



# S.S.R.A. NEWSLETTER



Volume XIV, Issue 3

March—April 2015

## **Last Issue for Delinquent Members Kindly pay now if you have yet to do so!**

### From The Editor's Desk

The year 2014 left a lot to be desired in terms of empathy for teachers. More and more states are challenging the right of teachers to have both collective bargaining and due process. Some states have already eliminated these rights in one form or another. These are two issues that took years to obtain and are at the very core of teachers' rights in America as we know it today.



In New York state, Governor Cuomo has been taken to task by NYSUT as well as parent groups for attempting to do the same in New York. It began with last year's 2% cap on school budgets leading to less money spent on education. The Governor now wants to double the weight of standardized tests in teacher evaluations and has tied all his proposals in with the amount of state aid each school district in the state will receive. Local school districts are being held local hostage as they are now confronted with the task of drawing up proposed budgets to present to the public without any idea of how much state aid they will receive.

To counter these measures NYSUT held a March on Albany, on March 2nd, and regional conferences to acquaint parents and teachers on what is being proposed. On Long Island, the conference was held in Patchogue-Medford High School on March 5th. Topics on the agenda included issues such as over testing and opting out, school funding, and loss of local control, as well as what can be done to stop the

Governor from implementing his absurd plan. Unfortunately, the date precluded us from giving any details of what may have occurred at that meeting.

In Florida, where I retreat every winter to escape the snows and cold up north, the situation for teachers is even worse. Governor Scott and the Florida legislature have completely revamped the educational system. Tenure is now denied those who were hired after July 1, 2014. These teachers now work on merit based yearly contracts. One half of a teacher's evaluation is based on student performance on the newly instituted FSA (Florida Standard Assessment tests). Although Florida has opted out of the Common Core curriculum, these tests resemble common core testing. According to a report in local papers, some schools spend as much as 60 days of the year preparing for these tests.

Governor Scott has been hearing the wrath of Florida's teachers as has Gov. Cuomo. Adding to Gov. Scott's woes is his rejection of \$51 billion dollars over the next 10 years in Medicaid benefits. This is his way of showing his opposition to the Affordable Health Care Act.

Last call for 2015's dues which were to be paid by Jan. 1st. No dues!.....no Newsletter, no new Members' Directory.

Best wishes and stay healthy.  
*Carl Haymes*

## Smithtown Schools Retirees' Association

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Smithtown, NY 11787

(631)265-4218

Email: [ssraeditor@optonline.net](mailto:ssraeditor@optonline.net)

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Co-Vice Presidents.....Florence Martin  
..... John Pettit  
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Alternate Delegate.....Donna Milgrom  
Sunshine Committee.....Winnie Snyder

The Smithtown School Retirees' Association is affiliated with the Smithtown Teachers' Association, The New York State United Teachers and the American Federation of Teachers

Monthly meetings are held on the second Monday of each month at 9:30 AM  
at the STA office

*All members are invited to attend. We encourage your input.*

## SSRA Website is Up and Running

By Rich Davis

Our SSRA website is now officially open. If you would like to see what it looks like go to:  
**[www.smithtownschoolsretireesassociation.com](http://www.smithtownschoolsretireesassociation.com)**.

We think we have some great ideas to move the SSRA in to a blend of paper and electronic media. This Newsletter will be available on our website. You can read it online or print it out if you prefer. You will be asked once again on the website to decide about your preferred method of viewing it, paper or electronic. We will always provide a mailed copy to those who do not use a computer. So far, the number of members requesting electronic Newsletters has been minimal. If you would like to try it send an email to: [ssraeditor@optonline.net](mailto:ssraeditor@optonline.net).

Reading your Newsletter online will also allow us to create links to that you can click on in order to receive timely information. It will also save the association considerable mailing costs. In addition, we will provide you with a secure way to pay for your membership online, with a credit or debit card of your choice. If you prefer to do so.

