

Think Abouts 01

Condensed and annotated
by
Jackson Koller

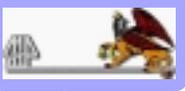


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Introduction

Welcome to this collection, one of several in a series. . .

Mostly about life, and living, but some on Nursing, Religion, etc., no jokes here though. These again are mostly from the email circuit, passed around until their origins are lost in the paperless trail!

I hope that they may cause you to pause and consider them as they did for me.

If I feel strongly enough (or just feel like rambling) about any essay my comments will follow it!

In thoughts we live,

A handwritten signature in blue ink that reads "Jackson Koller". The signature is written in a cursive, flowing style.



30 RULES TO LIVE BY IN NURSING

(16 & 17 are missing)

Knowing your patient

1. Whatever subject the patient is most comfortable discussing is probably not the real problem.
2. Always sit down when you talk with a patient.
3. When patients are admitted to the hospital they bring their dignity with them. Don't let anyone steal it.
4. Time is distorted when waiting for a physician or nurse, news of a loved one, the report of an important test, a biopsy result, and pain medication.
5. Don't talk with an angry patient about any other subject until you understand the source of the anger.
6. Never forget that being a patient can be frightening and demeaning. A bed bath may be just a nursing task *to you*, but to your patient, it's a highly intimate experience.
7. The higher the technology, the greater the need *for* human touch.
8. Pay careful attention to patients who say they're going to die.
9. Never ask. "How are we doing today?" (You should already know how *you're* doing.) In the same vein: "Are we ready for our bath?" It isn't a communal activity!
10. There are three kinds of patients: those who believe every word you say and do everything you suggest; those who reflect on what you say, ask you questions, and then make up their own minds; and those who disagree with everything you say and think that nothing will help them. Learn *to* deal with all three.

Murphy's law

11. False teeth get lost.
12. Two types of adhesive tape exist---the kind that won't stick and the kind that won't come off.
13. Intravenous stands are at the opposite end of the hall when you need them most.
14. Nobody ever arrived in the emergency department wearing their best underwear.
15. Bedpans attract visitors, families, and physicians on teaching rounds.

Clinically speaking. . .

18. Be especially careful with patients who are being treated with a second drug to correct a reaction to a first drug.
19. If routine practice doesn't meet the patient's needs, change the routine.
20. If you cut off an armband, replace it immediately.
21. The call bell is of no use if it's on the floor.



22. Any patient on more than four drugs is beyond medical science. No controlled studies have been done on patients taking more than four drugs, and very few exist on patients taking three.

23. There's no such thing as an organ-specific drug. All drugs work throughout the body.

24. Laughter is a natural tranquilizer It's also free, nonfattening, sodium-free, and available to everyone. Best of all, it's contagious.

In the hospital

25. The admitting_office puts all patients with identical names in the same unit ... and whenever possible, in the same room.

26. A hospital is a dangerous place. It should be used wisely and as briefly as possible.

27. Jails and hospitals have many similarities: they're institutions that take away personal clothing and issue uniforms remove valuables and personal belongings, allow visiting on a limited basis, assign people to rooms with strangers, designate people by numbers, restrict freedom of movement, and serve limited kinds of food. Try to minimize the similarities. You're the Patient's nurse, not their warden.

Professionally speaking...

28. Help nurses who float to your unit. Try to keep their heads above water. Don't let them sink.

29. Laughter among nurses attracts managers and directors of nursing.

30. Excellence in nursing is achievable; perfection isn't. Know the difference.

Needless to say, many of these apply to all `clients!' Whatever your profession or connection to the public. A reminder that what is common to one in either knowledge or experience is not common to all.

These 'rules' apply to how we treat others professionally (and sometimes personally. . .

“Rudeness is the weak man's imitation of strength.”—Eric Hoffer

“The person who knows “how” will always have a job. The person who knows “why” will always be his boss.”—Diane Ravitch

“If you walk, just walk. If you sit, just sit. But whatever you do, don't wobble.”—Anon.

The Bible in 50 Words

God made
 Adam bit
 Noah arked
 Abraham split
 Joseph ruled
 Jacob fooled
 Bush talked
 Moses balked
 Pharaoh plagued
 People walked
 Sea divided
 Tablets guided
 Promise landed
 Saul freaked
 David peeked
 Prophets warned
 Jesus born
 God walked
 Love talked
 Anger crucified
 Hope died
 Love rose
 Spirit flamed
 Word spread
 God remained.

Alright, this one may be a little borderline, but: it implies that any and every thing can be reduced down to it's lowest common denominator.

What lowest common denominator do you want to be known by?

What are you waiting for? Do it!:

“One of these days is none of these days.”—H. G. Bohn

“The future belongs to those who live intensely in the present.”—Anon.

“Seize the day, and put the least possible trust in tomorrow.”—Horace



Accomplish the Improbable

There is also one that I can't locate where Garfield and Odie are sitting on a branch of a tree and he tells Odie, "Odie, dogs can't climb trees!" They look at each other as Odie falls out of the tree because he lost the belief that he could do what he WAS doing.

Think of this in the year ahead to make it your greatest year yet, there is NOTHING you can't do or accomplish as long as you don't tell yourself you can't do it!

So now, go out there and get 'em!

This is a life lesson. . .

Within our beliefs we create faith, and within our faith there is nothing we can not accomplish!

A self-fulfilling philosophy. . .if you believe you can't do something, then it will be so! If you set yourself up for failure, then you will succeed, in failing.

If your afraid to ask because your sure the answer is NO, then it always will be, you can never get a yes if you never ask/pursue a question/interest!

Or, you can never succeed if you hold yourself back from even trying for fear of failure.

If you try and give it your best effort and in spite of yourself you still do not accomplish your goal, you still will have accomplished a great deal. Reaffirming your belief in yourself, gaining an experience that some lesson is hidden within, search for it, that even in failure there are lessons for us to learn!

As in both of my major moves in the last few years, uprooting and moving to



Tahoe and thence to Seattle three years later, people were doubtful and amazed of my doing it!

My move to Tahoe: sold my house, put everything in storage, and quit my job. All without having a job lined up, which was the biggest obstacle that people had. "How can you just go, without planning it?" My answer was that it was planned, Tahoe was where I wanted to live, I had faith in myself that the rest would be taken care of. Took awhile, but, all worked out. I can say that the job I ended up with was one of my better ones, and that I loved the area. Ending up a home owner again, a senior position at work, and many new friends that some I still keep in contact with.

My move to Seattle: was even more overwhelming to people, how could I plan to move there when I had never even BEEN there! Simple, I made a choice, set a goal, and most importantly followed through with it! I was quite surprised and pleased with the area once I arrived here, all ties with Tahoe severed as my move to Tahoe from San Diego was. Took a little longer to get situated, but it has worked out. I choose my path to follow but my destiny was already preordained.

Before I had finished orientation at my new job, a position opened up in Pediatrics on the night shift (my preferred shift) and again I am in a senior position with a major career change. Besides, if I had held back from doubts and fears, I would never have met and married Patricia.

So, even with the trials and pitfalls along the way, I am where I want to be, doing what I want to be doing, with whom I want to be doing it with! Which would not be if I had accepted at any time the premise that I couldn't do it!

So, to succeed, first have faith in yourself, THEN HAVE FAITH IN WHAT YOU WANT TO ACCOMPLISH! The rest will follow. . .

I just went thru a similar experience with a group of people where we wrote down a positive comment about someone and then gave it to them. It' amazing how good this can make you feel. But, don't let me ruin the story for you, read on. Have a great day and know I'm thinking of you all.

ALL GOOD THINGS

He was in the first third grade class I taught at Saint Mary's School in Morris, Minn. All 34 of my students were dear to me, but Mark Eklund was one in a million. Very neat in appearance, but had that happy-to-be-alive attitude that made even his occasional mischievousness delightful, Mark talked incessantly. I had to remind him again and again that talking without permission was not acceptable. What impressed me so much, though, was his sincere response every time I had to correct him for misbehaving "Thank you for correcting me, Sister!"

I didn't know what to make of it at first, but before long I became accustomed to hearing it many times a day.

One morning my patience was growing thin when Mark talked once too often, and then I made a novice-teacher's mistake. I looked at Mark and said, "If you say one more word, I am going to tape your mouth shut!"



It wasn't ten seconds later when Chuck blurted out, "Mark is talking again." I hadn't asked any of the students to help me watch Mark, but since I had stated the punishment in front of the class, I had to act on it.

