

Steel Magnolias

Breast Cancer Support Group, Inc.

June 16, 2008

Heroes are Mentors are Heroes

(Note) Before we start the inspirational part of this newsletter, I need to inform our readers of a copyrighted joke that has been passed around the internet for the past few years. *If My Body Were A Car*, is owned by Linda S. Amstutz. Please don't forward it to anyone.

On March 25, 2004, my brother Gerald sent this in an email with the message:

"I cut this out of the newspaper years ago and decided it is time to share these words."

Gerald Washington
Moore, Oklahoma

Missing Heroes

I wonder where the heroes went
The ones I used to know.
The people worthy of respect
Who help me learn and grow.
The sort with moral standards who
Would take a stand for good.
They never once em-

barrassed me;
They acted as I should.

Although the kids have lots of "things,"
There's something which they lack;
I wish there was a way somehow
To bring the heroes back.

Kathleen Y. Bergeron

My brother taught English and coached football in one of Moore, Oklahoma's junior high schools. For some time before sending, *Missing Heroes*, Gerald talked about his need to retire. Not always because of difficult students but often because of parents.

I've put lots of thought into whether there are any more heroes. I can tell you, YES! You won't find these Heroes disturbing the peace and making headlines. They are occupied, taking care of their children, making a living and being faithful to the woman they love. The commitment they made, "In Sickness and In Health," means as long as we both live.

Mr. Isaac Brown, who recently relinquished his wife, Pauline, to Heaven, told the family, when her cancer was diagnosed, that he would take care of his wife. When his grandson, Derek Brown, asked him how he could just go and sit through all the chemo and then dialysis sessions, Mr. Brown said, "I made a commitment and it was for life." Mr. Brown would take the Steel Magnolias Newsletter and read the joke page to the nurses. **"Mr. Isaac Brown, you are a Hero!"**

This is the thinking of many of today's husbands and fathers. My husband, Prentiss, when my chemo was finished, was asked by my oncologist to back off and let me get back into life. My husband was hurt because he was doing what he thought a man who loved his wife should do. When we reached the parking lot, I said, "Prentiss, I would much rather have to ask you to back off than beg for help and you not be there." **"Prentiss, you are my**



Sharing love through support

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.....
Hero!"

As I watch our three sons with their wives and children, I can see the strength of Prentiss in each one of them!

MEN OF STEEL In the winter of 2007, I told Chaplain Wilson that several husbands came with their wives to the Steel Magnolias' meetings and I asked what he thought about us kicking off 2008 with a men's program. I suggested it should be named, Men of Steel. Chaplain Wilson

liked the name. He said, "It takes a man of steel to faithfully stand by, through all the hardships, with the woman he loves." Each 4th Tuesday evening, before the men go to their separate meeting area, Steel Magnolias share food and fellowship with our Men of Steel! Thank you! **Each and every one of you are Heroes!**

Daddy's Hands

In 1990, at my Dad's funeral, I asked my dear friend Sheila to sing, "Daddy's Hands." When I think of my childhood, that is what I remember most. I'm sure this is a treasured memory for each of my siblings. Dad would come in from the fields, tired and weathered, sometimes he had fought the elements all night and lost. The struggle had made his hands as hard and as rough as a stone but when Daddy picked me up, those weathered hands were filled with pure love. We never had all the material things we needed but we learned about dignity, honesty, hard work and faithfulness from a Dad who loved our mother and was always working to make a living and live a life from which we learned family values. **Our Dad, Thomas Payne Washington, will always be a HERO to Lenora, Betty, Gerald and Debby!**

How To Bring The Heroes Back?

Pastor Mike Owens, for several weeks, has been preaching a series of sermons on love, marriage and family values. This is really not rocket science, but with 60% of marriages ending in divorce, one might think so. Pastor Owens listed four concrete ways to be a successful father: 1) Be a godly model...love mom 2) Be a gifted manager...every child is different. 3) Be a grounded mentor...live a disciplined life. 4) Be a gracious minister...be fair. In both the old and new testaments, there is much written about children and parenting:

Behold, children are a heritage from the Lord, the fruit of the womb is His reward. Like arrows in the hand of a warrior, so are the children of one's youth. Happy is the man who has his quiver full of them; they shall not be ashamed, but shall speak with their enemies in the gate. Psalm 127: 3-5

