

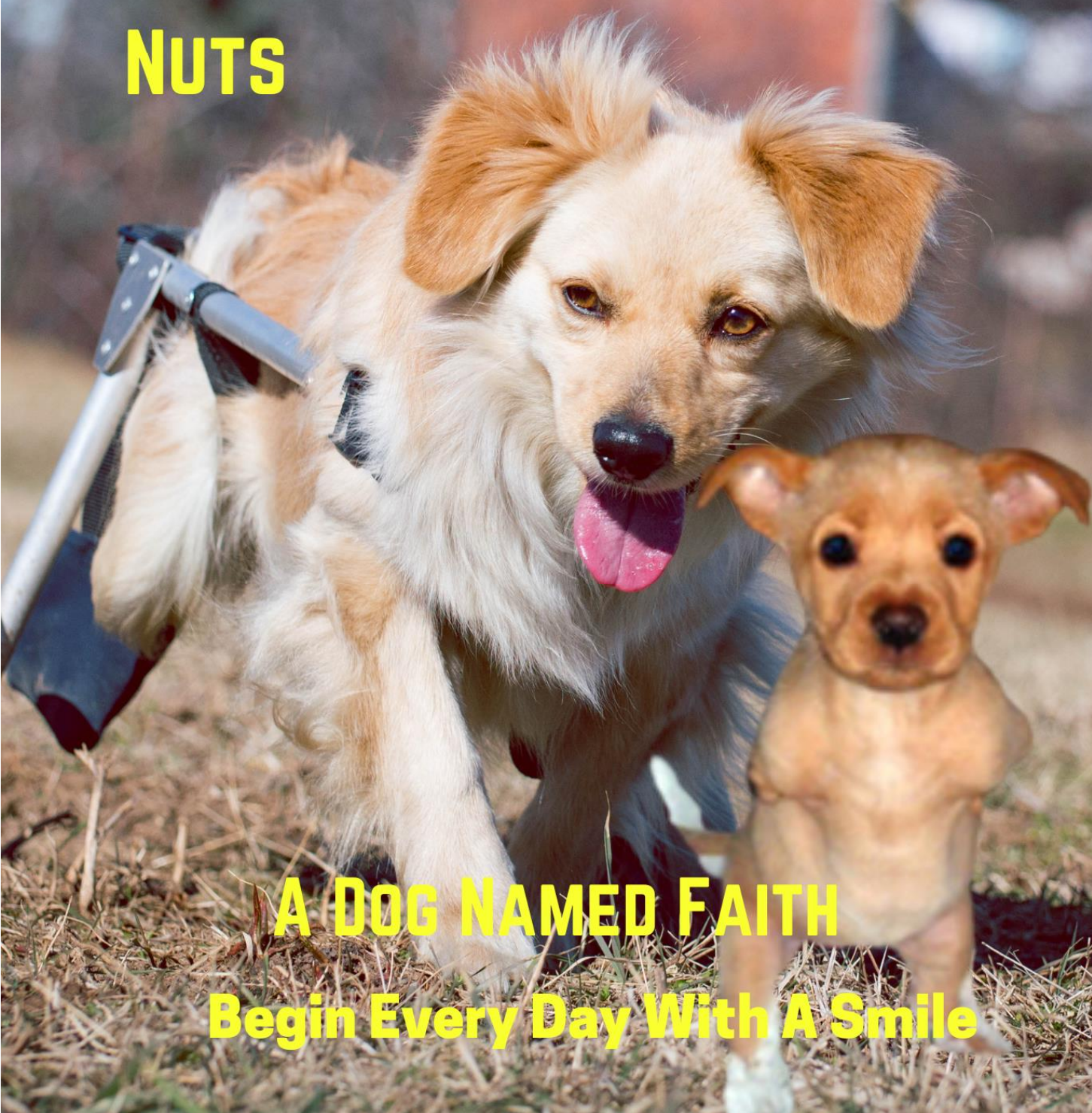
Lighten Up

May 2023 Issue

SOUP TA

TICKS

NUTS



A DOG NAMED FAITH

Begin Every Day With A Smile

Lighten Up

Published monthly by
Red Barn Publishing

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FROM THE EDITOR:

It is amazing to me the kindness and knowing that our animal kingdom has. The two stories below of Faith and the Two Horses give us all cause to reflect upon our own behaviour not only to our fellow man/woman but to the animals that have been entrusted to us for their care.