I remember the scene as if it had occurred this morning. I walked to my desk, very deliberately opened my drawer and took out a roll of masking tape.

Without saying a word, I proceeded to Mark's desk, tore off two pieces of tape and made a big X with them over his mouth. I then returned to the front of the room.

As I glanced at Mark to see how he was doing, he winked at me. That did it!!

I started laughing. The class cheered as I walked back to Mark's desk, removed the tape, and shrugged my shoulders. His first words were, "Thank you for correcting me, Sister."

At the end of the year, I was asked to teach junior-high math. The years flew by, and before I knew it Mark was in my classroom again. He was more handsome than ever and just as polite. Since he had to listen carefully to my instruction in the "new math," he did not talk as much in ninth grade as he had in third. One Friday, things just didn't feel right.

We had worked hard on a new concept all week, and I sensed that the students were frowning, frustrated with themselves - and edgy with one another.

I had to stop this crankiness before it got out of hand. So I asked them to list the names of the other students in the room on two sheets of paper, leaving a space between each name. Then I told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed me the papers. Charlie smiled.

Mark said, "Thank you for teaching me, Sister. Have a good weekend."

That Saturday, I wrote down the name of each student on a separate sheet of paper, and I listed what everyone else had said about that individual.

On Monday I gave each student his or her list. Before long, the entire class was smiling. "Really?" I heard whispered. "I never knew that meant anything to anyone!" "I didn't know others liked me so much." No one ever mentioned those papers in class again. I never knew if they discussed them after class or with their parents, but it didn't matter.

The exercise had accomplished its purpose. The students were happy with themselves and one another again.

That group of students moved on. Several years later, after I returned from vacation, my parents met me at the airport. As we were driving home, Mother asked me the usual questions about the trip - the weather, my experiences in general. There was a lull in the conversation.

Mother gave Dad a sideways glance and simply says, "Dad?" My father cleared his throat as he usually did before something important. "The Eklunds called last night," he began. "Really?" I said. "I haven't heard from them in years. I wonder how Mark is."

Dad responded quietly. "Mark was killed in Vietnam," he said. "The funeral is tomorrow, and his parents would like it if you could attend."

To this day I can still point to the exact spot on I-494 where Dad told me about Mark.



I had never seen a serviceman in a military coffin before. Mark looked so handsome, so mature. All I could think at that moment was, Mark I would give all the masking tape in the world if only you would talk to me.

The church was packed with Mark's friends. Chuck's sister sang "The Battle Hymn of the Republic." Why did it have to rain on the day of the funeral? It was difficult enough at the graveside. The pastor said the usual prayers, and the bugler played taps. One by one those who loved Mark took a last walk by the coffin and sprinkled it with holy water.

I was the last one to bless the coffin. As I stood there, one of the soldiers who acted as pallbearer came up to me. "Were you Mark's math teacher?" he asked. I nodded as I continued to stare at the coffin.

"Mark talked about you a lot," he said.

After the funeral, most of Mark's former classmates headed to Chuck's farmhouse for lunch. Mark's mother and father were there, obviously waiting for me. "We want to show you something," his father said, taking a wallet out of his pocket. "They found this on Mark when he was killed. We thought you might recognize it."

Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded and refolded many times. I knew without looking that the papers were the ones on which I had listed all the good things each of Mark's classmates had said about him.

"Thank you so much for doing that," Mark's mother said. "As you can see, Mark treasured it."

Mark's classmates started to gather around us. Charlie smiled rather sheepishly and said, "I still have my list. It's in the top drawer of my desk at home." Chuck's wife said, "Chuck asked me to put his in our wedding album."

"I have mine too," Marilyn said. "It's in my diary." Then Vicki, another classmate, reached into her pocketbook, took out her wallet and showed her worn and frazzled list to the group. "I carry this with me at all times," Vicki said without batting an eyelash. "I think we all saved our lists."

That's when I finally sat down and cried. I cried for Mark and for all his friends who would never see him again.

THE END

Written by: Sister Helen P. Mroska

The purpose of this letter is to encourage everyone to compliment the people you love and care about. We often tend to forget the importance of showing our affections and love. Sometimes the smallest of things, could mean the most to another. I am asking you, to please send this letter around and spread the message and encouragement, to express your love and caring by complementing and being open with communication.

The density of people in society is so thick that we forget that life will end one day. And we don't know when that one day will be. So please, I beg of you, to tell the people you love and care for, that they are special and important. Tell them, before it is too late. If you do not, you will have, once again passed up the opportunity to do something loving and beautiful and continue the trend that gives you



problems in your relationships.

Hard to add to this one, but:

There is no greater power in this world than to give a heartfelt compliment! No greater ego-builder, no greater boost to the self than to have others recognize your pluses and have them confirmed. Many times we do not recognize them in ourselves, and too many of us beat ourselves up thinking of all the negatives overshadowing our positives.

Complements can heal much greater than insults can harm.

“The greater part of our happiness or misery depends on our dispositions, and not on our circumstances.”—Martha Washington

“Winning isn’t everything. *Wanting* to win is.”—Catfish Hunter, baseball pitcher

An Angel wrote:

Many people will walk in and out of your life,
but only true friends will leave footprints in your heart.

To handle yourself, use your head,
To handle others, use your heart.

Anger is only one letter short of danger.

Great minds discuss ideas;
Average minds discuss events;
Small minds discuss people.

God Gives every bird it’s food,
but He does not throw it into it’s nest.

He who loses money, loses much;
He who loses a friend, loses more;
He who loses faith, loses all.

Beautiful young people are acts of nature,
but beautiful old people are works of art.

Learn from the mistakes of others.
You can’t live long enough to make them all yourself.

The tongue weighs practically nothing,
but so few people can hold it.



Friends, you and me..you brought another friend...
 And then there were 3....we started our group....
 Our circle of friends.....and like that circle.....
 There is no beginning.....there is no end.

Speaks for itself. . .

Beautiful is woman.....

The following was written by Audrey Hepburn regarding “Beauty Tips”.

For attractive lips,
 Speak words of kindness.

For lovely eyes,
 Seek out the good in people.

For beautiful hair,
 Let a child run his or her fingers through it once a day.

For poise,
 Walk with the knowledge you’ll never walk alone.

The beauty of a woman is not in the clothes she wears,
 The figure that she carries, or the way she combs her hair.

The beauty of a woman must be seen from in her eyes,
 Because that is the doorway to her heart, the place where love resides.

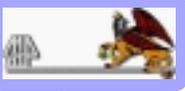
The beauty of a woman is not in a facial mole,
 But true beauty in a woman is reflected in her soul.

It is the caring that she lovingly gives, the passion that she shows,
 And the beauty of a woman with passing years-only grows!

Alright, so I’m prejudiced, but, it does make me think of my wife Patricia!
 The true beauty of any person (woman or man) is not in appearance, real or
 added, but in how they greet the world.

Beauty IS only skin-deep. People are measured not in how they look (regard-
 less of the ad campaigns to the contrary), but, in how they act. How they feel and
 how they follow those feelings.

To be truly ALIVE you have to be truly LIVING. . .and you do that by forming
 the best person you can be. It’s not the face you present to the outside world that
 matters, it’s the inner face that they come to see in you. . .



Choose to have FUN

FUN creates ENJOYMENT

ENJOYMENT invites PARTICIPATION

PARTICIPATION focuses ATTENTION

ATTENTION expands AWARENESS

AWARENESS promotes INSIGHT

INSIGHT generates KNOWLEDGE

KNOWLEDGE facilitates ACTION

ACTION yields RESULTS

Oswald B. Shallow

Another one that speaks for itself. . .



Cosmic Calendar

If we adhere to Carl Sagan's cosmic calendar, then the fifteen billion years of the universe is compressed into one calendar year. Fifteen twenty-four-day segments: each segment corresponds to a billion years of earth history. Thus, the Big Bang is January 1; the origin of the solar system, September 9; the appearance of the first humans, December 31.