Train up a child in the way he should go, and when he is old he will not depart from it. Proverbs 22: 6

Children, obey your parents in the Lord, for this is right. Honor your father and mother, which is the first commandment with promise: "that it may be well with you and you may live long on the earth." And you fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord. Ephesians 6: 1-4

Several years ago, everyone talked about a little book, written by Robert Fulghum, "All I Ever Needed To Know, I Learned In Kindergarten." How is that possible? *"And these words which I command you today shall be in your heart; you shall teach them diligently to your children and shall talk to them when you sit in your house, when you walk by the way, when you lie down and when you rise up." Deuteronomy 6: 6-7*

Kathryn Tucker Windham, Alabama's premier story teller, as told in Longleaf Style magazine, concerning storytelling: "They all stir memories, they tell a person who they are and what he or she can become."

Last Sunday, our youngest son, Greg, his wife Amy and two precious daughters, Kaylee, 5 and Emily, 20 months, ate lunch with Prentiss and me. Greg said, "Mom, do you know where my memory book is?" I was one of those mothers who kept almost everything from each of my son's childhood. When I found a collection of Greg's memorabilia, Amy and Kaylee started digging through the papers. Suddenly, Amy laughed and said, "When you were in school, you said, 'When I grow up, I want to have a wife and a baby.'" Greg started laughing and said, "Why have I got two?" Kaylee was in the process of finding a video to watch when she spotted the video of Greg and Amy's wedding. She said, "I want to see this!" We all gathered around the TV and relived Greg and Amy's special day, as Kaylee giggled and gave hugs to her mom and dad.

We must take the time to tell our children about the family into which they were born! I firmly believe, when that happens, we won't have to ask, "Where have all the heroes gone, the one's I used to know?" We even have children, every year, who are honored for heroism. **Heroes are Mentors! Only a Hero can become a Mentor!**

I am not so naïve as to think all families fit into a Norman Rockwell painting, but I know there are people who have

hearts as big as Texas, people who willingly step up to the plate and provide love and direction to other people's children. Some children are born to parents crippled by poverty, substance abuse, crime or disease. Thank God for these surrogate parents! **They are Heroes!**

Generous Ways

**A gentle conductor on a southbound train;
An humble neighbor in a strange new place,
Gave of themselves in tender ways,
Displaying to us our Savior's grace.
For those who paused along their paths,
Who gave of themselves in generous actions.
For those who loved three isolated children,
Introducing to us Christ's spiritual direction.
Thank you Lord for special people
Who planted seeds that produced salvation.
Let there be in the world today,
People who will pause along their paths
To reach little children in generous ways,
Revealing to them God's saving grace.
Make me God, one who'll take the time,
Who'll pause along my busy days,
That children can see the love of Christ
That was shown to me in generous ways.**

Lenora Washington Johnson

(NOTE) I encourage everyone to read Derek Brown's story, *Moving The House*, in the Summer, 2008 issue of **Longleaf Style** magazine. Derek said, "I just had to write a little something to honor Ms. Rudolph, a remarkable woman who is a mentor to me." I read the article and then read the magazine from cover to cover! I encourage everyone, do yourself a favor and subscribe to this magazine, for and about people who live in and around Calhoun County. Call (256) 235-9253.

Steel Magnolias and Men of Steel Meetings

Tuesday, May 27, Steel Magnolias and Men of Steel gathered at the Tyler Center for their regular meeting. Our guests were Glenda Coley and Ann Marie Reynolds from Countryside Hospice. We had two ladies attending for the first time. Ina Rooks read the names on our prayer list, and added requests for prayer. Ina led us in prayer for each person on our list and gave thanks for our food. Men of Steel then joined Steel Magnolias for a wonderful meal.

Glenda Coley and Ann Marie Reynolds passed out information concerning Countryside Hospice and gave each person a request form, seeking volunteers. Glenda and Ann Marie then talked about why hospice care is important for both the patient and the family. They said that palliative care helps prepare both the patient and the family for the

loss of a family member. They went on to say, sometimes, after the hospice nurse comes into the home, the patient's health improves. Because it was necessary for insurance companies to set guidelines to qualify a patient for hospice care, the 6 months life expectancy was adopted. However, many patients live longer than expected. As long as the doctor believes the patient fits the criteria, the patient can be approved for another six months. Glenda and Ann Marie, said that the hospice nurse, when it is needed and doesn't interfere with caring for the patient, does whatever they can to help with household care. It was explained to us that there are Hospices that are volunteer organizations and some that are not. We were told that Countryside is a for profit hospice but never discharges a patient because of an inability to pay. Questions were asked and answered. Glenda and Ann Marie said volunteers are needed, and that the volunteer had the choice of time and area in which to work.

