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BEGIN EVERYDAY WITH A SMILE!

Volume 3, Issue 1 January, 2022

Healthy Ideas for 2022

Walking can add minutes to your life. This enables you at 85 years old to spend an additional five months in a nursing home at \$4,000.00 per month.

My grandpa started walking five miles a day when he was sixty, he is now ninety-seven. and we have no idea where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again. I have to walk early in the morning, before my brain figures out what I am doing.

I joined a health club last year and I haven't lost a pound. Apparently you have to go there. I spent about two

hundred and fifty bucks.

Every time I hear the word 'exercise' I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising is, so when you die, they'll say, "well he looks good, doesn't he!"

If you are going to cross-country ski, start with a small country.

I know I got a lot of exercise the last few years... just getting over the hill.

We all get heavier as we get older, as there is a lot more information in our heads.

That's my story and I'm sticking to it. AND

Every time I start thinking too much about how I look, I just find a pub with a Happy Hour and by the time I leave look just fine.

Your shoes can tell you your age....

This is mind boggling! The flipping thing worked—can you figure it out? Your shoes can tell you your age, try this and see:

1. Take your shoe size—(only whole sizes)
 2. Multiply it by 5....
 3. Add 50....
 4. Multiply by 20...
 5. Add 1012...
 6. Subtract the year you were born...
- The first digit is your shoe size while the last 2 digits are your age...
- TRY IT...YOU WILL BE SHOCKED!!

Editors Note: It kept you busy and engaged at least eh? I couldn't get it to work either.



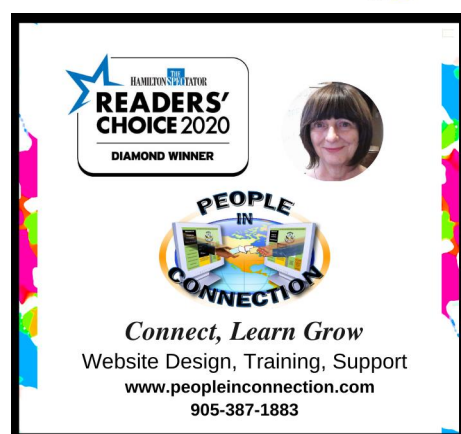
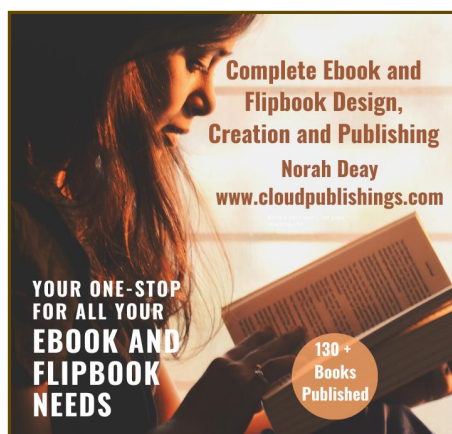
Weighting On You!

What's Eating You?

Working From The Inside Out

With Aunt Lizzie

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LETTER FROM THE EDITOR: Hope all of you had a wonderful holiday season and that you made it through in a healthy happy manner.

Another year and The Chatterbox News is going into its second year of being published.

I wish to thank all of those advertisers who have contributed to our wee paper and for all of the columnists and wonderful comments passed on to us.

So much going on in our communities to be thankful for. Lots of toe-stompin music, events planned, and wonderful folks to meet.

Keep your eye out for the dates and times of these events and get out and meet new people. Join with old neighbours, and new ones of course, that you have been neglecting because life just got in the way.

While we always try to have things for you to smile about, we also love to give you uplifting stories—sometimes to make you smile, sometimes to guide you to think of all the blessings, and yes...sometimes bringing a tear to your eye. I wish you all the best for 2022 and together we will bring in more laughter into our hearts. Liz Underhill

I Love You!