That's not all. We will be adding some interactive pages to the website so that you can keep track of members scattered far and wide from Smithtown. We will also be asking for your input to make your website work for you.

# News of Members

*As retirees, we have the opportunities to undertake many diverse and interesting activities and trips. Why not share them with us? We welcome any stories, poems, adventures or whatever you would like to tell your former colleagues.*

**Sue O'Brien** - Retirement is great as you all know. This is the first year since I officially retired that I haven't worked at Suffolk County Farms as a farm educator. Being with children and animals was a perfect part time job for me. Now I'm too busy to go to North Carolina to visit grandchildren in Raleigh and then to our house in Wilmington, NC. My husband and I go every three months for two weeks but may increase that time to three weeks every now and then. We always take at least one challenging hiking trip with Road Scholar. For the last two years we went hiking in Italy and this year we're going hiking in Austria and Italy. It seems we can't get enough of the beauty of Italy, the food and the wine, We've hiked in the U.S. too. I always loved hiking in the west. We hike locally with a Long Island hiking group which is such a pleasant thing to do on a sunny day for a few hours of exercise. As long as our knees and backs hold out (some days are better than others) we plan on continuing to enjoy the outdoors and get some exercise.

**Larry Dolan** - The retired principal of Mount Pleasant Elementary School is currently living in North Carolina and has just celebrated his 87th birthday with his family. He still keeps in contact with his Smithtown co-workers....Beverly Daffner, Chris Watrous, Phyllis Kneer, Wilbur Meyer, Alice Bernat, Josephine Ciaravella, and his secretary, Ruth Ehrenberg, after being retired since 1987. According to Larry's wife, Clara, these lasting friendships have meant a great deal to Larry over the years and they are glad to have such loyal and wonderful Smithtown friends. Larry and Clara have been married for 51 years.

**Larry Hohler** - Big news from Hope Children's Home! Betty Gakki, who came to the Home when she was 15, has graduated from Chuka University, gotten married, and has begun teaching at a secondary school in Meru. Betty is among the first young people in our care to complete her education and begin her life as a self-sufficient adult. Seven more young people are attending universities and one is enrolled in a music technician school in Nairobi. We have great hopes for each of them and expect that when they graduate, they will help the coming behind them to complete their educations;

Last month we learned that 13 more of our Primary school students passed the entrance exam and have enrolled as Form One (ninth grade) students. (three who failed are being enrolled in trade schools) Secondary school is not free in Kenya. We are hustling to find ways to pay their fees. Our Home's director, Joe Kirma, grows maize on our farm and uses some of the maize meal to barter for fees. Most of our kids have mentors who send yearly stipends to help support them. We have begun producing school uniforms and are using the profits generated by their sale to help meet our increased educational expenses. As more orphans qualify for higher education, the de-

(continued on p.4 - see News of Members)

News of Members continued from Page 3

mands on our on our scarce resources skyrocket. Plans are in the works to sell two and one-half acres of our farm land to in order to cover costs. What started as a relatively simple endeavor when we opened the Home to our first 18 children in 2005, has become much larger and very much more complicated today. What makes our effort worthwhile is the reality that more young people like Betty, who began her life in abject poverty, will soon become productive members of their society. See [hopechildrens.fund.org](http://hopechildrens.fund.org). (see photo of Larry and Betty on p.5)

**Bill Benziger** - My good friend (and travel agent) Helene Rosenthal, told me in the last few years, "take your active vacations before you are 70." There is some validity to this.

In May of 2014 I tried to book accommodations at Phantom Ranch Resort at the bottom of the Grand Canyon. I had hoped to take a hike down and back in October of that year. Nothing was available until January 12, 2015. I thought to myself, what the heck, how can that be? I found that out and a lot more early this year.

I started this adventure early in 2014 by buying good hiking boots which were well broken in by the time I departed in January of 2015. In addition, I started training in early 2014 by doing Zumba, swimming, hiking, walking stairs and weight training. It wasn't enough!! I read park guides and watched You Tube clips. I thought I was ready. Ha!