Klara is on about weight again. I suspect she is again trying to get some of those oversized wrinkles to disappear what with the summer fast approaching.

Buzz Lightly has us eagerly getting all of our fishing gear in order to begin another season of trying to snatch that elusive fish out of the murky waters.

Papatoadie shares his wonderful memoirs of how it is to be alone with a friend.

Again, I want to thank the many who email and call to thank me for Lighten Up. It was always my goal to leave each person I meet feeling a little better about their day. Take care...keep smiling. Liz Underhill



A Dog Named Faith

This dog was born on Christmas Eve in the year 2002. He was born with two legs. He of course could not walk when he was born. Even his mother did not want him. His first owner also did not think that he could survive and he was thinking of 'putting him to sleep'. But then, his present owner, Jude Stringfellow, met him and wanted to take care of him. She became determined to teach and train this little dog to walk by himself. She named him 'Faith'.

In the beginning, she put Faith on a surfboard to let him feel the movement.

Later she used peanut butter on a spoon as a lure and reward for him for standing up and jumping around. Even the other dog at home encouraged him to walk. Amazingly, only after six months, like a miracle, Faith learned to balance on his hind legs and to jump to move forward. After further training in the snow, he could now walk like a human being.

Faith loves to walk around now. No matter where he goes, he attracts people to him. He is fast becoming famous on the international scene and has appeared in various newspapers and on TV shows. There is now a book entitled 'With a Little Faith' being published about him. He was even considered to appear in one of the Harry Potter movies.

His present owner Jude Stringfellow has given up her teaching post and plans to take him around the world to preach that 'even without a perfect body,

The Tale of Two Horses

From a distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him.

This alone is amazing. If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is, so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is trusting that he will not be led astray.

When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.



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The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Coca-Cola was originally green.

The state with the highest percentage of people who walk to work is Alaska.

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Be the kind of woman
that when your feet
hit the floor each
morning the devil
says~~
"Oh Crap, She's up!"



So Good To Be a Wom- an!

It is good to be a woman:

1. We got off the Titanic first.
- 2.. We can scare male bosses with mysterious gynecological disorder excuses.
3. Taxis stop for us.
4. We don't look like a frog in a blender when dancing.
5. No fashion faux pas we make could ever rival the Speedo.
6. We don't have to pass gas to amuse

ourselves.

7. If we forget to shave, no one has to know.
8. We can congratulate our teammate without ever touching her rear end.
9. We never have to reach down every so often to make sure our privates are still there.
10. We have the ability to dress ourselves.
11. We can talk to the opposite sex without having to picture them naked.
12. If we marry someone 20 years younger, we are aware that we will look like an idiot.
13. We will never regret piercing our ears.

Ticks

Please send this
warning to
everyone.



If someone comes to your front door saying they are checking for ticks due to the warm weather and asks you to take your clothes off and dance around with your arms up,
DO NOT DO IT!! THIS IS A SCAM!!
They only want to see you naked.
I wish I'd gotten this yesterday.. I feel so stupid!



"Soup ta Nuts" Klara's Weight Test

Are You A Compulsive Overeater?

I was in the dentist's office for my yearly cracked-tooth check-up, mostly caused by my teeth chattering from fear as I waited, waited, and waited some more. I swear, these dentists make five appointments all for the same time, just in case four run out the door. I guess we all have to make a living.

I always flip through magazines, while I put in my waiting time. On this particular visit, I was going through the current issue of Denial Magazine. This article jumped out: "ARE YOU A COMPULSIVE OVEREATER? Take this test, it you dare."

Oh, what the heck, just for fun. What would it hurt? I figured if I didn't like the results, I'd just rip out the pages and stuff them in my purse on my way out the door.