After 21 years of marriage, my wife told me to take another woman out to dinner and a movie. She said, "I love you, but I know this other woman loves you and would love to spend some time with you."

The other woman that my wife wanted me to visit was my MOTHER, who has been a widow for 19 years, but the demands of my work and three children made visiting difficult. That night I invited her to go out for dinner and a movie. "What's wrong, are you well?" she asked.

My mother is the type of woman who suspects that a late night call or a surprise invitation is a sign of bad news. "I thought that it would be pleasant to spend some time with you," I responded. "Just the two of us." She thought about it for a moment, and then said, "I would like that very much."

That Friday after work, as I drove over to pick her up I was a bit nervous. When I arrived at her house, I noticed that she, too, seemed to be nervous about our date. She waited in the door with her coat on. She had curled her hair and was wearing the dress that she had worn to celebrate her last wedding anniversary. She smiled from a face that was as radiant as an angel's. "I told my friends that I was going to go out with my son, and they were impressed," she said, as she got into the car. "They can't wait to hear about our meeting."

We went to a restaurant that, although not elegant, was very nice and cozy. My mother took my arm as if she were the First Lady. After we sat down, I had to read the menu. Her eyes could only read large print. Half way through the entries, I lifted my eyes and saw Mom sitting there staring at me. A nostalgic smile was on her lips. "It was I who used to have to read the menu when you were small," she said. "Then it's time that you relax and let me return the favour," I responded. During the dinner, we had an agreeable conversation – nothing extraordinary but catching up on recent events of each other's life. We talked so much that we missed the movie. As we arrived at her house later, she said, "I'll go out with you again, but only if you let me invite you." I agreed.

"How was your dinner date?" asked my wife when I got home. "Very nice. Much more so than I could have imagined," I answered.

A few days later, my mother died of a massive heart attack. It happened so suddenly that I didn't have a chance to do anything for her. Sometime later, I received an envelope with a copy of a restaurant receipt from the same place mother and I had dined. An attached note said: "I paid this bill in advance. I wasn't sure that I could be there; but nevertheless, I paid for two plates – one for you and the other for your wife. You will never know what that night meant for me. I love you, Son."

At that moment, I understood the importance of saying in time: "I LOVE YOU" and to give our loved ones the time that they deserve. Nothing in life is more important than your family. Give them the time they deserve, because these things cannot be put off till "some other time".

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Always remember that you're unique. Just like everyone else.
 Never test the depth of the water with both feet.
 Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
 If you tell the truth, you don't have to remember anything.

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Do You Smoke?

Lady: Do you smoke?

Guy: Yes I do.

Lady: How many packs a day?

Guy: 3 packs.

Lady: How much per pack?

Guy: \$10.00 per pack.

Lady: And how long have you been smoking?

Guy: 15 years.

Lady: So 1 pack is \$10.00 and you have been smoking 3 packs a day which puts your spending per month at \$900. In 1 year, it would have been \$10,800. Correct?

Guy: Correct.

Lady: If 1 year you spend \$10,800, not accounting for inflation, the past 15 years puts your spending total at \$162,000. Correct?

Guy: Correct.

Lady: Do you know if you hadn't smoked, that money could have been put in a step-up interest savings account and after accounting for compound interest for the past 15 years, you could have by now bought a Ferrari?

Guy: Oh. Do you smoke?

Lady: No.

Guy: Then where's your Ferrari?

You're Cordially Invited

I have been to a lot of places, but I have never been in Cahoots. Apparently you can't go there alone! You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there!

I have, however, been in Sane! They don't have an airport though, you have to be driven there.

I've made several trips and am planning another one in the near future. Care to come along?



"Soup ta Nuts"

Virtual Memory

What's with this computer? I have to have a memory bank to remember all the notices it is giving me. Forget the iPhone, iPad, tablets, smart phones. Hey, I need a smart phone to figure out this PC sitting on my desk. I think that the PC stands for Pretty Complicated.

