

# MoNdAy FuNnIeS

01 Sept 2003- From Cordell & Janice Vail

Our attempt to help you smile every Monday Morning

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## Wisdom For The Week :

"Don't let what you cannot do interfere with what you can do.

- John Wooden

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## MoNdAy FuNnIeS

Before Computers...

An application was for employment,

A program was a TV show,

A cursor used profanity,

A keyboard was a piano!

Memory was something that you lost with age,

A CD was a bank account,

And a floppy disk was something

Terribly wrong in your back.

Compress was something you did to garbage,

Not something you did to a file.

And if you unzipped anything in public,

You'd be in jail for awhile!

Log on was adding wood to a fire,

Hard drive was a long trip on the road.

A mouse pad was where a mouse lived,

And a backup happened to your commode!

Cut - you did with a pocket knife,  
Paste you did with glue.  
A web was a spider's home,  
And a virus was the flu!

I guess I'll stick to my pad and paper,  
And the memory in my head.  
I hear nobody's been killed in a computer crash,  
But when it happens, they wish they were dead!

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## Consumer Tips

(Contributed by Margo Matthews.... Thanks Margo)

Lack of water, the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

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According to the news this is the last chance for now to get on the DO NOT CALL LIST. I assume it will be opened up again later for other people

[www.donotcall.gov](http://www.donotcall.gov) or

you can call at:1-888-382-1222

There are several groups that are exempt from this list but (as we have said in previous editions) but when they call, if you will just stop them from giving you their spiel and ask them to remove you from their calling list even those groups will then take you off the list.

I would also like to report that we have had an almost 100% stoppage of junk mail form pre approved credit cards now we put our name on that list. That was 4 or 5 a day before.

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

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