



BOGGY SHOE



The magazine of Brighton Hash House Harriers – Runs/trash #99 July 2005

<http://www.brightonhash.co.uk/>

All runs are on Mondays meet at 19.30 for 19.40 start

All directions/ timings are approximate and start from Patcham roundabout A23/A27 junction (unless stated).

Date	#No.	On On	Area	Map ref	Hares	Tel. No. (hare)
4th July 2005	1411		Half Moon, Balcombe	310 307	Michael & Richard	
Directions: A23 north to Handcross. Right on B2110 over A23 then left on High Street. Turn right at roundabout then after a mile as B2110 bears left, go straight ahead on Handcross Road. Right at the end then left for pub. Est. 25 mins.						
11th July 2005	1412		The Downsman, Hangleton	270 075	Martin	01273 241829
Directions: A27 west to 1st exit. 3rd turn off roundabout King George VI Ave. 1st right & pub $\frac{3}{4}$ mile on right. Est 5 mins.						
18th July 2005	1413		The Limeburners, Billingshurst	074 255	Wiggy	01273 440578
Directions: A23 north to A272. Right at T through Cowfold. Straight across West Grinstead traffic lights & on to Billingshurst. Left at High Street & right at roundabout, then straight across 2nd. Pub is just on B2133, 1/2 mile on left. Est. $\frac{1}{2}$hr.						
25th July 2005	1414		White Horse, Ditchling	325 152	Rosemary & Terry	01273 506571
Directions: A23 north to A273. B2112 to Ditchling. Park in village car park on right. Est. 10 mins.						
1st August 2005	1415		Fox & Hounds, Rudgwick	077 330	Dave Roberts	01372 220167
Directions: A23 north to Pease Pottage. A264 to Warnham. Left on A24 to Broadbridge Heath then right on A281, Guildford Road, to Rudgwick. Pub on left after about 15th roundabout. Est 35 mins. At last a joint with Guildford H3!						
8th August 2005	1416		Royal Oak, Poynings			
MR 262 120		Hugh & Anne				01273 494200
Directions: A23 north, 3rd exit on A281. Straight over mini roundabout follow round to pub on right. Est. 10 mins.						
15th August 2005	1417		Brighton Rugby Club, Waterhall			
MR 287 087		Bouncer				01273 441611
Directions: Er... you're already there! Oh alright, Take Mill Road turn, under bridge turn right. Turn left and follow to end.						
22nd August 2005	1418		Windmill, Littleworth			
MR 194 205		Brenda Essex				01403 710311
Directions: A23 north to A272. Right at T junction, west through Cowfold. Right at first roundabout, left at 2 nd and either first or second left. Pub on right approx 1.5 miles. Est. 20 mins.						



What a bloody shame!

By now you will already have realised that the 27th birthday hash was abandoned. No idea what happened between Phil '3 sheets' motivating a team at the Farmers, and the following week at the Berwick but the board said cancelled. Hope you didn't find this out by hanging around in Ditchling yesterday!

Never mind, there's always the Trafalgar run to look forward to.

Upcoming fancy dress run:

17th October 2005 - "Navy" Nigel will be doing a 200th Anniversary of Trafalgar Run to coincide with his own 500th, which also happens to be a Full Moon, and we will all need to be dressed as sailors and the like.

Already the nights are closing in again but meantime there's a few things to think about below.

Important Notice - Interhash 2006 - Chiang Mai, Thailand, 27-29 October 2006

- On Secs/Webmasters - please pass this message on to clubs/hashers on your mailing lists

- Hashers - please pass this message on to your friends

The registration fee for Interhash 2006 will increase from \$125 to \$150 at the end of June 2005. It is important that all those wanting to take advantage of the cheaper registration fee should REGISTER NOW!

Interhash 2006 is in Chiang Mai, Thailand, with pre and post luges in Laos, Cambodia, Vietnam, Thailand and China. We have included a train journey from Singapore to Chaing Mai through Malaysia and Thailand. Come and join us for the Hashing event of 2006!

To register - please visit the official website <http://chiangmai2006.com>

Registration is available both online and offline. To register online, please visit the website.

Offline rego forms can be downloaded from: <http://www.chiangmai2006.com/register/forms/IH2006RegistrationForm.pdf>

Download offline payment forms from: <http://www.chiangmai2006.com/register/forms/IH2006OfflinePaymentOptions.pdf>

Group registrations - please contact the registrar directly: email to registrar@chiangmai2006.com



Chiang Mai 2006 World Interhash is a joint effort of hashers in the Mekong regio
Cambodia - China - Laos - Myanmar - Thailand - Vietnam

<http://www.chiangmai2006.com/>

Send questions or comments to: boss@chiangmai2006.com



Apologies for the blatant promotion but I would like to bring your attention to a race that Southdowns Orienteers are holding around Devil's Dyke, Brighton on Tuesday July 19th.

http://www.southdowns-orienteers.org.uk/trail_challenge05.pdf

As you will see it is a mass-start race that does involve some simple navigation whilst competing. In orienteering terms the standard of navigation required is that expected of an 11/12 year old. Last year the race was actually won by a member of Burgess Hill Runners who doesn't orienteer but still managed to beat some accomplished orienteers.