Before we started our business meeting, opportunity was given for our two new ladies, Beverly and Phyllis to tell their stories. Phyllis was diagnosed and received surgery and treatments 5 years ago for breast cancer. About two years later, she was diagnosed with colon cancer and is now battling stomach lining cancer. Gladys asked that our chaplain, Ina Rooks, lead a special prayer for Phyllis. We all held hands as prayer was offered. Beverly, whom I had been in contact, since she was diagnosed, told about going to Tennessee for her surgery. Beverly was alone in Anniston and her son, a computer programmer, living in Washington, D.C., wanted her to go where someone could help see about her. Beverly is thankful that she needed no chemo or radiation.

Gladys Denizard appealed to everyone to choose names of newly diagnosed patients, who live near them, make phone calls and, whenever possible, follow-up visits. Following the business meeting, Gladys invited everyone who wished, to look at the Steel Magnolias' Benevolent Closet.

In Margaret Taylor's absence, Lenora read the minutes. Minutes were accepted as read. Nancy Burnell presented the financial report which was approved as read.

Old Business: Lenora asked that the issue of new equipment for the office be tabled until a later date.

New Business: Lenora announced that the fifth annual New Beginnings Banquet will be held, again this year at The Top O The River restaurant in Anniston. The date is Tuesday, July 22, 2008, 6:00 P.M. Invitations will be mailed.

On Thursday, August 14, 2008, 7:00 P.M., at the new McClellan Park Medical Mall Theatre, Steel Magnolias Breast Cancer Support Group, Inc and For The Cause will be presenting the Calhoun Co. premiere of a 2007 AL Film Festival selection, Michele Forman's powerful documentary, "Climb For The Cause, A Breast Cancer Story." There will be a reception prior to the movie. There will be no charge for the event but we welcome and appreciate contributions. There will be seating for 250 people, seated 8 to a round table. Because of limited seating, we urge everyone, don't wait! Be part of this premiere, the story of five survivors who proved, SURVIVORS CAN DO ANYTHING! For tickets, contact Steel Magnolias, <lenora@steelmagnoliasinc.org> or call (256) 231-8827 and leave a message.

The Swinging Stars' Benefit for Steel Magnolias is scheduled for Saturday, October 4, at Oxford Civic Center. We will have more information at a later date.

Lenora shared with the group that Brenda Johnson, Calhoun County School Nurse Supervisor had presented, at the April meeting of the Steel Magnolias Board, a plan for starting the long anticipated, Awareness Program for Calhoun County's 2000, 7-12th grade girls. Steel Magnolias' volunteer, registered nurses are committed to this program.

With no further business, meeting was adjourned.

Financial Report

April	Balance Brought Forward	\$6,293.10
01-	100.00 Lenora Johnson, Monthly Expense	6,193.10
25-	129.60 Advanced Printing (Brochures & Services Inserts)	6,063.50

May		Balance Brought Forward	6,063.50
01-	100.00	Lenora Johnson-Monthly Expense	5,963.50
05+	167.00	Donation from Women at Chulafinnee Baptist Church For Margaret Taylor Speaking	6,130.50
12-	153.36	Advanced Printing (1000 bookmarks & Spanish brochures)	5,977.14
27-	42.00	Ina Rooks (Roll of stamps)	5,935.14
29+	300.00	200 Contribution from Jeff Owens & Assoc 50 Recycled Antique Jewelry 20 Memorial Contribution for Jan Cooper from Kay Cassell 30 Bake Sale (Sue McGathy & Amy Johnson)	6,135.14

Correspondence

Several years ago, Steel Magnolias sent care packages to Carol, a newly diagnosed breast cancer patient. A few days ago, I received an email from her concerning women younger than 40, who find a lump in their breast, being turned away from the health department. I asked her who diagnosed your Triple negative breast cancer and this is her response. By permission, I share Carol's story:

I live here in Anniston. I found a lump and got in touch with my doctor, Joy Gavino. She also felt a lump and had me to go have a Mammy at Jacksonville Hospital. Mammy showed to be normal but an ultrasound located the lump. I then was sent to a surgeon, Wesley Smith, (Very good bedside manners). He performed a needle biopsy. The results were cancer. My family talked me into going to Birmingham. So, Dr. Gavino made the call and had me in Birmingham in two weeks. I arrived at the Kirklin Clinic on September 28, 2005. This was an all day event. I got to meet with a team of doctors. They discussed the plan for treatment with family and me. **First: Oct. 7, 2005**, they removed 3 lymph nodes which came back negative. **Second: Nov 2005-Feb. 28, 2006**, I went through chemo treatments. **Third: March 31, 2006**, A lumpectomy (the lump responded good with the chemo and decreased a lot). **Fourth: April-June 2006 (seven weeks)** Then radiation therapy, which I moved here to Anniston with Dr. Trupp. I was told by the doctors at the Kirklin that my receptors were all negative. I may not totally understand but I have been doing research on Triple Negative Breast Cancer. I understand it is an aggressive form of cancer. I understand at this time, the only treatment for this type of cancer is Chemo and Radiation. In the future treatments may improve.

I had read the article in the newsletter from Steel Magnolias about Alabama Medicaid and thought that I would share this information with you. Why? At the time I was diagnosed with Breast Cancer, I had changed employment with a company in Anniston. I took a deep drop in pay just so I could work locally. I found out that I had Breast Cancer three weeks after my new employment. My position was terminated which left me without any income or insurance. I couldn't get any insurance for my breast cancer with Alabama Medicaid because I was not 40. (just 39). Nor a new job because I had treatments to go through for the cancer. Thank Goodness for family members and friends and CO-BRA-thru Alabama Blue Cross and Blue Shield. I did get to draw Unemployment for most of my treatments but it ran out before treatments were finished. About three weeks left in my radiation treatments, I was on the verge of losing everything that I had worked all my life for. But I got this call, a man's voice was on the other end of the phone. It was the Humane Resource Manager at BAE SYSTEMS. I had to go through with back ground check, a physical, 3/6 part SAT Testing and have an interview. I WAS BLESSED—I GOT THE JOB!!!!!! Along with this new job was 12 hour shifts and 7 days weekly. Also 3 weeks left in radiation. Which this was a mountain for me to climb but I made it through with God's help. He gave me strength to face everyday, work those hours and to finish my treatments. Everyday is now a blessing. I still have my job, I did get a year break in the overtime and I am not on the verge of losing it all. **I felt that I was handed the death sentence, but God delivered me out of the pit!!!!!!**

Thank goodness for the Susan G. Komen Foundation! I am glad there is help out there for people that is in need.

I really enjoy reading the articles online from the Steel Magnolias. I really like all the jokes in it. I haven't been able to come to any meetings because of my work schedule. **KEEP UP THE GOOD WORK!!**
Carol....Oxford, Alabama

Everyone knows of the fantastic work and support of the Steel Magnolias, and I want to thank you for including me as a beneficiary. I am looking forward to meeting you and participating in your activities in support of the mission of helping others. **God Bless you in your efforts, Connie.....Oxford, AL**
P.S. I currently cannot attend the meetings as my chemo sessions are scheduled on Tuesdays.

Dear Ladies, What a wonderful surprise I received as a patient at NEARMC. It was a wonderful package with great gifts included. I admire you ladies for using your precious time and energy to help and bless so many people. I will think of you each time I wear one of the nice hats. The Avon cream came at a time needed also. I want to thank you so much for your love and caring for so many people, and especially for thinking of me.
Carol.....Heflin, Alabama

Dear Steel Magnolias, Thanks so much to all of you for the beautiful plaque. I plan to place it in my new office in Gulfport. Also thank you for ALL the wonderful work that you do through Steel Magnolias. It has been a privilege to work with you and I will always be grateful for the opportunity.
Best Wishes Always, Dr. Fussell

