



## Sisters in the Spirit Ministries Newsletter

*Empowerment for the Christian Woman*



**By Rev. Dr. Katrina White Brown**

**W**ithout question ... it's hot outside!!! Summer has not even peaked yet, but experts say 2023 will likely go down as the hottest season ever recorded in the Northern Hemisphere.

Record setting temperatures are occurring from the East to the West Coast. Heat advisories and extreme heat warnings extend from California all the way to Florida. And last month another grim milestone was reached: June 2023 was the hottest June ever since 1850. Scientists estimated that the last time the planet reached this level of warmth was at least 125,000 years ago.

Global climate anomalies are occurring with startling regularity. For example: "June 2023 was the third consecutive month in which global ocean surface temperatures set a record high; smoke plumes from Canada's most destructive

wildfire season reached European skies; Antarctica saw its second consecutive month of record-low sea ice extent; with nine tropical storms across the globe, June 2023 had a global accumulated cyclone energy that was almost twice its average value for the month; the Southern Hemisphere had its warmest June on record and the Northern Hemisphere tied 2019 for its warmest June."\* The real question is "can it get any hotter?"

For believers, we know the answer is Hell Yes! Scientifically however, writer Jeff Goodell theorizes that "we're moving into a climate realm in which there is no normal. Nobody knows what the rules are. As we put more CO<sub>2</sub> into the atmosphere, we're pushing the climate in ways where we don't know what the real extremes could be. All these things we're seeing right now are more extreme than

*continues on page 6*

## 20 SECONDS OF PRAISE



Health officials recommend washing your hands frequently for a minimum of 20 seconds as a primary defense against germs. You can time this by singing a verse and chorus of:

**Stand Up, Stand Up for Jesus**

**By George Duffield Jr**

Stand up! Stand up for Jesus!  
Ye soldiers of the Cross;  
Lift high His royal banner,  
It must not suffer loss.  
From vict'ry unto vict'ry  
His army He shall lead,  
Till ev'ry foe is vanquished  
And Christ is Lord indeed.

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*Sisters in the Spirit is an outreach ministry created to empower Christian women in better serving the Lord. We are here to help "equip God's people for works of service, so that the body of Christ may be built up ..."*

**Ephesians 4:12**



**I LOVE BIRTHDAYS!**

I am gleefully obnoxious about my own. I celebrate every single day of my birth month—July 1 through 31—as my birthday. I sing the “it’s my birthday” song every day; I look for cards and even presents for all 31 days, and I celebrate “Living the July Life” by posting a word of scripture and an inspirational message, daily on social media. By the way, I will also celebrate other people’s birthdays at any time and in any place, with the same zeal and passion as my own, because I LOVE BIRTHDAYS!

I am a July baby born under the sign of Cancer the Crab. We are described as kind-hearted, peaceful, and loving. We want to make sure everyone is happy; we are empathetic, sympathetic, compassionate, and caring. July babies have a tendency to be unique, creative, fun-loving, and excessively positive.

It’s not all fun and games however for July babies. We can be moody, easily disappointed, somewhat secretive, have a tendency to hold on to grudges, and although we will forgive, we don’t easily forget.

Birthdays are always precious.

To get another year of life is to get another opportunity to fulfill my God-given purpose. It means that God has more for me to do, and He has provided a new year with fresh anointing to do His Will.

Birthdays are God’s way of refreshing and renewing us. Isaiah said it best in his God-given advise to the Israelites: forget the former things, do not dwell on the past. See, I am doing a new thing. Now it springs up; do you not perceive it? (Isaiah 43:18-19)

Birthdays are not always joyful however. They can be painful reminders of loved ones who have died, or life-changing events that have lingering negative impacts.

Birthdays can create depression, loneliness, denial about the realities of ageing, and even anger—all of which can make you want to ignore getting older. Some folks just never find a reason to celebrate and that is truly unfortunate.

In my Spirit for you my sisters, is that you always see your birthday as a reason to rejoice. Recognize that God is in the midst of all that you are doing, and all that you are going through. We are never really in control of our life’s circumstances, but we can trust in the Lord, who is always doing a new thing within us.