It took 6 hours to descend the South Kiab trail. Half of it was muddy with snow melt and mule pee (in addition to the poop) Temperatures were in the 40's. At least three people in their 80's passed me as if I were sightseeing. So much for Helene's comment. By the time I reached Phantom Ranch, my calves were screaming with fatigue. I met six younger people (40 ish) who adopted me. I went on a 12 mile hike in the inner canyon the next day to Ribbon falls in the North Rim area. Magnificent! It was mostly flat and my legs were feeling better. Also, three hearty meals a day improved everything. Temperatures by the Colorado River were 20 degrees higher than at the rims.

The National Park Service has a slogan: Hiking down is optional, hiking out is not. The last morning proved this. Breakfast was at 5:30 AM. We left at 6:30. We walked two hours in the dark with head lamps before the real ascent up Bright Angel Trail began. This trail is less steep, but two miles longer. During the last three miles the temperature dropped below freezing and the trails became icy. Most of us put on our over-the-shoe traction devices. In addition, you are over 7000' of elevation. Breathing was getting hard and we were wearing 20 lb. packs. It took nine hours to finally reach the rim.

Taking stock of myself: no blisters, not sunburned much, burned 4000-5000 calories a day; one of the most incredible places I have ever been to.

I am planning to explore the North Rim in 2017. Anyone interested?

**Bobbi Mastrangelo** - Bobbi's "City of Orlando" sculpture relief garnered Honorable Mention at the Four Points Contemporary 4th Annual Art Competition. Three hundred artists from around the globe competed in this prestigious competition. Bobbi's "Grate Works of Art" were featured in the [Municipal.com](http://Municipal.com) magazine in January 2015. "Turning Manhole Covers into Art" by Barbara Sieminski features Bobbi's "Freedom Grate" and a detail of "The City Beautiful" sculpture relief. See both pictures on p.5.

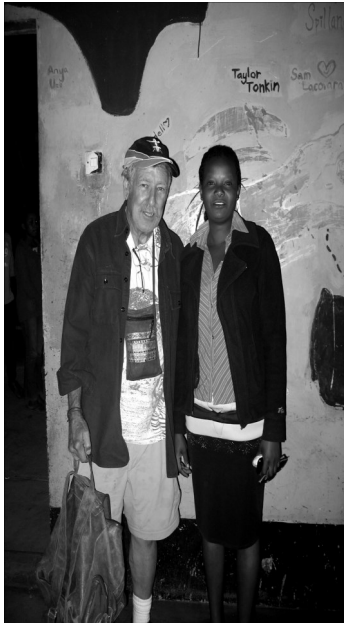
**Congratulations** to Fran Kaszuba and her husband Bob who became the proud grandparents of Steven John, born Dec. 14, 2014.

(see more News of Members p.5)

**News of Members (cont. from p.4)**

**Joe and Heather Gilkey** - The life's blood and survival of a Continuous Care Retirement Community, such as the one we live in, is to keep the occupancy rate high. This requires diligent marketing efforts with prospective buyers. To that end the Marketing Office - called the Life Fulfillment Office - here at Oak Hammond uses current residents to assist with their efforts. These residents are called "Ambassadors." The Ambassadors host prospective buyers at lunch or dinner, take prospective buyers on tours of the facilities if no one at marketing is available, engage in social gatherings for prospective buyers, open their houses or apartments for prospectives to examine the floor plan (we have no models) and to act as hosts called "Blue Coats" at the University of Florida sporting events such as football, basketball, and gymnastics.

They are to share with prospectives and answer any questions the visitors might have from the point of view of someone living here rather than from a marketing prospective. Heather and I are Ambassadors and we have engaged in all of the above activities. This past week, the marketing office held a cocktail and awards gathering and Heather and I were awarded as "Ambassadors of the year." In addition to a plaque, dinner for two at a local restaurant, we were also given a large pin to wear. Before I describe the pin, you have to know the names of everything here are associated with oak trees. The name of the place is Oak Hammock at the University of Florida. Our main meeting and classroom is called the Oak Room. A smaller classroom is the Acorn Room. Our in-house publication is the Oak Leaf. Our pin is inscribed with these words, "Oak Hammock's Number One Nut" with the numeral 1 superimposed on a large acorn. I doubt that I will wear it very much.