I would appreciate it if you could advertise this race to your fellow club members. I am happy to answer any queries you might have about the format.

Many thanks

Neil Crickmore

Club Captain Southdowns Orienteers

Heathfield Road Runners

Present

BUXTED PARK RELAY

7pm Wednesday Evening

20th July 2005

Teams of 4

£6 per team

Prizes for:

1st Men's Team

1st Ladies Team

Plus Vets and Mixed

All entries on the evening

Please arrive early to get numbers

Entrance to Buxted Park is at the top of the hill on A272 just west of Buxted

Enquiries, or to notify of team's attendance (useful for organisers) email:

buxtedrelay@heathfieldroadrunners.com

www.heathfieldroadrunners.com

SWISS TONY

Using a postcard is very much like making love to a beautiful woman 📧



Words of wisdom from the immortal Jon Slater

MAKING COFFEE - Making a cup of coffee is like making love to a beautiful woman. It's got to be hot. You've got to take your time. You've got to stir... gently and firmly. You've got to grind your beans until they squeak. And then you put in the milk.

LAYING A CARPET - Laying a carpet is... very much like making love to a beautiful woman. You check the dimensions, lay her out on the floor, pin her down, walk all over her. If you're adventurous - like me - you might like to try an underlay.

HANGING WALLPAPER - Well, hanging wallpaper is also very much like making love to a beautiful woman. Clean all the relevant surfaces, spread her out on the table, cover her with paste, and stick her up. Then you clean your brush, light your pipe, stand back and admire your handiwork.

PUTTING UP A TENT - Putting up a tent, is... very much like making love to a beautiful woman. You rent her, unzip the door, put up your pole an' ... slip in to the old bag.

WASHING A CAR - Washing a car, is very much like making love to a beautiful woman. You've got to caress the bodywork. Breathe softly and gently. And give every inch of it your loving attention. And make sure you've got a nice wet sponge.

ANSWERING THE PHONE - Answering the phone, is... a little like making love to a beautiful woman. In that you've gotta... lift the receiver, put it to your ear, speak ...loudly and clearly ... oh, yes - and don't forget to state your name.

BEING IN THERAPY - And yes, having therapy is very much like making love to a beautiful woman. You ... get on the couch, string 'em along with some half-lies and evasions, probe some deep dark holes, and then hand over all your money.

BEING IN A CRASH - Going to the brink of death and back, in a nine car pile-up on a dual carriage-way, is ... very much like making love to a beautiful woman. First of all, brace yourself, hold on tight - particularly if it's a rear-ender. And pray you make contact with her twin airbags as soon as possible.

GOING FISHING - Of course, As you know, I'm a very keen fisherman myself. You know, I've often thought that going fishing was very much like making love to a beautiful woman. First of all, clean and inspect your tackle, carefully pull back your rod, and remove any dirt or gunge that may have built up whilst not in use. Then, extend your rod to its full length, and check that there are no kinks or any wear. Particularly at the base, where the grip is usually applied. Make sure you've got a decent float, the appropriate bait, and that there's plenty of shot in your bag.

Now here's a picture of some beautiful women:



How to get ahead in business without really trying

by DAVID BRANT BSe CJD

1. Never walk without a document in your hands

People with documents in their hands look like hardworking employees heading for important meetings. People with nothing in their hands look like they're heading for the canteen. People with a newspaper in their hand look like they're heading for the toilet. Above all, make sure you carry **loads** of stuff home with you at night, thus generating the false impression that you work longer hours than you do.

2. Use computers to look busy

Any time you use a computer, it looks like "work" to the casual observer. You can send and receive personal e-mail, chat and generally have a blast without doing anything *remotely* related to work. These aren't exactly the societal benefits that the proponents of the computer revolution would like to talk about but they're not bad either. When you get caught by your boss - and you **will** get caught -- your best defense is to claim you're teaching yourself to use new software, thus saving valuable training expenses.

3. Messy desk

Top management can get away with a clean desk. For the rest of us, it looks like we're not working hard enough. Build huge piles of documents around your workspace. To the observer, last year's work looks the same as today's work; it's volume that counts. **Pile them high and wide**. If you know somebody is coming to your desk, bury the document you'll need halfway down in an existing stack and rummage for it when he/she arrives.

4. Voice Mail

Never answer your phone if you have voice mail. People don't call you just because they want to give you something for nothing - they call because they want YOU to do work for THEM. That's no way to live. Screen all your calls through voice mail. If somebody leaves a voice mail message for you and it sounds like impending work, respond during lunch hour when you know they're not there - it looks like you're hardworking and conscientious even though you're being a devious weasel.

5. Looking Impatient and Annoyed

Always try to look impatient and annoyed to give your bosses the impression that you are always busy.

6. Leave the office late

Always leave the office late, especially when the boss is still around. You could read magazines and storybooks that you always wanted to read but have no time until late before leaving. Make sure you walk past the boss' room on your way out. Send important emails at unearthly hours (e.g. 9:35pm, 7:05am, etc.) and during public holidays.

7. Creative Sighing for Effect

Sigh loudly when there are many people around, giving the impression that you are under extreme pressure.

8. Stacking Strategy

It is not enough to pile lots of documents on the table. Put lots of books on the floor etc. (thick computer manuals are the best).

