

It's Just For A Smile News

Tidbits About Our Town, Our State, Our World, and Some Nonsense Too!

February 1, 2012

Volume 6

Columbia, Kentucky

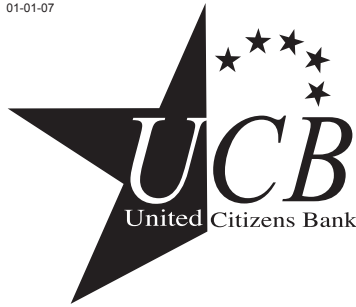
Number 14

Take one for yourself!

Take one for a friend!

And take one to make a friend!

01-01-07



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The Holloway Wellness Center at LWC

By Ralph Roy Waggener

A great addition to LWC and something the city of Columbia can be very proud of. I have been going to walk everyday just after I have lunch. I say ever day, well almost everday. I walk 30 minutes and I go as fast as my body will let me go. I found that on some days I can walk at a brisk speed and then there are days I need to walk a lot slower. This change in day to day ability I have learned from other walkers is normal, some days you can some you can't.

This complex has 3 basketball courts and one can be changed to volleyball, tennis, or to most any kind of sport you want. Also have indoor swimming pool and a whirlpool. A weight room loaded with exercise equipment, most of the machines I know nothing about. On the upper level is a walking course that circles above all 3 basketball courts. A section on the upper level has stepper machines similar to a bicycle that you stand up on; I tried one time and just could not use this machine. Stationary bicycles, exercise tread mills plus weights of different levels for upper body workout.

The building is to say the least BIG! You won't find a better equipped health center anywhere. The design and workmanship put into this facility plus the state of the art equipment makes it one of the best if not the best anywhere.

On the down side (yes I can find fault with most anything) I find it a bit ironic to see the number of cigarette butts thrown down in the parking lot and even at the door entrance. Go figure? People go to exercise and smoke on their way in or way out! After having 3 by-passes and 2 stints put in my body plus a couple other surgeries I have no desire to smoke. This Holloway Health Center is a good place for me to go walk and for a lot of local people to exercise and helps make my Columbia a much better place to live.

This ranks as one of the biggest improvements made in Columbia in my lifetime. Along with all the other improvements made at Lindsay Wilson College we have grown into a College town. The people who come here to school either as students or educators will always be a part of

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Did you know the first letters of the months July through to November spell JASON

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You know you're over the hill when your idea of a good workout is standing up.

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02-01-07

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Columbia for there lifetime. Some will even stay for a lifetime and call Columbia home. The growth of Bowling Green and Lexington happened in a large part because of the State colleges located there. Could this happen to Columbia? A mixture of home spun intelligence and a college education makes for progress. A good mixture of different kinds of intelligence and backgrounds of people can't help but be a big plus for any community.

I wanted to do a story about the different kinds of intelligence, but I soon found out that I did not have the intelligence to write the story. We as people are too much alike and yet to much different in our thinking to even start to describe. Talk about complex, people have such a variation in the way each thinks thoughts. We are so different and yet so much the same it's just unbelievable.

The LWC team seems to have captured a way to get a variety of intelligence together to build a campus anyone would be proud to have in their city.

The local sheriff was looking for a deputy, so Gomer, who was not exactly the sharpest nail in the bucket, went in to try out for the job.

"Okay," the sheriff drawled,

"Gomer, what is 1 and 1?"

"11" he replied.

The sheriff thought to himself,

"That's not what I meant, but he's right. What two days of the week start with the letter 'T'?"

"Today and tomorrow."

The sheriff was again surprised that Gomer supplied a correct answer that he had never thought of himself.

"Now Gomer, listen carefully: Who killed Abraham Lincoln?" Gomer looked a little surprised himself, then thought really hard for a minute and finally admitted, "I don't know."

Have Unique or Funny Stories?

Go to our website, southcentralprinting.com, choose the "Just for a Smile" tab & submit your unique or funny story for consideration to be printed.

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Talk is cheap..... if lawyers don't do the talking.

Now that we are into renaming things like Mount Diablo, President Obama wants to rename the San Andreas Fault. His suggestion, Bush's Fault.