Yes or No Answers. Seemed simple enough. It didn't take me long to realize they didn't have a spot for but only if answers. How can you give a straight yes or no, when there's yes, but only if's?

1. Yes or No

Do you eat when you're not hungry?

Yes, but only if I'm sorely tempted by the devil.

2. Yes or No

Do you go on eating binges for no apparent reason?

Yes, but only if I can't have my daily quota of nachos and cheezies.

3. Yes or No

Do you feel guilty or angry after overeating?

Yes, but only if I'm wheeled into the emergency room for stomach pain and unexplained bloating.

4. Yes or No

Do you think about food a lot?

Yes, but only if I'm not sleeping.

5. Yes or No

Is your weight affecting your life?

Yes, but only if I climb more than two steps.

6. Yes or No

Have you tried to diet for a week (or longer) only to fall short of your goal?

Yes, but only if I last a week.

7. Yes or No

Do you get angry when others tell you if you just used a "little willpower" you could lose weight?

Yes, but only if I can't stuff a rag in their mouth.

8. Yes or No

Do your eating habits make others and yourself unhappy?

Yes, but only if I snatch their dessert and I discover it's not ice cream, it's fruit.

THE SCORES

It said that if I answered "Yes" to three or more questions, I was probably well on the way to having a compulsive overeating problem.

If three yes's are "on the way", then I've had it. I answered yes to all of them so that must mean I got lost "on the way" and fell over a cliff. But only if the good dentist doesn't have a cherry sucker for the pain!

How was your week? Klara

Exercise For People Over 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.) After you feel confident at that level, put a potato in each bag.

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Interesting Facts!

You can divide and store ground meat in a Ziploc bag.

Just break off how much you need and keep the rest in the freezer for later—so much easier than dividing and individually wrapping each pound or half pound.



You can flip a toaster on its side and grill cheese in it.

If you place a wooden spoon over a pot of boiling water, it won't boil over.

Marshmallows can cure a sore throat—perfect for kids who won't take their medicine. (Could this be true?)

Stuffing a dryer sheet in your back pocket will repel mosquitoes.

Reynolds Wrap has lock-in-tabs to hold the roll in place.

With a little Bit of Luck

Lessons from Life's Journey by Buzz Lightly (aka Doug Lester)

Sucker Fishing

For a young adventurer there was nothing more exciting than a day of sucker fishing on the river near our home.

With a little bit of luck the first warm weather of spring corresponded with the four-day weekend of Easter.

At our house Easter Sunday was a high holy day but Friday and Saturday were all ours. My brother and I would start by preparing our poles.

In the early days, a sapling with a few yards of dad's fishing line, a sinker and a hook, were all that was required. Later on we got an actual fiberglass rod with a reel.

The truth was it didn't matter much. The process was so simple that fancy equipment wasn't necessary. However, a supply of juicy worms was essential. We would get a shovel and an empty can and head to the garden. As we turned over the heavy clay we soon found a ready collection of large dew worms for our bait.

Dad had taught us well, so by 12 years of age we had earned the trust of our parents to be off for a day at the river.

With rubber boots, our bait, poles, and a small collection of extra hooks and sinker, we packed our lunch and said farewell to our mother.

The walk was a couple miles across the fields. We had learned that the best place to fish was at the foot of an old railway bridge. Here the water slowed to go around the cement footings and the bank was flat and sun-baked.

We would bait our hooks and cast into the stream. Soon other boys joined us and we would cheer each other on as the first sucker was landed on the shore. Suckers are bottom feeders and we had learned that they tasted like mud. Although we took a few back home as bragging rights at our house, they ended up in the flower bed rather than on the table.

Once we had caught a couple, we relaxed in the sun with our pole held in place by a forked stick—Tom Sawyer.

As the sun warmed us, our boots came off and we waded into the stream. Usually this led to at least one of us falling in and getting thoroughly wet.

As we sat on the spring grass at the side of the river eating our peanut butter sandwiches, and knew that life couldn't get any better than this. With a little bit of luck the next day we would do it all over again.

Papatoadie's Musings

(aka Dave McKee)

Alone With A Friend

You spent some time alone with me.