Well I got this notice that said my "Virtual Memory" was low. Now how the heck can it tell my age? It must be a spy among other things. I searched all over to see if someone had installed a secret collector of brain information to tell me my virtual memory was low.

I didn't need a dratted computer to tell me that! Do they realize how many things an old brain has to absorb these days with all the gadgets?

I went to the local phone company to ask about an iPhone as my grandchildren said I needed to have one.

Whatever happened to simplicity folks? I didn't think it was smart at all. It took me to feed it things first and then it screwed up the answers. If the dang thing is so smart, how come it can't figure out what it is I am after...specially since my virtual memory is low.

There's this button to push (texting) supposedly to talk to my children and grandchildren...but then messages are whizzing faster than my poor memory can remember who and what came in. I found myself typing on that teeny, microscopic keyboard thing they provide and messages are flooding in as I type. Why don't they have a 'wait till the old lady answers one of them' message that automatically goes out to the sender of those jet-propelled incoming messages?

How do they come in so fast? They are flying through the ethers faster than my low virtual memory tells my fingers to move. I have to think first of what I am going to say and when I do and poise my fingers to reply, in comes another alert with names of senders flashing before my eyes. Quite distracting for an old person to try to keep up with everything.

No wonder I have low virtual memory. I want to see everything and my eyes are like spinning tops trying to take the entire scene in. Just too much and so

frustrating.

Whatever happened to hearing the ring of a phone and saying 'hello' one caller at a time? And you had to spend an hour or so on the phone to get all you wanted to get out before you said goodbye.

Now it's said in a matter of a few key strokes. Hi. How are U? CU tomorrow at 12. B there. Bfn xo

Seems simple enough but when you have low virtual memory, how the heck can you remember where 'B there' is? Can't remember a thing about whatever it is, so there I am typing my answer as best I can. Hi U. RU nuts? What is a B12? Is that a drink or something?

Back comes a message with more craziness. U're VM is acting up again. LOL

I give up...but I notice that it was signed

lol - lots of love? I think I'll take my 'low virtual memory' and try to find my way to the wine cabinet. Might help me cope, but will it make my virtual even lower? Ms. Klara

Hospital Bill

A man suffered a serious heart attack while shopping in a store.

The store clerk called 911 when they saw him collapse to the floor.

The paramedics rushed the man to the nearest hospital where he had emergency open-heart bypass surgery.

He awakened from the surgery to find himself in the care of nuns at the Catholic hospital. A nun was seated next to his bed holding a clipboard loaded with several forms, and a pen. She asked him how he was going to pay for his treatment.

"Do you have health insurance?" she asked.

He replied in a raspy voice, "No health insurance."

The nun asked, "Do you have money in the bank?"

He replied, "No money in the bank."

Do you have a relative who could help you with the payments?" asked the irritated nun.

He said, "I only have a spinster sister, and she is a nun."

The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God."

The patient replied, "Perfect. Send the bill to my brother-in-law."



Impossibilities In The World

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe when your tongue is out.

Put your tongue back in your mouth, you silly person.

Ten (10) Things I know about you.

- 1) You are reading this.
- 2) You are human.
- 3) You can't say the letter "P" without separating your lips.
- 4) You just attempted to do it.
- 6) You are laughing at yourself.
- 7) You have a smile on your face and you skipped No. 5.
- 8) You just checked to see if there is a No. 5.
- 9) You laugh at this because you are a fun loving person and everyone does it too.
- 10) You are probably going to send this to see who else falls for it.

Have a great day. Laugh, and then laugh and sing. It's a beautiful morning even when it's not.

"Do not regret growing older. It is a privilege denied to many."

Thoughts To Ponder

I was thinking that women should put pictures of missing husbands on beer cans.

I was thinking about old age and decided that it is when you still have something on the ball but you are just too tired to bounce it.

