Clough, on the cover of her little book, *And I Know He Watches Me*, given to me by my friend, Sheila, when I was battling my way through treatments for breast cancer:

They say we can't leave footprints in water.

But if you are hurting so badly that you feel you have lost your way...

Maybe my footprints through deep water can leave a path of hope

And encouragement for you to follow.

Steel Magnolias Breast Cancer Support Group, Inc. is an organization that has become triumphant, in the face of incredible odds and is made stronger by the addition of each woman who has left footprints in deep water, Please join hands with us to bring HOPE and COMFORT to our sisters who are devastated by breast cancer.

If I can stop one heart from breaking

I shall not live in vain:

If I can ease one life the aching,

Or cool one pain.

Or help one fainting robin

Unto his nest again

I shall not live in vain

Emily Dickinson

Correspondence

Steel Magnolias, Thank you SO MUCH for the care package you sent me! I know all of it will be put to use. It's people like you that makes going through this, just a little easier. Thank you with all my heart for your gifts, and most of all your prayers! Bless you!

Love, Kim.....Bowdon, GA

Lenora, A co-worker's wife was just diagnosed with breast cancer. I don't know all of the details and haven't met her yet, but I thought Steel Magnolias reaching out to her with a care package might put a smile on her face as I know this is a trying time for them. Claire....Helena, AL

(NOTE) A care package was sent to Susie, who lives in Pelham. Claire, who is not yet 30, received a care package from Steel Magnolias about 2 years ago.

Hello All, Just wanted to let you know that I am finally going on that 5 day vacation at the UAB highland resort in Birmingham, Wednesday, Oct. 23 at 5:00 a.m. Yes, I am going to the TRAM RECONSTRUCTION!!! I lost enough weight for Dr. Grotting to do this particular procedure. I really, really wanted this one done instead of the other. So, I am excited but also worried, well, scared.....but it will hopefully all be worth it in the long run. I am also excited about getting this phase in my healing behind me so I can really enjoy life again the way I want to!!! For all of you that have been through this can understand where I am coming from. Please keep me in your thoughts and prayers, because the next several weeks are going to be tough!!!! Please don't be upset that I did this in email.

I love each and every one of you, Rhonda.....Oxford, AL

(NOTE) This year, over 60 breast cancer patients, having surgery at NEARMC have received Steel Magnolias Care Packages

Mark Your Calendar

Thursday, October 23: Jacksonville Breast Cancer Walk, 6:00 p.m., JSU Campus Track. Snacks will be available. No registration.

Steel Magnolias encourages all breast cancer survivors to meet us in J'ville!

More Info: Call Fred Washington Jr. (256) 782-7745 or

E-mail <mrfredwashingtonjr@yahoo.com>

Tuesday, October 28: Steel Magnolias and Men of Steel meeting. 5:00 p.m., Tyler Center, Men in the Nook, Magnolias in the Galley. Special guest speaker, Dr. Mel Stewart, Plastic & Reconstructive Surgeon. Come and get your questions answered. Stew and Soup supper.

Please bring salads, hors d'oeuvres, crackers, bread, fruit or light dessert.

Tuesday, November 25: Steel Magnolias and Men of Steel meeting 5:00 p.m., Tyler Center, Men in the Nook, Magnolias in the Galley.

More Info later.

Saturday, December 13: Christmas Party at Classic On Noble, 10:00 a.m. Special Steel Magnolias Christmas Breakfast Buffet.

Individual pay \$14.00 plus gratuity. Every survivor who reads this is invited, as well as faithful supporters and volunteers.

For more info. and RSVP to Lenora (256) 447-9822 by December 10.

Everyone attending, please bring a \$5.00 gift, suitable for man or woman.

Here Goes

Great Eyesight courtesy of Pokey

Arthur is 90 years old. He's played golf every day since his retirement 25 years ago. One day he arrives home looking downcast. "That's it, he tells his wife. I'm giving up golf. My eyesight has gotten so bad that once I've hit the ball, I can't see where it went." His wife sympathizes and makes him a cup of tea. As they sit down, she says, "Why don't you take my brother with you and give it one more try?" "That's no good," sighs Arthur. "Your brother's a hundred and three! He can't help." "He may be a hundred and three, says the wife, but his eyesight is perfect." So, the next day, Arthur heads off to the golf course with his brother-in-law. He tees up, takes a almighty swing, and squints down the fairway. He turns to the brother-in-law. "Did you see the ball?" "Of course I did!" replies the brother-in-law. I have perfect eyesight." "Where did it go?" asks Arthur. "I don't remember."

Menopause Jewelry courtesy of Debby

My husband, being unhappy with my mood swings, bought me a mood ring the other day so he would be able to monitor my moods. We've discovered that when I'm in a good mood, it turns green. When I'm in a bad mood, it leaves a whopping' big red mark on his forehead.

UCLA Study courtesy of Rennie

A study conducted by UCLA's Department of Psychiatry has revealed that the kind of face a woman finds attractive on a man can differ depending on where she is in her menstrual cycle. For example: If she is ovulating, she is attracted to men with rugged and masculine features. However, during her period or if she is menopausal, she tends to be attracted to a man with duct tape over his mouth. No further studies are expected.

I Need A Push courtesy of Gudrun

A man and his wife were awakened at 3:00 A.M. by a loud pounding on the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "It is 3:00 in the morning!" He slams the door and returns to bed. "Who was that?" asked his wife. "Just some drunk guy asking for a push," he answers. "Did you help him?" she asks. "No, I did not! It is 3:00 in the morning and it is pouring rain out there!" "Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!" The man does as he is told, gets dressed, and goes out into the pouring rain. He calls out into the dark, "Hello, are you still here?" "Yes," comes back the answer. "Do you still need a push?" calls out the husband. "Yes, please!" comes the reply from the dark. "Where are you?" asks the husband. "Over here on the swing," replied the drunk.

Serenity or Senility courtesy of Pokey

Three old guys are out walking. First one says, "Windy isn't it?" Second one says, "No, it is Thursday!" Third one says, "So am I. Let's go get a beer." *****An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" "Then I'll be sure my daughters visit me twice a week."***** Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turned to the other and said, "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?" Slim said, "I feel like a newborn baby." "Really!? Like a newborn baby?" "Yep. No hair, no teeth, and I think I just wet my pants." ***** An elderly gentleman had serious hearing problems for a number of years. He went to the doctor who was able to have him fitted for a set of hearing aids that allowed him to hear 100%. He went back in a month and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!" *****It's scary when you start making the same noises as your coffee maker!" *****These days, about half the stuff in my shopping cart says, "For fast relief!"

Sears Catalog courtesy of Pokey

Two rednecks were looking at a Sears catalog and admiring the models. One says to the other, "Have you seen the beautiful girls in this catalog?" The second one replies, "Yes, they are very beautiful. And look at the price!" The first one says, "Wow, they aren't very expensive. At this price, I'm buying one!" The second one smiles and pats him on the back. "Good idea! Order one and if she's as beautiful as she is in the catalog, I will get one too." Three weeks later, the youngest redneck asks his friend, "Did you ever receive the girl you ordered from the Sears catalog?" The second redneck replies, "No, but it shouldn't be long now. I got her clothes yesterday."