We walked the shore on an inland sea.

Round stones we searched which
when we found

we skipped on the water with abound.

And in their ripples cast a magic spell

of magic lands with mystic bells,

of ships at sea and of violent storms,

of lonely sailors, oh so forlorn!

And you and I we knew once more

as we drifted home

from that lonely shore.

That though we live, one day at a time,

we were two lost children,

stranded in time.

Love DM

papatoadie

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Out of the Mouths of Babes!



Annie, six years old, gets home from school. She had her first

family planning lesson at school.

Her mother, very interested, asks, "How did it go?"

"I died of shame!" She answers. Koos from over the road, says that the stork brings babies. Sally next door said you can buy babies at the orphanage. Piet, in my class, says you can buy babies at the hospital.

Her mother answers laughingly, "But that's no reason to be ashamed?"

"No, but I can't tell them that we were so poor that daddy had to make me himself!"

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Hunting With The Wife!

It was Saturday morning as Jake, an avid hunter, woke up ready to go bag the first deer of the season. He walked down to the kitchen to get a cup of coffee, and to his surprise he found his wife, Alice, sitting there, fully dressed in camouflage.

Jake asked her, "What are you up to?"

Alice smiled. "I'm going hunting with you!"

Jake, though he had many reservations about this, reluctantly decided to take her along. Later they arrived at the hunting site. Jake set his wife safely up in the tree stand and told her, "If you see a deer, take careful aim and I'll come running back as soon as I hear the shot."

Jake walked away with a smile on his face knowing that Alice couldn't bag an elephant, much less a deer. Not ten minutes passed when he was startled as he heard an array of gunshots.

Quickly, Jake ran back. As Jake got closer to her stand, he heard Alice screaming: "Get away from my deer!" Confused, Jake raced faster towards his screaming wife. And again he heard her yell: "Get away from my deer!", followed by another volley of gunfire!

Now within sight of where he had left his wife, Jake was surprised to see a guy standing there with his hands high in the air.

The guy, obviously distraught, said, "Okay, lady, okay!!!! You can have your deer!!! Just let me get my saddle off it!"

How to Tell the Sex of a Fly



A woman walked into the kitchen to find her husband stalking around with a fly swatter

"What are you doing?" she asked.

"Hunting flies", he responded.

"Oh! Killing any?" she asked.

"Yep, three males, two females," he replied.

Intrigued, she asked. "How can you tell them apart?"

He responded, "three were on a beer can, and two were on the phone

Rose & Barb

Two 90-year-old women, Rose and Barb had been friends all of their lives.



When it was clear that Rose was dying, Barb visited her every day.

One day Barb said, "Rose, we both loved playing women's softball all our lives, and we played all through High School. Please do me one favour: when you get to Heaven, somehow you must let me know if there's women's softball there."

Rose looked up at Barb from her deathbed and said, "Barb, you've been my best friend for many years. if it's at all possible, I'll do this favour for you."

Shortly after that, Rose passed on. A few nights later, Barb was awakened from a sound sleep by a blinding flash of white light and a voice calling out to her, "Barb, Barb."

"Who is it?", asked Barb, sitting up suddenly. "Who is it?"

"Barb... it's me, Rose."

"You're not Rose. Rose just died."

"I'm telling you, it's me, Rose," insisted the voice.

"Rose! Where are you?"

"in Heaven," replied Rose. "I have some really good news and a little bad news."

"Tell me the good news first," said Barb.

"The good news," Rose said, "is that there's softball in Heaven. Better yet all of our old buddies who died before us are here, too. Better than that, we're all young again. Better still, it's always springtime, and it never rains or snows. And best of all, we can play softball all we want, and we never get tired."

"That's fantastic," said Barb. "It's beyond my wildest dreams! So what's the bad news?"

"You're pitching Tuesday."

Life is uncertain -
eat dessert first.



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What Is Life About?

When I woke up this morning I asked myself, "What is life about?"

I found the answers in my room...

The fan said, "Be Cool."

The roof said, "Aim High."

The window said, "See the World!"

