

**Word Out Now**  
**3020 El Cerrito Plaza #540**  
**El Cerrito, CA 94503**

Want some informative, useful mail? Send WON, a large SASE along with 6 f/c stamps and I promise you won't be disappointed. This publication comes highly recommended from TSOT and me personally. It has tons of stuff and very good stuff I might add. Plus, they plug us each month and I'm returning the favor. So, drop them a line and tell them TSOT sent you, you'll be glad you did. They do get behind at times, so have a little patience with them. Thanks.

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**3020 El Cerrito Plaza #540**  
**El Cerrito, CA 94503**

**Important Addresses to Note**

Dunlap: The Son of Trash  
407 Caddo Road  
Amarillo, Texas 79108

Newsletter  
Jokes and Crap  
Uncle Roy Access

Prison Coffee Table Book  
4786 Dressler Road NW #316  
Canton, Oh 44718

Mushfake Store  
CoffeeTable Art  
Art and Writing

Pen Friends and Services  
P O Box 4076  
Amarillo, Texas 79116

Prison Resources  
Bibles, Books,  
Legal Resources

3-G Company  
P O Box 1022  
Canfield, OH 44406

Global Big Mails  
and Free Stuff  
\$3.00 No PP's

Gala Publishing  
3020 El Cerrito Plaza #540  
El Cerrito, CA 94530

SASE for info  
Tons of Information

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Dunlap: The Son of Trash is located at:  
407 Caddo Road – Amarillo, Texas 79108

**Old Age Stuff**

Maybe it's true that life begins at fifty.  
But everything else starts to wear out, fall out, or spread out.

Middle age is when work is a lot less fun and fun a lot more work.

Statistics show that at the age of seventy, there are five women to every man. Isn't that the darndest time for a guy to get those odds?

Middle age is when it takes longer to rest than to get tired.

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Of course I'm against sin; I'm against anything that I'm too old to enjoy.

**See You Next Month**

Things are finally settling down and hopefully we'll be back to full speed in the coming months. It's been a challenge keeping up with everything during our recent re-alignment and moves, but we can finally see the light at the end of the tunnel.

We will be having some major announcements coming up, which will affect everyone in a positive way. But, I've learned not to speak too early, least I eat my words and have to humble myself.

We have some great sponsors and wonderful support groups, (3-G, Outside Connection, Gala Publishing to name a few) be sure to send them a kite and get more details, you'll be glad you did. See you in thirty days. Uncle Roy



**Dunlap: The Son of Trash**

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**Meanwhile How Are Things?**

Greetings my friends and everyone else who may happen upon these hallowed pages. We welcome a new year, with new challenges, new goals and the urge to push onward and upward. But, while 2006 was less than spectacular and rewarding, we aren't going to let that dampen our spirits for 2007. So, without further ado and even less fanfare, let's get into 2007. We are trying out new formats, in order to find the best suited way for us to come into compliance with US Postal Rules and Regulations, so hang tight a few months as we work out the kinks. But, other than that, there's a lot of material you need to check out inside and be sure to share the fun and news with your cellie and anyone else who needs a good time.

Uncle Roy Rocks!

**Real Age Benefits**

**All About YOU: Body Weight Bonus**

Whether you're a gym newbie or simply free-weight phobic, get this: Your own body is all you need to build muscle and strengthen bones.

Squats and lunges shape up your legs and butt as you lift your torso, arms, and head with every move. Push ups, sit ups, arm lifts and arm circles strengthen and stabilize the rest of you. Here's a thought to keep you motivated: If you don't do any strength building exercises, you'll lose 5 percent of your muscle every 10 years. And with a no-gym workout, there are no excuses.

**RealAge Benefit:** Strength training can make your RealAge 10 years younger.

**Darwin Award Winners, Jokes, Puzzles, News, Contacts, Information and oodles of entertainment.**

**2006 Darwin Nominee**

September 2006, Florida) A fearsome mythical giant was felled by a humble slingshot. But a modern spear gun vs. an underwater leviathan is another tale altogether, as a Florida man discovered.

Outlawed in 1990, hunting Goliath-sized groupers remains surprisingly popular. These fish can weigh hundreds of pounds, yet there are underwater hunters who choose to tether themselves to such muscular sea creatures. However unlikely a pursuit, the poaching of groupers by divers and snorkelers continues, in defiance of both the law and common sense.

Of this elite group, our Darwin Award winner distinguished himself yet further by disregarding one essential spear fishing precaution. By embarking on this hunt without a knife to cut himself loose, the "fit and experienced snorkeler" was guaranteeing that his next attack on a giant grouper would be his last.

Why anyone thinks it's a good idea to tether yourself to a fish twice your size, I don't know. Some time later, the body of the spear fisher was found pinned to the coral, 17 feet underwater. Three coils of line were wrapped around his wrist, and one very dead grouper was impaled at the other end of the line.

In those final hours, the tables were turned, and the fish was given an opportunity to reflect on the experience of "catching a person."

### Stupid Criminals of 2006

**Virginia Beach** - A bank robber in Virginia Beach got a nasty surprise when a dye pack designed to mark stolen money exploded in his Fruit-of-the-Looms. The robber apparently stuffed the loot down the front of his pants as he was running out the door. "He was seen hopping and jumping around," said police spokesman Mike Carey, "with an explosion taking place inside his pants."

**Los Angeles, California** - Police in Los Angeles had good luck with a robbery suspect who just couldn't control him- self during a lineup. When detectives asked each man in the lineup to repeat the words, "Give me all your money or I'll shoot," the man shouted, "That's not what I said!"