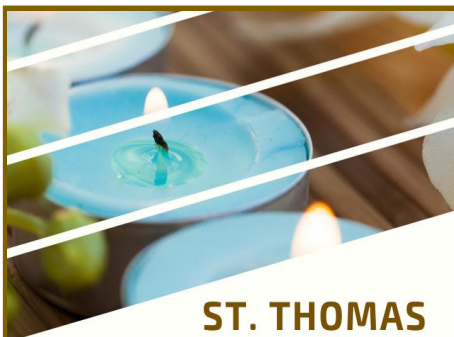
I have found at my age that going bra-less pulls all the wrinkles out of my face.

I was thinking about how people seem to read the Bible a whole lot more as they get older - then it dawned on me - they were cramming for their finals!

You know, when people see a cat's litter box they always say "Oh, have you got a cat?" Just once I wanted to say, "No, it's for company!"

Happy New Year

Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.



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Senior's Texting Codes

Young people have theirs and now seniors have their own texting codes:

- * ATD- At the Doctor's
 - * BFF - Best Friends Funeral
 - * BTW- Bring the Wheelchair
 - * BYOT - Bring Your Own Teeth
 - * CBM- Covered by Medicare
 - * CUATSC- See You at the Senior Center
 - * DWI- Driving While Incontinent
 - * FWIW - Forgot Where I Was
 - * GGPBL- Gotta Go, Pacemaker Battery Low
 - * GHA - Got Heartburn Again
 - * HGBM - Had Good Bowel Movement
 - * LMDO- Laughing My Dentures Out
 - * LOL- Living on Lipitor
 - * OMSG - Oh My! Sorry, Gas
 - * TOT- Texting on Toilet
 - * WAITT - Who Am I Talking To?
 - * WTFa - Wet the Furniture Again
- Hope these help. GGLKI (Gotta Go, Laxative Kicking in!)

Forget Rednecks...

Here is what Jeff Foxworthy has to say about Canadians during a recent appearance at Caesars in Windsor:

If your local Dairy Queen is closed from September through May, you may live in Canada.

If someone in a Home Depot store offers you assistance and they don't work there, you may live in Canada.

If you've worn shorts and a parka at the same time, you may live in Canada.

If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Canada.

If 'vacation' means going anywhere south of Detroit for the weekend, you may live in Canada.

If you measure distance in hours, you may live in Canada.

If you know several people who have hit a deer more than once, you may live in Canada.

If you have switched from 'heat' to 'A/C' in the same day and back again, you may live in Canada.

If you can drive 90 km/hr through two feet of snow during a raging blizzard without flinching, you may live in Canada.

If you install security lights on your house and garage but leave both unlocked, you may live in Canada.

If you carry jumper cables in your car and your wife knows how to use them, you may live in Canada.

If you design your kid's Halloween

costume to fit over a snowsuit, you may live in Canada.

If the speed limit on the highway is 80 km – you're going 95 and everybody is passing you, you may live in Canada.

If driving is better in the winter because the potholes are filled with snow, you may live in Canada.

If you know all four seasons: almost winter, winter, still winter, and road construction, you may live in Canada. (this is my favourite, because how true)

If you have more miles on your snow blower than your car, you may live in Canada.

If you actually understand these jokes, you definitely are Canadian and proud to be.

Only A Grandmother Would Know...

~A Cup of Tea ~

One day my Gramma was out, and my Grampa was in charge of me. I was maybe two and a half years old. Someone had given me a little 'tea set' as a gift, and it was one of my favourite toys.

Grampa was in the living room engrossed in the evening news when I brought him a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Gramma came home.

My Grampa made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!'

Gramma waited, and sure enough, here I came down the hall with a cup of tea for Grampa, and she watched him drink it up. Hmmm ???

Then she said, (as only a grandma would know), "Did it ever occur to you that the only place she can reach to get water is the toilet?"

Health nuts are going to feel stupid someday, lying in the hospitals, dying of nothing.