DECEMBER 31	
Origin of Proconsul and Ramapithecus, probable ancestors of apes and men	~1:30 P.M.
First humans	~10:30 P.M.
Widespread use of stone tools	11:00 P.M.
Domestication of fire by Peking man	11:46 P.M.
Beginning of most recent glacial period	11:56 P.M.
Seafarers settle Australia	11:58 P.M.
Extensive cave painting in Europe	11:59 P.M.
Invention of agriculture	11:59:20 P.M.
Neolithic civilization; first cities	11:59:35 P.M.
First dynasties in Sumer, Ebla and Egypt; development of astronomy	11:59:50 P.M.
Invention of the alphabet; Akkadian Empire	11:59:51 P.M.
Hammurabic legal codes in Babylon; Middle Kingdom in Egypt	11:59:52 P.M.
Bronze metallurgy; Mycenaean culture; Trojan War; Olmec culture: invention of the compass	11:59:53 P.M.
Iron metallurgy; First Assyrian Empire; King- of Israel: founding of Carthage by Phoenicia	11:59:54 P.M.
Asokan India; Ch'in Dynasty China; Periclean Athens; birth of Buddha	11:59:55 P.M.
Euclidean geometry; Archimedian physics; Ptolemaic astronomy; Roman Empire; birth of Christ	11:59:56 P.M.
Zero and decimals invented in Indian arithmetic; Rome falls; Moslem conquests	11:59:57 P.M.
Mayan civilization; Sung Dynasty China; Byzantine empire; Mongol invasion; Crusades	11:59:58 P.M.
Renaissance in Europe; voyages of discovery from Europe and from Ming Dynasty China; emergence of the experimental method in science	11:59:59 P.M.
Widespread development of science and technology; emergence of a global culture; acquisition of the means for self-destruction of the human species; first steps in spacecraft planetary exploration and the search for extraterrestrial intelligence	Now: the first second of New Year's Day

Whoa, sobering to realize how little we've been around this planet! In another way, in comparison, look at all we've accomplished in the blink of an eye in the cosmic realm.



Faith and an Empty Chair

A man's daughter had asked the local minister to come and pray with her father.

When the minister arrived, he found the man lying in bed with his head propped up on two pillows. An empty chair sat beside his bed. The minister assumed that the old fellow had been informed of his impending visit. "I guess you were expecting me," he said. "No, who are you?" said the father. "I'm the new minister at your church," he replied. "When I saw the empty chair, I figured you knew I was going to show up." "Oh yeah, the chair," said the bedridden man. "Would you mind closing the door?"

Puzzled, the minister shut the door. "I have never told anyone this, not even my daughter," said the man. "But all of my life I have never known how to pray. At church I used to hear the preacher talk about prayer, but it went right over my head." "I abandoned any attempt at prayer," the old man continued, "until one day about four years ago my best friend said to me," 'Joe, prayer is just a simple matter of having a conversation with Jesus. Here is what I suggest. Sit down in a chair; place an empty chair in front of you, and in faith, see Jesus on the chair. It's not spooky because He promised; 'I'll be with you always.' Then just speak to him and listen in the same way you're doing with me right now.' "So, I tried it and I've liked it so much that I do it a couple of hours every day. I'm careful though if my daughter saw me talking to an empty chair, she'd either have a nervous breakdown or send me off to the funny farm."

The minister was deeply moved by the story and encouraged the old guy to continue on the journey. Then he prayed with him and returned to the church. Two nights later the daughter called to tell the minister that her daddy had died that afternoon.

"Did he die in peace?" he asked. "Yes, when I left the house about two o'clock, he called me over to his bedside, told me he loved me and kissed me on the cheek. When I got back from the store an hour later, I found him dead, but there was something strange about his death. Apparently, just before Daddy died, he leaned over and rested his head on the chair beside the bed. What do you make of that?" The minister wiped a tear from his eye and said, "I wish we all could go that way."

Pass this inspirational story on and believe not only in faith but in the power of his presence and prayer.

This is one I have always believed in: talking rather than formal prayer, God, Jesus, Budha, whomever you worship can be a personal friend and confidant.

It is an affirmation of faith, it is best when you decide to talk all the time, not just with problems. Thank him/her/it for the good things that come your way also. . .



The Father's Eyes

Bob Richards, the former pole-vault champion, shares a moving story about a skinny young boy who loved football with all his heart. Practice after practice, he eagerly gave everything he had. But being half the size of the other boys, he got absolutely nowhere. At all the games, this hopeful athlete sat on the bench and hardly ever played.

This teenager lived alone with his father, and the two of them had a very special relationship. Even though the son was always on the bench, his father was always in the stands cheering. He never missed a game. This young man was still the smallest of the class when he entered high school. But his father continued to encourage him but also made it very clear that he did not have to play football if he didn't want to. But the young man loved football and decided to hang in there.

He was determined to try his best at every practice, and perhaps he'd get to play when he became a senior. All through high school he never missed a practice nor a game, but remained a bench warmer all four years. His faithful father was always in the stands, always with words of encouragement for him.

When the young man went to college, he decided to try out for the football team as a "walk-on". Everyone was sure he could never make the cut, but he did.

The coach admitted that he kept him on the roster because he always puts his heart and soul to every practice, and at the same time, provided the other members with the spirit and hustle they badly needed. The news that he had survived the cut thrilled him so much that he rushed to the nearest phone and called his father. His father shared his excitement and was sent season tickets for all the college games. This persistent young athlete never missed practice during his four years at college, but he never got to play in the game.

It was the end of his senior football season, and as he trotted onto the practice field shortly before the big play off game, the coach met him with a telegram.

The young man read the telegram and he became deathly silent. Swallowing hard, he mumbled to the coach, "My father died this morning. Is it all right if I miss practice today?" The coach put his arm gently around his shoulder and said, "Take the rest of the week off, son. And don't even plan to come back to the game on Saturday.

Saturday arrived, and the game was not going well. In the third quarter, when the team was ten points behind, a silent young man quietly slipped into the empty locker room and put on his football gear. As he ran onto the sidelines, the coach and his players were astounded to see their faithful teammate back so soon.

"Coach, please let me play. I've just got to play today." said the young man.



The coach pretended not to hear him.

There was no way he wanted his worst player in this close playoff game.

But the young man persisted, and finally feeling sorry for the kid, the coach gave in. "All right," he said. "You can go in". Before long, the coach, the players and everyone in the stands could not believe their eyes. This little unknown, who had never played before was doing everything right. The opposing team could not stop him. He ran, he passed, blocked and tackled like a star. His team began to triumph.

The score was soon tied. In the closing seconds of the game, this kid intercepted a pass and ran all the way for the winning touchdown.

The fans broke loose. His teammates hoisted him onto their shoulders. Such cheering you never heard!

Finally, after the stands had emptied and the team had showered and left the locker room, the coach noticed that the young man was sitting quietly in the corner all alone. The coach came to him and said, "Kid, I can't believe it. You were fantastic! Tell me what got into you? How did you do it?"

He looked at the coach, with tears in his eyes, and said, "Well, you knew my dad died, but did you know that my dad was blind?' The young man swallowed hard and forced a smile, "Dad came to all my games, but today was the first time he could see me play, and I wanted to show him I could do it!"

Like the athlete's father, God is always there cheering for us. He's always reminding us to go on. He's even offering us His hand for He knows what is best and is willing to give us what we need and not simply what we want. God has never missed a single game. What a joy to know that life is meaningful if lived for the Highest. Live for HIM for He's watching us in the game of life.

RIGHT NOW:

somebody is very proud of you.
somebody is thinking of you.
somebody is caring about you.
somebody misses you.
somebody wants to talk to you.
somebody wants to be with you.
somebody hopes you are not in trouble.
somebody is thankful for the support you have provided.
somebody wants to hold your hand.
somebody hopes everything turns out all right.
somebody wants you to be happy.
somebody wants you to find him/her.



somebody wants to give you a gift.
 somebody wants to hug you.
 somebody thinks you ARE a gift.
 somebody admires your strength.
 somebody is thinking of you and smiling.
 somebody wants to protect you.
 somebody can't wait to see you.
 somebody loves you for who you are.
 somebody treasures your spirit.
 somebody is glad that you are their friend.
 somebody wants to get to know you better.
 somebody wants to be near you.
 somebody wants you to know they are there for you.
 somebody would do anything for you.
 somebody wants to share their dreams with you.
 somebody is alive because of you
 somebody needs your support.
 somebody will cry when they read this.
 somebody needs you to have faith in them.
 somebody trusts you.
 somebody hears a song that reminds them of you.
SOMEBODY NEEDS YOU TO SEND THIS TO THEM

Needless to say, you should always do your best as though the most important person you know is watching. Someone is. . .

I have often felt the presence of my own parents long passed on, and often when doing something I hope that I am also making them proud as they watch me in my life.

I believe in guardian angels, as their presence has also touched my life. . .