**Toronto, Canada** - A gas station attendant had no trouble identifying a robber for police, even though the man had worn a pair of women's panties over his head as a disguise. The thief, who later admitted that his mind was clouded by intoxicants, had stuck his face through one of the leg- holes so he could see.

### 3-G Company P O Box 1022 Canfield, OH 44406

Adults Only! All Genders! Males! Females! Broad Minded Adults Only! Private Pen Pal Magazines! Guys for Guys Only 101+ Listing Only \$6.00  
Free 50 word listing with order.

Adults Only! All Gender! Private Magazine: \$5.00  
Specify what you're looking for: Send a SASE for a listing of what we have, no responses without SASE. GET SOME BIG MAIL ! Write Today.

### Re-entry Help

Call 1-800-USA-JOBS to find the nearest employment agency, (1-800-872-5627). This agency should help with the Work Opportunities Tax Credit (WOTC) and the Federal Bonding Program (FBP). For employers who hire people with felony convictions, there is a tax-write-off of \$2,400 while the FBP provides up to \$25,000 in insurance in case of theft. For more information on FBP, call 1-800-233-3358

### Warning: You're Fat

Naveed Sattar, a professor in the U.K. stated this week in The British Medical Journal that health warning labels should be placed on larger sized clothing. By telling those who wear these sized clothes of the health risks that correspond with their size, he hopes to educate the public in what he calls an obesity crisis. According to the British Medical Journal, more than half of the population is obese, and Sattar says that there should be political intervention. The labels would be sewn into all clothes with waist sizes over 37 inches for boys or 31 inches for girls. Women's clothes over size 16 would also get a label. The label would include a warning complete with help-line numbers.

### Missing bench may draw federal attention

Whoever took a park bench from a historic site in Arkansas could end up facing a substantial federal charge, a report says. KFSM-TV Fort Smith said the theft breaks a federal law, due to the historical value of the bench, which is popular among visitors to the National Historic Site. "Out of all the benches in the park, this was the favorite of everybody's because you could sit up high and see the river and the Trail of Tears overlook," said park Superintendent Bill Black. "You could sit in the shade in the summertime, watch the sunsets in the evening, so it was the most popular bench ... . Young couples, old couples: We always knew there was somebody up here." Black told KFSM-TV it would cost the park \$2,000 to replace the bench.

### Final Notice – I Promise

I promise this will be the last time I mention this, but TSOT does not have a PP list, we refer everyone to: Pen Friends and Services, P O Box 4076, Amarillo, Texas 79116. They have updated resources and information for you, just send them a SASE for information, or \$2.75, or 8 – f/c stamps and they'll send you their newest list. They have lots of stuff and some great referrals for you, so check them out. Thanks.

### RealAge Twenty Minute Workout

You really only need two things to build muscle, burn fat, slim your waist, subtract years, boost heart health, and reduce stress --and both are free: your body and the know-how to use it. Start by walking 30 minutes a day. No excuses. "It's as important as daily sleep," says Dr. Roizen. Once you're walking every day, do this workout every other day.

During each session, work as hard as you can--that's what builds muscle. At first, you may only be able to do each move a few times; later on, you'll manage many more easily. When that happens, switch to the exercises that use tubing or weights if you like.

### Roll with It

Roll your shoulders forward for a count of 10 and back for 10. Swim shoulders back for 10 and forward for 10. Your goal is trying to get full range of movement with your shoulders. Notice any areas that you don't move fluidly, and try to open them up by relaxing as you move your hands in full circles. Between sets, get in the habit of rolling your shoulders five times forward and five times back.

### More Stupid Criminals of 2006

**Washington D.C.** - A convict broke out of jail in Washington D.C., then a few days later accompanied his girlfriend to her trial for robbery. At lunch, he went out for a sandwich. She needed to see him, and thus had him paged. Police officers recognized his name and arrested him as he returned to the courthouse in a car he had stolen over the lunch hour.

**Radnor, Pennsylvania** - Police interrogated a suspect by placing a metal colander on his head and connecting it with wires to a photocopy machine. The message "He's lying" was placed in the copier, and police pressed the copy button each time they thought the suspect wasn't telling the truth. Believing the "lie detector" was working, the suspect confessed.

**Modesto, CA** - Steven Richard King was arrested for trying to hold up a Bank of America branch without a weapon. King used a thumb and a finger to simulate a gun, but unfortunately, he failed to keep his hand in his pocket.

### Charity dummies lack licenses

The East Devon District Council in New York said two mannequins used to collect charity donations may have to cease their work because they lack licenses. A resident of East Devon complained to the council that the mannequins, nicknamed Sid and Alma, act illegally by collecting donations for the local charities without the proper collector's license required by law, The Daily Mail reported Monday. A spokesman for the council said an investigation is underway to determine the legality of the dummies' charity work. Secretary Philip Churchill said the complaints are "absurd." "The dummies are incredibly important to us and provide a significant part of our income," he told the Daily Mail. "If they went, we would have extreme difficulties replacing that income. We rely on these collections. "Visitors have their photographs taken with them -- they are a good tourist attraction."