9. Build Vocabulary

Read up on some computer magazines and pick out all the jargon and new products. Use the phrases freely when in conversation with bosses. Remember: They don't have to understand what you say, but you will sound impressive.

10. Have 2 Jackets

If you work in a big open plan office, always leave a spare jacket draped over the back of your seat. This gives the impression that you are still on the premises. The second jacket should be worn while swanning around elsewhere.

11. MOST IMPORTANT:

DON'T forward this to your boss by mistake!!!

A FEW OF MY FAVOURITE THINGS

Melody - These Are a Few of My Favourite Things

Short cuts that leave all the front bastards trailing,
Misleading directions leaving short cutters wailing,
Slippery slopes where hounds flounder in shit,
These are some things that appeal to my wit.

The rugby mob buggers all bloated with beer,
The sight of them's foul, it's no wonder, they're queer,
The dear old mismanagement, oh, what a farce,
These are some of the things you can stick up your arse.

A run that was set by those mad hares the Dutch,
A ride in old trucks that you all loved so much,
Some piss that was different with a beer glass thrown in,
Surely a Fulking good hash, no hash sin.

(chorus too crude to reprint - Ivan rewrite required!)



It's hang the hare time! Has anyone else spotted the startling resemblance between Crazy Toad, I mean Lazy Frog, and our lad? Or is this just purely for editorial licence? Do you agree that Crazy Frog has had it's day? What about Ivan? Can anyone read sideways? Does anyone care?

How to do it - by Ivan - Setting a hash:

Picking the pub - Never an easy thing to do. First it is essential that they don't do any beer, just pissy lager (Portslade Sports Centre; Golden Cross; Neville). A good town centre location should stop anyone getting lost in the country (Crescent; Eclipse). Given a choice of two pubs one of which fulfils all the usual hash requirements of decent beer, attractive barmaids, good but cheap grub - go for the plastic, production line frozen food and fizzy beer alternative (James King). Have a lot of fun by deliberately choosing a fictitious pub (Three Crowns). If all else fails make sure you put the pub out of business i.e. by setting fire as you leave, so a good night can't be enjoyed on another occasion (the Crown, Cootham).

Picking the location - It must be impossible to put a check down in the first 2.5 miles from the pub. Remember this is a **race** after all! If this is unavoidable make sure it's a checkback, false trail, and dead end. Try and send all the runners that way anyway. Do this a minimum of three times in case anyone slouching around at the back doesn't get the message. Town runs with on marks on the other side of busy main roads are great because no-one can hear. Do this in summer rather than winter so they can't use their torches to flash the on. Main roads offer an easy route and save a lot of mucking about with checks.

Planning a trail - If you have a co-hare it is essential that you overrule them, if possible by making sure that they sprain their ankle on the recce. You need to maintain total control or this thing might just work and you couldn't have that happening. If you don't have a co-hare, there's no need to recce. Why bother when you can do that on the day? Trails can quite easily be planned from the AA roadmap at 2.5 miles to the inch or even lower. There's no need to get the OS Explorer or Landrangers.

Setting a trail - Always keep a lookout for the golden opportunity. If a piece of land looks worthwhile remember the Queen owns all the land not the landowners so you can run anywhere with her permission, it's called the right to roam! Blag it. One person setting trail can easily whip through any dubious area and it causes so much more mirth when the rest of the pack gets stopped by farmers with shotguns, or little old ladies. Another great plan is to do a town run for the first hour then send them up a long hill just to make sure they don't get back before 10pm.

Planning the cost - Once you've got your pub, go for it! Doesn't matter if they don't do food as, with a little persuasion they will always do ham sandwiches. Never mind the whinging vegetarians, coeliacs and kosherites, even if, technically, you should care. Make sure you misjudge the cost so that you can get some out of hash cash. Alternatively, go round everyone and claim an extra 7p per person to make up the shortfall.

Haring and sweeping - Drop lots of strong hints of which direction it isn't in so that they all go wrong. If you can get the pack to go up a hill several times, spend ages butchering themselves on the brambles when there's a path 2 feet to the right, or go back and forth through a ford, even better. Make sure there's only marks every 100 yards in case there's any late arrivals who might want to try and catch up. For the same reason don't mark checks through and absolutely do not sweep. Checkbacks are cool as no-one knows what they are so wouldn't dream of retracing their steps to the last turn-off. Finally it is important that you try and stay ahead of the pack. You know the way so this should be easy but don't let them see you slope off. Just occasionally packs can turn particularly nasty and if you let yourself get caught, you may find yourself getting chucked in the local pond at Nutley. **On on**

See the front page for ideas of where to go for your holidays. If you can't be bothered organising your own Ivan asked me to include the following notice:

Hi Hashers

Me and a few mates from work are heading to Ibiza for 2 weeks of pure mayhem and the good news is we need two more people to get a super package deal!

Any takers let me know, first come first served. I've attached a picture at the bottom of the page of the lads causing havoc in Amsterdam last year! Their mental!! You'll love them!!