**Larry Hohler  
and  
Betty Gakki**



**Ambassadors  
Heather & Joe Gilkey**



**Bobbi Mastrangelo's  
"Freedom Grate"  
(top)  
and  
"The City Beautiful"  
(bottom)**

(See more News of Members p.6)

## News of Members (cont. from p.5)

**Linda and John Pettit** - We got away from some of the cold weather and much of the snow by enjoying a cruise to 8 Caribbean islands. (Since I only got a doctor's clearance to travel at the last minute, the warmth of the tropics was especially welcomed). One highlight, on St. Maarten, was spending several hours as "working crewmen" on Dennis O'Conner's 1987 America's Cup boat, Stars and Stripes. I was a port-side "grinder" while Linda was the timer for the captain. Not only was it a thrill, but you gain a very healthy respect for those who do this in real competition. While we raced two other boats (Canada 1 & 2) we finished a "solid third." Many days we visited the Island's prime beaches or merely strolled around (that's really called shopping) the port towns. It was a refreshing and relaxing couple of weeks.

# OFF THE CUFF

by John Pettit

**A Belated (but) VERY SINCERE THANK YOU** to the many retirees and friends who extended good wishes to me after my recent hospital stay/surgery. Particularly, for myself, who has never been hospitalized or even sick., the expressions of friendship, encouragement and get-well wishes, whether visits, phone calls or cards, mean so very much. I am "back on my feet," mostly fully restored.

**Luncheon:** Our Fall luncheon at the St. George's Golf & Country Club was one of the best yet. We had a very large turn-out, featuring many retirees who were joining us for the very first time.. This alone made for great socializing. In addition, the food was outstanding, the service, excellent, and the ambiance, terrific. Throughout the afternoon many members suggested that we seek to have our future luncheons at St. George's. Traditionally, for variety purposes, we look to change sites each year. **Elsewhere in this issue, you will find the announcement/invitation to our 2015 Spring luncheon** which will take place on **Wednesday, April 29 at the Smithtown Landing Country Club.** (see details on page 10) Due to our printing /mailing schedule this year, there will not be a separate mailing for the luncheon. Kindly use the slip at the bottom of page 10.

**Membership/Dues:** First, I want to thank those many members who answered "the call" by sending their membership renewal dues in already. You have made our job much easier. Of course, the first part of the renewals was the "easy half." hearing from the other half could be tough. Kindly help us out by putting your \$15 check in the mail today and you will be sure to continue uninterrupted mailings of the SSRA Newsletters as well as our new Membership Directory in May. See the renewal form on page 8 of this edition.

I like to end each of these columns with "a thought." The one I included in October generated a reaction from a couple of our members who objected to the source of the quote. No offense was intended as I found the statement insightful and provocative.– even a "bad guy" can still offer wisdom.

**A Thought:** During times of universal deceit, telling the truth becomes a revolutionary act.  
George Orville

While I have room: As I searched for a good quote, I went to my all-time favorite, Winston Churchill. I found this one: "History will be good to me for I intend to write." Priceless!!

*Our Deepest Sympathy to:*

The family of Bernice Kudysch, a teacher at Sweetbriar and Nesconset Elementary schools who passed away in January.

The family of Charlotte Drespol, special aide at GH and HSE on her recent passing.

Anne Buxton on the loss of her husband, Bruce, in January.

Tom Hyder, on the loss of his mother, Elizabeth, in February.

The family of Frances Mazza, former district teacher who recently passed away.