### LA residents get taste of winter

Hollywood celebrities and affluent residents of Los Angeles have shelled out thousands of dollars for "snow jobs" --artificially created winter wonderlands. Freddy Rymond, an employee of Newhall Ice Co., said the company covers the lawns of clients with icy chips discharged by a snow-blowing device at a cost of \$160 per ton, The Washington Times reported Monday. "This is our minimum, about \$1,000," Rymond said. "It can run to about \$30,000. Most of our jobs are between 20 and 30 tons. It's getting more popular every year." Rymond said the snow lasts only a couple of hours. "The appeal is not having to shovel it. You can play in it in the warm weather. When we're tired of it, we just go in the house and forget it," he told the Times. The company's client list includes actresses Pamela Anderson and Jennifer Love Hewitt. "We do it for the studios, for anybody," he said. "On the weekends, we do about 30 a day."

### More Stupid Criminals of 2006

**Ionia, Michigan** - When two service station attendants refused to hand over the cash to an intoxicated robber, the man threatened to call the police. They still refused, so the robber called the police and was arrested.

### Germans offers English a new insult

With so many English words creeping into German, the Goethe Institute in Munich says it's only fair to offer one in trade: *fachidiot* as a new insult. The institute held a competition to nominate real German words that would most benefit English, and *fachidiot* was declared the winner, the EU Observer reported. It literally pertains to academics who are "idiots of their own subject," the institute said in its winner's announcement. "The difference is that a one-track specialist still notices what is going on around him, in the world which has nothing to do with university. A *fachidiot* simply does not, or not anymore," the statement said. The word beat out *kummerspeck*, which translates literally to "grief bacon" but means "excessive weight gain caused by emotion-related overeating," the newspaper said. Another runner-up was *backpfeifengesicht*, which means a face that makes you want to slap it, the institute said.

### Warm Beer Leads to Shooting

A St. Louis man was shot to death Sunday night over a warm beer, police said. St. Louis police say a woman shot her husband, who was about 70 years old, four to five times in the chest after he tried giving her a warm can of Stag beer. Police said the wife admitted shooting him about 5:40 p.m. in the kitchen of their home in the 5100 block of Terry Avenue. Police said the home had no electricity at the time. Homicide detectives would not identify the man. The woman, whom police also did not identify, was taken into custody.

**If you have a 'zero' or a 'one' on your envelope, it's time to re-new!**

**Strange Beauty Quotes:** Beauty is only skin deep, but goes all the way to the bone. Beauty dies and fades away, but ugly holds its own. Beauty is only skin deep, and the world is full of thin skinned people. There are no ugly women, there are only women who don't know how to look pretty. Looks are so deceptive that people should be done up like food packages with the ingredients clearly labeled. Any girl can be glamorous, all you have to do is stand still and look stupid. The reason the All-American boy prefers beauty over brains is that the All-American boy can see better than he can think – Farrah Fawcett Majors.

### 2006 Top Ten T-Shirt Slogans

1. "Frankly Scallop, I Don't Give a Clam." (seen at Cape Cod)
2. "That's It! I'm Calling Grandma!" (seen on an 8 year old)
3. "Wrinkled Was Not One of the Things I Wanted to Be When I Grew Up"
4. "Procrastinate Now."
5. "Rehab Is for Quitters."
6. "My Dog Can Lick Anyone."
7. "I Have a Degree in Liberal Arts - Do You Want Fries With That?"
8. "Party - My Crib - Two A.M." (on a baby-size shirt)
9. "Finally 21, and Legally Able to Do Everything I've Been Doing Since 15."
10. "ALL MEN ARE IDIOTS, AND I MARRIED THEIR KING."

### Spray On Condom Comments

The spray-on condom seems a viable proposition until you realize that removing the condom could end up like a male version of bikini-line waxing... (from a Florida Inmate)

In response to your 'How do you take the spray-on condom off' question... Turpentine should do the trick, but it will make your dickiedo smell like a pine cone for a while. (from a California Inmate)

### Let Blind Hunters Use Lasers

**AUSTIN, Texas** - A lawmaker in this firearm-friendly state wants to help more people get the chance to shoot live animals even if those people can't see. A bill filed for the 2007 legislative session would permit legally blind hunters to use laser sights, or lighted pointing instruments. "This opens up the fun of hunting to additional people, and I think that's great," said Republican Rep. Edmund Kuempel. Visually impaired people are allowed to shoot now with the aid of a sighted person, he said, a requirement that would continue if the sights were legalized. "I've seen this on TV before, when they're taking target practice," Kuempel said. "When they aim the gun, the guide tells them, aim two inches higher or two inches lower and you're on the target, and you're off and running." Kuempel's bill would give the state until Jan. 1, 2008, to come up with a definition of legally blind so the law could be enforced. Under existing law, the use of laser sights, spotlights and headlights is strictly prohibited in all Texas hunting. The practice can have the effect of making animals stand still as the light shines on them. Hunters using sights under the proposed legislation would have to carry proof that they are legally blind. The Legislature convenes Jan. 9 for its 140-day session.

*Note: This is why I love Texas, it's equal opportunity for everyone -*

**Q:** What changes would occur in your lifestyle if you could no longer drive lawfully?

**A:** I would be forced to drive unlawfully.

**Q:** What is the difference between a flashing red traffic light and a flashing yellow traffic light?

**A:** The color.

**Q:** How do you deal with heavy traffic?

**A:** Heavy psychedelics.

**Q:** What can you do to help ease a heavy traffic problem? **A:** Carry loaded weapons.

**Q:** Why would it be difficult to be a police officer?

**A:** It would be tough to be a dickhead all day long.

### Student Makes Deposit at School

A student at Wheaton North High School has been accused of depositing his bodily fluids into a container of ranch dressing in the school cafeteria. When police investigated they reported that he did in fact supply an extra ingredient to the dressing- his own semen. School officials, parents, and most of all students were disturbed, outraged, and horribly revolted. The dressing was ingested by an unknown number of students during the last lunch period on Wednesday and all five lunch periods on Thursday, before it was discovered. Though rumors swirled around the school that it had been going on for months, school officials have made clear that this is an isolated incident and the police assure that an attempted aggravated battery arrest is imminent. Nevertheless, in order to reassure the public, the superintendent has made a statement of changed protocols of the access to and type of containers used in the cafeteria.

