

**5 Nuns In Town** - Sisters Mary Catherine, Maria Theresa, Katherine Marie, Rose Frances and Mary Kathleen left the Convent on a trip to St. Patrick's Cathedral in New York City and were sight-seeing on a Tuesday in July. It was hot and humid in town and their traditional garb was making them so uncomfortable, they decided to stop in at Patty McGuire's Pub for a cold soft drink. Patty had recently added **special legs** to his barstools, which were the talk of the fashionable eastside neighborhood. All 5 Nuns sat up at the bar and were enjoying their Cokes when **Monsignor Riley** and **Father McGinty** entered the bar through the front door. They, too, came for a cold drink when they were shocked and almost fainted at what they saw. ggd ☺



**The local news station was interviewing an 80-year-old lady because she had just gotten married -- for the fourth time.** The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. **'He's a funeral director,'** she answered. **'Interesting,'** the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she'd first married a banker when she was in her early 20's, then a circus ringmaster when in her 40's, later on a preacher when in her 60's, and now in her 80's, a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained, **'I married one for the money, two for the show, three to get ready, and four to go!'** ggd ☺

**A sexy woman went to a bar.** She gestured to the bartender who approached her immediately. She seductively signaled that he should bring his face closer to hers. As he did, she gently caressed his full beard. **Are you the manager?** She asked, softly stroking his face with both hands. **No** he replied. **Can you get him for me? I need to speak to him,** she said, running her hands beyond his beard and into his hair. **I'm afraid I can't,** breathed the bartender. **Is there anything I can do? Yes. I need for you to give him a message** as she continued running her forefinger across the bartender's lips and slyly popping a couple of her fingers into his mouth and allowing him to suck them gently. **What should I tell him?** The bartender asked. **Tell him there's no toilet paper, hand soap, or paper towels in the ladies room.** ggd ☺

# Choice

January 2013  
Volume 17 - 1  
Monthly

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia  
"To Serve - Not To Be Served"  
[www.Choice1952.com](http://www.Choice1952.com)

Meeting Dates/Time: **Wednesday, January 23<sup>rd</sup>** (10:00 A.M.) and **Wednesday, February 27<sup>th</sup>** (10:00 A.M.)  
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Jeanine Frey	922-5489	Maureen Echols	953-5060
Vice President	Frank Gadbois	953-7788	Suzanne Burgess	922-2003
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Treasurer	John Echols	953-5060		
Chaplain	** Vacant **			
Choice Editor/Typist	Greg Davis	318-0471		

## Birthdays For January

Suzanne Burgess	1 <sup>st</sup>	Bessie Howell	13 <sup>th</sup>	Carol Martin	19 <sup>th</sup>	Rosita Huckba	20 <sup>th</sup>
Billy Trussell	23 <sup>rd</sup>	Janet Morton	26 <sup>th</sup>	Gwen Watkins	26 <sup>th</sup>		

## Birthdays For February

Elizabeth Craig	4 <sup>th</sup>	Rosalie Montes	9 <sup>th</sup>	Joyce Phillips	12 <sup>th</sup>
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## WE CARE

For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. **Ralph Waldo Emerson (1803-1882).** **"Blessed are those who mourn, For they shall be comforted."** **Matthew 5:4 NKJV** We wish health/wellness to all past/current members! ggd☺

**Highlights From December's Meeting:** AARP Chapter 1952 officially **"RECYCLED"** our 2012 **Officers for 2013!** President/Jeanine Frey, Vice President/Frank Gadbois, Secretary/James Erdmanczyk and Treasurer/John Echols. **Board Of Directors:** Maureen Echols, Suzanne Burgess And Betty Lou Lovain. **Nominating Committee:** Sue Braun, Nancy Harrison and Harris McMillan. Congratulations to all!



**David Hackney/Tina Walker** (The Floor Store - Warner Robins) gave us some interesting/informative home improvement/remodeling tips with a focus on quality and value in products and services. Product choices - within one's budget - can produce excellent results. Changing the color of a room can revitalize it! In the kitchen choose neutral colors in fixtures, appliances and laminates. Good floor covering ties one room to another and provides visual consistency. Get familiar with the prices of the various flooring materials to make the best decision for your home. **Tina's** insightful interior decorating tips complemented **David's** strong experience that not having quality/professional **installation** can actually cost the homeowner MORE if he/she neglected this important project phase. Overall ... lots of good information!