What I always want most for my birthday is another one. I pray that you will too.

*Love, Peace, and Blessings Always,*

*Katrina W. Brown*

# KEEPING SAFE FOR THE SUMMER



As summer bears down, triple-digit temperatures in some parts of the country are no longer an anomaly — they're a way of life. Southern states are grappling with a relentless heat wave, with temperatures consistently in triple digits. These high temps have arrived much earlier in the season than normal, and millions of people are living under extreme heat alerts.

But even in areas that don't often see 100 degrees or above, the weather is getting hotter and stickier. And as temperatures rise, people need to be more careful than ever to stay cool and avoid overheating and illness.

Heat is the number 1 weather-related killer, according to the Centers for Disease Control and Prevention. The CDC says that on average, about 618 people in the United States are killed by extreme heat every year. And spiking temperatures bring an increased risk of heat-related illnesses like dehydration and heatstroke.

The risk of illness from hot weather is particularly high for those over 65. The CDC found that 36 percent of heat-related deaths in the U.S. were in that age category. As people age, bodies don't adjust as well to sudden changes in temperature, and prescription medications and chronic illnesses can affect a response to heat. "Heat can really be threatening to older adults," says Christine E. Kistler, a physician in the Department of Family Medicine and the Division of Geriatric Medicine at the University of North Carolina School of Medicine. "The heat you might have been able to take in your 30s, you're not physiologically able to cope with in your 60's, 70's, and 80s."

Existing health conditions like diabetes, a history of heart disease and high blood pressure — more common in older adults — can also make people more susceptible to heat-related illnesses, she says. Plus, diuretics, sedatives, beta blockers and other heart and high blood pressure medicines may make it more difficult for people to cool themselves.

Keeping safe for the summer means knowing what to watch out for: **HEATSTROKE AND HEAT EXHAUSTION** top the list and can be quite dangerous, Kistler says. If you start to feel sluggish, light-headed, nauseated or dizzy after being outside, listen to your body. Get into the shade or seek out air-conditioned areas. A cool shower or pouring cold water over wrists, ankles and the back of the neck can also help get body temperature down, Kistler says. And if you're outside with someone who suddenly turns pale on a hot day, they could be experiencing heat exhaustion. Get them into a cold shower quickly. If you still feel unwell after cooling down and hydrating, seek medical treatment. If you know you're going to be out in hot weather, prepare yourself. Wear thin layers of light-colored clothing that can be easily shed.

**DEHYDRATION** is a serious problem. It's important to keep up fluid intake in hot weather. The CDC notes that people shouldn't wait until they feel thirsty to start drinking

fluids. The National Academy of Medicine suggests men drink 15.5 cups of fluid per day and women drink about 11.5 cups daily.

**AVOIDING SUNBURN** goes beyond making sure you aren't peeling to the point of discomfort; there is an increased risk of skin cancer. Wear sunscreen with broad spectrum protection, a broad-brimmed hat and sunglasses.

**HEAT RASH**, that prickly, itchy skin condition, can develop if you're out in the sun. Wearing light-colored, loose clothing made of breathable fabrics can help keep you cool and prevent rashes. Look for clothing made from cotton, linen or those specifically designed to wick moisture away from the skin, she says. Avoid polyester, or any fabric that makes you warm.

**STAY INSIDE ON THE HOTTEST DAYS.** Seek out air-conditioning, and make rules for yourself about not going out between the hours of 10 am and 6 pm, for example, to spare your body the stress of extreme heat. "No one would go out in a blizzard," Kistler says. "People should think of really hot days like a sun blizzard and stay inside."

If you don't have air conditioning at home, some communities offer cooling centers during heat waves. Or consider spending the day at the movies or the mall. There are also low-income energy assistance programs if you're having trouble paying your electric bill. Contact the nearest office for the Low-Income Home Energy Assistance Program (LIHEAP) for more information.

