

MoNdAy FuNnIeS

30 Jun 2003- From Cordell & Janice Vail

Our attempt to help you smile every Monday Morning

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## Wisdom For The Week :

(contributed by Nancy Forrest.... thanks Nancy)

Kindness is difficult to give away because it keeps coming back.

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(contributed by Virginia Reeves.... Thanks Virginia)

This is a specially formulated diet designed to help women cope with the stress that builds during the day.

BREAKFAST

- 1 grapefruit
- 1 slice whole-wheat toast
- 1 cup skim milk

LUNCH

- 1 small portion lean, steamed chicken with a cup of spinach
- 1 cup herbal tea
- 1 Hershey's Kiss

AFTERNOON SNACK

- The rest of the Hershey Kisses in the bag
- 1 tub of Hagen-Daaz ice cream with chocolate-chip topping

DINNER

- 2 cans of your favorite soda pop (regular not diet)
- 2 loaves garlic bread
- 1 family size Supreme pizza
- 3 Snickers bars

LATE NIGHT SNACK

- 1 whole Sarah Lee cheesecake (eaten directly from the freezer)

REMEMBER: "Stressed" spelled backward is "desserts."

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# ConsumerTipS

(contributed by Arlene Burg... thanks for the tip Arlene. )

Arlene's tip..... If you have ever gotten back into your car to wait while you were filling it up with gas you should look at this web page (especially if you are a woman)

<http://www.pei.org> Click on STOP STATIC

I sent this to my whole family last week and my niece wrote back and said she has had that spark happen to her several times as she got out of the car. She is one very lucky woman.....

Just remember... touch the car first.... touch the car first.... touch the car first....

Thanks Arlene you may have saved one of our lives or the lives of our children

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Make it a wonderful and happy week!!!!
The happy friends in your life,
Cordell & Janice Vail

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Next Joke: <http://www.mondayfunnies.com/mf2003/030707.pdf>