Since our newsletter is published during the **"latter"** part of the month ... **Happy -New Year, -Martin Luther King, Jr. Day, -Valentine's Day, -President's Day** and "other" special days in **January** and **February!** Throughout **2013** I'll present multi-part series on the economy, health/nutrition, senior's issues and other "trending" topics. You'll continue to get jokes and a few "rain twisters" as well! As I always ask ... **please give me topics of interest.** More importantly, I sincerely appreciate the **"privilege"** of printing our newsletter! ggd ☺

Meeting Date/Time: Wednesday - January 23, 2013/10:00 A.M.  
Guest Speakers: Barbara Wall - Houston County Board Of Education  
Topic: Science, Technology, Engineering And Math (STEM) Program



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**Editor's Notes:** **Members:** 2013 is here! Please UPDATE your local (Chapter 1952) member ... still a "bargain" at only \$5.00/Year! **Advertisers/Sponsors:** Your support of our newsletter is an exceptional value **STILL** at only \$4.00 (or \$8.00)/Month [**\$48.00 (or \$96.00)/Year - Prorated**] and helps tremendously to offset printing/production costs. **Thank You ... Thank You ... Thank You!**

**ALL:** As **your** Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and - collectively - we'll get/keep advertisers/sponsors!

I can be reached at 478/318-0471 and/or via e-mail at [gdavismail@gmail.com](mailto:gdavismail@gmail.com)!

Sincerely,

**Greg (Formerly Known As "Da Baby") Davis ggd ☺**

## Top 20 Artery-Cleansing Foods

Protect your heart with every bite of these natural foods



**Avocados:** "Instead of using a whopping dollop of mayonnaise on your sandwich, try using thin slices of avocado," suggests Megan Madden, a registered dietitian in New York, NY. A 1996 study done by researchers in Mexico found that people who ate avocado every day for one week experienced an average 17 percent drop in total blood cholesterol. What's more, their levels of LDL ("bad") cholesterol decreased and HDL ("good") cholesterol increased. Finding it tough to work avocado into your diet? Try drinking it in a delicious smoothie.



**Whole Grains:** The soluble fiber found in whole grains such as whole-wheat bread, brown rice, and oatmeal binds the cholesterol in your meal and drags it out of your body, Madden says. "And, when your body needs to utilize cholesterol in the future, it draws on your blood cholesterol supply, effectively lowering your total blood cholesterol level and your risk for heart disease." And oatmeal isn't just for breakfast; you can enjoy it any time of day with these easy recipes.



**Olive Oil:** A 2011 study found that people ages 65 or older who regularly used olive oil (for both cooking and as a dressing) were 41 percent less likely to have a stroke compared to those who never use olive oil in their diet. Use a little olive oil instead of butter or drizzle some over pasta, salad, or veggies to take advantage of its high mono- and polyunsaturated fats, Madden says. "And although it's a healthier option, remember to use these oils sparingly, as all fats still contain the same number of calories."



**Nuts:** Grabbing a handful of nuts is a heart-healthy way to beat the afternoon itch for a cookie, Madden says. "Almonds are very high in heart-healthy monounsaturated fats, vitamin E, and fiber, while walnuts are a great plant-based source of an omega-3 fatty acid called alpha-linolenic acid." According to the **American Heart Association**, monounsaturated fats can help reduce levels of bad cholesterol in your blood and lower your risk of heart disease and stroke.

**Foods Fortified by Plant Sterols:** Sterols are compounds that compete with the cholesterol in your food for absorption within your digestive tract, Madden says. "Sterols have been shown to lower both total and LDL cholesterol and can be found in certain brands of fortified orange juice, margarine spreads, and milk." Just be sure to check the label - make sure the margarine is trans fat-free and that "partially hydrogenated oil" does **NOT** appear on the ingredient list.

**Salmon (or Other Fatty Fish):** Fatty fish such as mackerel, herring, tuna, and salmon are chock full of omega-3 fatty acids, Madden says. "Eating fish twice a week can reduce your risk of developing heart disease by decreasing inflammation and lowering triglyceride levels, and it may even help boost your HDL levels."



— Future Issues Will Continue With 20 Artery Cleansing Foods ggd ☺ —

An elderly lady was telling her friend that she had recently joined an aerobics class for seniors at the local fitness [center]. "How did it go?" asked the friend. "Well, I bent, I twisted, I turned, I jumped up and down, and I perspired for half an hour, but by the time I'd finally got my leotard on, the class had ended." ggd ☺



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**Every January/February**, organizations like the **American Heart Association**, the **National Heart Lung and Blood Institute** and the **Center For Disease Control** (CDC) team up for **American Heart Month** to remind us that heart disease is still the number one cause of death in the United States. If you already exercise regularly, eat a nutritious diet full of heart-healthy foods and keep stress levels in check, you're on the right path toward a tip-top ticker. But there's always more research evolving to teach us more details about what keeps a heart healthy for life. My grandson (Malachi) - [www.Malachi.GregoryGDavis.com](http://www.Malachi.GregoryGDavis.com) - and many children across the nation are participating in **Jump Rope For Heart** fundraisers at their schools. I encourage everyone to support these fundraisers! ggd ☺

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