**Membership Changes**

**New Member**

Carol LaCorte  
26902 Oceana Court  
Leesburg, FL 34748-8878

**Changes/Additions**

Mary Jean Desmarais – 1528 Royal Colony Rd., Johns Island, SC 29455  
631-949-1520, [RLMJD628@att.net](mailto:RLMJD628@att.net)

Pat Dolan - [patdolan66@optonline.net](mailto:patdolan66@optonline.net)  
(misspelling in Directory)

Alan Gleicher - 631-757-6995 (incorrectly changed in December Newsletter)

Susan Lee - 905 Bedminister Lane, Wilmington NC 28405, 910-679-4231

Tony Macchia - 631-848-4587

Janice Silverman - 137 Weisford Place, Mebane, NC 27302

**(changes continued)**

Carmelina Trifiletti - 631-754-0416

Victor Valente - 8 Theresa Lane,  
Pt. Jefferson, NY 17777

**Are You Ready for Spring?**

by Carole Seigel

This winter has been at the very least interesting. Winters here on Long Island are usually cold and like winters should be accompanied with snow. However, over the past three years they appear to be more snowy, icy, record breaking below zero wind chills/temperatures and everything in between that Mother Nature has decided to provide.

This winter has left Long Islanders shopping daily for ice melt, snow shovels, ice picks, snow blowers, and food to stock up and have readily available to get us through one weather event to the next. I WANT TO KNOW WHO TICKED OFF MOTHER NATURE THAT SHE APPEARS TO BE ANGRY? AND WHERE THE HECK IS GLOBAL WARMING? L.O.L.

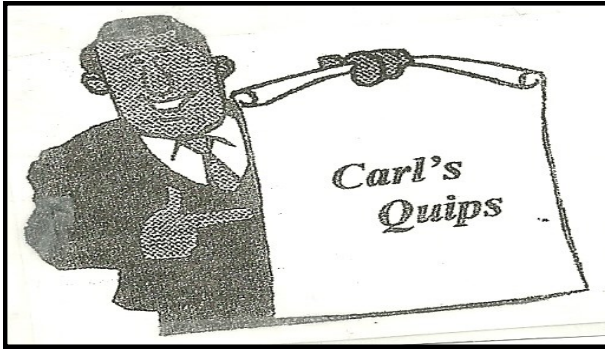
I guess Long Islanders should be grateful we're not in Buffalo or Massachusetts. My prayers and thoughts are with those up-state and in New England who have truly got Mother Nature's wrath. I will conclude by saying to all, stay safe, warm, and well while we ride out the winter of 2015. I will be in hibernation until Spring 2015.

**Have you paid your dues for 2015?**

**Don't Be Left Out Of The 2015**

**Members' Directory**

**See page 8**



**Language is not properly the servant of thought but not infrequently becomes the master.**

••••Clulow••••

*Answers from students' papers collected over many, many years. Laugh or cry, but enjoy them. If you know of any and would like to share them, please send them to the Newsletter.*

Q. Why should an author keep their audience in mind?

A. If they kept them in real life, that would be kidnapping.

The part of the earth directly below the crust is the filling.

The system of writing used by the ancient Egyptians was hydraulics.

The right to bare your arms is guaranteed by the Constitution.

Ecology is the bacteria in raw meat that makes you sick.

**Last Call For 2015 Dues!!!**

*Have you paid your dues for 2015 yet?*

*Not sure? Look in your check book. It was due by January 1st. Don't be taken off our mailing list or miss out on the 2015 Members' Directory. For our newest retirees, the \$50 paid to the SFA when you retired was for the SFA only. It was not for the SSRA.*

*If you participate in any of NYSUT's benefits you must belong to your local retiree association.*

**Use this guideline for paying....**

1. If you were a member for all of 2014, kindly pay \$15
2. If you retired in June, 2014, your complimentary membership will end on December 31, 2014. Kindly pay the \$15
3. If you paid 2014's dues after Sept. 1 2014, it will be applied to 2015. Do not pay!
4. Married retirees from Smithtown must pay individual dues