### Driving Test Questions

**Q:** Do you yield when a blind pedestrian is crossing the road?

**A:** What for? He can't see my license plate.

**Q:** Who has the right of way when four cars approach a four-way stop at the same time?

**A:** The pick up truck with the gun rack and the bumper sticker saying, "Guns don't kill people. I do."

**Q:** What are the important safety tips to remember when backing your car?

**A:** Always wear a condom.

**Q:** When driving through fog, what should you use?

**A:** Your car.

**Q:** How can you reduce the possibility of having an accident?

**A:** Be too shit-faced to find your keys.

**Q:** What problems would you face if you were arrested for drunk driving?

**A:** I'd probably lose my buzz a lot faster.

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# PLAYING POST OFFICE

By Verna Suit

1	2	3	4	5	6	7	8	9	10	11	12	13
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## ACROSS

- 1) 1945 Summit Site
- 6) Recipe Measure
- 9) Expression of Contempt
- 14) Seize Forcefully
- 15) Bali \_\_\_\_\_
- 16) Useful
- 17) Belt Beeper
- 18) Slithery Sea Creature
- 19) Famous Party-Giver Perle
- 20) Pirate Captain
- 22) God's Gatekeeper
- 24) Gibson Garnish
- 28) Storybook Meanie
- 29) Life's Work
- 30) PC Bailout Key
- 33) Drink Noisily
- 35) Outfit Anew
- 36) Cal. Column
- 37) Coin Flips
- 39) Pyle Player
- 41) Senate Complement
- 42) Alas Partner
- 46) Babes in the Woods
- 47) Half a Fly
- 48) Cubbyholes
- 50) Narrow Valley
- 51) "Tosca" or "Turandot" e.g.
- 53) Dugong Cousin
- 56) 541, in Old Rome
- 57) Acid in Proteins
- 60) School Org.
- 64) Language Producing shampoo and pajamas
- 65) "Wait \_\_\_\_\_ the Sun Shines, Nellie"
- 66) Clint's "High Plains Drifter" co-star
- 67) Just Right
- 68) Actor Mineo
- 69) Calvin Trillin piece, perhaps

## DOWN

- 1) Slangy Assent
- 2) Simile Middle
- 3) Tote
- 4) Tough trip-takers
- 5) Taxing Month
- 6) Sharp Cheese, perhaps
- 7) Trucial states, today (Abbr)
- 8) Light Lager
- 9) Bellow-powered parlor player
- 10) Dutch Painter Jan
- 11) HS Subject
- 12) Adenauer Moniker "Der \_\_\_\_\_"
- 13) Be Clad In
- 21) One Solstice Mo.
- 23) Marketing Ploy
- 24) Sticky Stationery
- 25) Dome Homes
- 26) Defoe castaway
- 27) Lode Load
- 30) "Asterisque" e.g.
- 31) Water Rider
- 32) Big Name in Planes
- 34) Frying aid, sometimes
- 38) Toast Serving
- 40) Some Reed Instruments
- 43) Goes Along With
- 44) Greek X
- 45) Kay who was married to Rex
- 49) Number of Monty Pythoners
- 51) Bamboo eater
- 52) Martini Garnish
- 53) Half a Fish
- 54) Surrounded by
- 55) Mudville number
- 59) \_\_\_\_\_ Maria Liqueur
- 61) Choice Words
- 62) Double Helix Material
- 63) State

December 25, 2006

Dear Friends –

It's late Christmas evening and I'm sitting at my desk, preparing for this week's appointments, and projects. I've decided to set all of that aside and write a brief note to the many wonderful individuals who so generously and patiently support the PCTBP and her many, many subsidiary projects. You all stay on my mind, and especially during these holidays. Especially tonight. It's hard to say "Merry Christmas" to an individual who is incarcerated, so I send a warm hug and a sincere smile. I didn't have time to send cards to anyone. But I'm thinking about everyone.

As you know, I have depended on Uncle Roy and TSOT newsletter to keep you posted on the major happenings of the past couple of months. This move to Ohio has been EXTREME, though very beneficial for the projects and the future. Organizations that are posturing themselves to really benefit offenders and ex-offenders have graciously met with us, and, now, providing housing and employment for ex-offenders is becoming a reality. These benefits will entail closely-monitored re-entry programs, but it is a starting point. New re-entry benefits and support systems are being proven to reduce recidivism, a goal of several local judges, organizations, and citizen groups. Team efforts. The PCTBP is honored to be included in these efforts and to see them come to fruition. I continue to be very honored to spend my time in pursuit of change. Of identifying and breaking cycles.

