

# Steel Magnolias

Breast Cancer Support Group, Inc.

September 17, 2005

## In The Midst Of The Storm

### Gathering Clouds

As I watched the daily reports of Hurricane Katrina, as she exploded into the category five monster that she became, with an eye thirty miles across and hurricane force winds one hundred and fifty miles in all directions, I was sick at the thought of the destruction that awaited so many people. Being a native of Southwest Florida, born in Fort Myers, and living most of twenty years in the big cypress swamp, between Immokalee and Everglades City, I have both experienced and seen the devastation suffered by everyone in the path of a "Perfect Storm."

Nothing has ever been seen or experienced that equates the magnitude of suffering caused by Katrina. I think I can speak for every person, who is even a little compassionate, our hearts are broken for the people who were in the path of Katrina and whose lives will never be the same.

Seeing the Red Cross come to the aid of people who had no resource they

could call their own, reminded me of an experience my family had, when the Red Cross set up bread lines in Immokalee, Florida.

### Nora, Let's Pray

My dad was a watermelon farmer. Collier County, this particular year was hit with unrelenting flooding. Dad worked night and day to try and pump the water out of his fields but like other farmers in Collier county, he lost his entire investment. The Red Cross set up, what was called, a bread line to feed Collier County farmers.

My dad was a very proud man, he refused to ask for help. When our cupboard was empty, Mom said, "Nora, lets pray." Mom and I prayed for three days. On the third day, a station-wagon drove into our yard, thirteen miles south of Immokalee. Mrs. Shockley, a volunteer with the Red Cross, who mom had met at the First Baptist Church, knocked on our door. When mom answered, Mrs. Shockley

asked, "Maxine, is your family in trouble?" Mom responded, "Yes, Marie, we are."

Payne Washington, my dad, was a kind and gentle man who believed it was his responsibility to provide for his family. At ten years old, in 1920, Albert and Maggie Washington had moved their family to the Saw Grass region of South Florida and in the almost forty years before this flood, the Washingtons had managed to survive the Great Depression, the Second World War, and many assaults from Mother Nature.

Marie Shockley's station-wagon was filled with boxes of food: cheese, rice, canned meat, beans, dry milk, peanut butter, flour, meal, etc. There was enough food to feed our family until Dad could once again produce a crop for the market.

That day, when my Dad got home, after yet another futile attempt to pump water from the rows of watermelons, and saw the abundance of



**Sharing love through support**

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.....  
food, he wept.

Marie Shockley told us that she had not been able to get our family off her mind for three days. Marie's faithfulness to respond to the urging of the Holy Spirit, to go the extra mile, and drive her station-wagon full of food, thirteen miles to our home, provided more than food to my family. The act of unexpected kindness, fed my Dad spiritually as well as physically. This event opened my dad's heart and placed within him the reality that he had a Creator that loved him, and gave Dad a faith that shaped the remainder of his life.

## All I Really Need To Know I Learned From Noah's Ark

1. **Don't miss the boat!**
2. **Don't forget that we're all in the same boat.**
3. **Plan ahead. It wasn't raining when Noah built the ark.**
4. **Stay fit. When you're 600 years old, someone might ask you to do something REALLY BIG.**
5. **Don't listen to critics; just get on with what has to be done.**
6. **Build your future on high ground.**
7. **For safety's sake, travel in pairs.**
8. **Two heads are better than one.**
9. **Speed isn't always an advantage; the snails were on board with the cheetahs**
10. **When you're stressed, float a while.**
11. **Remember that the ark was built by amateurs; the Titanic was built by professionals.**
12. **Remember that woodpeckers inside are a larger threat than the storm outside.**
13. **No matter the storm, when God is with you, there's a rainbow waiting.**

I received, in the mail, "All I Need To Know I Learned From Noah's Ark," on August 26, just two days before Katrina devastated the Gulf Coast. I have just one thing to say, "Vickie Simmons is either psychic or acted under the direction of the Holy Spirit! Thank you Vickie for this very timely and profound bit of **WISDOM**.