Ivan

THE HASHER'S LAMENT Originally by Dave "Skid" Marks in 1981. (it is better if you read it out loud)

You wakey inner morny All snuggle in yore bed, You rubby eyes an yorney, A poundin in yore 'ead, "It's someday," someone seddy, Shoutin' from the den, "You musket up, get reddey, It snearly arfpasten."	Awl roun are many bodies All jobby upan down, While some with big beer poddies Are lyin' on the groun. Then on that dredful ower Mid lots of mild dismay, There cums a serge of power: The hash is onit sway.	Jus den a cawl came floaty, "I'm on won," swotit sed, An somewhere someone gloatey Cry "I'm on two," instead. The pack once more togevver Dare win and strength all gon, But are dey finish? Never! Cos onondon cries, "ON!"	When arskt "Wot mayshewdoit?" The answer is quite clear: The thort of cummin threw it To a nice cool pinty beer. BUT for "pint" read "gallon" The timey go so farst: You thort the pubby closeat too, But nowitsix 'arfpast!
You up then jolly quicky An almose innner flash, Still feelin somewot sicky You off to join the Hash. An very sooney arfter You very somewhere else, Amid the shoutsen larfter Outside a pubic howse.	The Hornet soun so cheery, And on the packet run, An sum, already weerie, Are wish they did not cum. A Czech pint givey breaver, For dose who laggey hind, While some fit eager beaver Will see wot ecan find.	Our fartin, pantin army Are strewn both wide and far. They say we must be barmy! They blubby right, we are! We run thru payne an sorrow An sometime mud a swell, An no in that tomorrow Our legs swill ert like ell!	An so you weavy homeward, All fuzzy in de hed, Your dinner's in the dustbin, An you just want your bed. Your wifey look most unamused: Er teeth are out and nashin'. Why can't she seem to unnerstan' How fit you get from HASHIN'!

Survey - Do you drink too much? Test yourself, if you answer "Yes" on more than two questions, you should take a week off from drinking. Seek professional help if you have four or more "Yes" answers.

1. If you've decided to only drink one glass of wine or beer, do you usually drink more?
2. Do you have problems with going back to normal alcohol consumption after a vacation?
3. Is a weekend without alcohol a failed weekend?
4. If you have beer, wine or spirits at home, do you have a hard time letting it be?
5. Do you become irritated if you've forgotten to go to the offy before the weekend?
6. Does it happen that you have difficulties remembering how you got home from a party or the pub?
7. Have you said things while drunk that you regret?
8. Have you ever called in sick because you couldn't manage to go to work because of a night out?
9. Do you take unnecessary risks, for example ride in unlicensed taxis or follow unknown people home, when you're drunk?
10. Do you get irritated if someone tells you that you should cut down on your drinking?

Of course, any Hasher with less than a perfect 10 isn't a real Hasher, but scores down to 8 are acceptable. Just.

There's a big conference of beer producers. At the end of the day, all of the presidents of all beer companies decide to have a drink in a bar.

The president of 'Budweiser' orders a Bud, the president of 'Miller' orders a Miller Lite, Adolph Coors orders a Coors, and the list goes on.

Then the waitress asks Arthur Guinness what he wants to drink, and much to everybody's amazement, Mr. Guinness orders a Coke!

"Why don't you order a Guinness?" his colleagues ask.

"Naah. If you guys won't drink beer, than neither will I."

Callum got lost at a large shopping mall. He approached a uniformed policeman and said, "I've lost my dad!"

The cop asked, "What's he like?"

The little boy replied, "Beer and women with big tits."



This months plunder, **THUNDER DOWN UNDER.**

Gems from Interhash 1994 - Rotorua's trash magazine.

A TV interviewer was doing a documentary on the customs of American Indians.

While touring a reservation during the documentary she was puzzled as to why the difference in the number of feathers in the headdresses. So she asked a brave who only had one feather in his headdress, and his reply was: "Only have one woman; one woman, one feather."

Feeling the first fellow was only joking, she asked another brave. This brave had two feathers in his headdress. And he replied: "Me have two women; two women, two feathers."

Still not convinced the feathers indicated the number of sexual partners involved, she decided to interview the Chief. Now the Chief had a headdress full of feathers which, needless to say, amused the interviewer. She asked the Chief, "Why do you have so many feathers in your headdress?"

The Chief proudly pounded his chest and said: "Me Chief, me sleep with 'em all. "Big, small, fat and tall, me sleep with em all."

Horrified, the interviewer stated, "You ought to be hung."

The Chief said: "You damn right, me hung, big like buffalo, long like snake."

The interviewer cried, "You don't have to be so hostile."

The Chief replied: "Hoss-style, dog-style, wolf-style, any style, me sleep with em all."

With tears in her eyes, the interviewer cried, "Oh dear."

The Chief said: "No deer. Ass too high, run too fast."

There was a man who really took care of his body. He lifted weights and jogged 8 miles a day. One day, he took a look in the mirror and noticed that he was tanned all over except his "thingie." So he decided to do something about it. He went to the beach, completely undressed himself and buried himself in the sand, except for his thingie" which he left sticking up.

Two old ladies were strolling along the beach, one using a cane. Upon seeing the "thingie" sticking up over the sand, she began to move it around with her cane, remarking to the other lady, "There's no justice in the world."

The other lady asked what she meant. She said, when I was 20, I was curious about it. When I was 30, I enjoyed it. When I was 40, I begged for it. When I was 50, I paid for it. When I was 60, I prayed for it. When I was 70, I forgot about it. Now, I am 80 and the damn things are growing wild on the beach and I'm too old to squat!