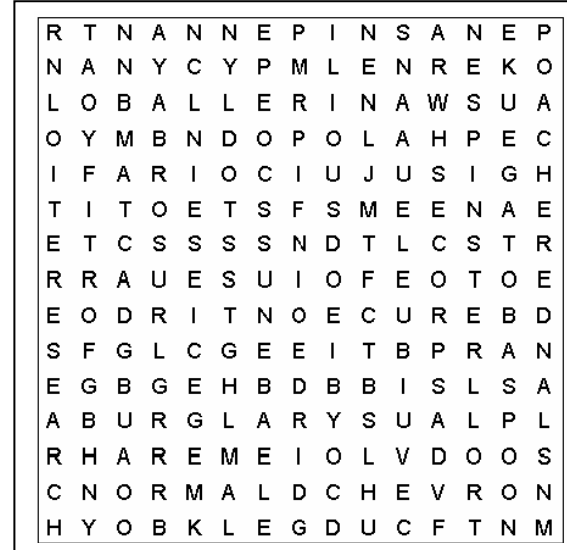
We are looking at several buildings for the store and museum here in Canton. We have already been provided a wonderful office to move into the first of the year. With every day, new contacts and facets are gifted to the projects. The book has caught the eye of D.C., where Roy and I will soon travel.. Tonight, I am just popping my head up and taking a moment to personally tell you that you are appreciated and we are pulling this all together as quickly as time, money, and human bureaucracy will allow. Time has not allowed me the joy of personal correspondences, and that will likely not change until well into the spring. I truly do miss corresponding,  
**Continued top of page.....**

but right now I must invest my time in ways that effect the greatest needs. Thank you for understanding, and for your lasting friendship. Just remember that my silence is usually an indicator of much action. So, stay plugged into Dunlap: The Son of Trash newsletters for all the latest developments.

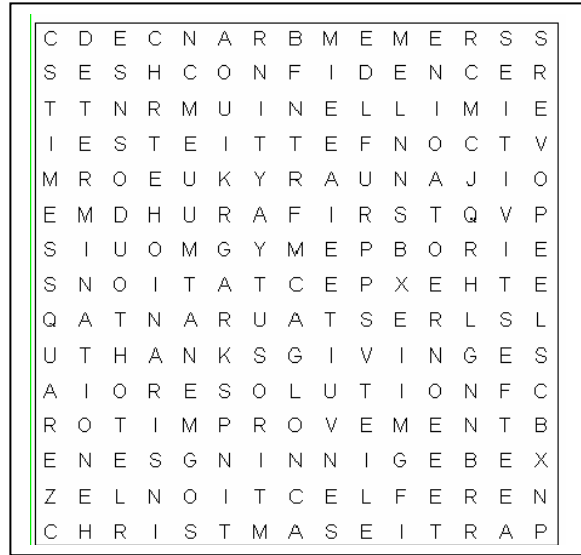
Namaste,  
Carol Briney

**Outside Connection Inc.  
211 North Grove Street  
Berlin, NJ 08009**

We at Outside Connection know the cost of collect calls from the correctional facilities is placing a huge burden on friends and families' finances. Trying to speak with a loved one has become so costly, it is almost impossible to afford now. The states are charging this extra money to your friends and families as a way to subsidize the costs of running the facilities. Point blank, it is a TAX on them, because they can get away with it. What we do is use technology to circumvent these extremely high collect costs. We are a telecom company that was designed and opened for the purpose of **LOWERING** the rates your people incur for speaking to you. We do not touch the facility phone systems. We do nothing against the rule of law. The state can NOT tell friends and families how to have their telecommunication services provided. Your loved ones have done nothing wrong and thus, they are free to use the company of their choice. Have your friends or family call us at 1-800-270-8810, we can **LOWER** the collect rates they pay. Within 48 hours, the costs they pay will be lowered to a NORMAL rate. We at Outside Connection are fighting hard for everyone's rights. We are at the FCC fighting for YOU! Either write to Outside Connection Inc for more information or have your loved ones call them and tell them, You Heard About Them Through Your Pen Friends and Services Resources and Dunlap: The Son of Trash – Your Prison Newsletter You'll Be Glad You Did!



**New Look – Same Stuff**  
We hope you enjoy the new, easy to hold issue of TSOT. We are trying to comply with US Postal Regulations so we can get discounted postage. Please bear with us as we experiment. Thanks



**word search words (Above)**

Beginnings	Festivities	Thanksgiving
Celebration	First	Noisemakers
Century	Guests	Parties
Christmas	Hotel	Reflection
Confetti	Improvement	Remembrance
Confidence	Millennium	Resolution
Determination	January	Restaurant
Expectations	Sleepovers	Time Square

**word search words (to the left)**

Aggression	Consonant	Harem
Archaic	Cudgel	Hug
Awe	Detest	Humdinger
Ballerina	Dubious	Insane
Blissful	Dust	Kernel
Boy	Elf	Loiter
Burglary	Episode	Mediocre
Cephalopod	Far	Normal
Chevron	Feeble	Outbreak
Cloister	Fortify	Pennant
Poacher	Project	

## For Your Lungs Sake, Chill Out

Ever been so mad you could spit? Your lungs may have something to say about that.

Although lung function naturally declines with age, recent research suggests it may decline faster in perpetual hotheads than in even-tempered sorts. Next time you're seething, try this on-the-spot cool down; close your eyes, relax your muscles, and imagine yourself far away from what's making you so mad. Then, breathe deeply.

In a recent study, men who scored highest in hostility also performed poorly on three 'tests of lung function', both at the beginning of the study and during follow-up visits years later. Scientists believe that strong negative emotions may provoke inflammation and alter hormone function, both of which can knock the wind out of your lungs.

