

# MoNdAy FuNnIeS

09 Aug 2004 - From Cordell & Janice Vail

Our attempt to help you smile every Monday Morning

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## Wisdom For The Week :

(contributed by Clint Long.... Thanks Clint)

In ancient Greece (469 - 399 BC), Socrates was widely lauded for his wisdom.

One day the great philosopher came upon an acquaintance who ran up to him excitedly and said, "Socrates, do you know what I just heard about one of your students?"

"Wait a moment," Socrates replied. "Before you tell me I'd like you to pass a little test. It's called the Test of Three Cups."

"Three Cups?"

"That's right," Socrates continued. "Before you talk to me about my student let's take a moment to pour out the dregs of what you're going to say into the three cups, and see what is left"

"The first cup is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said, "actually I just heard about it and...." "All right," said Socrates. "So you don't really know if it's true or not."

"Now let's try the second cup, the cup of Goodness. Is what you are about to tell me about my student something good?" "No, on the

contrary.."

"So," Socrates continued, "you want to tell me something bad about him, even though you're not certain it's true?"

The man shrugged, a little embarrassed. Socrates continued. "You may still pass the test though, because there is a third cup -- the cup of Usefulness.

Is what you want to tell me about my student going to be useful to me?"

"No, not really ....."

"Well," concluded Socrates, "if what you want to tell me is neither Known to be True, nor Good, nor even Useful, why tell it to me at all?"

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(Contributed by John Bernhard.... Thanks John)

### DON'T MESS WITH OLD PEOPLE

Harold was an old man. He was sick and in the hospital. There was one young nurse that just drove him crazy.

Every time she came in, she would talk to him like he was a little child.

She would say in a patronizing tone of voice, "And how are we doing this morning, or are we ready for a bath, or are we hungry?"

Old Harold had had enough of this particular nurse.

One day, Old Harold had breakfast, pulled the juice off the tray, and put it on his bed side stand. He had been given a urine bottle to fill for testing.

The juice was apple juice.

So ... you know where the juice went!

The nurse came in a little later, picked up the urine bottle and looked at it. "My, but it seems we are a little cloudy today .."

At this, Old Harold snatched the bottle out of her hand, popped off the top, and drank it down, saying, "Well, I'll run it through again. Maybe I can filter it better this time."

The nurse fainted ...

Old Harold just smiled

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## ConsumerTipS

TopHealth®

The Health Promotion and Wellness Newsletter

Aug 2004

### HIDDEN FATS EXPOSED!

You may have heard about trans fats a type of saturated fat that results from manufacturing processes but do you know where they live?

Trans fats are created when makers of certain snack and dessert foods partially hydrogenateunsaturated vegetable oils. The process gives these foods a longer shelf life and also lends a creamy consistency to margarines and puddings. But this process saturates the oils, making trans fats, which raise total and bad (LDL cholesterol while lowering good (HDL) cholesterol.

How can you tell how much trans fat a food contains? You can't. Manufactures aren't currently required to list trans fats on nutrition labels. Here's how to cut trans fats.

1. **CHECK THE INGREDIENTS.** If the list contains partially hydrogenated oil, the food contains trans fats. The higher it appears on the list, the more trans fat the food contains.
2. **CHOOSE HEALTHIER ALTERNATIVES.** The more solid the vegetable oil, the more hydrogenated it is and the more trans fats it contains. Opt for softer tub or liquid squeeze margarines, which may even contain healthful, **POLYUNSATURATED FATS.**
3. **CUT BACK ON PROCESSED AND FAST FOODS.** Crackers, cakes, cookies, chips and popcorn may contain trans fats. Avoid fried fast food when you can, too, since fast-food restaurants often use hydrogenated oils for deep-frying.

Studies show that cutting back on trans fats can cut your risk of heart disease. It isn't hard to do, and it's worth it. Try taking at least one of these steps today.

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## Feedback from last week:

### MOLES

Wish I'd had the 'mole extermination' "recipe" when I was living in Eatonville.....

John

I will have to tell my husband about your secret mole recipe

Lisa

WOW!!!

Sid

### AND LEAP YEAR (even though I put that in by mistake)

Cordell &

Dont you want to talk about leap seconds ???

The last time there was 86,400 seconds in a day (60 seconds a minute, 60 minutes an hour, 24 hours a day) was during the

1820s &. Before that the earth was spinning a bit faster, now  
we are spinning a bit slower &. About two seconds at last  
count. Just to help complicate matters &..  
Arnie DeWalt

Arnie

I will get back to you on that in 2008 for the Feb 29th

Funnies... ha ha ha

Cordell



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