

MoNdAy FuNnIeS

22 Mar 2004 - From Cordell & Janice Vail

Our attempt to help you smile every Monday Morning

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## Wisdom For The Week :

Things turn out best for the people who make the best of the way things turn out

John Wooden

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Did they really say that?

On a Southwest flight (SW has no assigned seating, you just sit where you want) passengers were apparently having a hard time choosing, when a flight attendant announced, "People, people we're not picking out furniture here, find a seat and get in it!"

On landing, the stewardess said, "Please be sure to take all of your belongings. If you're going to leave anything, please make sure it's something we'd like to have."

"Thank you for flying Delta Business Express. We hope you enjoyed giving us the business as much as we enjoyed taking you for a ride."

As the plane landed and was coming to a stop at the John Wayne airport in Orange County California, a lone voice came over the loudspeaker: "Whoa, big fella. WHOA!"

From a Southwest Airlines employee: "Welcome aboard Southwest Flight 245 to Tampa. To operate your seat belt, insert the metal tab into the buckle, and pull tight. It works just like every other seat belt; and, if you don't know how to operate one, you

probably shouldn't be out in public unsupervised."

Weather at our destination is 50 degrees with some broken clouds, but we'll try to have them fixed before we arrive. Thank you, and remember, nobody loves you, or your money, more than Southwest Airlines."

"Your seat cushions can be used for flotation; and, in the event of an emergency water landing, please paddle to shore and take them with our compliments."

"As you exit the plane, make sure to gather all of your belongings. Anything left behind will be distributed evenly among the flight attendants. Please do not leave children or spouses."

Overheard on an American Airlines flight into Amarillo, Texas, on a particularly windy and bumpy day: During the final approach, the Captain was really having to fight it. After an extremely hard landing, the Flight Attendant said, "Ladies and Gentlemen, welcome to Amarillo. Please remain in your seats with your seat belts fastened while the Captain taxis what's left of our airplane to the gate!"

Another flight attendant's comment on a less than perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal."

An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy which required the first officer to stand at the door while the Passengers exited, smile, and give them a "Thanks for flying our airline." He said that, in light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally everyone had gotten off except for a little old lady walking with a cane. She said, "Sir, do you mind if I ask you a question?" "Why, no, Ma'am," said the pilot. "What is it?" The little old lady said, "Did we land, or were we shot down?"

After a real crusher of a landing in Phoenix, the attendant came on with, "Ladies and Gentlemen, please remain in your seats until Capt. Crash and the Crew have brought the aircraft to a screeching halt against the gate. And, once the tire smoke has cleared and the warning bells are silenced, we'll open the door and you can pick your way through the wreckage to the terminal."

Part of a flight attendant's arrival announcement: "We'd like to thank you folks for flying with us today. And, the next time you get the insane urge to go blasting through the skies in a pressurized metal tube, we hope you'll think of US Airways."

Heard on a Southwest Airline flight. "Ladies and gentlemen, if you wish to smoke, the smoking section on this airplane is on the wing and if you can light 'em, you can smoke 'em."

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## ConsumerTipS

Ok so here is just my opinion and maybe it is not a consumer tip so much as something to think about.

We are constantly hearing about cancer. In the USA WEEKEND march 5-7 2004 there was an article in the EatSmart section by Jean Carper about eating broccoli because it helps fight cancer. I see those kinds of articles all the time.

For years I have read articles on the link between red meat and cancer. If you go to [www.google.com](http://www.google.com) and type in the three key words "red meat cancer" you will see pages and pages of scientific studies linking the eating of red meat to cancer.

Well a couple of years ago everyone was in a rage about the Cambridge II diet. Remember that one? It was eating mostly meat and no carbs. Almost every woman at work was on it. My boss was on it. Then doctors came out with a statement saying

people on the Cambridge II diet were damaging their kidneys. The Cambridge Diet company (which is actually a liquid drink diet) immediately put a disclaimer on their web page saying the Cambridge II diet was not their diet at all and was a counterfeit of their name. So everyone stopped the high meat low carb thing. That was in the late 90's.

My point... Well now guess what.... find me a person in America who could not tell you what the Adkins Diet is. Every ad on TV seems to be Low Carb Pizza, Low Carb Beer, Low Carb Pasta (yes I saw that on TV) ... Low carb.... what ever. I even saw an advertisement on TV for Segrums Whiskey that is now low carb. Give me a break....

Now in some larger grocery stores they have whole sections of shelves dedicated to low carb stuff and the smaller stores at least have signs on shelves showing you what is "LOW CARB". Most packages are now telling you how many sugar carbs it has in it (what ever that is....) I have to laugh.

But I quickly quit laughing when I think about the pages and pages of studies on Google about the link between red meat and cancer. So far I have not heard anything from Doctors about the Adkins high meat low carb diet damaging kidneys, though I can not see any difference between the Cambridge II diet and the Adkins Diet. But what about cancer? People are *HOGGING* down red meat (that was a pun by the way)... I wonder if the Adkins diet rage was a promotion by the beef industry to overcome the mad cow disease scare? I don't know that. Just wondering.

Weight Watchers, Jenny Craig and some of the other companies like that have proven with 10's of 1000's of customers that a balanced low fat diet eaten in moderation will cause most people to lose weight (if they are free from physical illness that would prevent it).

So with the Adkins diet rage..... how can we not wonder what the cancer rate in America will be in 10 or 20 years with so many

people eating red meat like it was going out of style to lose weight? I guess we will just have to wait and see. But don't say that I at least did not sound a warning. My advice would be to listen to the old government food pyramid chart and just eat all that you eat in moderation.

Eating too much red meat may help you lose weight and make you a very skinny cancer patient. Just my opinion.

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



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