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*Why did Dorothy get lost in Oz?
She had three men giving her directions.*

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all the trouble you wouldn't have had if you'd stayed
single.*

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*Bumper sticker: "Last Christmas I got a new rifle for
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"Well, why don't you go home and work on that one for a while?" So, Gomer wandered over to the barbershop where his pals were waiting to hear the results of the interview. Gomer was exultant. "It went great! First day on the job and I'm already working on a murder case!"

Helping the United States of America

One night, President Obama was awakened by George Washington's ghost in the White House. Obama saw him and asked, "George, what is the best thing I could do to help the country?"

"Set an honest and honorable example, just as I did," advised George.

The next night, the ghost of Thomas Jefferson moved through the dark bedroom. "Tom, what is the best thing I could do to help the country?" Obama asked.

"Cut taxes and reduce the size of government," advised Tom. President Obama didn't sleep well the next night, and saw another figure moving in the shadows. It was Abraham Lincoln's ghost. "Abe, what is the best thing I could do to help the country?" Obama asked.

"Go to the theatre."

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*Life isn't like a box of chocolates. It's more like a jar
of jalapenos. What you do today, might burn your butt
tomorrow.*

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*The drunken defendant appears yet again before the
tired judge, who says, "You have been constantly
appearing before me for the past twenty years."
Replied the drunk: "Can I help it if you can't get
promoted?"*

*Late one night a mugger wearing a ski mask jumped
into a path of a well-dressed man and stuck a gun
in his ribs "give me your money," he demanded.
Indignant, the affluent man replied, "you can't do this
- I am a United States congressman!" "In that case,"
replied the mugger, "give me MY money."*

*Edward Hale, while chaplain of the U.S. Senate, was
asked, "Do you pray for the senators?"
He quickly replied, "No. After getting to know the
senators, I pray for the people."*



Did you know plastic bottles were first used for soft drinks in 1970

07-01-09



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*How many politicians does it take to change a light bulb?
Two. One to assure the public that everything possible is
being done while the other screws it into a water faucet.*



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*Only those who dare to fail
greatly can ever achieve greatly.*

- Robert F. Kennedy

Cemetery

A man placed some flowers on the grave of his departed mother and started back for his car, parked on the cemetery road. His attention was diverted to a man kneeling at a grave.

The man seemed to be praying with profound intensity, and kept repeating, "Why did you die? Why did you die?"

The first man approached him and said, "Sir, I don't want to interfere with your private grief, but this demonstration of hurt and pain is more than I've ever seen before.

For whom do you mourn so deeply? Your Child? A parent? Who, may I ask, lies in that grave?"

The mourner answered, "My wife's first husband! ... Why did you die? Why did you die?"

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*Please know that our intentions of this publication is to bring a
smile to you. We do not in any way mean to offend anyone.*

KENTUCKY EASTERN TIME ZONES PART 1

E S T I L L V P H L M T T O I L L E K J X T N A R G B H A D B D I L
N O B R U O B I C A R R O L L K P W K J E J J A C K S O N Y O R N F
O M N B J E S S A M I N E U L B C Q E H S F U G B E L L Y O Y A I A
U Q G R E E N U P T A N D E R S O N N B S J F C A R T E R L D R D Y
D N F L E M I N G Y T O X A W S S J T C L A Y E T C M B Y F E R R E
C B U L L I T T S U O O C J O H N S O N N O S I R R A H E K V A A T
A S Z H A R L A N I L K N A R F Y U N O V V U Q S S C F S R J G H T
X V K C O C N A H Z E P H K Y N B R E A T H I T T N O Z A A N H R E
H P N H E N R Y W N F C Q J K K X O N K B H T A B F J N C L L G O L
Q L T A N I T A L L A G O J L L E B P M A C E N O O B M M C I D D L

*Find and circle all
of the words that
are hidden in the
grid.*

- | | |
|-----------|------------|
| Anderson | Franklin, |
| Bath | Gallatin, |
| Bell | Garrard, |
| Boone | Grant, |
| Bourbon | Greenup, |
| Boyd | Hancock, |
| Boyle | Hardin, |
| Bracken | Harlan, |
| Breathitt | Harrison, |
| Bullitt | Henry, |
| Campbell | Jackson, |
| Carroll | Jefferson, |
| Carter | Jessamine, |
| Casey | Johnson, |
| Clark, | Kenton, |
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