Lenora, In the past, when I have described Steel Magnolias (and you), people have been surprised to learn that support is available. Recently, I have met several people that have benefited from Steel Magnolias. The word is finally getting out. I was surprised to learn from the office manager of my dentist in Carrollton, Georgia that she has benefited from Steel Magnolias. You are making a difference. Thanks for all you do.
Fondly, Greg Flanders..... Fruithurst, Alabama

(Note) Greg included a contribution of \$35 with a request for lapel pins and the addition to our newsletter mailing list of his friend and High School English teacher. **Thank you Greg, for your friendship and support!**

Ohatchee Senior Citizen's Club

Thursday, June 5, Keither Zeimet and Lenora Johnson were special guests at the Ohatchee Senior Citizen's Club. Darlene Lindsey asked that someone from Steel Magnolias speak to the group about the work and mission of Steel Magnolias. We arrived at the beautiful new club house, as invited at 10:00 A.M. We entered the suite to find many seniors, men and women gathered around large round tables. Some were playing cards, some scrabble and some were just visiting with each other.

I spoke to the group from our service card, which Keither had given to everyone. The group was attentive and surprised that some of these services were in Calhoun County. Keither passed around Tuesday Bear Hugger care packages and cosmetic bags. She also showed them the contents of the cosmetic bags, a contribution of the Quintard Mall Avon Beauty Center.

We left a copy of *Caring 4 Cancer*, Steel Magnolias Newsletter, and Loophole Letter. Darlene, the club director, said she could make copies of materials and find the names and address of state representatives.

To a room full of laughter, I closed the presentation with a very funny joke. Everyone seemed to enjoy mine and Keither's visit, and we left the group, eager for lunch that Darlene had prepared.

Congratulations Ohatchee! We should all get treated like these seniors!

The Sister Study

The Sister Study is a nationwide effort, conducted by the National Institute of Environmental Health Sciences, one of the National Institutes of Health of the US Department of Health and Human Services to learn how the environment and genes may affect the chances of getting breast cancer. The study needs 50,000 women whose sisters had breast cancer to help find the causes of the disease. Partners with the Sister Study: American Cancer Society, International Cancer Council, National Center on Minority Health and Health Disparities of the National Institutes of Health, Sisters Network, Inc., Susan G. Komen For The Cure and the Y-Me National Breast Cancer Organization. The study works with sororities, churches, labor and professional organizations, civic groups and numerous other local and national organizations to inform diverse women about the study.

Steel Magnolias was contacted about becoming part of this study. I agreed that because of the environmentally troubling area of Calhoun and surrounding counties, we should be involved in this study. As a thank you, Steel Magnolias have received goodie bags, gifts for women attending some of our functions.

Women 35 to 74 are invited to join the study if their sister (living or deceased) related to them by blood, had breast cancer; they have never had breast cancer themselves; and they live in the United States or Puerto Rico.

To volunteer or learn more about the Sister Study, visit the web site <www.sisterstudy.org> . A toll free number is also available 1-877-474-7837.

*****A REMINDER*****

We really need for Steel Magnolias, whether active or inactive, to send your story about your journey with breast cancer and a picture to: Steel Magnolias, P.O. Box 36 Jacksonville, AL 36265 or Email bio and picture to: lenora@steelmagnoliasinc.org for the Survivor Page——— www.steelmagnoliasinc.org

Jimmy Taylor, at the last meeting of Men of Steel, asked the men to write their story and provide a picture for the ——Men of Steel page—— on the website. If your wife is a breast cancer survivor, we welcome you to tell your story.

*****Mark Your Calendars*****

Tuesday, Jun 24....Steel Magnolias and Men of Steel meeting, 5:00 p.m. at the Tyler Center. Magnolias meet in the Galley, Men in the Nook. Fellowship Meeting. Please bring either Salad, Sandwiches, Fruit or Light Dessert.

Tuesday, July 22....The 5th Annual New Beginnings Banquet,
6:00 p.m. Top O The River, Anniston
Sponsored by RMC Chaplain's Office.
By Invitation to active members and active supporters

Thursday, August 14....Calhoun County Premiere of 2007 Alabama Film Festival Selection
Climb For The Cause, A Breast Cancer Story
5 Alabama women traveled to Africa and attempted to climb one of the world's highest mountains to raise awareness and to shout, "Survivors can do anything!"
7:00 p.m., McClellan Medical Park Mall Dinner Theatre
(The Old PX Building)
Reception before the movie.
Don't delay,ONLY.... 250 FREE tickets
Email Lenora@steelmagnoliasinc.org or call (256) 231-8827 and leave a message
Steel Magnolia, Marilyn McCormick, reached summit the day her daughter turned 3.
Marilyn is coming from Tennessee for this special evening.