Also, the kind-of-bad feeling that piggybacks anger often goes hand-in-hand with smoking and inactivity, two of the biggest known breath-takers around.

The next time you turn into a snarling Tasmanian devil, employ a chill-out-strategy. Don't have one? Try this: Take a deep breath and scrunch up every muscle in your face as hard as you can. Now, slowly exhale and release those muscles one-by-one.

If you don't feel lighter after that, try looking in the mirror when you do it!

## Father Time Quotes:

Time is great teacher, but unfortunately it kills all its pupils. Hector Berlioz

Being rich is having money; being wealthy is having time. Margaret Bonnano

Men talk of killing time, while time quietly kills them. Dion Boucicault

Take care of the minutes, for the hours will take care of themselves. Lord Chesterfield

## The Egomaniac Test

1) You can save the life of a dying person across the world who you don't know. The catch is that, in exchange, you will be 75 pounds overweight for the rest of your life. Would you do it? Yes or No

2) When you break up with someone, do you think it is impossible for them to ever find someone as great as you? Yes or No

3) Would you anonymously donate a lot of money to charity? Yes or No

4) You've just finished having sex and it's very clear your partner is not satisfied. Do you.....  
a. \_\_\_ Feel inadequate  
b. \_\_\_ Wonder what is wrong with them  
c. \_\_\_ Decide to give it just one more go

5) The local newspaper wants to do a story on how successful you are. Do you....

a. \_\_\_ Insist that they talk about all those who have helped you along the way  
b. \_\_\_ Decline – there's more important news  
c. \_\_\_ Agree only if you're on the front page

6) Do you think your life story would make a great movie? Yes or No

7) Would it bother you if your mate made money than you? Yes or No

8) Have you ever shown up late to a function so you could "make an entrance"? Yes or No

9) Do you check out your reflection when you pass a large window? Yes or No

10) Are you great in bed? Yes or No  
**See Responses else where in this issue.**

## Egomaniac Test Results

Give yourself 10 points for every Yes answer and subtract 10 points for every No answer.  
Question 4: Subtract 10 for a or b, add 10 for c.  
Question 5: Subtract 10 for c, add 10 for a or b.

According to your score on the test, you range from the humblest of the humble to a bigheaded show-off, depending on the situation. Chances are, you're pretty fond of yourself but are generally able to keep your ego in check. From time to time, however, you just can't resist the urge to overtly strut your stuff. Maybe you're extremely confident about your looks or proud of your career accomplishments - which is perfectly fine. Just be careful not to rub it in other people's faces or develop a superiority complex. If you really are so fabulous, there's no need to scream it off the rooftops - everyone will already know!

## Manly Manly Jokes

A woman and her son were taking a cab in New York City. It was raining and all the hookers were standing under the awnings.

"Mom," said the little boy, "what are all those women doing?" "They're waiting for their husbands to get off work," she replied.

The cabbie turns around and says, "Geez lady, why don't you tell him the truth? They 're hookers, boy! They have sex with men for money.

"The little boy's eyes get wide and he says, "Is that true, mom?" His mother, glaring hard at the cabbie, answers in the affirmative.

After a few minutes, the kid asks, "Mom, what happens to the babies those women have?" She reponds, "Most of them are cab drivers".

## The Liar Test

1) You've had a one-night stand that meant nothing to you, and in fact, you regret it. Your significant other with whom you're in a committed relationship confronts you about it. Do you tell them the truth?  
Yes or No

2) You are about to dump your significant other because you have met someone new that you think is really "the one". Do you tell them the real reason you're breaking up with them?  
Yes or No

3) Have you ever told someone they were fantastic in bed when they weren't? Yes or No

4) You have witnessed a violent crime close to home. The police are canvassing the neighborhood looking for the people to testify at the upcoming trial, which happens to be the week of your vacation in Europe. Do you:  
a. \_\_\_ tell the police everything you saw  
b. \_\_\_ tell them you saw something suspicious but didn't see the perpetrator  
c. \_\_\_ tell the police you didn't notice anything unusual that night.

5) You are having sex for the first time with someone you really, really like. They begin an 'activity' that you've never engaged in, and in fact, makes you quite nervous. Do you:  
a. \_\_\_ tell them to forget it  
b. \_\_\_ ask them to take it slow and respect you if you ask them to stop  
c. \_\_\_ Take a deep breath and go for it

6) Is it OK to make up information on your tax return to save money? Yes or No

7) If the 3 people closest to you were asked about your honesty, would you get a good review? Yes or No

8) Do you agree with this statement: "The only lies that matter are the ones that you get caught telling?" Yes or No

9) Would you tell someone you love them, even if you didn't, just to get something you really wanted? Yes or No

10) Have you ever told an outright lie after saying the words, "I swear to God" or "I swear on my life"? Yes or No

**Details elsewhere.....**

### The Liar Test Results

Give yourself 10 points for every 'Yes' and subtract 10 points for every 'No'.

Question 4: 10 points for A or B, Minus 10 for C

Question 5: 10 points for B or C, Minus 10 for A

Remember the boy who cried wolf? Along the same vein, Aesop once wrote, "A liar will not be believed, even when he speaks the truth." You're not a hard-core fibber, but you do give in to the temptation to blur the truth from time to time. You may convince yourself that it's only human and no real harm is done, but in reality you could be causing problems in your relationships. Once you're caught telling a falsehood, people will place less trust in your word. And, of course, there is the tendency even the most innocent of lies have to snowball and end up doing more damage than intended. Consider the consequences of your fabrications, and put some thought into changing your behavior. Since your score was so - so, you're already halfway there.