**Kindly cut out the form at the bottom of this page and mail with your check for \$15 payable to the SSRA and mail to:**

SSRA  
c/o STA  
50 Route 111 - Suite 216  
Smithtown, NY 11787

**Membership Renewal Form**

Name \_\_\_\_\_

Year Retired \_\_\_\_\_

Street Address \_\_\_\_\_

Apt. # \_\_\_\_\_

City/Town \_\_\_\_\_

State \_\_\_\_\_

Zip Code \_\_\_\_\_

Telephone No. \_\_\_\_\_

Email Address \_\_\_\_\_

Please circle any of the above if it is NEW to us.



## Healthier Living: Building and Maintaining Strong Bones by Caryn Iorio

Our bones are living moving tissue. Bone cells are continuously being broken down (resorption) and rebuilt. As we age the rate of bone resorption exceeds the rate of reconstruction. When this process occurs too rapidly the result is osteoporosis. Although more women are affected by this disease, men are also susceptible. (According to the National Osteoporosis Foundation, 50% of all women and 25% of all men will suffer an osteoporotic fracture in their lifetime.) Fortunately it is never too late to build strong flexible bones. A healthy diet that includes bone building nutrients in conjunction with weight bearing exercise will strengthen the skeletal structure and reduce the incidence of debilitating fractures.

### How to Build Strong Bones:

- Eat lots of dark green leafy vegetables. Believe it or not, plants (not dairy products) are the best sources of calcium providing this mineral in a form that can be easily absorbed and used by the body. (Cows get all their calcium from grass.) If you are taking a calcium supplement choose calcium citrate or calcium phosphate rather than calcium carbonate, which is not easily absorbed and used by the body.
- Include key nutrients in your diet or supplement that are necessary for the absorption of Calcium: Vitamin D (sunshine, supplementing with D3), Magnesium (vegetables, seeds, nuts, dark chocolate and supplements), K1 (green vegetables), K2( egg yolks, supplement).
- Do Weight Bearing Exercises several times a week.- (Walking, tennis, weight lifting)
- Bone broth\*(Use plain, or as base for soups and sautéing.) is an excellent source of bone building minerals including calcium, silicon, sulfur, magnesium, phosphorous and others.

### Factors that contribute to rapid bone loss:

- Sugar, caffeine and soda (including diet and decaf) increase calcium loss in the urine and contribute to bone loss.
- Smoking is toxic to bone forming cells and reduces the amount of calcium bones can absorb.
- Antibiotics kill friendly bacteria in the intestine destroying Vitamin K which is necessary for calcium absorption. Add a probiotic supplement after a round of antibiotics.

Colbin, Annemarie. 2009 *The Whole Food Guide to Strong Bones*. New Harbinger Publications, Inc.

Fuhrman MD, Joel. [http://www.drfuhrman.com/library/prevent\\_osteo.aspx](http://www.drfuhrman.com/library/prevent_osteo.aspx)

**\*Simple Bone Broth Recipe** – Cover left-over bones (beef, chicken carcasses) etc with water. Add ¼-1/2 cup raw apple cider vinegar to extract the mineral dense marrow in the bones. Add some spices (garlic, salt), carrot, celery and onion. Bring to a boil, reduce heat and simmer for most of the day (the longer the better). Use organic bones if possible. Beef bones can be purchased at the butcher or supermarket. For a more intense flavor, toss the bones with oil and roast in the oven until just browned before boiling. Bone broth is very high in minerals necessary to build strong bones and is also an excellent immune booster.

**SMITHTOWN SCHOOLS RETIREES' ASSOCIATION**

**Spring 2015  
LUNCHEON**

At

**Smithtown Landing Country Club**

495 Landing Avenue  
Smithtown, NY 11787  
(631)360-0534

**Wednesday, April 30  
Noon to 3pm**

**RSVP by Friday, April 24-- include check for \$27.50 per person  
payable to: "SSRA"**

**Mail to: Smithtown Schools Retirees' Association  
50 Route 111 -- Suite 216  
Smithtown, NY 11787**

**Directions:** From Route 25/25A/Middle Country Road, Smithtown, turn onto Landing Avenue.  
Follow Landing Ave, until you see the golf course on your right – make right  
at next light into Country Club – parking lot is on left/ passenger drop-off is straight ahead.

