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Helen Keller

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PLAYING HOUSE

A little girl and a little boy were at day care. The girl approaches the boy and says, "Hey Tommy, wanna play house?"

He says, "Sure! What do you want me to do?"

The girl replies, "I want you to communicate your thoughts."

"Communicate my thoughts?" said a bewildered Tommy. "I have no idea what that means."

The little girl smirks and says, "Perfect. You can be the husband."

PASSWORD PROTECTION??

A technician created an account for a new system user, who tells the tech that he has a hard time remembering things like usernames and passwords.

The tech suggested that he could write it on a small piece of paper until he memorized it, then destroy it, emphasizing that he shouldn't write any other information on the paper in case he lost it. The tech added that it would be the same as writing his PIN on his ATM card.

The user reached in his wallet and pulled out his ATM card and said, "Like this?"

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By now, you should have received your City of Airdrie community calendar for 2008. Hang the calendar somewhere handy, then tune into "The Range" 106.1 FM and listen for your chance to win great prizes every weekday. Marked on your calendar is the word of the day every Monday through Friday. Simply listen to "The Range" for your chance to call in with the word of the day.

CONTEST LINE: 212-1061

For those that did not receive home delivery of "Here's the Scoop"...you can get the word of the day via internet. Simply visit www.heresthescoop.com and click on the community calendar link to print off your own calendar. You can also pick up a community calendar at the City of Airdrie's City Hall on Main Street, Airdrie.

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TATTOOS

When my brother-in-law was on leave from the Navy, he brought home a heavily tattooed friend. We all sat down to Sunday lunch and my four-year-old nephew couldn't take his eyes off the man's colorful arms. Curiosity finally got the better of him. Politely, he asked the visitor, "Didn't your mother give you paper to write on?"

JOB INTERVIEWS

My employment search preoccupied our family for months. One day my husband told our three boys that to make things easier for me, he had a list of jobs for them. They were all silent until our six-year-old spoke up: "When are the interviews?"

SUSPICIOUS PACKAGE?

There was an unexpected knock on my door, and like I always do I first opened the peephole and asked, "Who's there?" "Parcel post, ma'am. I have a package that needs a signature." "Where's the package?" I asked suspiciously. The deliveryman held it up. "Could I see some ID?" I said, still not convinced. "Lady," he replied wearily, "if I wanted to break into your house, I'd probably just use these." And he pulled out the keys I had left in the door.



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CLEARING CLUTTER THE FENG SHUI WAY

We are a very materialistic society – we are very good at accumulating stuff and very bad and getting rid of it. We define ourselves by what we own, not by the people that we are. I would like to share with you the positive effect that clearing clutter will have and give you some very easy tips for clearing clutter in your home.

Chi (energy) and Clutter:

First let's talk about Chi, which is the Feng Shui word for energy. Chi is Life Force. Chi is invisible – we can't see it but we can certainly feel its effects. Everything has Chi – living things have Chi and inanimate things have Chi too. Chi is either positive or negative – energy is never neutral. It is always affecting you in either a positive or negative way. When Chi is NOT flowing we feel blocked and unhappy as if our lives are stuck.

If everything has energy, then clutter has energy too. If energy can only be positive or negative, then the energy of clutter is very negative. Clutter is a prime cause of a blocked unsuccessful life.

Clearing Clutter Strategies:

If you don't LOVE it or NEED it – throw it out! This is a great clearing clutter strategy; there is no grey area here. If an item hasn't been needed or used in the past year, then get rid of it.

1. Make a conscious decision to keep fewer things.
 2. Work on the 50:50 rule. All flat surfaces in your home should only have a small amount of stuff on them so that at least half the surface is left uncovered. The harder task is to only fill drawers 50%, but the benefit is that you will leave room for wonderful new things, new opportunities, to enter your life.
- Have plan. Some people like to de-clutter for 20 minutes each day, some like to set aside a day to get the job done. It doesn't matter how you do it – just have a plan. Set aside the time; get in the supplies (boxes, garbage bags, markers) and make sure you have some great snacks and put on some music to make it more enjoyable.
- Start Today. Throw away 9 items, donate 9 items, recycle 9 items. In Feng Shui the number nine vibrates with the energy of 'complete balance'. Clearing clutter will impact your life in a very positive way and it won't take you half as long to clear it out as it did to accumulate it.

~ Dr. Debra Ford Msc.D
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opportunity fleeting,
experience
treacherous,
judgment difficult."*

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Police in Los Angeles, California had good luck with a robbery suspect who just couldn't control himself 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!"

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MY ADVENTURES IN CHANGING A LIFESTYLE

Tamara L. Carmell

I don't know what I expected when I decided to start changing my lifestyle. I guess a small part of me hoped that I would have this "magical" band of stars circle around me, just like in Cinderella, and poof! I'd drop those 50 pounds. I guess I need to start living in the real world! I have, however, really tried to be faithful at the gym and overhauling my eating habits. I must say, even though I still have a ways to go, I do feel more energized and overall, I feel really good!

This week marks my fourth week in my lifestyle change. As you know, I have signed up with a local gym for the first time in my life. I have gone to the gym Monday to Friday every week, except those three really, really cold days. I'm proud that I've done this, especially since I have chosen to head to the gym at 6:00 am! That's a record for me! But, I have to tell you, I have never been so rewarded. I have found myself completely energized after my workouts and my day becomes very productive. Those three days I took off from the gym were such slow, sluggish days. I was surprised at how much of a difference working out made. I'm quite impressed. They say that exercise is good for you, but who knew it would be this good. I get so much more done and that, in itself, makes me feel great!

My family has endured some new menus, and for the most part, they've enjoyed their meals. I have taken out several library books on healthy eating. I've started researching why, and how, eating certain foods is better for you. I'm completely amazed! I wish we had been taught this stuff in school. One thing I've really found interesting is that apple cider vinegar is really good for you. Adding it to a low calorie dressing on your salad isn't only very beneficial, but it tastes really good, too!

This week, I had to face my weigh in. Though I was quite disappointed with my overall weight loss of 4.08 lbs, I was very excited at the 6.25 inches lost overall! I was told that you shouldn't rely on the number of "pounds" lost as an accurate measure for weight loss, but instead, the number of inches, as muscle mass weighs more, it can be deceiving. Still, I'm happy to report that I've lost some weight and though I have a ways to go yet, I'm on my way to reaching my weight loss goal of 50 pounds!

So, if any of you have thought that maybe this will be the year that you'll start to live a healthier lifestyle, please, make the effort. The benefits far outweigh the "sacrifices" you may feel you have to make.

Well, I'm off to the gym again. This week I'm going to try and add a little more weight to that weight training regime. I'm a little nervous, but I know I can do it! And so can you!

In 1901, Annie Taylor was the 1st woman to go over Niagara Falls in a barrel. She was aged 64 years at the time.

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