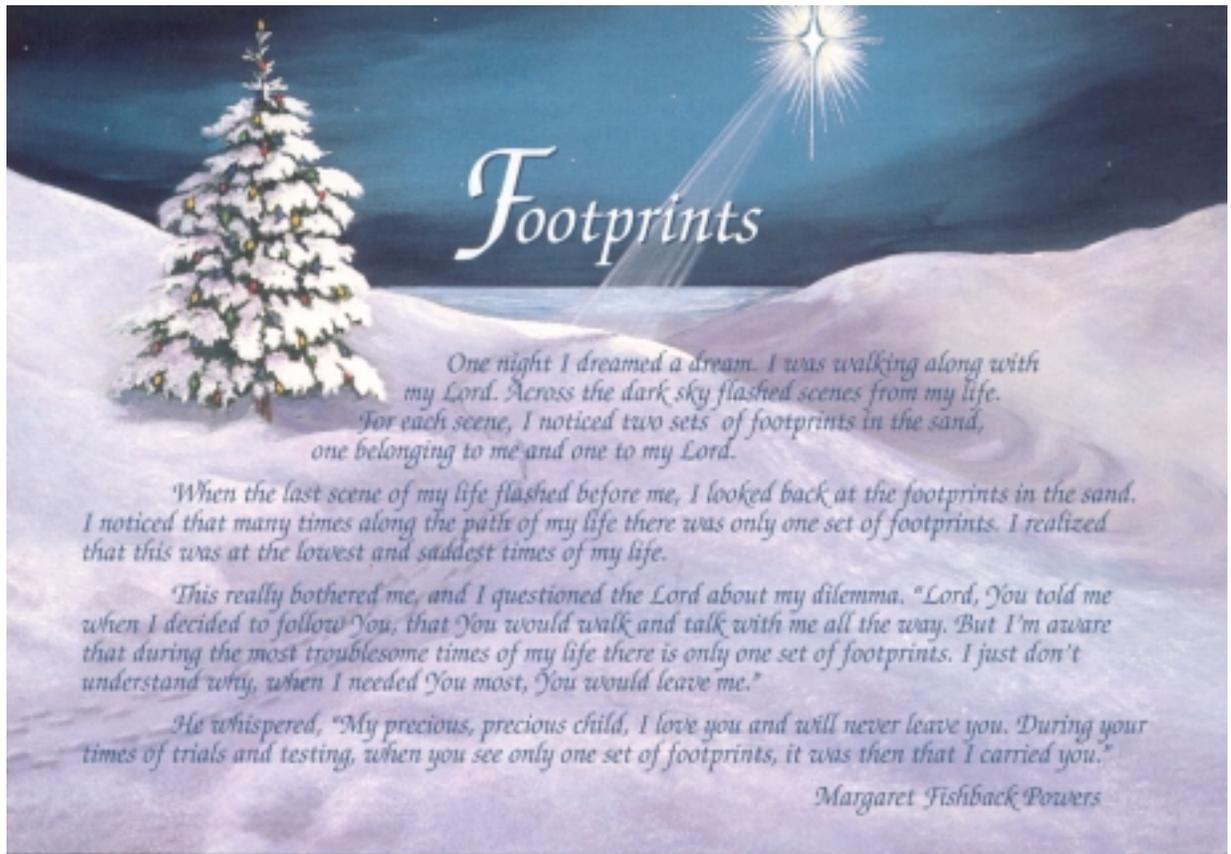
“Humor comes from self-confidence. There’s an aggressive element to wit.”
—Rita Mae Brown

Know when *not* to say it:

“Well-timed silence hath more eloquence than speech.”—Martin Fraquhar Tupper

“I have often regretted my speech, never my silence.”—Publius

“Among my most prized possessions are words that I have never spoken.”
—Orson Rega Card



Footprints

One night I dreamed a dream, I was walking along with my Lord. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to my Lord.

When the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that many times along the path of my life there was only one set of footprints. I realized that this was at the lowest and saddest times of my life.

This really bothered me, and I questioned the lord about my dilemma. "Lord, You told me when I decided to follow you, that You would walk and talk with me all the way. "But I'm aware that during the most troublesome times of my life there is only one set of footprints. I just don't understand why, when I needed You most, You would leave me."

He whispered, "My precious, precious child, I love you and will never leave you. During your times of trials and testing, when you see only one set of footprints, it was then that I carried you."

Margaret Fishback Powers

This has always been one of my favorite sayings/thoughts!

It attributes a human attribute, erroneously, of turning away support when most needed, ends with reminding us that the Lords response is to carry and support when most needed, never to turn away.

That the love we receive is not conditional, that it is strengthened with adver-



sity, not eroded. That once given it is ours forever.

True love and fellowship rallies and does not retreat, it is the ideal that we as spiritual beings need to aspire to. That our humanity can be much more than what we are, for our world to become one, we need to stand together as one, good times and bad alike.

We need to embrace the basic underlying idea here that we carry each other, regardless of the circumstances, to carry another's load when it is too much for one to bear alone brings us closer to the love that we receive and wish to give.

Times of trials are a test for us, even more so when they are not our own trials.

There is another version floating around (not as reverent), where the speaker notes large imprints in place of one set of footprints.

When he asks, "what are these shapes, they are too large for footprints?"

The response is, "My precious, precious child, I love you and will never leave you. But, during your times of trials and testing, when you see only one set of footprints with the other marks, it was then that I dropped you on your butt."

"But, why," in shock?

"Because, even with my love for you, you test me with your whining of what is," he says, "that even I lose patience with you! And that is when I drop you on your butt from despair!"

Another version that reminds us that even when we have love and support, we need to bear as much of our own burdens as we can! That to accept help is not to turn it all over, but to share.

That our burdens are tests of our character, the forge in which we are formed.

That we are not immune from disgust at taking advantage of the love given.

To accept is not the same thing as to expect! Look for help, not a handout!

Be of good cheer that love is never rejected, but attitude and abuse may very well turn against ourselves that which we most need.

Frogs

A valuable lesson...

A group of frogs was traveling through the woods, and two of them fell into a deep pit.

All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead.

The two frogs ignored the comments and tried to jump up out of the pit with all of their might. The other frogs kept telling them to stop, that they were as good as dead.

Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died.

The other frog continued to jump as high as he could. Once again, the crowd



of frogs yelled at him to stop the pain and just die.

He jumped even higher and finally made it out.

When he got out, the other frogs said, “Why did you keep trying?” The frog explained to them that he couldn’t hear what they were saying. He thought they were encouraging him the entire time.

This story teaches two lessons:

1. There is power of life and death in your words. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them. Be careful of what you say to those who cross your path.

It is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times. Special is the individual who will take the time to encourage another.

Happiness

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren’t old enough and we’ll be more content when they are. After that, we’re frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together when we get a nicer car, are able to go on a nice vacation, when we retire. The truth is, there’s no better time to be happy than right now. If not now, when?

Your life will always be filled with challenges. It’s best to admit this to yourself and decide to be happy anyway. One of my favorite quotes comes from Alfred D. Souza. He said, “For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life”. This perspective has helped me to see that there is no way to happiness.

Happiness IS the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time....and remember that time waits for no one.

So, stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire from work, until you get married, until you get divorced, until Friday night, until Sunday morning, until



you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until winter, until you are off welfare, until the first or fifteenth, until your song comes on, until you've had a drink, until you've sobered up, until you die, until you are born again to decide that there is no better time than right now to be happy.

Happiness is a journey, not a destination.

Thought for the day:

Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching.....

I do have to admit, sometimes I have been guilty of waiting for 'something' to occur before I could be happy. After examining this phenomenon: "Get over it and get on with your life, you chose to be happy, or you chose to let things 'make' you unhappy!" Your choice. . .

Heaven's Grocery Store

I was walking down life's highway a long time ago.

One day I saw a sign that read, "HEAVEN'S GROCERY STORE."

As I got a little closer, the door opened wide, and then I found myself standing inside. I saw a host of ANGELS. They were standing everywhere.

One handed me a basket and said, "My Child, shop with care."

Everything a human needed was in that grocery store.

And if you couldn't carry all, you could come back the next day for more.

First, I got some PATIENCE.

LOVE was in the same row.

Further down was UNDERSTANDING: you need that everywhere you go.

I got a box or two of WISDOM, a bag or two of FAITH.

I just couldn't miss the HOLY GHOST, for it was all over the place. I stopped to get some STRENGTH and COURAGE TO HELP ME RUN THIS RACE.

