Druella Acantha Malvina's Column

Gem Of The Month - If you want your children to improve, let them overhear the nice things you say about them to others.

News From Medicine - A recent study at Washington University on mice showed that after plaque was removed frombrain cells, the cells recovered rapidly. Although these results are encouraging for Alzheimer patients, more studies are needed to determine if similar effects might occur in people.(Reader's Digest)

This is the season for Weddings. Perhaps if you have any of these sentiments, you should wait and consider if getting married is really what you should do. Constant fighting; that little voice telling you something is not right; your friends and family don't like your spouse-to-be; Inability to compromise on fundamentals such as kids, money, religion, family; a disinterest in discussing your future together; a quickie engagement; we can always get divorced. Almost all marriages are happy - it's the living together afterwards that causes all the trouble.

A Bit Of Trivia - research shows that some birds are smarter than others. The results:
Brilliant - Crows, Falcons.
Above average - Woodpeckers, Parrots, Hawks, Herons, Eagles
Average - Kingfishers, Songbirds
Below Average - Grouse, Turkey, Ostrich, Emus
(Reader's Digest)

Snack time - Popcorn has fibre, is crunchy, tasty and has fewer calories than other snacks - 90 calories for 3 cups if done in a hot air popper - no fat, but movie popcorn, if popped in palm or coconut oil, has 400 calories and 27 grams of fat for a small bag. Added butter almost doubles the fat and adds another 250 calories.

What do you consider a Canadian food?
Ontarians say bacon;
Western Canada beef;
Atlantic Canada lobster or fish.
But overall most Canadians love their maple syrup.

Randy, the dishwasher repairman was given specific instructions concerning the woman's two pets. "The Rottweiler won't hurt you, even though he looks fierce, but whatever you do, don't talk to the parrot."
Randy let himself in and set to work, and the dog just lay quietly on the carpet. But the parrot mocked him mercilessly. "Hey, fatso" the bird would say, "You couldn't change batteries in a flashlight, let alone fix a dishwasher."
Before long, Randy had had enough. "You know, bird, you think you're pretty smart for someone with a brain the size of a pea."
The parrot was silent for a moment, then, with a gleam in its eye, said, "All right, get him Spike."

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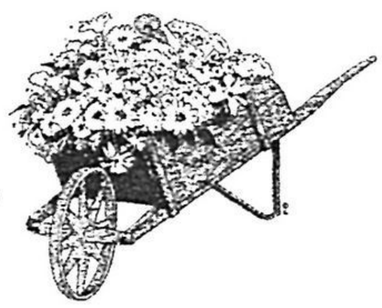
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