**TAKE A DIP.** That could mean going for a swim or a float in a pool or a lake, but it can also mean taking a cool shower or running through a backyard sprinkler (with or without the kids). If you like exercising outside, a swim might be the way to go.

**SEEK OUT SHADE.** Take a walk in the woods instead of on a path in full sun, or do some gardening under a tree or in a bathing suit with a sprinkler cooling you. If you need to go out, shift your timing to early morning or evening, when the sun isn't as strong and more shade is available.

**GET MORE WATER.** Get in the habit of sipping regularly. As people age, their ability to sense thirst wanes. That's why it's important to drink liquids often in hot weather. Flavoring water with fruits and vegetables like cucumber can make it more inviting, and some reusable water bottles include a core to load with lemons, apples or strawberries. Some fruits have a high water content, so choose watermelon or grapes for snacking.

This list is a quick reminder of how to keep safe for the summer.

# Cures for the Summertime Blues

Can you find these things that make the summertime cool?

Just for Fun

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airplane  
 camping  
 daylight saving time  
 jet skis  
 road trip  
 shorts and sandals  
 sunglasses  
 traveling

amusement parks  
 concerts in the park  
 fireflies  
 lemonade  
 roller coasters  
 sleeping  
 sunshine  
 Vacation Bible School

automobile  
 cookouts  
 fireworks  
 mosquitos  
 sailing  
 snorkeling  
 swimming

boating  
 corn on the cob  
 golfing  
 reading  
 sandy beaches  
 sunbathing  
 swimming pools

# MOVING THE ROCK



**A** man was sleeping at night in his cabin when suddenly his room filled with light, and God appeared. The Lord told the man He had work for him to do and showed him a large rock in front of his cabin. The Lord explained that the man was to push against the rock with all his might. So, this the man did, day after day. For many years, he toiled from sun up to sun down with his shoulders set squarely against the cold, massive surface of the unmoving rock, pushing with all of his might.

Each night, the man returned to his cabin sore and worn out, feeling that his whole day had been spent in vain. Since the man was showing discouragement, Satan decided to enter the picture by placing thoughts into the weary mind: "You have been pushing against that rock for a long time, and it hasn't moved." giving the man the impression that the task was impossible and that he was a failure. These thoughts discouraged and disheartened the man. "Why kill myself over this?" he thought. "I'll just put in my time, giving just the minimum effort, and that will be good enough."

And that is what he planned to do. However, one day he decided to make it a matter of prayer and take his troubled thoughts to the Lord. "Lord," he said, "I have labored long and hard in your service, putting all my strength to do that which you have asked. Yet, after all this time, have not even budged that rock by half a millimeter. What is wrong? Why am I failing?"

The Lord responded compassionately, "My friend, when I asked you to serve Me and you accepted, I told you that your task was to push against the rock with all of your strength, which you have done. Never once did I mention to you that I expected you to move it. Your task was to push. And now, you come to Me with your strength spent, thinking that you have failed. But, is that really so? Look at yourself. Your arms are strong and muscled, your back is strong and firm, your hands are callused from constant pressure, and your legs have become massive and hard. Through opposition, you have grown much, and your abilities now surpass that which you used to have. Yet you haven't moved the rock. But your calling was to be obedient and to push and to exercise your faith and trust in My wisdom. This you have done. Now I, My friend, will move the rock."



## KEEPING SAFE FOR THE SUMMER

*Continued from Page 3*

**1. DRINK WATER** – Hydration is critical to prevent heat related illnesses. Remember, keep drinking throughout the day; do not wait until you are sweating or thirsty to drink. Also, keep in mind that caffeinated beverages and alcohol have the opposite effect and tend to dehydrate you.

**2. STAY IN THE SHADE** – Staying out of direct sunlight helps prevent sunburns and heat exhaustion. So feel free to enjoy yourself outside, but when you start getting hot, find a place to rest in the shade.

**3. SCHEDULE AROUND THE HEAT** – Avoid going outside during the hottest hours of the day. Instead, when you can, go out in the early morning or late evening when it is cooler.