The clock said, "Every minute is precious."

The mirror said, "Reflect before you act."


The calendar said, "Be up to date."

The door said, "Push hard for your goals."

The floor said, "Kneel down and pray and be thankful for what we have."

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MAY ANAGRAM

Subject is General - 40 Words - Answers Bottom Left Page 7

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Favourite Grandmas

I was out walking with my Grandson. He picked up something off of the ground and started to put it in his mouth. I took the item away from him and I asked him not to do that.

"Why" my grandson asked.

"Because it's been on the ground; you don't know where it's been, it's dirty, and probably has germs," I replied.

At this point, my Grandson looked at me with total admiration and asked, "Grandma, how do you know all this stuff?? You are so smart."

I was thinking quickly and said to him, "all Grandmas know stuff. It's on the Grandma Test. You have to know it, or they don't let you be a Grandma." We walked along in silence for two or three minutes, but he was evidently pondering this new information

"Oh I get it!" he beamed, "So if you don't pass the test, you have to be the Grandpa".

"Exactly," I replied with a big smile on my face.



Bagpipes At a Funeral

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Kentucky back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years!"



Anagram Answers: bingo, buzz lightly, calories, cleaning, clem, comedy, community, computer, crust, entertainment, foliage, food, fund raiser, growth, house, house, hypnosis, insurance, jamboree, Klara, lady, lawns, mind-set, mortgage, mowing, music, papatoadie, pizza, planting, portions, real estate, restaurant, seeds, spring, travel, trees, vehicle repair, vehicle sales, ventriloquism, weight loss.

Among The Orchids

We never get what we want,
We never want what we get,
We never have what we like,
We never like what we have.
And still we live and love.
That's life...



The best kind of friend is the kind you can sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

It's true that we don't know what we've got until it's gone, but it's also true that we don't know what we've been missing until it arrives.

Giving someone all your love is never an assurance that they'll love you back! Don't expect love in return; just wait for it to grow in their heart. But if it doesn't, be content it grew in yours.

It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone. But it takes a lifetime to forget someone.

Don't go for looks; they can deceive.
Don't go for wealth; even that fades away. Go for someone who makes you smile, because it takes only a smile to

make a dark day seem bright. Find the one that makes your heart smile!

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

Happiness lies for those who cry, those who hurt, those who have searched, and those who have tried, for only they can appreciate the importance of people who have touched their lives.

When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one who is smiling, and everyone around you is crying.

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, and enough hope to make you happy.

15 REMINDERS FROM THE ELDERS:

1. Get up with the sun to pray. Pray alone.
 2. Be tolerant of those who have lost their way. Ignorance, presumption, anger, jealousy and greed come from a lost soul. Pray for them to find guidance.
 3. Find yourself, by your own means. Do not let others make your path for you. It is your path, and only yours. Others may walk with you, but no one can make your way (or walk your path) for you.
 4. Treat guests in your home with great consideration. Serve them the best food, give them the best bed and treat them with respect and honor.
 5. Do not take what is not yours, whether from a person, a community, from the jungle or from a culture. It was not given or won. It is not yours.
 6. Respect all the things that are on this earth, be they people, plants and animals.
 7. Honor the thoughts, desires and words of all people. Never break them in, or make fun of them, or imitate them rudely. It gives each person the right to their personal expression.
 8. Never talk about others in a bad way. The negative energy you put into the universe will multiply when it returns to you.
 9. All people make mistakes. And all the mistakes can be forgiven.
 10. Bad thoughts cause illness to the mind, body and spirit. Practice optimism.
 11. Nature is not FOR us. It is PART of us. She's part of your family in the world.
 12. Children are the seeds of our future. Sow love in your hearts and water them with wisdom and life lessons. When they grow up, just give them space to grow up.
 13. Avoid hurting the hearts of others. The poison of their suffering will return to you.
 14. Be true (transparent) all the time. Honesty is the test of one's will in this universe.
 15. Keep yourself balanced. Your Mental person, your Spiritual person, your Emotional person, and your Physical person: they all have the need to be strong, pure and healthy.
-