Here Goes

Don't Mess With Old Men Courtesy of Gerald Washington

The strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of one of the older workmen. After several minutes, the older worker had enough. "Why don't you put your money where your mouth is," he said. "I'll bet a week's wages that I can haul something over to that building that you won't be able to wheel back. "You're on old man," the braggart replied. "Let's see what you got." The old man reached out and grabbed the wheelbarrow by the handles. Then nodding to the young man, he said, "All right, Stupid, get in."

Ole and Sven Courtesy of Marti Rogers

Reverend Ole was the pastor of the local Norwegian Lutheran Church, and Pastor Sven was the minister of the Swedish Covenant Church across the road. I saw them yesterday standing by the road, pounding a sign into the ground, that reads, "Da End iss Near! Turn Yourself Aroundt Now!! Before it's Too Late!!!" A car sped past them, the driver leaned out his window and yelled, "Leave us alone, you religious nuts!" From the curve we heard screeching tires and a big splash.....Rev. Ole turns to Pastor Sven and asks, "Do ya tink maybe da sign yuist say 'BRIDGE OUT'???"

Big Shake Up Courtesy of Gudrun King

If you've ever worked for a boss that reacts before getting the facts and thinking things through, you will love this! Arcelor-Mittal Steel, feeling it was time for a shakeup, hired a new CEO. The new boss was determined to rid the company of all slackers. On a tour of the facilities, the CEO noticed a guy leaning on a wall. The room was full of workers and he wanted to let them know that he meant business. He walked up to the guy leaning against the wall and asked, "How much money do you make a week?" A little surprised, the young man looked at him and replied, "I make \$400 a week. Why?" The CEO then handed the guy \$1600 in cash and screamed, "Here's four weeks' pay, now GET OUT and don't come back." Feeling pretty good about himself, the CEO looked around the room and asked, "Does anyone want to tell me what that goof-ball did here?" From across the room came a voice, "Pizza delivery guy from Domino's."

Sherlock Holmes In Heaven Courtesy of Pokey Warren

Sherlock Holmes stood at the Gates of Heaven pulling at his pipe awaiting his turn. "I'll let you in,]" said St. Peter, gesturing toward the heavenly throngs behind him, "If you'll tell me who among these was the first mortal." "Elementary, my dear St. "Peter," said the great detective, "He's the one without a bellybutton."

Dead Dog Courtesy of Debby Summers

A grief stricken man carried his beloved dog to the vet's office. He said, "I think my dog is dead but I have to know for sure." The vet examined the dog and replied, "I think he is dead but to be absolutely sure I can conduct a test." The man said, "Do it Doc." The veterinarian brought in a cat and placed it on the table with the dog. The cat scratched the table and wailed. The vet removed the cat and said, "Yes, I'm sorry sir, your dog is dead." The man then asked if the doctor could dispose of the body. The vet agreed, and the man said, "How much do I owe you, Doc?" "\$440," replied the veterinarian. "What!, just to tell me my dog is dead?" "Yes, \$40 for the examination and \$400 for the CAT Scan."

Children's Science Exam Courtesy of Marti Rogers

Q: Name the four seasons? **A:** Salt, pepper, mustard and vinegar

Q: Explain one of the processes by which water can be made safe to drink **A:** Flirtation makes water safe because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed? **A:** The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour? **A:** Keep it in the cow.

Q: What causes the tides in the oceans? **A:** The tides are in a fight between the Earth and the Moon. All the water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the Sun joins in the fight.

Q: What are steroids? **A:** Things for keeping carpets on the stairs.

Q: What happens to your body as you age? **A:** When you get old, so do your bowels and you get intercontinental.

Q: How are the main parts of the body categorized? **A:** the body is consisted into 3 main parts-the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart & lungs, the abdominal cavity contains the five bowels: A, E, I, O, and U.

Q: What is a fibula? **A:** A small lie. **Q:** What does "varicose" mean? **A:** Nearby