### Personal Storms

As individuals, who are all made of clay, we find ourselves in the eye of many storms.: A wonderful young couple, friends of our family, learned that their 3 month old son has inherited the deadly blood disease that took the maternal grandfather's life; A beautiful 23 year old woman from Oxford, pregnant, learned that she had an eight centimeter tumor in her breast; A woman from Wellington, just after retiring from teaching, learned that she had breast cancer and would require a bilateral mastectomy; a young mother and father learn that their beautiful eighteen month old daughter has Type One Diabetes; a sixty-one year old man has a massive heart attack on March 13, 1993, with sixteen inches of snow on the ground, no telephone, no four wheel drive and no electricity; a man goes to bed and is awakened to find his wife clutching her chest, she dies of a heart attack before she can be transported to the emergency room; a woman, three months after finding her husband dead on the sofa, is diagnosed with breast cancer; a woman after the end of a twenty-five year marriage ends in divorce, learns that she has breast cancer; a woman who had only a dot of cancer in one lymph node learns that even after chemotherapy, she now is fighting metastasis; learning that your ten year old son, afflicted with hemophilia, has contracted HIV through the clotting factor that was required to protect his life; losing your home to the bank because of the inability to make mortgage payments; losing your job because your company has moved operations to Mexico; etc., etc., etc.

### What I Learned

**Dr. Amy Givler, from Monroe, Louisiana, M.D., wife and mother of two small children and pregnant with a third, was diagnosed with Hodgkin's lymphoma. She said, "I understood cancer as a doctor, now I would come to know it as a patient." Dr. Givler said, "Throughout my journey to healing, there have been many times when Don and I felt helpless and alone. Yet the journey was as much about awareness as sickness, understanding as much as healing. Here is some of what I learned as a cancer patient."**

- 1) **Get Real....**At first I was in a daze. I felt removed from what was going on around me. Don, who is not usually very emotional, tried to comfort me, but I wasn't ready to be comforted, because I hadn't completely absorbed my diagnosis. A friend once told me, "All I could do was nod." I couldn't remember the doctor's name. I didn't ask any questions. I don't even remember how I got home. Even with all my medical knowledge, I was afraid to admit that I had, indeed, lost my health. Psychologists call this denial. I believe it is a God given way for us to bear the initial shock of pain or terror, but eventually we need to face reality. I've heard of some patients who never come to that point. They get a diagnosis and then they never seek treatment because they can't confront the truth. I forced myself to acknowledge, "I am someone who has cancer." Once that cold fact sank in, I became very emotional, and it scared me. I started a journal, which gave me the perspective of an emotion baseline.
- 2) **Speak Out.....**I stopped working at the clinic. Now my job was to get well. Don and I looked for the best treatment we could find. We sought a doctor who knew exactly the right treatment that would not injure my baby.

Don and I asked tons of questions and settled on a treatment center. After one of the procedures, I was retching, I asked a resident for something to settle my stomach. I was denied nausea drugs because of my pregnancy. I remembered that I was a patient and thought that patients weren't supposed to question their doctors. An hour later, another resident stopped by and asked if I wouldn't like something for the nausea. I nodded gratefully. The first doctor had simply taken a very conservative stance. I know pregnant women are given medication for nausea all the time, and without any problems. But I should have spoken up and told him-as a patient, not a doctor-how much distress I was in. I vowed that when I went back to work, I would listen more carefully to what my own patients said.

3) **Accept That You're Going to Feel Worse Before You Feel Better**.....Chemotherapy was rough. Treatments left me drained. Getting up from a chair to go to another room was a major effort. It was like my body was saying to my brain, "Hey, I can barely keep afloat. You'd better not ask me to do anything that requires energy." I was very anxious. I worried about how Don would take care of the children if I died. I worried about my unborn child, it was such a relief and a joy when he was born. I had a healthy baby boy. But now I was an exhausted mother of a newborn. I remember when one woman told me, "You've got to lift yourself up, Amy. You've got to apply your mind to fight that cancer. If you don't think positively it might not go away." I hung up the phone in a fury. Any doctor will tell you that a positive attitude is a huge plus. I told my patients that myself. But some days, I learned, just struggling through was enough. That was as positive as it got.

4) **Focus On The Things You Can Control**.....Cancer is the ultimate schedule disrupter. I couldn't commit to anything—taking my daughter to a birthday party, volunteering at church, deciding on a family vacation. I never knew how I'd feel and couldn't plan ahead. I had to live from day to day. I trained myself to concentrate on things I could manage. My eating. My sleeping. Spending time with my husband and children calmed my mind. So did taking walks, reading to the kids, singing a hymn to my baby, writing. I made time for those quiet, peaceful things and it eased my soul as well as my body. I talked to God constantly.