By then my basket was getting full, but I remembered I needed some GRACE.

I didn't forget SALVATION, for SALVATION was free.

So I tried to get enough of that to save both you and me.

Then I started up to the counter to pay my grocery bill. For I thought I had everything to do the MASTER'S will.

As I went up the aisle, I saw PRAYER; and I just had to put that in, for I knew when I stepped outside, I would run into sin.

PEACE and JOY were plentiful; they were last on the shelf.

SONG and PRAISE were hanging near, so I just helped myself.

Then I said to the angel, "Now, how much do I owe?" He smiled again and said,

"MY CHILD, GOD PAID YOUR BILL A LONG, LONG TIME AGO."

We walk by faith, the substance of things hoped for the evidence of things not seen, and not by sight.



Hello Friend,

Around the corner I have a friend,
 In this great city that has no end,
 Yet the days go by and weeks rush on,
 And before I know it, a year is gone
 And I never see my old friends face,
 For life is a swift and terrible race,
 He knows I like him just as well
 As in the days when I rang his bell,
 And he rang mine.
 Once, we were younger then,
 And now we are busy, tired men.
 Tired of playing a foolish game,
 Tired of trying to make a name.
 "Tomorrow" I say "I will call on Jim"
 "Just to show that I'm thinking of him"
 But tomorrow comes and tomorrow goes,
 And the distance between us grows and grows.
 Around the corner! - yet miles away,
 "Here's a telegram sir-" "Jim died today."
 And that's what we get and deserve in the end.
 Around the corner, a vanished friend.

If you love someone, tell them. Remember always to say what you mean.
 Never be afraid to express yourself.
 Take this opportunity to tell someone what they mean to you.
 Seize the day and have no regrets.

Most importantly, stay close to your friends and family, for they have helped
 make you the person you are today and that's what it's all about anyway.

Pass this along to your friends. Let it make a difference in your day and theirs.

The difference between expressing love and having regrets which may stay
 around forever.

If you do not share this feeling, you will have once again passed up the op-
 portunity to do something loving and beautiful.

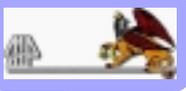
If you've received this, it is because someone cares for you and it means
 there is probably at least someone for whom you care.

Take this opportunity to set a new trend.

Take a few minutes to send this to a few people you care about, just to let
 them know that you're thinking of them.

May love litter your life with blessings!!!!!!

**Friends come and go, remember to let them know how much you appreciate
 their choosing you to be friends with. Family are for life, friends are by choice!**



Just for you!

No moving parts, no batteries.
 No monthly payments and no fees;
 Inflation proof, nontaxable,
 In fact, it's quite relaxable;
 It can't be stolen, won't pollute,
 One size fits all, do not dilute.
 It uses little energy,
 But yields results enormously.
 Relieves your tension and your stress,
 Invigorate your happiness;
 Combats depression, makes you beam,
 And elevates your self esteem!
 Your circulation it corrects without unpleasant side effects
 It is, I think, the perfect drug: May I prescribe, my friend...
 the hug! (and, of course, fully returnable!)

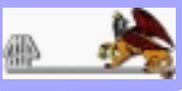
My Friend: Hope your day is good for you.

Send this to five people who mean the world to you—brighten someone's day—let them know that you care! :) Send this back to the person who sent it to you! It is a well known fact that we each need at least 7 hugs a day for good health. Most of us never reach that goal.

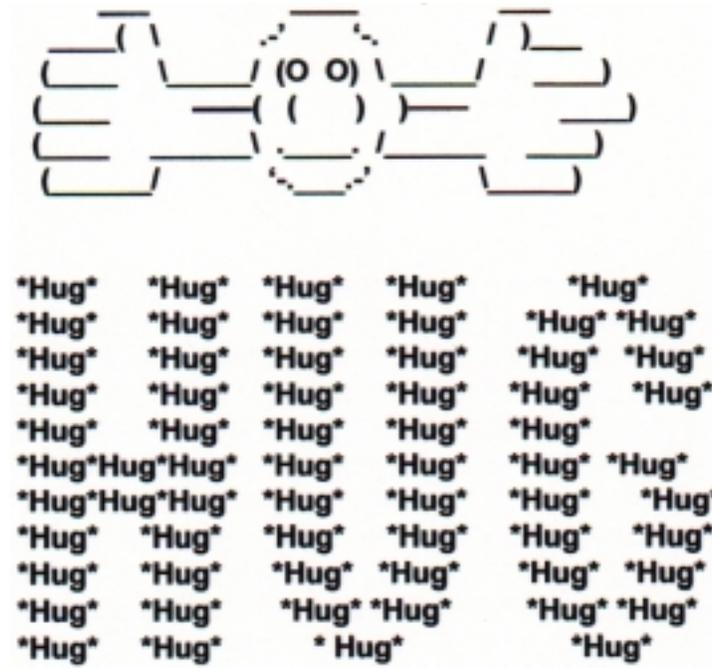
HAVE YOU HUGGED A FRIEND TODAY?



I will not play Tug O' War,
 I'd rather play Hug O' War;
 Where everyone hugs, instead of tugs,
 And everyone giggles and rolls on the rug.
 Where everyone kisses,
 and everyone grins;
 everyone cuddles,



and everyone wins.
- Shel Silverstein



You have just been hugged!!
That's right, there's no getting out of it this time!!
This is the start of a full-scale Hug O' War!
So hug everyone you know!!!

There is nothing more reassuring or felt so deeply as the touch of another human being.

Inspiration

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree. The last class I had to take was Sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with. Her last project of the term was called "Smile." The class was asked to go out and smile at three people and document their reactions. I am a very friendly person and always smile at everyone and say hello anyway, so, I thought, this would be a piece of cake, literally.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning. It was just our way of sharing special playtime with our son. We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did.

I did not move an inch...an overwhelming feeling of panic welled up inside of



me as I turned to see why they had moved. As I turned around I smelled a horrible “dirty body” smell, and there standing behind me were two poor homeless men. As I looked down at the short gentleman, close to me, he was “smiling”. His beautiful sky blue eyes were full of God’s Light as he searched for acceptance. He said, “Good day” as he counted the few coins he had been clutching. The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally deficient and the blue-eyed gentleman was his salvation.

I held my tears as I stood there with them. The young lady at the counter asked him what they wanted. He said, “Coffee is all Miss” because that was all they could afford. (If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm).

Then I really felt it - the compulsion was so great I almost reached out and embraced the little man with the blue eyes. That is when I noticed all eyes in the restaurant were set on me, judging my every action. I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray. I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman’s cold hand. He looked up at me, with tears in his eyes, and said, “Thank you.”

I leaned over, began to pat his hand and said, “I did not do this for you. God is here working through me to give you hope.” I started to cry as I walked away to join my husband and son. When I sat down my husband smiled at me and said, “That is why God gave you to me, Honey. To give me hope.”

We held hands for a moment and at that time we knew that only because of the Grace that we had been given were we able to give. We are not church-goers, but we are believers. That day showed me the pure Light of God’s sweet love.

I returned to college, on the last evening of class, with this story in hand. I turned in “my project” and the instructor read it. Then she looked up at me and said, “Can I share this?” I slowly nodded as she got the attention of the class. She began to read and that is when I knew that we, as human beings and being part of God, share this need to heal people and be healed.

In my own way I had touched the people at McDonald’s, my husband, son, instructor, and every soul that shared the classroom on the last night I spent as a college student.

I graduated with one of the biggest lessons I would ever learn:

UNCONDITIONAL ACCEPTANCE. Much love and compassion is sent to each and every person who may read this and learn how to **LOVE PEOPLE AND USE THINGS - NOT LOVE THINGS AND USE PEOPLE.**



I'VE LEARNED

I read these and saw bits of my life in my mind. These are things that are so true and yet so hard to remember at the time they are most needed. Enjoy.

I've learned - That you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.

I've learned - That no matter how much you care, some people just don't care back.

I've learned - That it takes years to build up trust, but only seconds to destroy it.

I've learned - That it's not what you have in your life, but who you have in your life that counts.

I've learned - That you can get by on charm for about 15 minutes. After that, you'd better know something.

I've learned - That you shouldn't compare yourself to the best others can do, but to the best you can do.

I've learned - That it's not what happens to us that's important. It's what we do about it.

I've learned - That you can do something in an instant that will give you heart-ache for life.