An able young man the hash Hare
Was fcuking a girl on the stair.
The banister broke,
But he doubled his stroke
And finished her off in mid-air.

Our unabashed dictionary
defines "impotent flasher" as a
public futility.

Typical kiwi joke:

Why did God invent woman?
Because sheep can't cook



Okay, we took
off our clothes,
I got on top
of you... how
long 'til it starts
feeling good?

I don't know
but I've got
a headache
already!

A couple, both 78, went to a sex therapist's office in Winter Haven, Florida.

The doctor asked, "What can I do for you?"

The man said, "Will you watch us have sexual intercourse?" The doctor looked puzzled, but agreed. When the couple had finished, the doctor said, "There's nothing wrong with the way you have intercourse and charged them \$50.

This happened several weeks in a row. The couple would make an appointment, have intercourse with no problems, pay the doctor, then leave.

Finally the doctor asked, "Just exactly what are you trying to find out?"

The old man said, "We're not trying to find out anything. She's married and we can't go to her house. I'm married and we can't go to my house. The Holiday Inn charges \$90. The Hilton charges \$140. We do it here for \$50 and I get \$43 back from Medicare. Is Florida great or what!"

What noise does a hare-lipped dog make? Mark, mark. Mark.

What noise does a hare-lipped pig make? Cam I thee your driberth lithence?

A man finds a genie who grants him two wishes. He wishes to be always hard and to get all the ass he wants. So the genie turns him into a toilet seat.

Haere mai nau mail



Okay Glastonbury, it's not the first time it's happened!

The Master of the house is comfortably installed in an armchair in the library, reading a newspaper.

Suddenly, James, his butler rips the door open and shouts: "Sir, the Thames is flooding the streets!"

The Master looks up calmly from the newspaper and says:

"James, please. I have already told you. If you do have something important to tell me, first knock on the door, then enter and inform me, in a quiet and civilised manner, about the issue. Now please, do so."

James apologises and closes the door behind him. Three seconds after, the Master hears a knock on the door.

"Yes?"

James partially enters the room, and with a wide gesture makes an invitation as for somebody on the outside to enter:

"Sir, the Thames."

What is a Hash Function?

A hash function H is a transformation that takes a variable-size input m and returns a fixed-size string, which is called the hash value h (that is, $h = H(m)$). Hash functions with just this property have a variety of general computational uses, but when employed in cryptography the hash functions are usually chosen to have some additional properties.

The basic requirements for a cryptographic hash function are:

- o the input can be of any length,
- o the output has a fixed length,
- o $H(x)$ is relatively easy to compute for any given x ,
- o $H(x)$ is one-way,
- o $H(x)$ is collision-free.

A hash function H is said to be one-way if it is hard to invert, where "hard to invert" means that given a hash value h , it is computationally infeasible to find some input x such that $H(x) = h$.

If, given a message x , it is computationally infeasible to find a message y not equal to x such that $H(x) = H(y)$ then H is said to be a weakly collision-free hash function.

A strongly collision-free hash function H is one for which it is computationally infeasible to find any two messages x and y such that $H(x) = H(y)$.

The hash value represents concisely the longer message or document from which it was computed; one can think of a message digest as a "digital fingerprint" of the larger document. Examples of well-known hash functions are MD2 and MD5 (see Question 99) and SHA (see Question 100).

Perhaps the main role of a cryptographic hash function is in the provision of digital signatures. Since hash functions are generally faster than digital signature algorithms, it is typical to compute the digital signature to some document by computing the signature on the document's hash value, which is small compared to the document itself. Additionally, a digest can be made public without revealing the contents of the document from which it is derived. This is important in digital timestamping (see Question 108) where, using hash functions, one can get a document timestamped without revealing its contents to the timestamping service.

Thank you for making that all much clearer for us Ivan. Never again will we question your judgment on the trail.

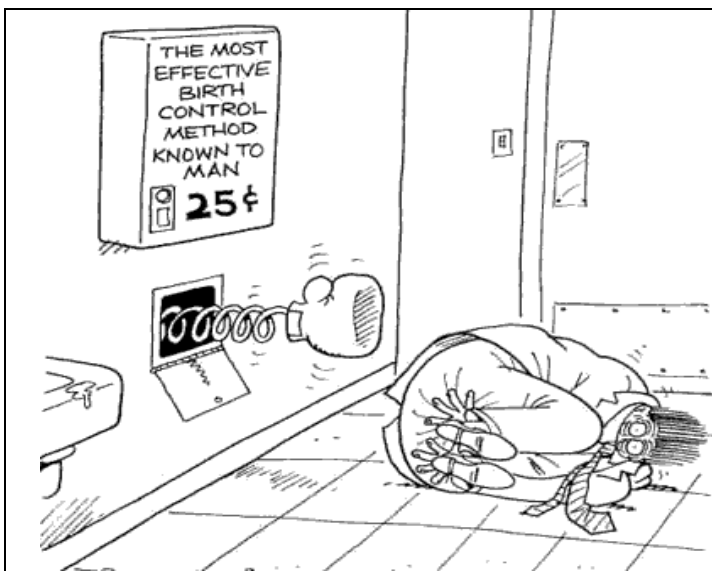
One night, after a long evening of drinking, Jim was thrown out of the bar as usual. On his way home he spotted a nun walking down the road.