5) **Let People Help**.....So many people wanted to help us. Friends offered to baby-sit, cook meals, clean house, play with the kids, go to the supermarket. My energy was so low I couldn't get by without them, but on my bad days, their kindness made me feel guilty. Why couldn't I do what they were doing? Why couldn't I help my family? Someone set me straight on this. "You're giving them an opportunity to do something for you."

6) **Be Glad**.....Glad? Glad to be sick? Glad of chemotherapy? Then I read something invaluable from the writer Elisabeth Elliot: "Open hands should characterize the soul's attitude toward God, open to receive what he wants to give, open to give back what he wants to take." Those words were my inspiration. It was from then on that I actually opened up my hands to God. *Okay, I give you my health. I trust you with it.* An enormous feeling of peacefulness settled over me. I was open to receive His gifts. Whatever happened, I knew I was in the best care on earth. That peacefulness was with me when I was given a clean bill of health and is still something I draw on today. I read an interesting study of 108 women with cancer. It showed that one in two had become more religious since her diagnosis. In fact ninety-three percent of the patients believed their religious lives helped them sustain hope. Just like those women I was given something infinitely precious in my struggle with cancer. Actually it has changed my whole perspective on life. As James writes in the Bible, "Whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow." I had an amazing year of growing closer to God. And I'm glad.

**The story of Dr. Amy Givler's journey with cancer was published in the April 2003 issue of Guideposts. At that printing, Dr. Givler was a ten year survivor.**

### **Emotional Paralysis**

**Some signs of emotional paralysis are:** Fear, Worry, Grief, Anger, and Resentment. The result of emotional paralysis is that we are overwhelmed with a feeling that we are living a life that is out of our control. We are desperate to change but too afraid to take the steps necessary to change. We want to make a difference in the world we live in but fear of looking foolish or making a mistake cripples us. Focusing only on problems, not solutions is paralyzing.

**Some Results of living a life out of control are:** Fear of the future, Regret over the past and doubts about our abilities, fear of appearing inappropriate. Each of us has been given gifts that differ from each other. Some have a gift of singing or playing musical instruments, some have the gift of writing, some have the gift of encouragement, some have the gift of baking, organizational, decorating, some have administrative gifts, some are gifted to just be prompt and loyal and faithful. There are no gifts more important than another nor is there a person without a gift. The best way to identify your gift is to identify your natural bend. Then step out on faith, away from your sense of inadequacy and let your life connect with someone who needs to be ministered to with your gift.

**What Happens If We Open Our Lives to Christ's Changing Love:** Our fears will cease, Our guilt will be eliminated, Christ will enable us to do what seems impossible. I Peter 5: 7 "Perfect love cast out fear." We are timid and lack boldness in reaching out to others because we have not allowed God's perfect love to strengthen our emotions. Faith is an activity not a thought.

Pastor Donnie Machen, a minister who was ordained, some years ago, at Gladeview, filled our pulpit on Sunday, September 4. He delivered a wonderful sermon based on Luke 5: 17-19, which tells the story of the paralyzed man being lowered through the roof so that he could be healed by Jesus. His sermon dealt with emotional paralysis and how it keeps us from helping those whose lives are shattered. At a time when there are so many hurting people, lives that have been altered forever, it was a very encouraging and motivating message.

**Thank You Brother Machen for permission to use your thoughts in the Steel Magnolias Newsletter.**

### *The Tomorrow That's Behind Us*

*The tomorrow that's behind us,  
Is a place called yesterday  
It's a place we sometimes visit,  
But are never meant to stay.*

*The tomorrow that's behind us,  
Can't be changed in any way,  
Unless we start to do it now,  
While it's still called today.*

*For things that are behind us,  
Are difficult to see,  
Unless we turn ourselves around,  
To where we used to be.*

*Today is where we are right now,  
It's where we're meant to be.  
It's what we do Today that counts,  
That makes us, you and me.*

*To see where we are going,  
We need to look ahead.  
But not so far beyond today,  
We focus there instead.*

*By Brenda Wise Byrd*

*Copyright 1994*

*Dedicated to my nephew, Bryndan Wise Lindsey, who at the age of two,  
Used this phrase as a regular part of his everyday language.*

### **Grandma Nell's Dump-Dump Ministry**

A Dump-Dump, as they have become known within our family, is a pillow made to resemble Humpty-Dumpty. My Mother, for whom the ministry is named, through the years, lovingly made these for her grandchildren. In this day of bells, whistles, and batteries, you might say it was a rather dull toy. However, a Dump-Dump has a wonderfully comforting power over children of all ages. It's softness and hug ability gives children a calm sense of security. In our family, we have at times wondered if Dump-Dump would go off to college with a few of our children. They dearly loved the little egg shaped pillow.