I've learned - That no matter how thin you slice it, there are always two sides.

I've learned - That it's taking me a long time to become the person I want to be.

I've learned - That it may be easier to react than to plan ahead, but it's much less effective.

I've learned - That you should always leave loved ones with loving words. It may be the last time you see them.

I've learned - That you can keep going long after you think you can't.

I've learned - That we are responsible for what we do, no matter how we feel.

I've learned - That either you control your attitude or it controls you.

I've learned - That regardless of how hot and steamy a relationship is at first, passion fades and there had better be something stronger to take its place.

I've learned - That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I've learned - That learning to forgive takes practice.

I've learned - That there are people who love you dearly, but just don't know how to show it.

I've learned - That money is a lousy way of keeping score.

I've learned - That sometimes the people you expect to kick you when you're down will be the ones to help you get back up.

I've learned - That just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.

I've learned - That maturity has more to do with the experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.

I've learned - That no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.



I've learned - That it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

I've learned - That no matter how badly your heart is broken the world doesn't stop for your grief.

I've learned - That background and circumstances may have influenced who we are, but we are responsible for who we become.

I've learned - That just because two people argue, it doesn't mean they don't love each other, and just because they don't argue, it doesn't mean they do.

I've learned - That we don't have to change friends if we understand that friends change.

I've learned - That your life can be changed in a matter of seconds by people who don't even know you.

I've learned - That even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

I've learned - That the paradigm we live in is not all that is offered to us.

I've learned - That credentials on the wall do not make you a decent human being.

Send this to all your friends and those you care about. No promise that you'll become wealthy if you do, and no curse that you'll have bad luck if you don't. It's just a good idea.

...and I'm still learning!

Life Map

INSTRUCTIONS FOR LIFE

1. Give people more than they expect and do it cheerfully.
2. Memorize your favorite poem.
3. Don't believe all you hear, spend all you have or sleep all you want.
4. When you say, "I love you", mean it.
5. When you say, "I'm sorry", look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams.
9. Love deeply and passionately. You might get hurt but it's the only way to live life completely.
10. In disagreements, fight fairly. No name calling.
11. Don't judge people by their relatives.
12. Talk slowly but think quickly.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Remember that great love and great achievements involve great risk.
15. Call your Mom.
16. Say "bless you" when you hear someone sneeze.
17. When you lose, don't lose the lesson.



18. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions.
19. Don't let a little dispute injure a great friendship.
20. When you realize you've made a mistake, take immediate steps to correct it.
21. Smile when picking up the phone. The caller will hear it in your voice.
22. Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
23. Spend some time alone.
24. Open your arms to change, but don't let go of your values.
25. Remember that silence is sometimes the best answer.
26. Read more books and watch less TV.
27. Live a good, honorable life. Then when you get older and think back, you'll get to enjoy it a second time.
28. Trust in God but lock your car.
29. A loving atmosphere in your home is so important. Do all you can to create a tranquil harmonious home.
30. In disagreements with loved ones, deal with the current situation. Don't bring up the past.
31. Read between the lines.
32. Share your knowledge. It's a way to achieve immortality.
33. Be gentle with the earth.
34. Pray. There's immeasurable power in it.
35. Never interrupt when you are being flattered.
36. Mind your own business.
37. Don't trust a man/woman who doesn't close his/her eyes when you kiss.
38. Once a year, go someplace you've never been before.
39. If you make a lot of money, put it to use helping others while you are living. That is wealth's greatest satisfaction.
40. Remember that not getting what you want is sometimes a stroke of luck.
41. Learn the rules then break some.
42. Remember that the best relationship is one where your love for each other is greater than your need for each other.
43. Judge your success by what you had to give up in order to get it.
44. Remember that your character is your destiny.
45. Approach love and cooking with reckless abandon.

Getting the point?

“Work hard at several projects. That way, no matter what is going wrong, something will be going right.” — Donna Hanover

“If you can get nothing better out of the world, get a good dinner out of it, at least.”—Herman Melville (in Moby Dick)

“I searched through rebellion, drugs, diet, mysticism, religion, intellectualism, and much more, only to find that truth is basically simple and feels good, clear and right.”—Chick Corea



Try this one out. Don't peek!!!!!!!!!

VALUES VERIFICATION EXERCISE

How moral are you? What is your attitude to morals, sex and honesty? The fascinating personality test below was written by a Sydney marriage expert who is a qualified psychologist. It began as a dinner party conversation gimmick, but it has been prepared in this form for readers to test themselves.

To do the "test" you must give your honest opinion about the morals and honesty of the four characters in our story of Sherwood Forest. Forget any pre-conceived ideas you may have about them—this is a different sort of story from all the others.

"The Sheriff of Nottingham captured Little John and Robin Hood and imprisoned them in his maximum-security dungeon. Maid Marian begged the Sheriff for their release, pleading her love for Robin. The Sheriff agreed to release them only if Maid Marian spent the night with him. To this she agreed. The next morning the Sheriff released his prisoners. Robin at once demanded that Marian tell him how she persuaded the Sheriff to let them go free. Marian confessed the truth, and was bewildered when Robin abused her, calling her a slut and saying that he never wanted to see her again. At this Little John defended her, inviting her to leave Sherwood with him and promising life-long devotion. She accepted and they rode away together."

Now, in terms of realistic everyday standards of behavior, rank Robin, Marian, Little John and the Sheriff in the order in which you consider they showed the most morality and honesty. There is no "right" answer, and the following is the psychologist's estimate of you for each of the 24 arrangements. Don't peek until you've made your list; otherwise, it won't work! Here goes ...

See the next page once you've made your order choice. . .



Analyses:

ROBIN, MARIAN, SHERIFF, LITTLE JOHN: You find it hard to accept the permissive attitudes of others, or to convince them of the validity of your own standards. You are not disposed to trust people and do not have a very happy life. (Men) To you, “love” involves sex and duty, rather than charity and forgiveness. (Women) You blame men for much of the unhappiness in your life.

ROBIN, MARIAN, LITTLE JOHN, SHERIFF: Your philosophy of life is a sad hodgepodge of the conventions of society, your own convictions and romanticism. You are not unkind—only staid and unimaginative. (Men) You see a woman as weak but desirable. (Women) You resent the arrogance of men.

ROBIN, SHERIFF, MARIAN, LITTLE JOHN: (Men) We think you are unhappy, although you probably will not admit it. As a ruthless authoritarian, you are as moral as it suits you and no more. You do not apply the same rules to men as you do to women. (Women) How worthless you seem to think women are.

ROBIN, LITTLE JOHN, MARIAN, SHERIFF: You are a moralist with conventional ideas, which some people would call old-fashioned. (Men) You probably consider yourself a fair-minded man in a world which falls badly below your standards. Your inhibitions and sense of guilt are in the way of your happiness. (Women) Unlucky in love? Perhaps you hope for too much in a man. Be a realist, not a romantic.

ROBIN, LITTLE JOHN, SHERIFF, MARIAN: You are conventional and puritanical. (Men) You moralize and see women as a great conspiracy against men, with sex as their principal weapon. You are missing a great deal in life. (Women) Your parents probably played a big part in the formation of such a guilt complex as yours. Your mind is in chains and it’s time you did something to free it.

LITTLE JOHN, ROBIN, SHERIFF, MARIAN: You are not easy to assess. Basically you are ruled by an inferiority complex and feelings of insecurity. How do you present yourself to the world? An idealist, a moralist, a conformist keeping up with Jones? (Men) Your conflicting views on sex and morality may lead to every sort of sexual problem. You have always feared women, probably starting with your mother. (Women) It is a shame you have not accepted the ideal of woman as the equal (and sometimes stronger) partner of man.

LITTLE JOHN, MARIAN, ROBIN, SHERIFF: You are fairly broad-minded, romantic and reasonably contented. You value kindness greatly and try to live by your ideals. You do not conceal from yourself—or from others—your strong need for security, which may be either emotional or material. (Men) Perhaps you tend to idealize women and credit them with virtues they don’t possess. (Women) Your experiences with men have not all been happy—perhaps because you hope for a little too much?

LITTLE JOHN, MARIAN, SHERIFF, ROBIN: You are a slightly romantic realist.



You respect truth, and are broad-minded and flexible. Whether you are a man or a woman, you are probably a happy person. You like people and they can readily make friends with you. You are not very adventurous, but this does not bother you.