After looking at her twice he ran over and tackled her, then proceeded to beat the living shit out of her. Some people passing by spotted this and called the police. As the police were pulling him away in handcuffs he looked back and said, "I thought you'd be tougher than that, Batman."

What does Mrs. Batman say when his food is ready? Dinner, dinner, dinner, dinner, dinner, dinner, dinner, dinner, dinner, Batman!

Yes it's just a gratuitous excuse by Bouncer to play on the new film Batman Biggins which has absolutely no family connection whatever. Sorry. Here's a picture to make up for it:





There was a midget down in Texas who complained to his buddy that his testicles ached almost all the time.

As he was always complaining about his problem, his friend finally suggested that he go to the doctor to see what could be done to relieve the problem.

The midget took his advice and went to the doctor and told him what the problem was.

The doctor told him to drop his pants and he would have a look. The midget dropped his pants. The doctor put him up onto the examining table, and started to examine him.

The doc put one finger under his left testicle and told the midget to turn his head and cough-the usual method to check for a hernia.

"Aha!" mumbled the doc and putting his finger under the right testicle, he asked the midget to cough again.

"Aha!" said the doctor and reached for his surgical scissors. Snip, snip, snip, snip on the right side then snip, snip, snip, snip, snip, snip, snip on the left side. The midget was so scared he was afraid to look, but noted with amazement that the snipping did not hurt. The doctor then told the midget to get dressed and see if they still ached.

The midget was absolutely delighted as he walked around the doc's office and discovered his testicles were no longer aching. "Gee, what did you do, Doc?" he asked.

The doc replied, "I cut two inches off the tops of your cowboy boots."

Hold on to the side of your chair and have a drink handy before reading.

Latest Darwin Award Nominee from the Orlando Sentinel.

Based on a bet by the other members of his threesome, Everett Sanchez tried to wash his own "balls" in a ball washer at the local golf course. Proving once again that beer and testosterone are a bad mix, Sanchez managed to straddle the ball washer and dangle his scrotum in the machine. Much to his dismay, one of his buddies upped the ante by spinning the crank on the machine with Sanchez's scrotum in place, thus wedging them solidly in the mechanism. Sanchez, who immediately passed his threshold of pain, collapsed and tumbled from his perch. Unfortunately for Sanchez, the height of the ball washer was more than a foot higher off the ground than his testicles are in a normal stance, and the scrotum was the weakest link. Sanchez's scrotum was ripped open during the fall, and one testicle was plucked from him forever and remained in the ball washer, while the other testicle was compressed and flattened as it was pulled between the housing of the washer, and the rotating machinery inside. To add insult to injury, Sanchez broke a new \$300 driver that he had just purchased from the pro shop, and was using to balance himself. Sanchez was rushed to the hospital for surgery, and the remaining two members of the threesome were asked to leave the course.

One day while hashing, Bouncer noticed two tennis balls lying by the side of the walk. He picked the balls up, put them in his pocket and proceeded on his way.

Waiting at the cross street for the light to change, he noticed a beautiful blonde standing next to him smiling.

"What are those big bulges in your running shorts?" she asked. "Tennis balls," Bouncer said smiling back.

"Wow," said the blonde looking upset. "That must hurt. I once had tennis elbow and the pain was unbearable."

What did one testicle say to the other? Why should we hang? Dick did all the shooting!

A three year old boy in his bath examined his testicles and asked, "Mummy, are these my brains?" Mum said, "Not yet, Kieran."

A man was being interviewed for a job. "Were you in the service?" ask the interviewer.

"Yes, I was a Marine," responded the applicant.

"Did you see any active duty?"

"I was in Vietnam for 2 years and I have a partial disability."

"May I ask what happened?"

"Well, I had a grenade go off between my legs and I lost both testicles."

"You're hired. You can start Monday at 10 am."

"When does everyone else start? I don't want any preferential treatment because of my disability."

"Everyone else starts at 7 am but I might as well be honest with you. Nothing gets done between 7 and 10. We just sit around scratching our balls trying to decide what to do first."

A tourist in Spain goes into a restaurant but doesn't know what to order. So he looks around and sees a local tucking into 2 large round pink objects on a plate. He calls over the waiter and says I'll have some of those. Oh no says the waiter they are cojones - the testicles of the bull killed in last night's bull fight, there won't be any more until the next contest. The night after the next bullfight the tourist goes back to the restaurant and the waiter remembers him and brings him 2 small round pink objects on a plate. What are these says the tourist the others were 4 times the size of these - the waiter shrugs and says "Senor, sometimes the bull wins"

Exercise and your joints

Dr Adam Carey is the director of nutrition for the England Rugby Football Union and nutritionist for Celebrity Fit Club and LWT productions. He has 19 years experience in the NHS specialising in reproductive endocrinology and nutrition. He is scientific editorial director for the Nutrition Practitioner and Nutrition Director for Focus on Food – an educational charity. He is the founder and managing director of Pure Nutrition.

Exercise is really good for us, but not always so good for our joints. Dr Adam Carey advises on the best things to do to maintain active, flexible joints while exercising to help achieve a healthy old age.