Each Dump-Dump comes wrapped up in a clear plastic bag with a ribbon, Christian poem and a tract. On the outside of each bag is a Ministry name and focus scripture: *For I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope. Jeremiah 29:11.* I try to pray over each one as it is made that the child receiving that particular Dump-Dump will grow up to know the love of Christ.

As I saw the many children around me, in need of some sense of security, I felt drawn to begin to sew these myself. This ministry has grown over the past year into a wonderful outreach. Several ladies in our church are critically vital in their construction. They all give of their time and talents. Without their help, this ministry would not be able to continue. They are: Marion O'Kelly, Cindy Cain, Bobbie Gibson and Melanie VanLanningham.

My original goal was to see 1000 Dump-Dumps given away. To date we have given over 500 and are still going strong. There are Dump-Dumps in GA, LA, FL, CA, AL, NY, OK, as well as England, Scotland, France, and India. Often we hear there is a mission trip and our Dump-Dump is used as a witnessing tool for children of the area. These adorable little guys are also given to women's and children's shelters, Salvation Army, Regional Medical Center children's ward, Cancer patients, Steel Magnolias, Alzheimer's patients, schools for the blind and deaf, Save-A-Life, to name a few. Often people request them to give as gifts. We don't sell them but we will fill any request and accept any donations that help to purchase the fiber fill to continue the ministry. Please keep us in your prayers that more doors will open for us to share Dump-Dump. As Christians, we know that the only real security is Jesus Christ, but these little pillows offer a little friend to children in need.

**Grandma Nell's Dump-Dump Ministry** is an example of what can be done to help hurting people when one person has an idea and asks God to enlarge their territory in order that they might be able to help more people. Thank you Faye for starting the Dump-Dump ministry. Many grandchildren of Steel Magnolias have cherished Dump-Dumps. The first gift from Calhoun County to reach little Carson Featheringill of Birmingham, while a patient at Children's Hospital was a Dump-Dump doll. Michelle said that little Carson, a cancer patient, clung to the egg shaped pillow.

#### **August Meeting of Steel Magnolias**

The monthly meeting of Steel Magnolias was called to order by President, Jo Ann Taylor. Roll was called by Secretary Kay Hogue, followed by the reading of the minutes and the treasurer's report. In the absence of treasurer, Sarah Stinson, the report was given by Director, Lenora Johnson. Before addressing any business, our prayer list was read aloud and prayer was offered by Nancy Burnell. It was suggested that a love offering be taken for Irma Williams who has, in the last couple of months, suffered aneurysm surgery, infection, and two strokes. Noah, Irma's husband is also fighting prostate cancer. \$85 was collected. **Old Business:** There was discussion about the September 9, Sacred Heart Health Fair to be held at the Golden Springs Community center, 8 a.m. to 2 p.m. A sign-up sheet for workers to take one of two shifts was passed around and Janet Reese accepted position of leadership. We gave details about the Sept. 15, lymphedema class, RMC Auditorium, 12 noon to 1 p.m. to be taught by lymphedema specialist from Lakeshore Rehab, Dr. Paula Stewart. Pink Ribbon Ball was discussed, as was Race For The Cure in Birmingham. Quintard Mall, Bake and Jewelry Sale. Jacksonville Medical Center's Breast Cancer Walk and The Heflin Art's Counsel performance of: Steel Magnolias. **New Business: Because of the request of JSU employees, that a support group be established on the JSU Campus, Counselor, Linda Shelton, attended our August meeting.** There being no other business, the business meeting was closed and we enjoyed wonderful goodies brought by Steel Magnolia Sisters.

