Helps to make us feel better. . .

I've been saying this for years.
I'm glad science finally caught up with me.

I KNEW IT!

Brains of older people are slow because they know so much...

By Sarah Knapton, Science Correspondent

Older people do not decline mentally with age, it just takes them longer to recall facts because they have much more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets filled up, so too do humans take longer to access information, it has been suggested.

Researchers say this slowing down it is not the same as cognitive decline. The human brain works slower in old age," said Dr. Michael Ramscar, "but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more."

Also, older people often go to another room

to get something and when they get there,

they stand there wondering what they came for.

It is not a memory problem, it is nature's way of making older people get more exercise.

SO THERE!!
We Are All Brilliant!

Have I sent this before?

Derek's Joke

ALWAYS ASK, NEVER ASSUME !!



His request approved, the CNN News photographer quickly used a cell phone to call the local airport to charter a flight.

He was told a twin-engine plane would be waiting for him at the airport.

Arriving at the airfield, he spotted a plane warming up outside a hanger.

He jumped in with his bag, slammed the door shut, and shouted, 'Let's go'.

The pilot taxied out, swung the plane into the wind and took off.

Once in the air, the photographer instructed the pilot, 'Fly over the valley and make low passes so I can take pictures of the fires on the hillsides.'

'Why?' asked the pilot.

'Because I'm a photographer for CNN', he responded, 'and I need to get some close up shots.'

The pilot was strangely silent for a moment, finally he stammered, 'So, what you're telling me, is . . . You're NOT my flight instructor?'



"Life is short. Drink the good wine first"