**4. HAVE A BBQ** – Cook your food outside. This allows you to enjoy grilled food and not let your house get too hot from cooking inside.

**5. CLOSE THE CURTAINS** – Keeping blinds and shade closed helps cool your house down by diffusing hot sunlight.

**6. USE FANS AND AIR CONDITIONERS** – Use both together. Fans help circulate the air and provide a direct cooling effect, while air conditioners help remove humidity and cool down the house. They can work together to keep your home comfortable.

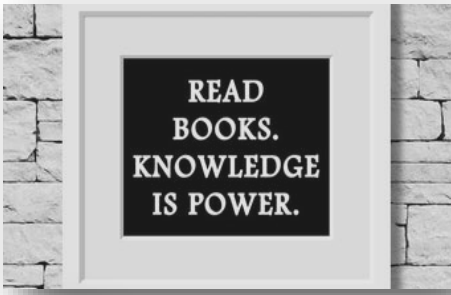
**7. WEAR WHITE** – White and light colored clothing keep you cool by reflecting sunlight. Dark colors absorb the sunlight, making you hotter in the process.

**8. SQUIRT YOURSELF** – Kids have the right idea when they play with water guns. Use a spray bottle to help apply direct relief.

**9. MAINTAIN YOUR A/C** – Keep your air conditioner running efficiently and properly by making sure that the filters are changed regularly – about once a month during the summer – and that the system is checked for cracks and leaks. By keeping your air conditioner in good shape, you will more effectively stay cool and save money in the process.

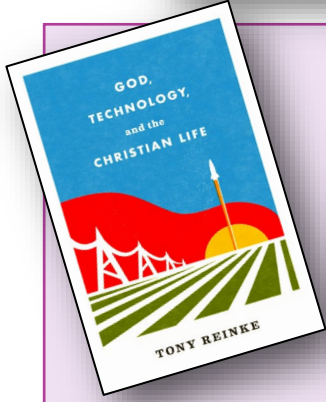
**10. THINK BEFORE YOU FAN** – Often people assume that the best way to use a fan is to point it into the room. However, when the temperature outside the house is cooler than it is inside the house, it can be more efficient to point the fan out so that it pulls in cool air and expels the hot air.

*AARP Home and Family editor Michelle R. Davis contributed to this story.*



# Can it get any hotter?

Continued from Page 1



## GOD, TECHNOLOGY, AND THE CHRISTIAN LIFE BY TONY REINKE

Reviewed by Matt Reynolds

Among publications that cover books, Christianity Today (like many other Christian journals and websites) stands out in its openness to featuring reviews that include some element of personal testimony or confession.

Yes, our reviewers will bring critical engagement and analytical rigor to their work. (At least that's the goal!) They'll tell you whether a book makes a compelling argument or advances some important conversation. But at least on occasion, they'll also tell you how a book influenced their walk with Christ or changed them in other tangible ways. This is part of what drew me to reviewing Tony Reinke's latest book, *God, Technology, and the Christian Life*.

This is a good book on a timely topic from a knowledgeable author. There is reassurance in Reinke's balanced, biblically grounded treatment of the subject.

Here's the takeaway: "Christians should take from this book the assurance that however technology may advance during our lifetimes, we ultimately have only God to fear (Matt. 10:28), because, as Reinke puts it, his 'sovereignty cradles our technological futures.' We're reminded that no level of human innovation can satisfy the longings of man's heart, which transcend the constraints of our time (Ecc. 3:11) and find their ultimate fulfillment in Christ."

The book left me feeling exhorted to press deeper into my search for God in data science. Reinke's description of the biblical precedent for understanding God through his creation, and thereby through our craft, has heightened my attention toward God's place in my work. Further, it has given me a firm footing to evaluate my tech habits and to navigate the ethical quandaries that come with working in the tech industry. Reinke's insight that new technologies do not (and will not) stop to critique themselves offers fresh motivation to consider, and also communicates the risks of technology.

