

## Happy 50th. Birthday Throbber!

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Against all the odds, our oldest chromosomesexual has made it to 50!

No more bling, throbbing pipes, and dirty jokes for you old fella - it's time to settle down.

From now on, remember you can't ever, under any circumstances, take a sleeping pill and a laxative on the same night. Don't take your bike out in the rain any more either -Â your pacemaker won't stand another lightning bolt.

You need to keep fit at your age, so here's an exercise routine you should be able to manage.

Begin by standing on a comfortable surface, with plenty of room.

With a 5-lb potato sack in each hand, extend your arms straight out. Try to reach a full minute, and then relax. After a couple of weeks, move up to 10-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks...

Just think of all that cheap insurance and now you can become a real cruiser.....

PS Your old friend Linda Lusardi sends her love XXXXXXXX