#### **TV 24.....The Edge**

Friday, September 2, 2005, Judy Berger and I were guests on the lively show, *For Women-By Women, About Women*, "The Edge," that showcases the needs of women in the community. Donna Feazelle, Patricia Lockhart, and Dru Rodgers do a great job of making their guests feel comfortable and get their message out. Judy and I were there to create interest in the Pink Ribbon Ball, a fund raiser for the Susan G. Komen Foundation. We had a great time and were able to also talk about the importance of early detection, which is the purpose of the fund raiser at the Country Club. We also had opportunity to tell the public that The Susan G. Koman, North Central Alabama Affiliate, has been responsible for funding free testing for several uninsured women, with lumps in their breast, who sought help from Steel Magnolias.

When we first entered the TV24 studio, we were greeted by owner, Tom Williams. I felt like it was old home week. Tom was born in Miami and knew where Sunnyland, the wide place in the road where I grew up is located. He talked about driving through Everglades City, Ochopee, Sunnyland and Immokalee, Florida. I told him about dancing the Bop to the sounds of Blue Suede Shoes and Rock Around the Clock, from a juke box, in the Wig Inn, a teenage hang-out in the 1950's. Mr. Williams had a few stories of his own. Yep! Old home week.

#### **New Procedure for Uninsured Women With Acute Need Of Mammogram and Sonogram**

- 1) Call Calhoun County Health Department for an appointment.
- 2) If you HAVE NOT had an up-to-date pap smear, YOU MUST HAVE ONE BEFORE they can proceed. They will do this FREE at the center.
- 3) IF YOU HAVE AN UP-TO-DATE pap smear, then they will proceed with a breast exam by a physician's Assistant (PA). The PA also does a rectal exam as part of the procedure.
- 4) If the PA determines these lumps need further diagnosis, the PA makes an appointment at RMC for mammogram and sonogram.
- 5) The patient goes to RMC and there is no fee for these services

**As Gail Tuck put it, We may have finally learned how to wag this Dog! We certainly hope the precious uninsured women who follow these instructions, get their much needed tests.**

#### **Pamela K. Fox**

**December 18, 1938 September 9, 2005**

Pam became a part of Steel Magnolias when we were still holding our meetings in Suite 901 of Professional Plaza. Originally from California, she was a retired master sergeant. Pam was a very organized, intelligent and generous person. Because of Pam, we met attorney, Joe Maloney, who helped us to incorporate. In exchange for Steel Magnolias helping with her moving sale, in advance of her move from Hollingsworth Rd. to her Weaver home, Pam contributed 10% of the sale proceeds to Steel Magnolias and wrote a check to Steel Magnolias for \$150. She was very computer literate and put a great deal of effort into establishing a web site for Steel Magnolias. The last meeting that Pam attended, she gave me a briefcase full of cancer research that she had downloaded from the internet. In the early morning hours of Friday, September 9, Pam lost her approximately five year battle with breast cancer. Pam was a very bright and faithful person, she will be missed by Steel Magnolias. At our September meeting, Tuesday, September 27, Chaplain Wilson will lead Steel Magnolias in a memorial service for Pam.

#### **Sacred Heart Health Fair**

Golden Springs Community Center was the site of the second annual Sacred Heart Health fair. We thank Janet Reese and Eleanor Henderson for being the chairs of this Saturday October 9 event. The report I received on Monday morning, clearly shows that God is indeed enlarging our territory so that we can help even more people, beautiful women who have, because of the speech barrier been cut off from support. Steel Magnolias have been asked by Spanish translators to participate in a health fair, geared toward the Spanish speaking woman, is reason enough for us to have participated in this health fair. We hope to have these dear ladies visit our support group in November. Janet Reese said this fair was even better than the 2004 event. She said there was very good participation and many opportunities for everyone attending the health fair to receive a wide range of services: The RMC Wellness Bus was on site, performing cholesterol, blood pressure and PSA testing; massage therapists, associated with Chiropractor Dr. Edwards were giving massages; bone density testing was also available. Others who participated in the 2005 health fair were: Interfaith Ministries, a home health organization that does shopping for patients who are shut in and provides transportation to and from doctors' offices. Children were not forgotten! Children were entertained by Sacred Heart Children's Ministry with balloon art, and face painting, and ARC presented a puppet show. Eleanor Henderson made us all proud by winning three door prizes, one for having the best grip. You go Eleanor, you are truly a Steel Magnolia!