**Please Note:** At this Luncheon, we will continue our practice of collecting funds for Smithtown area  
Food Pantries. Please consider making a donation to this most worthy cause.

----- Kindly detach here and return this slip with your check -----

Name \_\_\_\_\_  
(print)

Phone \_\_\_\_\_

# *Make your dental & vision care a priority!*

Well, another year has passed us by and the New Year is upon us! As you take stock of the various resolutions you've made for this year, now is the time to make your dental & vision care a top priority.

## Dental Care



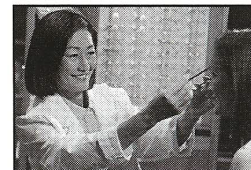
The NYSUT Member Benefits Trust-endorsed Dental Plan features the MetLife PDP Plus Network.

### **The Plan offers easy to understand dental coverage that allows you to:**

- Protect you and your family by providing competitively-priced dental coverage for most preventive and routine services that help promote long-term oral health.
- Choose the dentist of your choice at the time of treatment. You do not have to select a primary dentist and there is no ID card to show or referrals needed for specialty care.
- Save on out-of-pocket expenses by receiving services from thousands of participating dentist locations nationwide that agree to charge fees typically 15% to 45% lower than the average charges in your area.

With the MetLife Dental Plan featuring the PDP Plus Network, you'll receive a wide range of benefits that provide choice, savings and convenience to help make your dental health a priority.

## Vision Care



The NYSUT Member Benefits Trust-endorsed Vision Plan provided by Davis Vision ensures that you are able to obtain proper eye care.

### **The plan offers a variety of benefits, including:**

- One complete eye exam (including glaucoma testing, and when professionally indicated, dilation).
- One pair of eyeglasses (lenses & frames) or contact lenses per benefit period – paid in full according to plan specifications from participating providers.

Once you've enrolled in the plan and you're confirmed, simply call an in-network provider, identify yourself with your name or NYSUT ID number (available on your NYSUT membership card), make an appointment, and use all of the plan benefits at that visit (exam & glasses cannot be split into two appointments).

The provider's office will contact Davis Vision and verify your eligibility for benefits. There are no claim forms or ID cards needed to use the plan.

## **February is Member Appreciation Month!**

Don't forget that NYSUT Member Benefits is teaming up with its endorsed program providers for a special month-long event in **February 2015**.

Member Appreciation Month will feature a special prize drawing each day of the month in February, including a Bose Wave Radio, iPad Mini, several



Amazon Kindles, and a variety of gift cards. The winners of the daily prize drawings will be announced exclusively on the Member Benefits website throughout the month of February.

You **MUST** be a member of the voluntary Member Benefits MAP Alert email service to be eligible for these drawings!

For more details about these endorsed programs or Member Appreciation Month, visit the Member Benefits website at [memberbenefits.nysut.org](http://memberbenefits.nysut.org) or call **800-626-8101**.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits. Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.

## **Mensa Winners 2014**

Mensa International once again invited readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition. Here are some of the winners.

Submitted by Louise Wieland

**Intaxication:** Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

**Reintarnation:** Coming back to life as a hillbilly.

**Giraffiti:** Vandalism spray-painted very, very high.

**Beelzebug (n.):** Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.

**Caterpallor (n.)** The color you turn after finding half a worm in the fruit you're eating.

**Sarcasm:** The gulf between the author of sarcastic wit and the person who doesn't get it.

**Inoculate:** To take coffee intravenously when you are running late.

**Osteopornosis:** A degenerate disease.

**Abdicare (v):** To give up all hope of ever having a flat stomach.

**Esplanade (v):** To attempt an explanation while drunk.

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