Why does a slight tax increase cost you \$800.00, and a substantial tax cut saves you \$30.00?

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

Words for Women to Live By

1. Aspire to be Barbie - the witch has everything.
2. If the shoe fits - buy them in every colour.
3. Take life with a pinch of salt... A wedge of lime, and a shot of tequila.
4. In need of a support group? - Cocktail hour with the girls!
5. Go on the 30-day diet. (I'm on it and so far I've lost 15 days).
6. When life gets you down - just put on your big girl panties and deal with it.
7. Let your greatest fear be that there is no PMS and this is just your personality.
8. I know I'm in my own little world, but it's ok. They know me here.
9. Lead me not into temptation, I can find it myself.
10. Don't get your knickers in a knot; it solves nothing and makes you walk funny.
11. When life gives you lemons - buy some Coronas.
12. Forget about the perfect man - he's living in San Fran with his boyfriend.
13. Keep your chin up, only the first forty years of parenthood are the hardest.
14. If it has tires or a hairy chest, it's gonna give you trouble.
15. By the time a women realizes her mother was right, she has a daughter who thinks she's wrong.
16. Good friends are like stars. You don't always see them, but you know they are always there.

Remember yesterday, dream about tomorrow, but live for today.

Now smile and tell any girl wasting time at work, suffering from a hangover, or just suffering from life, they might need a reason to smile!

What Men Really Mean!

"I heard you."

Really

means..."I

haven't the

foggiest clue what you just said, and am hoping desperately that I can fake it well enough so that you don't spend the next three days yelling at me."

"I brought you a present." Really means..."It was free ice scraper night at the ball game."

"I missed you." Really means..."I can't find my sock drawer, the kids are hungry and we are out of toilet paper."

"I'm not lost. I know exactly where we are." Really means..."No one will ever see us alive again."

"We share the housework." Really means..."I make the messes, she cleans them up."

"I'll take you to a fancy restaurant." Really means..."Someplace that doesn't have a drive-thru window."

"I broke up with her." Really means..."She dumped me."

"Will you marry me?"

Really means..."Both my roommates have moved out, I can't find the washer, and there is no more peanut butter."

"Go ask your mother."

Really means..."I am incapable of making a decision."

"You know how bad my memory is." Really means.... "I remember the theme song to 'F Troop', the address of the first girl I ever kissed and the vehicle Identification numbers of every car I've ever owned, but I forgot your birthday."

"Oh, don't fuss. I just cut myself, it's no big deal." Really means..."I have actually severed a limb, but will bleed to death before I admit I'm hurt."

"I do help around the house." Really means..."I once put a dirty towel in the laundry basket."

"Hey, I've got my reasons for what I'm doing." Really means..."And I sure hope I think of some pretty soon."

"I can't find it." Really means..."It didn't fall into my outstretched hands, so I'm completely clueless."

"What did I do this time?" Really means... "What did you catch me at?"



Editor's Note: Just in case you thought we forgot to help you with New Year's resolutions, I'm including Mis Klara's with the hopes you will get yourself going.



"Soup ta Nuts"

New Year's Resolutions

Hi Folks.

Another year has whizzed by. Christmas is over and the New Year is here waiting for all our promises that we rarely keep; the kind that sure feels good when we release them into the sky hoping someone up there will hear them and magically with no effort on our part, be done; my will be done sort of thing

I started to make up my usual list prayerfully:

1. Dear Lord: just have to lose weight right away and I don't want it to be painful. I want all that cake, chocolate and Christmas goodies to pass on through leaving no traces of their fat behind and certainly not on mine.


2. Dear Lord: I need help with procrastination. I could get things done a lot quicker if you would stop me from leaving what I am doing to find out where I hid those darn sweets, so the rest of my family couldn't snatch them all on me.

3. Dear Lord: I need help to be nicer to people. I find I'm not my usually sweet self when others aren't doing exactly what I want, when I want and how I want it done. Sometimes it just isn't fair Lord.