#### **Trinity Broadcasting Public Service Interview**

Wednesday, September 14, Judy Berger and I met in the parking lot of, WTJP-TV 60, Trinity Broadcasting Network, in Gadsden, a little before 2:00 p.m. We were greeted by Dixie Keith, who made us feel very comfortable. We were soon joined by Gary Hodges, and were led into a beautiful studio where we were asked many questions concerning each of our journeys

with breast cancer. We were also asked questions concerning treatment and prevention. For those interested in seeing this interview, it will be aired on the *Joy In Our Town* program, air times: **Monday Oct. 10, 10:30 a.m.**, Tuesday Oct. 11, 2:30 a.m., **Friday Oct. 14, 12:00 p.m.**, **Monday Oct. 17, 10:30 a.m.**, Tuesday Oct. 18, 2:30 a.m., **Friday Oct. 21, 12:00 p.m.** We suggest convenient viewing date and time be marked on calendars. TBN can also be viewed on Dish programming. Thank you Gary Hodges, Station Manager, for giving us opportunity to reach more women with a message of early detection and prevention.

### **Dr. Paula Stewart, CME on Lymphedema**

Pam Bussey, Ina Rooks, Laura Ann Minshew, and I arrived a little early for the most anticipated CME program on lymphedema, conducted by, a Lakeshore Rehab physician, Dr. Paula Stewart, MD., who specializes in the treatment of Lymphedema. This Continuing Medical Education Class was attended by a few doctors, representative staff for still more doctor's offices and by a group of Steel Magnolias. Dr. Stewart began her comprehensive power-point presentation by tell us that there was a wealth of information on the National Lymphedema Network. There is no way to do justice to Dr. Stewart in these few words, so I will just hit the high points.

- 1) There are 2 ways to develop lymphedema, A. Damaged lymph vessels B. Impede lymph flow.
- 2) Unlike blood vessels which send blood to and from the heart, lymph vessels have a one way flow.
- 3) There are 600 to 700 vessels in the individual, most of these are in the neck and head areas.
- 4) Primary lymphedema (Birth Defects) accounts for 10 percent of lymphedemas...Parasites account for most lymphedema in the world....Surgery accounts for most lymphedema in the United states.
- 5) There are hundreds of different kinds of lymphedema.
- 6) Symptoms include: Swelling, Tingling pressure, Heaviness, Discomfort, Infections, Fibrous skin changes, Slow wound healing.
- 7) Sentinel node surgery reduces incidence of lymphedema from 20 percent to about 4 percent.
- 8) Patients who receive radiation treatments following surgery have a greater than 1 in 3 chance of experiencing lymphedema.
- 9) Diuretics do not work on lymphedema
- 10) Cellulitis is usually caused by streptococcus, sometimes staphylococcus.
- 11) Treatment always starts with skin care: Protect from breaks in skin, anywhere on body. Keep hands immaculate.
- 12) Obesity increases risk of lymphedema.
- 13) Lymphedema cannot be prevented: We can reduce our risk of getting lymphedema.
- 14) Compression sleeve should be worn by all who have had breast surgery when flying and doing repetitive activity.

**Dr. Paula Stewart's class was geared to physicians**, therefore, we survivors couldn't understand those big confusing words. Dr. Valente told me a few months ago that if we were able to get a doctor of Dr Stewart's merit, we should get her CME on a CD so that the information could be referred to later. As Dr. Stewart put it, "Medical schools allow very little time to lymphedema." Those of us who manage lymphedema on a daily basis would deeply appreciate our physicians taking advantage of the CD that Dr. Stewart has agreed to send RMC.

**Thank you Dr. Stewart, and thank you Sandy Hunter for making this happen for ladies at RMC who worked since February to try and make this CME become a reality.**

### **Mark Your Calendars**

**Friday, September 23: Nancy Burnell and Lenora Johnson, guests on *The Edge*, 12:00 noon, JSU 24, Channel 09 on Cable.**

**Tuesday, September 27: Steel Magnolias meeting, Tyler Center Deli, 5:00 p.m., 8th St. E., Just behind RMC. Everyone bring money and Pink Ribbon Ball tickets to meeting.**

**Saturday, October 1, Pink Ribbon Ball, 6:00 p.m., Anniston Country Club, at the end of 6th St. E. For tickets call Marti at 237-0206 or Lenora at 447-9822**