Did you know that high impact exercise could triple your risk of osteoarthritis? That's bad news if you run or participate in any joint-intense exercise regularly. And there you were thinking that your regular exercise was good for you!



Nothing for 2nd place

Two IT consultants on safari come across a pride of lions that start eyeing them hungrily from a distance.

One of them, John, reaches into his rucksack, pulls out a pair of running shoes, and starts putting them on hurriedly.

The other man turns to him and whispers, 'Don't be silly John, you'll never outrun a lion!'

'No,' says John, 'but I'll outrun you.'

NEWS & VIEWS

So what can we do to help get the balance between regular exercise and pain-free joints right?

My first piece of advice is to take moderate, regular exercise. Don't be tempted to overdo it!



Dr Adam Carey

Injury (and associated joint pain) is probably the strongest risk factor for osteoarthritis. Make sure that you warm up thoroughly and incorporate plenty of stretching after exercising.

And **don't over exert your joints!** Many people want to exercise too much, too soon, at too high a speed or for too long a distance/time – these are all major causes of joint pain and injury.

The number of years you've spent participating in a joint-intense activity has a significant effect on your risk of osteoarthritis. This link is nowhere more clearly demonstrated than when you look at the joints of professional sportspeople. A study of 284 former professional footballers reported that half of the players were diagnosed with osteoarthritis by the tender age of forty, with pain in nearly all cases, as well as problems with mobility and performing daily activities, leading to surgery in over a third of cases³

Although your joints don't go through the wear and tear of those of a professional athlete, they can still take a beating. Fortunately, there are some simple measures that can be taken to maintain healthy supple joints and counter the wear and tear of regular exercise. Here are some of my recommendations:

1) Act early - good nutrition and responsible exercising can help to reduce your risk of osteoarthritis. Don't forget about your joints until you feel them – by then, some of the damage is done.

2) If possible choose lower impact activities such as walking, cycling, or swimming. Try training on softer surfaces too – grass is kinder to the knee than tarmac.

3) Include plenty of fresh fruit, and oily fish in your diet.

4) Do plenty of flexibility and strengthening exercises.

5) Never over-exert your joints during exercise.

6) Warm up properly before exercising – incorporating stretching.

7) Get plenty of vitamin D! The Arthritis Research Council are researching the effect of vitamin D supplementation in preventing osteoarthritis.

8) Take a joint care supplement. Glucosamine sulphate and chondroitin have gained significant interest, fuelled by positive word-of-mouth among athletes, and by positive research results. Glucosamine is an important building block in joints, cartilage and tendons and has proven pain-relieving properties.

9) If you begin to feel knee pain, stop exercising for several days and try the following.

10) Ice the knee and surrounding tissues several times a day.

11) Elevate the knee, and wrap it with elastic tape.

12) Take anti-inflammatories for a week to ease the pain and reduce inflammation. Or try bromelain (a natural enzyme from pineapples with anti-inflammatory properties).

13) Exercise should be regular, for those who have had high blood pressure or any other cardiac risk factor, or who have diabetes, twice as much is needed. So it's up to you to strike a healthy balance. Avoid over-exertion, coupled with a balanced diet and a daily dose of glucosamine sulphate, you can help to counter joint pain, improve flexibility and protect against future joint problems as well as maintaining good health into your older age. You only get one set of knees, so make sure you look after them!

The evidence behind glucosamine sulphate

is very encouraging. A study published in the *British Journal of Sports Medicine* in 2003 investigated its effect on knee pain. Volunteers took either a daily glucosamine sulphate supplement or a dummy tablet for twelve weeks. 88% of the glucosamine sulphate group reported some degree of pain relief and improved uncton after twelve weeks, compared to just 17% taking the dummy tablet⁴. It is worth noting that many subjects who had noticed no difference in the first two months began improving in the third month of glucosamine sulphate supplementation.

You know you are living in Liverpool when.....

1. You've never been outside the town you live in.
2. You let your 12 year old daughter smoke at the dinner table, in front of her children.
3. You've been married three times, and still have the same in laws.
4. You think that a woman is "out of your league" because she asks for a glass with her "Tennants Super"
5. The phrase "Thunderbirds are go!" reminds you that the off-sales are open.
6. You wish your toilet at home could be as clean as the one at the bus station.
7. Anyone in your family has died right after saying "Hey, watch this!"
8. You think Dom Perignon is a Mafia leader.
9. A ceiling fan once ruined your wife's hairdo.
10. Your local school has a students' crèche.
11. One, or more of your kids was born on a pub pool table.
12. One or more of your kids was conceived on a pub pool table.
13. Your back door coal bunker is ideal for the Rottweiler to raise its pups.
14. The trade-in value of your Transit goes up and down depending on how much fuel is in the tank.
15. You don't have to leave the house to put rubbish in the Wheelie bin.
16. You once lit a match in the bathroom and the windows blew out.
17. You only need one more stamp on your card to get a freebie at "Tam's Tattoos".
18. You can't get married to your childhood sweetheart because of the current bestiality laws.
19. You think "loading the dishwasher" means getting your wife drunk.
20. Your toilet paper has page numbers.
21. The soundtrack on your wedding video ends with the loudhailer message: "THIS IS THE POLICE....."