"Thankfully, the book avoids and denounces the fear-stoking tone that's typically associated with Christian writing on the topic. Instead, it lays out a compelling argument that both tech optimists and pessimists tend to sell God short. We're not wrong, Reinke affirms, to have a 'low-grade discomfort' with this age of innovation. But as we wait for Christ's return, we can trust that our sovereign God reigns over even the most unsettling prospects we might face."

Reprinted from *Christianity Today* Newsletter. *God, Technology, and the Christian Life* is available at Amazon.com, Goodreads.com, and Christianbooks.com

what even the so-called alarmist scientists talked about decade ago."

Goodell's observations, written in his book *The Heat Will Kill You First* has many parallels that align with God's promises about the heat that awaits those who refuse to accept the gift of salvation through Jesus Christ. You can test the truth of this by substituting the word *sin* for *heat* and/or *climate*.

Goodell writes "when you think about climate impacts, heat kills far more people than anything else. Heat is the driver of all other climate impacts." Indeed, when you think about sin, it kills more people than anything else, and impacts everything in our lives. The Bible says that the wages of sin is death; Jesus emphasized that "if ye believe not that I AM, ye shall die in your sins." (John 8:24) Death comes for the unrepentant sinner as eternal agony in the Lake of Fire.

The Lake of Fire is as hot as it gets. This is a place of everlasting heat, searing pain, and constant torment for non-believers. Revelation 20:14-15 says that death and Hades are thrown into the Lake of Fire. Non-believers will exist in the Lake of Fire forever and never die. The Bible says graves will be emptied and thrown into the Lake of Fire; Revelation describes it as the second death, referring to eternal separation from God.

But God does not want anyone to experience Hell's heat. As such, there is no sin too great that God cannot forgive. Anyone that truly repents of their sins, puts their faith in God, and accepts Jesus Christ as their Savior can be forgiven by God, no matter what sin they have committed. But many Christians are understandably frightened about going to Hell for a sin the Bible called the "unforgivable" or "eternal sin."

Jesus talked about this after His critics accused Him of being in league with the Devil. In His response, Jesus referred to the "unforgivable sin." He said "I promise you that any of the sinful things you say or do can be forgiven, no matter how terrible those things are. But if you speak against the Holy Spirit, you can never be forgiven. That sin will be held against you forever." (Mark 3:28-29)

This word seems to contradict verses like 1 John 1:19, which state that God can forgive any wrongdoing. However, understand that Jesus was neither addressing the comment to His disciples nor to the crowd. He was talking specifically to the Pharisees, who had witnessed Jesus' miracle of transforming a blind and mute demon-possessed man. Instead of acknowledging the fact that Jesus had incredible divine powers, the Pharisees attributed His power to Satan. The Pharisees willfully rejected Jesus and deliberately refused to believe in His abilities, despite being shown direct evidence. They described Jesus as having "an unclean spirit" (Mark 3:30).

Yes, it can get hotter! When we watch the news, we see evil acts taking over our local communities, and we become frustrated about the amount of hate, violence, and negativity in the world. The acts some people commit are absolutely pure evil and our first thought might be "they should burn in Hell." However, none of us has either a Heaven or a Hell to send anyone to. But God is just in His righteous punishments.

Just remain faithful to God. He "will swallow up death forever. The Sovereign LORD will wipe away the tears from all faces; He will remove His people's disgrace from all the earth. ... In that day they will say ... This is the LORD, we trusted in Him; let us rejoice and be glad in His salvation." (Isaiah 25:8-9) **\*Data provided by the National Oceanic and Atmospheric Administration (NOAA)**

# RANDALL HAZARD SELECTED AS 3RD RECIPIENT OF SISTERS IN THE SPIRIT HOPE AWARD



Sisters in the Spirit Ministries, Inc. (SIS) has presented its third **HOPE** Award to Randall Hazard of Gloucester County, VA. The **HOPE** Award recognizes individuals in the Gloucester/Mathews VA communities who have demonstrated willingness to go above and beyond expectations to make a difference in the lives of others, through their commitment, efforts, facilitation, or service to others.