**Saturday, October 15: Bake and Marti's Antique Jewelry Sale at Oxford Quintard Mall, 9 a.m.—5 p.m. Come to meeting ready to talk about your planned bakery item. For more information, call Lenora at 447-9822 or Marti at 237-0206**

**Saturday, October 15: Susan G. Komen Race For The Cure. Pam Bussey, Team Captain. Contributions and team enrollment can be made on the [www.komenalabama.org](http://www.komenalabama.org) site. Just find the Steel Magnolias team. For more information, call Pam at 831-4649 or 741-6070**

**Before our Funnies! If you have a computer and would like to read your newsletters on our web-site [www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org) PLEASE contact us so that we can take your name from the mailing list. We hope to be on-line soon. Please provide your E-Mail address. Thank you, Lenora**

### **Jo Ann, Here Goes!**

#### **That Would Scare Anybody!**

A woman went to the doctor's office where she was seen by one of the younger doctors. After about four minutes in the examination room, she burst out, screaming as she ran down the hall. An older doctor stopped her and asked what the problem was and she told him her story. After listening, he told her to sit down and relax in another room. The older doctor marched down the hallway to the back where the young doctor was writing on his clipboard. "What is the matter with you?" the older doctor demanded. "Mrs. Horne is 62 years old, has four grown children and seven grandchildren and you told her she was pregnant?" The younger doctor continued writing and without looking up said, "Does she still have the hiccups?"

#### **Bubba's New Truck**

One day, Jimmy Joe was walking down main street when he saw his buddy, Bubba driving a brand new pickup. Bubba pulled up to him with a wide grin. "Bubba, where did you get that truck?!?" "Bobbie Sue gave it to me," Bubba replied. "She gave it to you? I knew she was kinda sweet on ya, but a new truck?" "Well, Jimmy Joe, let me tell you what happened. We were driving out on County Road 6, in the middle of nowhere. Bobbie Sue pulled off the road, put the truck in 4-wheel drive and headed for the woods. She parked the truck, got out, threw off all her clothes and said, 'Bubba, take whatever you want.' So, I took the truck!" "Bubba, you're a smart man!. Them clothes woulda never fit you!"

#### **Cross Country Trip**

Four women were driving across the country. Each one was from a different state: Idaho, Nebraska, Florida, and New York. Shortly after the trip began, the woman from Idaho started pulling potatoes from her bag and throwing them out of the window. "What the heck are you doing?" demanded the Nebraskan. "We have so many of these darned things in Idaho, I am just sick of looking at them!" A moment later, the gal from Nebraska began pulling ears of corn from her bag and tossing them from the window. "What are you doing that for?" asked the gal from Florida. "We have so many of these things in Nebraska, I am just sick of looking at them!" Inspired, the gal from Florida opened the car door and pushed the New Yorker out.

#### **New Ideas**

The elderly priest, speaking to the younger priest, said, "It was a good idea to replace the first few pews with plush bucket seats. Worked like a charm. The front of the church always fills first now." The young priest nodded, and the old priest continued, "And you told me a little more beat to the music would bring young people back to the church, so I supported you when you brought in that rock 'n roll gospel choir. We are packed in the balcony." "Thank you Father," answered the young priest. "I am open to the new ideas." "Well" said the elderly priest, "I'm afraid you've gone too far with the drive-thru confessional." "But, Father," protested the young priest, "My confessions and the donations have nearly doubled since I began that!" "I know, son," replied the elderly priest, "But that flashing neon sign, "Toot 'n Tell or Go to Hell," can't stay on the church roof!"

#### **Help Losing Weight**

To help a friend lose weight, I told her that she should switch to lower fat foods, including milk. When she said her family would drink only whole milk, I suggested that she keep their regular container and refill it with skim milk. This worked for quite a while, until her daughter asked one morning whether the milk was okay. "Sure it's fine," my friend answered, fearing she had been found out. "Why do you ask?" The daughter explained, "Well, according to the expiration date, this milk expired two years ago!"

#### **Zen Sarcasm**

- 1) If you think nobody cares if you're alive, try missing a couple of car payments.
- 2) Don't be irreplaceable. If you can't be replaced, you can't be promoted.
- 3) The journey of a thousand miles begins with a broken fan belt and a leaky tire.