LITTLE JOHN, SHERIFF, MARIAN, ROBIN: You too, believe that morality is another word for common-sense and suitability, and not something which is universally valid or a religious truth. Your feeling for security is strong, and you would rate reliability as one of your virtues. (Men) Your estimate of women as the inferior sex suggests that you are a little uncertain of them. (Women) You are more permissive about the morals of others than you are about your own.

LITTLE JOHN, SHERIFF, ROBIN, MARIAN: You are conventional, unimaginative, and something of a prude. It would be surprising if your love life was a roaring success. (Men) You have an old-world authoritarian attitude. One thing is sure—you have some sorry illusions about women. (Women) You accept a double standard of morality in which women are very much the “second sex”.

SHERIFF, ROBIN, MARIAN, LITTLE JOHN: (Men) We find it hard to imagine you leading a full, happy life. The warmth and give-and-take of love are not for you. Your sex life is ringed with unreality, and you neither understand nor appreciate women. (Women) If you really believe this is the right order, you baffle us completely.

MARIAN, SHERIFF, LITTLE JOHN, ROBIN: Such an emphatic rejection of ready-made values is probably partly camouflage. You hate to be thought of as weak or insecure. You value honesty, and abominate humbug and hypocrisy. (Men) Women are very much part of your life, and you are—or perhaps would like to be—quite ruthless, both with women and life in general. (Women) You are tolerant about men and their failings—but we mean “men,” for you have no time for boys on men’s errands.

MARIAN, ROBIN, SHERIFF, LITTLE JOHN: You know the so-called facts of life, but not to enjoy life itself. You are not a realist and you are inclined to be stubborn. (Men) Women, you think, are either whores or angels, and you overestimate the differences between the sexes. A woman may find you difficult to live with. (Women) You are not sure whether truth and morality go hand in hand or are in opposition. You haven’t a very high opinion of men.

MARIAN, ROBIN, LITTLE JOHN, SHERIFF: If you are not happy—and we suspect you are not—it maybe because you feel guilty about your own emotions, and lack confidence in your opinions. (Men) No doubt you consider yourself a moral man, and a fair one. Your fuzzy ideas about morality may make their mark on your sex life. (Women) You are too concerned about what others think.

MARIAN, LITTLE JOHN, SHERIFF, ROBIN: You are essentially a contented person, even if you consider yourself a little superior. You are moral by your own standards, for you believe that morality is what best suits the occasion. (Men)



You are sexually uninhibited, more romantic than you may appear, and more dependent on the approval of others than you care to admit. (Women) You like being a woman, you understand what love is, and you frankly enjoy sex.

MARIAN, LITTLE JOHN, ROBIN, SHERIFF: We would expect you to be a happy, well-balanced person who likes people and is liked by others. You question whether many conventional views on morality are valid under all circumstances. (Men) Do we detect a sense of chivalry and idealism under the sophistication? (Women) You will expect high standards from the men to whom you give your love.

LITTLE JOHN, ROBIN, MARIAN, SHERIFF: You are a cautious type, neutral, and rather insecure. You would agree with the idea that everybody has his price—and in your own case it would not be high. (Men) You are sexually inhibited with an underlying distrust of women. (Women) At least one man has made you unhappy, and you are now on your guard.

SHERIFF, ROBIN, LITTLE JOHN, MARIAN: Although you make a brave show of being self-sufficient, beneath this you are unhappy and rather mixed up. (Men) You don't understand women—probably you are afraid of them. You do not know what love is, and you are more likely to boast about your conquests in a bar than prove them in a bedroom. (Women) If men attract you at all, they are probably disastrously the wrong sort.

SHERIFF, MARIAN, ROBIN, LITTLE JOHN: If you are not living a happy life, the cause is within yourself. You are a rebel with a trace of spoiled child about you. You value truth above morality, but you are reasonably tolerant of those who disagree with you. (Men) Any problems you have are not likely to be centered in sex. (Women) Despite your experience and intelligence, you are a bad judge of men.

My choice, Randy

SHERIFF, MARIAN, LITTLE JOHN, ROBIN: You claim to be a realist or even a cynic, but you are more emotional and romantic and truthful. (Men) Although you are by no means inhibited, your amorous adventures are as much a matter of fantasy as fact. (Women) You have been hurt in the past by men—or perhaps a particular man—and will probably let it happen again.

SHERIFF, LITTLE JOHN, ROBIN, MARIAN: Not a moralizing pattern, but ... (Men) You share with many other men the idea that most women are fickle and inferior to men. Perhaps a view that you got from your father? Or as a reaction to a domineering mother? (Women) You have a pretty poor opinion of yourself, haven't you?

SHERIFF, LITTLE JOHN, MARIAN, ROBIN: You have a confused, immature sense of values. You are erratic and stubborn, and inclined to get angry or sulk when you don't get your own way. But at least you are not a moral hypocrite. (Men) "Love em and leave em" is the motto of a man who is basically afraid of



women. (Women) Perhaps you would rather be a man than a woman?

MARIAN, SHERIFF, ROBIN, LITTLE JOHN: Associate morality with honesty and truth more than with religious values. You are impulsive and somewhat unpredictable. (Men) We suspect that you are a would-be lover rather than a very successful one. (Women) You are a realist and a rebel, a defender of women's rights. You like men but despise weak ones.

Make your choice, but, remember this is only one test of many. That the interpretations may or may not fit you personally.

Pay attention

Dear Friend,

As You got up this morning, I watched you and hoped you would talk to me, even if it was just a few words, asking my opinion or thanking me for something good that happened in your life yesterday but I noticed you were too busy trying to find the right outfit to put on and wear to work or class. I waited again. When you ran around the house or dorm getting ready I knew there would be a few minutes for you to stop and say hello, but you were too busy. At one point you had to wait fifteen minutes w/ nothing to do except sit in a chair. Then I saw you spring to your feet. I thought you wanted to talk to me but you ran to the phone and called a friend to get the latest gossip. I watched as you went to school and work and I waited patiently all day long. With all your activities, I guess you were too busy all day to say anything to me. I noticed that before lunch you looked around, maybe you felt embarrassed to talk to me, that is why you didn't bow your head. You glanced three or four tables over and you noticed some of your friends talking to me briefly before they ate, but you didn't. That's okay. There is still more time left, and I have hope that you will talk to me even yet. You went home and it seems as if you had lots of things to do. After a few of them were done, you turned on the TV or the net; I don't know if I like TV or computers or not, just about anything goes there & you spend a lot of time each day in front of them, not thinking about anything-just enjoying the show. I waited patiently again as you watched TV and ate your meal but again you didn't talk to me. At bedtime I guess you felt too tired. After you said goodnight to your family you plopped into bed and fell asleep in no time. That's okay because you may not realize that I am always there for you. I've got patience, more than you will ever know. I even want to teach you how to be patient with others as well. Because I love you so much, a long time ago I left a wonderful place called Heaven and came to Earth. I gave it up so that I could be ridiculed and made fun of, and I even died so you wouldn't have to take my place. I love you so much that I wait everyday for a nod, praise or thought or a thankful part of your heart. It is hard to have a one-sided conversation. Well you are getting up again and once again I will wait with nothing but love for you hoping that today you will give me some time. Have a nice day!

Love Always, Your Friend,
Jesus

p.s. Do you have enough time to send this to another person?

SMILE!!!!

She smiled at a sorrowful stranger.
The smile seemed to make him feel better.
He remembered past kindnesses of a friend
And wrote him a thank you letter.
The friend was so pleased with the thank you
That he left a large tip after lunch.
The waitress, surprised by the size of the tip,
Bet the whole thing on a hunch.
The next day she picked up her winnings,
And gave part to a man on the street.
The man on the street was grateful;
For two days he'd had nothing to eat.
After he finished his dinner,
He left for his small dingy room.
He didn't know at that moment
that he might be facing his doom.
On the way he picked up a shivering puppy
And took him home to get warm.
The puppy was very grateful
To be in out of the storm.
That night the house caught on fire.
The puppy barked the alarm.
He barked till he woke the whole household
And saved everybody from harm.
One of the boys that he rescued
Grew up to be President.
All this because of a simple smile
That hadn't cost a cent.

