

Have You Seen Your Rascal Today?

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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Stephanie West Allen

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Want a surefire way a way to become more creative? Let your rascal out.

Your Rascal in the Corner

Dennis the Menace was always being put in the corner for doing something bad. Yet the bad thing he did caused us to laugh because there was something so real and true about that person in the corner.

Many of us have put the rascal part of ourselves in the corner, banished.

The one in the corner is unpremeditated, impetuous, mischievous, impish, prankish, high-spirited, capricious, idle, playful, spontaneous, fun-loving, irrepressible, incorrigible. I could go on and on.

And this one laughs a lot and makes others laugh. So why is it kept in the corner so often?

The Ubiquitous Appropriate Person -- Yawn!

Because our society has a different list of adjectives to apply to the Appropriate Person: responsible, reliable, liable, dependable, capable, efficient, moderate . . . you get the picture of this Appropriate Person. These adjectives certainly do not describe the wrong way to be, unless they are the ONLY adjectives that describe a person. Boring.

If we let him or her out, the one in the corner may do something inappropriate. He or she may speak a nugget of truth around which everyone else tiptoes. Or dress in colorful clothes unworried about matching one garment to another. Or sing at any time -- off-key. Or skip through the dining room. Or take a bite of someone else's dessert. Who knows what might happen if the rascal comes out of the corner?

Guess Who Came to Dinner?

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I would much rather have dinner with the rascal in the corner than with the Appropriate Person. The meal likely would be much less boring and probably filled with much more laughter. With whom would you rather have dinner? Honestly, now. The rascal or the Appropriate Person?

Grow UP, Amount of Laughter Goes DOWN

Children laugh a lot. Adults laugh much less frequently. Something happens to lessen laughter. Part of what decreases the laughter is putting our rascals in the corner.

Arthur Schopenhauer said, "There is no absurdity so palpable but that it may be firmly planted in the human head if you only begin it before the age of five, by constantly repeating it with an air of great solemnity." It is silly to diminish laughter but it is firmly planted in heads of many of us by the time we

are adults that it is not appropriate to laugh frequently.

The one in the corner still laughs a lot.

Please Come Out to Play

So many benefits to letting the one in the corner out to play. If you do not, you must expend lots of energy to keep it in the corner. It is irrepressible and looks for ways everyday to come out. Watch for it.

And if you do let it out, it probably will not do anything that naughty. And if it does, so what? It will give you energy and originality and creativity and memorable moments, and lots of laughter. Promise.

And Today . . .

At 9AM, noon, 3PM, 6PM, and 9PM, check in with yourself and locate your rascal. Is he or he in the corner watching the Appropriate Person? Out having a good time? Where else? Record your rascal's whereabouts.

Be sure to let him or her out at least once today -- maybe to play with someone else's rascal. Let's hold an enormous gathering of rascals. What a time that will be. You are officially invited.

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Stephanie West Allen, JD, brings humor and motivation to associations and organizations.

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Mobile Phone Ringtones via the web and on audio CDs

By Robert Harper

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Dear Music Fans,

Just have a few minutes to write... just wanted to share a little bit of information. I thought that music downloading were going to destroy sales of the regular compact disc. Wrong. Manufacturers are starting to add interesting tools like ringtone creators. Listed below are a few ringtones I've found.

P.S. Complete article with the related links available on the website.

Country Music Ringtones, a random selection of country music ringtones mp3 files for your phone, courtesy of mobile1ringtones.

Some of the available artists and songs

Drinking Bone Country Music Ringtone by Tracy Byrd
Friends in Low Places by Garth Brooks
He Stopped Loving Her Today by George Jones
Carrying Your Love With Me by George Strait
I Melt Ringtone By Rascal Flatts

Note: Polyphonic tunes sound a hell of a lot better than the mono, however, the phone may have problem handling them. Nokia 3510, Sony Ericsson P800, and Siemens C55 are able to receive files for use as ringtones. The phones contain a small sound card with various instruments.

Also, the makers of CDs are starting to introduce software on your favorite disc; one of the best known is ringtone maker Xingtone, adding value to the CD, thus making ringtones of your favorite music a snap, (easy). Maybe the next CD you purchase may have the letters ECD on the label. ECD is short for enhanced compact audio disc... look for 'enhanced CD' on your next audio disc.

Robert Harper owns Harper's Distribution in El Paso, Texas. Robert writes, "I'm a country music fan, and I love talking and writing about country music." Sometimes I find really juicy news (especially if it involves money) and I'll blab it to the whole world. Website: <http://www.top-country-songs.com> ,,To contact visit: <http://www.top-country-songs.com/contact.html>

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