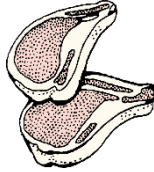


## WIT

You know you're growing old when:

You sink your teeth in a steak and they stay there.



You get winded playing chess.



An old lady offers you her seat on the bus.



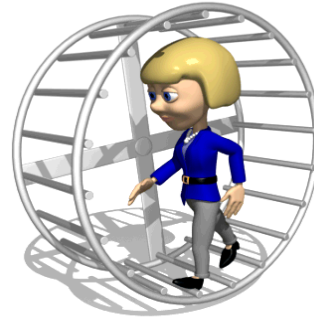
Your little black book contains only names ending with "M.D."

You sit in a rocking chair and can't get it going.



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## WISDOM



If you're struggling to overcome alcoholism, no one needs to tell you it's tough – you're living it. Sometimes

you could use a few encouraging words to remind you you're not in this alone and that, yes, change really is possible. The great thing in this world is not so much where you stand, as in what direction you are moving. Every experience in your life is being orchestrated to teach you something you need to move forward.

Amanda M.J., Huntsville Group

Somebody has said there are four kinds of "BONES" in every organization. There are *Wishbones*, who spend their time wishing someone else would do the work. Then, there are *Jawbones*, who do all the talking but very little else. Next, there are *Knucklebones*, who knock everything anyone tries to do. And finally, there are *Backbones*, who get under the load and do the work...

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