4. Dear Lord: I need to be more organized. I am tired of throwing clothes, dirty laundry, books, and stuff into the closets when someone comes to visit. Why the other day I looked for Crabby Dog and discovered in my haste, he had been tossed in there too.

Guess that's enough Lord.

While I await your help, I will put my feet up on the couch and nibble away on my famous Konkors that I had hid under the cushions. Oh yes, Amen and Thank you Lord. **Ms. Klara**



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Wish I'd Said That!

When the white missionaries came to Africa, they had the Bible and we had the land. They said, 'Let us pray.' We closed our eyes. When we opened them, we had the Bible and they had the land.

~ Desmond Tutu

America is the only country where a significant proportion of the population believes that professional wrestling is real, but the moon landing was faked.

~ David Letterman

After the game, the King and the pawn go into the same box.

~ Italian proverb

The only reason that they say, 'Women and children first' is to test the strength of the lifeboats.

~ Jean Kerr

I've been married to a communist and a fascist, and neither would take out the garbage.

~ Zsa Zsa Gabor

You know you're a redneck if your home has wheels and your car doesn't.

~ Jeff Foxworthy

When a man opens a car door for his wife, it's either a new car or a new wife.

~ Prince Philip

A computer once beat me at chess, but it was no match for me at kickboxing.

~ Emo Philips.

Wood burns faster when you have to cut and chop it yourself.

~ Harrison Ford

The best cure for sea sickness is to sit under a tree.

~ Spike Milligan

Lawyers believe that a man is innocent until proven broke.

~ Robin Hall

Kill one man and you're a murderer, kill a million and you're a conqueror.

~ Jean Rostand.

Having more money doesn't make you happier. I have fifty million dollars but I'm just as happy as when I had forty-eight million.

~ Arnold Schwarzenegger

We are here on earth to do good unto others. What the others are here for, I have no idea.

~ W.H. Auden

If life were fair, Elvis would still be alive today and all the impersonators would be gone.

~ Johnny Carson

I don't believe in astrology. I am a Sagittarius and we're very skeptical.

~ Arthur C. Clarke

Hollywood must be the only place on earth where you can be fired by a man wearing a Hawaiian shirt and a baseball cap.

~ Steve Martin

Home cooking. Where many a man thinks his wife is.

~ Jimmy Durante

As I hurtled through space, one thought kept crossing my mind - every part of this rocket was supplied by the lowest bidder.

~ John Glenn

If toast always lands butter-side down and cats always land on their feet, what happens if you strap toast on the back of a cat?

~ Steven Wright

America is so advanced that even the chairs are electric.

~ Doug Hamwell

The first piece of luggage on the carousel never belongs to anyone.

~ George Roberts

If God had intended us to fly, he would have made it easier to get to the airport.

~ Jonathan Winters

5 pearls of Scottish wisdom to remember.

1. Money cannot buy happiness but somehow, it's more comfortable to cry in a Mercedes Benz than it is on a bicycle.



2. Forgive your enemy but remember the creep's name.

3. Help a man when he is in trouble and he will remember you when he is in trouble again.

4. Many people are alive only because it's illegal to shoot them.

5. Alcohol does not solve any problem, but then

neither does milk.

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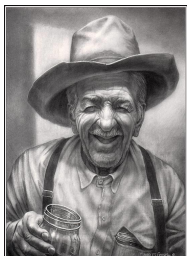
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Interesting History



They used to use urine to tan animal skins, so families used to all pee in a pot and then once a day it was taken and sold to the tannery. If you had to do this to survive you were "piss poor".

The next time you are washing your

hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it... Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs—thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice and bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof... Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where

bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "dirt poor". The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence: a threshold.

(Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire... Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old. Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poison-

ous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whiskey. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, one out of twenty-five coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer.

And that's the truth..... Now, whoever said History was boring!!!

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