Noah was standing by his house one day, when a light came down and a voice said: "In six months I'm going to make it rain until the whole earth is covered with water and all the evil people are destroyed. But I want to save a few good people, and two of every kind of animal on the planet. I am ordering you to build an Ark. Here are the plans."

And Noah found that suddenly he had Ark plans in his hands. Noah said he would do as ordered.

"It will begin to rain in six months," said the voice. "You must better have the Ark completed, or you will certainly drown."

After six months, the skies began to cloud up and rain began to fall. Noah was sitting in his front yard, weeping. There was no Ark. Again a light came from the sky.

"Noah, where is my Ark?"

"Forgive me Lord," begged Noah. "I did my best. But there were big problems. First I had to get a building permit for the Ark construction project, and your plans didn't meet Code. So I had to hire an engineer to redraw the plans. Then I got into a big fight over whether or not the Ark needed a fire sprinkler system. My neighbours objected claiming I was violating zoning by building the Ark in my front yard, so I had to get a variance from the city planning commission.

"Then I had a big problem getting enough wood for the Ark because there was a ban on cutting trees in my area due to the endangered species designation of a kind of bird that lives among them.

"Next, the carpenters formed a union and went out on strike. I had to negotiate a settlement with them. Now we have 40 carpenters going on the boat.



"I won it in a competition, honest!!"

"Pfft! C'mon scouser, you can come up with a better story than that!"

"Then I began gathering up the animals, and got sued by an animal rights group. They objected to me taking only two of each kind. Just when I got the suit dismissed, the EPA notified me that I couldn't complete the Ark without filing an environmental impact statement on your proposed Flood.

"The Army Corps of Engineers wanted a map of the proposed new flood plain. I sent them a globe.

"Finally, the IRS seized all my assets claiming I'm trying to avoid paying taxes by leaving the country.

"I don't think I can finish your Ark for at least another five years," Noah wailed.

The sky began to clear. The sun began to shine. A rainbow arched across the sky. Noah looked up and smiled. "You mean you're not going to destroy the earth?" Noah asked, hopefully.

"Wrong! I still intend to smite the Earth, but with something far worse than a Flood.

Something Man invented himself."

"What is that?" asked Noah.

"Government."

What I Want in a Man, Original List

1. Handsome
2. Charming
3. Financially successful
4. A caring listener
5. Witty
6. In good shape
7. Dresses with style
8. Appreciates finer things
9. Full of thoughtful surprises
10. An imaginative, romantic lover



What I Want in a Man, Revised List (age 32)

1. Nice looking (prefer hair on his head)
2. Opens car doors, holds chairs
3. Has enough money for a nice dinner
4. Listens more than talks
5. Laughs at my jokes
6. Carries bags of groceries with ease
7. Owns at least one tie
8. Appreciates a good home-cooked meal
9. Remembers birthdays and anniversaries
10. Seeks romance at least once a week



What I Want in a Man, Revised List (age 42)

1. Not too ugly (bald head OK)
2. Doesn't drive off until I'm in the car
3. Works steady - splurges on dinner out occasionally
4. Nods head when I'm talking
5. Usually remembers punch lines of jokes
6. Is in good enough shape to rearrange the furniture
7. Wears a shirt that covers his stomach
8. Knows not to buy champagne with screw-top lids
9. Remembers to put the toilet seat down
10. Shaves most weekends



What I Want in a Man, Revised List (age 52)

1. Keeps hair in nose and ears trimmed
2. Doesn't belch or scratch in public
3. Doesn't borrow money too often
4. Doesn't nod off to sleep when I'm venting
5. Doesn't retell the same joke too many times
6. Is in good enough shape to get off couch on weekends
7. Usually wears matching socks and fresh underwear
8. Appreciates a good TV dinner
9. Remembers your name on occasion
10. Shaves some weekends



What I Want in a Man, Revised List (age 62)

1. Doesn't scare small children
2. Remembers where bathroom is
3. Doesn't require much money for upkeep
4. Only snores lightly when asleep
5. Remembers why he's laughing
6. Is in good enough shape to stand up by himself
7. Usually wears some clothes
8. Likes soft foods
9. Remembers where he left his teeth
10. Remembers that it's the weekend



What I Want in a Man, Revised List (age 72)

1. Breathing 2. Doesn't miss the toilet.



Swedish Bucks Night Stag - Swedish Style nice mates

In Sweden it is a bit of a custom for the groom to be kidnapped and whisked off somewhere for his stag night... these usually last all day and all night... and rather than the typical English/Scottish stag night where you all arrange it beforehand, go out, get drunk and hire a stripper, the Swedes do it different.

The groom has no idea until he gets nabbed. He might be dressed up in something crazy, and go do something fun, and then the fun starts!

This particular guy is a keen sailor and when he was kidnapped for his stag night they pasted a false "skippers-beard" on him and put him at the helm of a 60 foot yacht and let him be skipper for the day... much beer and fine food was consumed. But nothing nasty happened to him at all.

In the evening when they got back on land and were getting cleaned up for the night club they all had a sauna, as is customary in Sweden. Imagine the grooms horror when he walked into the sauna where his naked buddies were waiting for him, to see that best mate number one had no hair on his genitals - neither did friend two - or three - or - four...

OH dear....!! I wonder where they got the fake beard from, now there's a thought.