Randall's nomination narrative pointed out that: "this is not a typical **HOPE** Award nomination, but Randall Hazard is not a typical community servant. His impact comes from the efforts he makes so that the future can learn from the past. He is a leader, under the age of 30, who is focused on increasing African American participation in historic preservation.

Marcus Garvey pointed out that "a people without the knowledge of their past history, origin and culture is like a tree without roots." Telling stories about who we are, where we came from, the dynamics of our family, and other things that have been important to us over our entire lifetime, help us better understand what made us the people that we are today. It's important because many of our ambitions and dreams are built on the foundations of our past. Without these connections to the past, we have no form of identity. Without identity, we have no meaning and no strength.

The powerful impact that preserving the past makes is being recognized and promoted through a program developed by Preservation Virginia. *Voices Remembered* is an initiative designed to reclaim from the past, the Black voices that have fallen silent. As part of the *Voices Remembered* initiative, Randall was chosen to receive one of three fellowships through the African American Fellows Program.

Randall is facilitating accessibility to complete and accurate African American history, particularly as it relates to Gloucester County, Virginia. Through his efforts he is inspiring current and future generations to honor, respect, and connect with their roots and legacy.

His goal is "to document the historical Black nightlife venues in and around Gloucester by focusing on the documentation of venues tied to larger historical contexts such as the Chitlin' Circuit. Others were listed in the *Traveler's Green Book*. Affectionately known as "shot houses," these venues were not registered as official businesses within the county. These locations were part of the local economy and society, and just as frequented as formal businesses. Because of their status, there are few traces of their existence in the historical record outside of the living memory of former patrons."

Although the Fellowship is prestigious, the true impact of Randall's contribution to the community goes beyond the award. Preservation Virginia focuses on creating opportunities for African American historical preservationists and increasing the number of African Americans in the profession. Through his leadership he can help create new career paths and inspire and engage young people in educational opportunities and in better stewardship of our historical resources.

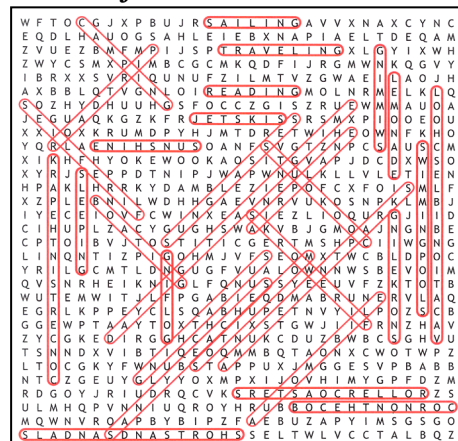
SIS President Rev. Dr. Katrina W. Brown emphasized that "Randall exemplifies the spirit of the **HOPE** Award. It is de-

signed to recognize those who are making a difference in our community through all that he facilitates and contributes towards keeping us connected to our roots."

She further noted that "although Randall has been on the planet less than 30 years, he has made a generational impact. At a time when history, and especially African American history is being disrespected, demeaned, disregarded, and demolished, he embodies the words found in Psalm 145:4: *One generation shall commend your works to another, and shall declare your mighty acts.* Randall's work help us all remember how far God has brought us," Dr. Brown said. The **HOPE** award presentation includes a monetary award and other gifts, and a specially designed certificate of appreciation. A public recognition ceremony will be scheduled for later this year.



## Solution to Cures for the Summertime Blues





## Sisters in the Spirit Newsletter

This is a free monthly publication of Sisters in the Spirit Ministries, Inc, a 501(c)(3) non-profit organization founded to empower Christian women in better fulfilling their God-given purpose.

Editor: Dr. Katrina W. Brown

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# The LAST Laugh



### The Best Doctor!

A country doctor couldn't find a job with any existing medical practice when he moved to the big city, so he opened his own clinic. Six months later, a lawyer walked by the clinic and notice the sign outside that read: **Treatment Cost \$20. If we can't cure you, you get \$100 back.** The lawyer thought this was a great opportunity to earn \$100 and went in. The doctor walked right up to him and asked "What seems to be problem?" "I've lost my sense of taste," the lawyer, replied.