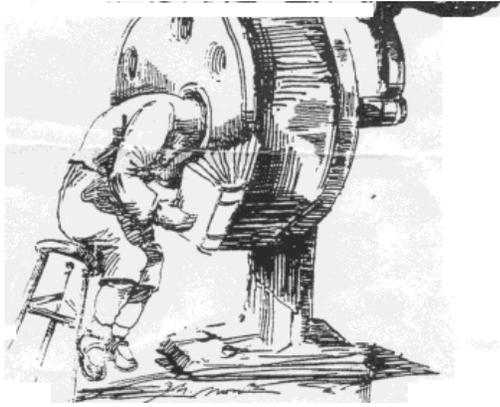
Even if you can't control fate, you can control yourself:

“Not being able to govern events, I govern myself.”—Michel de Montaigne

“Man cannot live without self-control.”—Isaac Bashevis Singer

“Most powerful is he who has himself in his own power.”—Seneca





Some Rules Kids Don't Learn In School

Unfortunately, there are some things that children should be learning in school, but don't. Not all of them have to do with academics. As a Modest back-to-school offering, here are some basic rules that may not have found their way into the standard curriculum.

Rule No. 1: Life is not fair. Get used to it. The average teenager uses the phrase 'It's not fair' 8.6 times a day. You got it from your parents, who said it so often you decided they must be the most idealistic generation ever. When they started hearing it from their own kids, they realized Rule No. 1.

Rule No. 2: The real world won't care as much about your self-esteem as much as your school does. It'll expect you to accomplish something before you feel good about yourself. This may come as a shock. Usually, when inflated self-esteem meets reality, kids complain that it's not fair. (See Rule No. 1)

Rule No. 3: Sorry, you won't make \$40,000 a year right out of high school. And you won't be a vice president or have a car phone either. You may even have to wear a uniform that doesn't have a Gap label.

Rule No. 4: If you think your teacher is tough, wait 'til you get a boss. He doesn't have tenure, so he tends to be a bit edgier. When you screw up, he's not going to ask you how you *feel* about it.

Rule No. 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping. They called it opportunity. They weren't embarrassed making minimum wage either. They would have been embarrassed to sit around talking about Kurt Cobain all weekend.

Rule No. 6: It's not your parents' fault. If you screw up, you are responsible. This is the flip side of "It's my life," and "You're not the boss of me," and other eloquent proclamations of your generation. When you turn 18, it's on your dime. Don't whine about it, or you'll sound like a baby boomer.

Rule No. 7: Before you were born your parents weren't as boring as they are now. They got that way paying Your bills, cleaning up your room and listening to you tell them how idealistic you are. And by the way, before you save the rain forest from the bloodsucking parasites of your parents' generation try delousing the closet in your bedroom.

Rule No. 8: Your school may have done away with winners and losers. Life hasn't. In some schools, they'll give you as many times as you want to get the right answer. Failing grades have been abolished and class valedictorians;



scrapped, lest anyone's feelings be hurt. Effort is as important as results. This, of course, bears not the slightest resemblance to anything in real life. (See Rule No. 1, Rule No. 2 and Rule No. 4.)

Rule No. 9: Life is not divided into semesters, and you don't get summers off. Not even Easter break. They expect you to show up every day. For eight hours. And you don't get a new life every 10 weeks. It just goes on and on. While we're at it, very few jobs are interested in fostering your self-expression or helping you find yourself. Fewer still lead to self-realization. (See Rule No. 1 and Rule No. 2.)

Rule No. 10: Television is not real life. Your life is not a sitcom. Your problems will not all be solved in 30 minutes, minus time for commercials. In real life, people actually have to leave the coffee shop to go to jobs. Your friends will not be as perky or pliable as Jennifer Aniston.

Rule No. 11: Be nice to nerds. You may end up working for them. We all could.

Rule No. 12: Smoking does not make you look cool. It makes you look morose. Next time you're out cruising, watch an 11-year-old with a butt in his mouth. That's what you look like to anyone over 20. Ditto for "expressing yourself" With purple hair and/or pierced body parts.

Rule No. 13: You are not immortal. If you are under the impression that living fast, dying young and leaving a beautiful corpse is romantic, you obviously haven't seen one of your peers at room temperature lately.

Rule No. 14: Enjoy this while you can. Sure parents are a pain, school's a bother and life is depressing. But someday you'll realize how wonderful it was to be a kid. Maybe you should start now. You're welcome.

The incomparable innocence of youth is shattered all too surely!

Please, teach the children...

His promise. The countless shining stars at night - one for each man now show the burning hope of all mankind. Santa gently laid the star upon the fireplace mantle and drew forth from the bag a glittering red Christmas ornament.

"Teach the Children, red is the first color of Christmas. It was first used by the faithful people to remind them of the blood which was shed for all people by the Savior, Christ gave his life and shed his blood that every man might have God's gift to all, eternal life. Red is deep, intense, vivid. It is the greatest color of all. It is the symbol of the gift of God." As Santa was twisting and pulling another object out of his bag, I heard the kitchen clock begin to strike twelve. I wanted to say something, but he went right on.

"Teach the Children", he said as the twisting and, pulling suddenly dislodged a small Christmas tree from the depths of the toy bag. He placed it before the mantle and gently hung the red ornament on the big Christmas tree. The deep green of the fir tree was perfect background for the ornament. Here was the second color of Christmas. "The pure color of the stately fir tree remains green all year round," he said. "This depicts the everlasting hope of mankind. Green is the youthful, hopeful, abundant color of nature. All the needles point heavenward - symbolic of man's returning thoughts toward heaven. The great, green



tree has been man's best friend. It has sheltered him, warmed him, made beauty for him, formed his furniture." Santa's eyes were beginning to twinkle now as he stood there. Suddenly I *heard* a soft tinkling sound. As it grew louder, it seemed like the sound of long ago.

"Teach the Children, that as the lost sheep are found by sounds of the bell, so should it ring for men to return to the fold; it means guidance and return; it further signifies that all, are precious in the eyes of the Lord." As the soft sound of the bell faded into the night, Santa drew forth a candle. He placed it on the mantle and the soft glow from its tiny flame cast an eerie glow about the darkened room. Odd shapes in the shadow slowly danced and weaved upon the walls.

"Teach the Children," whispered Santa, "that the candle shows man's thanks for the star of long ago. It's small, light is the mirror of starlight. At first candles were placed on the Christmas Tree - they were like many glowing stars shining against the dark green. Safety now has removed the candles from the tree and the colored lights have taken over in the remembrance."

Santa turned the small Christmas tree lights on and picked up a gift from under the tree. He pointed to the large bow ribbon and said, "A bow is placed on a present to remind us of the spirit of the brotherhood of man. We should remember that the bow is tied as men should be tied all of us together, with the bonds of good will toward each other. Goodwill forever is the message of the bow,"

Now I wondered what else Santa had in his bag. Instead of reaching in his bag, he slung it over his shoulder and began to reach up on the Christmas tree. I thought he was hungry as he reached for a candy cane, purposely placed high on the tree. He unfastened it and reached out toward me with it.

"Teach the Children that the candy cane represents the shepherds crook. The crook on the staff helps bring back the strayed sheep to the fold. The candy cane represents the helping hand we should show at Christmas time. The candy is the symbol that we are our brother's keeper," Santa then paused, he seemed to realize he should be on his way.

Later would be his big day. As he looked about the room, a feeling of satisfaction showed in his face. He read wonderment in his eyes and I am sure he sensed my admiration on this night. He was his old self as he approached the front door. The 'twinkle in his eye gave Santa away; I knew he wasn't 'through yet. He reached into his bag and brought forth a large holly wreath. He placed it on the fireplace and said, "Please Teach the Children the wreath symbolizes the eternal nature of love; it never ceases, stops or ends. It is one continuous round of affection. The wreath does double duty. It is made of many things and in many colors. It reminds us all of the things of Christmas.

Please Teach the Children.



I pondered *and* wondered and thrilled with delight,
As I saw and viewed all those symbols that night.
I dozed as I sat in the soft candle light,
And my thoughts were of Santa and all he made right.

To give and to help, to love and to serve,
Are the best things of life, all men can deserve.
Old Santa Claus that jolly fat little elf,
Is the very best symbol of Christmas itself.

He's the sign of the gift of love and of life,
The ending of evil, the ceasing of strife.
His message to me on the pre-Christmas night,
Has opened a treasure of deepest insight.

The one thing on earth we all ought to do,
Is the teaching of children the right and the true.

One of the saddest things to me - - is losing the traditions of our heritages,
the meanings behind why we do things a certain way. I feel it gives a firm foundation
to growth of the spirit within the hearts of tomorrow. . .

Well, that wraps it up for volume one, hope you did find a hmmm along the
way. See ya in volume two. . .