*The Just-For-Fun Tests developed for FX's TV show "The Test" are for entertainment purposes only and are not intended to provide any diagnosis of the user.*

Did you ever hear one of these corny positive messages on someone's answering machine? "Hi, it's a great day and I'm out enjoying it right now. I hope you are too.

The thought for the day is: "Share the love." BEEP

"Uh, yeah...this is the VD clinic calling....Speaking of being positive, your test results are back. Stop sharing the love.."

### Wisdumb of the Month (from Dr. Wolf)

#### The Doctor is Out This Month

### Not Another Lawyer Joke!

Q. Why does the Law Society prohibit sex between lawyers and their clients?

A. To prevent clients from being billed twice for essentially the same service!

Q. What's the difference between a tick and a lawyer?

A. A tick falls off you when you die!

Q. What's black and brown and looks good on a lawyer?

A. A Doberman

Q. What do lawyers and sperm have in common?

A. One in 3 million have a chance of being human.

Q. What's the difference between a female lawyer and pitbull terrier?

A. Lipstick

Q. What do you call 20 lawyers skydiving from a plane?

A. Skeet

Q. Santa Clause, The Tooth Fairy, an honest lawyer and an old drunk are walking down the street, when they simultaneously spot a lost hundred dollar bill. Who gets it?

A. The old drunk, of course, all of the others three are mythical characters.

### Quick Jokes

Ever wonder about those young people who spend \$2.00 for a little bottle of Evian water? Try spelling Evian backwards.....Naïve

If 4 out of 5 people SUFFER from diarrhea, does that mean that one enjoys it?

Do infants enjoy infancy as much as adults enjoy adultery?

If love is blind, why is lingerie so popular?

### The Rat Race Revisited

by J. Robert Starkey (Jarratt, VA)

At 5:30 every morning, give or take a minute or two or three, my eyes pop open. I take the time as I lie there to enjoy the peace and quiet, sporadically interrupted by my cellie rolling over to burrow himself deeper and deeper into the blanket that provides only minimal protection from the oncoming winter. As I remain prone in the dormant darkness, I consider a few projects that I would like to complete that day, the things I would like to do coupled with the things that I would like to *avoid* doing, both equally important. It takes me only a few minutes or so before my body discontinues refusing to comply with my request to move and I rise to begin the day.

Now that I am awake, I no longer fear stumbling in the early morning darkness as I trek toward the sink. I immediately recognize the shape of boots, shower shoes and other obstacles in a room far too small to hold the belongings of two adult men, avoiding anything that would otherwise hinder me from performing my routine hygienic duties. I accurately apply toothpaste to my toothbrush, wash my face and comb my hair, all in complete darkness. It is a talent I have developed over the years in an effort to enjoy a few moments of privacy while not disturbing my slumbering roommate.

By the time I have gathered my belongings, the mostly inaudible screeching over the loudspeakers attempts to inform us that count has cleared. Before I am able to finish tying my work boots, my cellie has predictably launched himself from his bed. I have honed the ability to get out of his way while continuing to accomplish a few tasks before I leave the cell. In one fell swoop he has managed to affix the appropriate clothing to his body as he becomes one with the deluge of bodies, a perpetual mad dash to retrieve, of all things, a chair. And not just any chair. According to the armchair aficionados, the beige chairs are much better than the burgundy ones. Something about lumbar support, I suppose. Why the quickened scramble for a chair, you ask? In an area designed to house 43 men, there are now housed 84 men and in that living/day room area there are only about 43 or so combination of chairs, stool or bench spaces provided for the 84 occupants.

**continued top of page**

Our door eventually opens. It depends upon who is working the booth that particular day. A swift glance tells me that it is Ms. W, who has a disposition similar to that of a rabid pit bull, in control of our door. She will open it in just enough time for us not too be late but not in enough time to properly socialize. I casually stroll out into the day room area, far behind the other gentlemen who have already collided in an effort to secure seating. I need not worry because my buddy, whom I have known for the past fourteen years or so, is one of the first in the wave of furniture seekers and has already reserved me a chair. I would be much too late to secure one of my own, but not too late as to look like my buddy is hogging it.

I greet everyone at the table as I settle in. Depending on the feeding rotation, it could be anywhere from a five minute to an hour or more delay to eat breakfast. I have brought my daily reading and my work folder, both to occupy my time, to help ignore the rumbling in my stomach and to place in my chair to secure my spot when I leave. Sort of like some furry, feral animal marking his territory with his personal scent, expect I do so with pieces of paper. One could reasonably ask why feel the urgent need to claim something so seemingly inconsequential as a plastic chair, when it would be better to avoid the wave of humanity that crashes against inanimate objects on a daily basis. Why risk embarrassment and limb to retrieve an object of dubious worth? I think that there is an inherent value to being able to do something as minor as to sit comfortably, no matter how briefly, in an atmosphere designed to make you uncomfortable. We all feel the need to carve out our own little space in this world, whether it is through words, music, art or deeds. We do so, successfully or unsuccessfully, to both remind ourselves who we are and more importantly, who we could become. For a moment we are relaxed enough where we can take the time to give consideration to other thoughts and feelings as we sit and casually survey our environment. Even if we are simply sitting in a plastic chair.

