

A simplified urine test that may be useful for at least some of us men...

Go outside and pee in the yard.


If ants gather: diabetes.

If you pee on your feet: prostate.

If it smells like a barbecue: cholesterol.

If when you shake it, your wrist hurts: osteoarthritis.

If you return to the house with your junk still outside your pants: Alzheimer's



Just bought my first live Christmas tree. The guy told me if I give it a lot of light and water he will come back in February and haul it away. Such a nice young man!



The nice part about living in a small town is that when you don't know what you are doing, someone else does.

Harvey's bitter, drunken version of "Let It Snow" brought down the house at what turned out to be his last office Christmas party.

Get your relatives speaking to one another again by sending a heartfelt Christmas card with a picture of your family with an extra child nobody knows.



Merry Keysmas!



I'm trying to get into the Christmas spirit... but the damn bottle won't open!

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Six Signs Your Partner is Emotionally Unavailable

by Dawn Wiggins, Ed.S.

One of the most important bonds you have in a relationship is your emotional connection with your partner. Emotional unavailability can have a very negative impact on the security of your partnership.

1. Lack of Future Planning

One of the best parts of being in a committed relationship is planning your future together. If you've been together for a while, but there's a lack of intent with setting goals, it can indicate an emotional disconnect.

2. Shutting Down

Conflict in a relationship is normal, healthy even. Regular dismissal of your feelings during conflict points to some work that needs to be done.

3. No Availability

If it doesn't feel like time together is prioritized by your partner, it can mean they aren't emotionally invested in you or the relationship.

4. Lack of Depth

If you find it challenging to make it past one-word responses, your partner could be having detachment issues. Being met with indifference or apathy when you're trying to dig below the surface can be symptomatic.

5. Partner is Inconsiderate

Does it seem that everything revolves around them? Having your own



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needs left in the dust while the focus is repeatedly placed on your partner can be draining.

6. You're Working too Hard

If the amount of energy you put in always seems to exceed your partners, they may not be emotionally invested.

Talking with your partner is an excellent place to start. Often, your partner may not even realize the impact their lack of emotional depth is having on you and the relationship. Allowing your partner the chance to address the problem can make all the difference.

GREAT TRUTHS ABOUT GROWING OLD


- 1) Growing old is mandatory; growing up is optional
- 2) Forget health food – you need all the preservatives you can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.



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Masculine and Feminine Sides of the Body

Body Balance:
Paying attention to the male and female sides of your body can help give you clues in how to balance your life.



If you look in the mirror and view your profile from each side, you may notice that the two sides of your face are slightly different from one another. Additionally, your left hand is similar to but different from your right hand. In fact, these subtle differences pervade both sides of your entire body. Considering these differences in the context of the idea that the right side of your body is masculine and the left side feminine may shed some light on how balanced you are in relation to your masculine and feminine qualities.

Intuition, feelings, openness, and unselfishness govern the feminine side of our natures. The masculine side is characterized by logic, facts, systems, and self-interest. If you are giving too much to others to the detriment of yourself, your feminine side may be overactive and your right side may need strengthening, to speak up on your behalf, protecting and conserving your energy. If your life is too

rigidly structured, your masculine aspect may be overactive; developing your feminine aspect will bring a more open-ended and creative approach.

Maintaining harmony between the left side and the right side, the feminine and masculine, is a key to wholeness. We can foster awareness of our own relative state of balance by tuning in to our bodies.

You may find that most of your ailments, from acne to muscle tension, occur on the left side of your body. This might indicate that your feminine aspect is out of balance. Similarly, if you notice a lot of tension in your right shoulder, perhaps your masculine side is overtaxed or weakened. Just noticing an imbalance is the beginning of healing it.

Some imbalances may be long-standing, and it may take time to bring your system into equilibrium. Remember to be gentle with yourself and listen to your body.

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