

The BUZZ



Summer 2009

Laugh Out Loud!

Laughter reduces stress, lowers blood pressure, relieves pain, oxygenates the blood, and strengthens the immune system. Yes, laughter is good for you! If you're not feeling especially jovial, keep reading. Oh, and if you're hearing chuckling coming from the next stall, don't worry. They're just further ahead in their reading.



A duck walks into a drugstore and asks for a tube of chapstick. The cashier says, "That'll be \$1.49." The duck replies, "Put it on my bill."

A golfer said to the caddies, "I want a caddy who can count and keep score." "I'm very good at keeping score," one caddy replied. "We'll see," said the golfer. "If I shoot 3 on the first hole, 4 on the second hole, and 5 on the third, what's my score so far?" "Ten, sir," said the caddy. "Good, you'll do perfectly."

A bear walks into a bar and says, "I'd like a drink.....and some of those peanuts."
The bartender says, "Sure, but why the big paws?"

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the sidewalk, and stopped inches from a store window. The taxi driver said, "Please don't ever do that again. You scared the daylights out of me!" The passenger apologized and said, "I didn't realize that a little tap would scare you so much." The driver replied, "Sorry, it's not your fault. Today is my first day as taxi driver - I've been driving a funeral van for the last 25 years."

Two trucks loaded with thousands of copies of Roget's Thesaurus collided as they left a New York publishing house last Thursday. According to the newspaper, witnesses were stunned, astounded, startled, aghast, taken aback, stupefied....



Bob couldn't believe it - he'd made it to the last round of his favorite game show. "Congratulations, Bob," said the emcee. "Answer correctly and you will go home with five million dollars! This is a two-part question on American history - the second half of the question is always easier. Which part would you like first?" Bob figured he'd play it safe. "I think I'll try the second part first." The emcee responded, "Okay, Bob. Here is your question: And in what year did it happen?"

What To Do About H1N1 (Swine) Flu

For the most up-to-date information, visit cdc.gov/h1n1flu

To protect yourself from the swine flu virus (officially called H1N1):

Avoid close contact with sick people.

Frequently wash your hands with soap and water or use an alcohol-based sanitizer.

Avoid touching your eyes, nose, or mouth.

Symptoms of H1N1 flu are like those of regular human flu and include fever, cough, sore throat, body aches, headaches, chills, and fatigue.

If you do get sick, stay home from work or school and limit contact with others to keep from infecting them!

Next Time BYOCB! (Bring Your Own Cloth Bag)



If we use a cloth bag instead of a plastic bag when shopping we can save: 6 bags a week, 24 bags a month, 288 bags a year, and 22,176 bags in an average lifetime.

If just one out of five people in our country did this, the number of bags we would save in our lifetime is ...
1,330,560,000,000 !

"A day without sunshine is like, you know, night." ~ Steve Martin