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*Want to share your 'race for the chairs' story with us, if so send it in and we'll print the best ones. Or, if you have other experiences you want to share, send them in.*

## What Not To Say To A Cop

"Remember, I pay your salary."

"I thought you had to be in relatively good physical shape to be a police officer."

"Do you know why you pulled me over? Okay, just so one of us does."

"Gee officer, that's terrific. The last officer only gave me a warning."

"I was going to be a cop, but I decided to finish high school instead."

"Gee, that gut sure doesn't inspire confidence."

"Is it true that people become cops because they are too dumb to work at McDonalds."

"Sall right occifer... I only had tee martoonis!"

"Hey, is that a 9mm? That's nothing compared to this here 44 magnum."

"Hey, you must have been doing 115 to keep up with me, awesome job!"

"I was trying to keep up with traffic. Yes, I know there are no other cars around, that's how far they are ahead of me."

"So tell me, are you on the take or what?"

"Sorry officer, I didn't realize my radar detector wasn't plugged in."

"What do you mean have I been drinking? You are the trained specialist."

"Dude! You look just like the guy in the picture on my girlfriend's night stand."

## WHO IS JACK SCHITT????

The lineage is finally revealed. Many people are at a loss for a response when someone says, "You don't know Jack Schitt". Now you can intellectually handle the situation.

Jack is the only son of Awe Schitt and O. Schitt. Awe Schitt, the fertiliser magnate, married O. Schitt, a partner of Knee-deep & Schitt Inc.

In turn, Jack Schitt married Noe Schitt, and the deeply religious couple produced 6 children : Holie Schitt, Fulla Schitt, Giva Schitt, Bull Schitt, and the twins, Deap Schitt and Dip Schitt.

Against her parent's objections, Deap Schitt married Dumb Schitt, a high school drop out.

After being married 15 years, Jack and Noe Schitt divorced.

Noe Schitt later married Mr. Sherlock, and because her kids were living with them, she wanted to keep her previous name. She was known as Noe Schitt-Sherlock.

Dip Schitt married Loda Schitt and they produced A nervous son Chicken Schitt.

Fulla Schitt and Giva Schitt were inseparable throughout childhood and subsequently married the Happens brothers in a dual ceremony. The wedding announcement in the newspaper announced the Schitt-Happens wedding. The Schitt-Happens children were Dawg, Byrd and Hoarse.

Bull Schitt, the prodigal son, left home to tour the world, He recently returned from Italy with his new bride, Piza Schitt.

So now if someone says, "You don't know Jack Schitt", you can correct them. Not only do you know Jack, you know his whole family!

Two students were walking across campus when one said, "Where did you get such a great bike?"

The second replied, "Well, I was walking along yesterday minding my own business when a beautiful woman rode up on this bike. She threw the bike to the ground, took off all her clothes and said, "Take what you want."

"The second nodded approvingly, "Good choice; the clothes probably wouldn't have fit."

What is the difference between Mechanical Engineers and Civil Engineers?  
Mechanical Engineers build weapons, Civil Engineers build targets.

## 2006 Darwin Award Winners

We salute the improvement of the human genome by honoring those who accidentally remove themselves from it., insuring that the next generation is one idiot smarter.

### Runner Up:

(19 March 2006, Belize) Benjamin Franklin reputedly flew his kite in a lightning storm, going on to discover that lightning equals electricity. However, certain precautions must be taken to avoid sudden electrocution. Kennon, 26, replicated the conditions of Ben Franklin's experiment, but without Ben's sensible safety precautions. Dennon was flying a kite with a short string that he had extended with a length of thin copper wire.

The copper made contact with a high-tension line, sending a bolt of electrical lightning towards the man. Just bad luck? Kennon's father told listeners his son was an electrician, and "should have known better." Kennon is survived by his parents, six sisters, and five brothers.

continued next column

A pastor, a doctor and an engineer were waiting one morning for a particularly slow group of golfers. The engineer fumed, "What's with these guys? We must have been waiting for 15 minutes!" The doctor chimed in, "I don't know, but I've never seen such ineptitude!"  
"The pastor said, "Hey, here comes the greenskeeper. Let's have a word with him." [dramatic pause]

"Hi George. Say, what's with that group ahead of us? They're rather slow, aren't they?"  
The greenskeeper replied, "Oh, yes, that's a group of blind firefighters. They lost their sight saving our clubhouse from a fire last year, so we always let them play for free anytime."

The group was silent for a moment. The pastor said, "That's so sad. I think I will say a special prayer for them tonight."

The doctor said, "Good idea. And I'm going to contact my ophthalmologist buddy and see if there's anything he can do for them."

The engineer said, "Why can't these guys play at night?"

## 2006 Darwin Award Winner(s)

(3 June 2006, Florida) Two more candidates have thrown themselves into the running for a Darwin Award. The feet of Jason and Sara, both 21, were found protruding from a deflated, huge helium advertising balloon. Jason was a college student, and Sara attended community college, but apparently their education had glossed over the importance of oxygen.

When one breathes helium, the lack of oxygen in the bloodstream causes a rapid loss of consciousness. Some euthanasia experts advocate the use of helium to painlessly end one's life.

The pair pulled down the 8' balloon, and climbed inside. Their last words consisted of high-pitched, incoherent giggling as they slowly passed out and passed into the hereafter.

Sheriff's deputies said the two were not victims of foul play. No drugs or alcohol were found. The medical examiner reported that helium inhalation was a significant factor in their deaths. A family member said "Sara was mischievous, to be honest. She liked fun and it cost her."