Doctor: "Nurse, please bring medicine from Box 14 and put three drops on his tongue." The nurse fetched the medicine, walked over to the lawyer and said, "Open your mouth nice and wide for me, sir." When the drops of medicine hit his tongue, the lawyer coughed and sputtered. Lawyer: "That's not medicine, it's kerosene!" Doctor: "Congratulations, your taste has been restored. \$20 please."

Annoyed, the lawyer pays the doctor and left. Still determined to get the \$100, he came back a few days later and the doctor said, "Back again?" Lawyer: "I'm sorry, have we met before? You see, I've lost my memory." Doctor: "Nurse, please bring medicine from Box 14 and put three drops on his tongue." Nurse: "Open wide and say ahh for me." When the drops of medicine hit his tongue, the lawyer coughed and sputtered. Lawyer: "More kerosene? You gave me this last time for restoring my taste!" Doctor: "Congratulations, your memory is back. \$20 please."

Fuming, the lawyer paid the doctor \$20, left and waited a whole week before returning. Lawyer: "My eyesight has become very weak. I think I'm going blind." Doctor: "Sadly, I have no medicine for that, so I'll give you \$100." The lawyer stared at the bill. Lawyer: "But this is \$20, not \$100!" Doctor: "Congratulations, your eyesight is restored. \$20 please."

### A Good Investment

A New York attorney representing a wealthy art collector called his client and said to him, "Paul, I have some good news and I have some bad news." The art collector replied, "I've had an awful day; let's hear the good news first." The attorney said, "well, I met with your wife today, and she informed me that she invested \$5,000 in two pictures that she thinks will bring a minimum of \$15-20 million. I think she could be right." Paul replied enthusiastically, "Well done! My wife is a brilliant businesswoman! You've just made my day. Now I know I can handle the bad news. What is it?" The attorney replied, "The pictures are of you with your secretary."

### Who Gets Custody

A divorced husband and wife went to Custody Court. The judge looks sternly at the ex wife. Judge: "Why do you think you deserve custody of the child?" Ex wife: "I pushed him out and brought him into this world so I should have custody of him." Judge: "That is a simple yet good reason." Then the judge looks towards the ex husband. Judge: "Why do you think you deserve custody of the child, sir?" The ex husband thought long and hard about his response, and after a brief moment of silence, he replies, "If I put money into a Pepsi machine and the machine puts out a Pepsi, is it mine or the machines?"

### You don't have a case

A lady about 8 months pregnant got on a bus and noticed the man opposite her was smiling at her. She immediately moved to another seat. This time the smile turned into a grin, so she moved again. The man seemed more amused. When on the fourth move, the man burst out laughing, she complained to the driver and he had the man arrested. The case came up in court. The judge asked the man (about 20 years old) what he had to say for himself. The young man replied, Well your Honor, it was like this: When the lady got on the bus, I couldn't help but notice her condition. She sat down under a sign that said, "The Double Mint Twins are coming" and I grinned.

Then she moved and sat under a sign that said, "Logan's Liniment will reduce the swelling", and I had to smile. Then she placed herself under a deodorant sign that said, "William's Big Stick Did the Trick", and I could hardly contain myself.

But, Your Honor, when she moved the fourth time and sat under a sign that said, "Goodyear Rubber could have prevented this Accident", I just lost it. "CASE DISMISSED !!

### Officer, we have a problem

In my neighborhood, there was a couple who had given their twin sons very weird names. One was named Trouble, while the other boy's name was Mind Your Own Business. So, one day they were playing hide and seek. Mind Your Business counted to a hundred and then started looking for his brother. But, somehow he couldn't find him anywhere. He saw a police car passing the neighborhood, so he stopped it to ask for help. When the police officer asked him for his name, he replied, "Mind Your Own Business!" Feeling insulted, the police officer still asked politely who he was looking for. Mind Your Own Business replied, "I am looking for Trouble!"