

MoNdAy FuNnIeS

10 Jan 2005- From Cordell & Janice Vail

Our attempt to help you smile every Monday Morning

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## Wisdom For The Week :

Ok Ok this is my last long one.. This one is for those of you who keep telling me you think the Funnies should be longer..... next week it is back to one liners... If it is too long for you to read, just skip it and go to the joke. You wont want to miss this joke. It is pretty amazing...  
Cv)

### THE TRAP

You may have seen this in my writings before, but I wanted to share it with you again even if you have, at the start of this new year when we are all are making new years resolutions..... It is something that I use in my teaching young people a lot. I actually wrote it for my Sunday Sermons but then decided to put it here instead so all of you could see it.

When I started out studying goal setting I was very disturbed by the statistic that was constantly thrown around that 85% of all the people who set out to achieve goals fail. That still disturbs me. So I set out on a life time quest to find a way to change that statistic. I have searched over every thing I can find on goal setting to see if I can find some keys to breaking that syndrome. I have found many of the keys after 30 years of research. The "PERSONALITY TRAP" is one of them.

When I met my wife we were students at BYU. We got married and within weeks I was drafted into the U.S. Army. We spent 4 years in the Army. She never knew me at home. She only knew me briefly as a college student away from home and then for 4 years

in the military. I went to Vietnam as an infantry platoon leader for a year. While I was gone, she lived with my parents. Therefore she knew my parents and my family. But she did not know me with my parents.

When I got out of the Army, I was a Captain. My mind set was Captain Vail, "Commander and Chief" of my life. The military has a tendency to do that to you. I acted that way at church. I was that way with my friends. When something needed to be done, I just jumped up, volunteered and did it. I was a get it done kind of person. That was the only personality my wife knew of me.

After 4 years, I had enough Army so I got out and decided to go back to school and get my Masters Degree as a psychoanalyst. The Army moved us "back home". School did not start for one month so we stayed with my parents for that month before we were able to get into student housing. It was wonderful to be home again. Or so I thought.

After a few days at home, my wife took me aside one evening and said, "Cordell, what is the matter with you?" I did not know what she meant. I did not feel sick. Everything was wonderful. We were out of the Army, on our way to school. I had no clue what she meant. So I asked her to explain. She said, "I have never seen you act this way". I still did not understand. So I asked her, "What way?" Then she laid upon me one of the great lessons of life. She taught me the lesson of the "PERSONALITY TRAP".

I had grown up as a younger brother. My older brother was self reliant and independent. My parents taught him how to do everything. I was 10 years younger. When I was 5 he was 15. When I was 10 he was 20. My sister was 5 years older than me. They were both very well schooled by my parents in how to work and how to do everything. I was never old enough to do anything. I know some of you are laughing right now. When I was 25 years old I still was not old enough to know how to do anything in the minds of my family. I was caught in the "PERSONALITY TRAP"

My wife was just shocked. Here was what she had know as "THE GREAT CAPTAIN VAIL", Stake Mission President, going around the house acting like a little kid. She said, "what is the matter with you". All of the sudden this person she knew who could fix anything, was a leader in every thing he did, was acting like a "little kid". She had never seen that in me. She had only seen the Captain Vail.

How could that happen? How could I have been a totally focused leader able to make things happen on every hand in the church and in the military, and then in one day, come back home where I grew up, and magically turn into a little 10 year old 28 year old. I decided to call it the "PERSONALITY TRAP".

I can fix almost anything. It is just a talent I have. If it is broken I can fix it. My older brother did not like to fix things. He made things, but he did not like to fix things. He just threw them away and bought a new one. My whole young life was spent taking things out of the garbage that he threw away and fixing them and using them for years. It thrilled me to do it. I never had to buy hardly anything. I just waited until he threw it away and then I fixed it and used it.

When I was 50 years old, just before my brother died, we were all visiting my parent's house. There was hardly a chair, table, lamp, or tool in the house that I had not fixed for my parents over the years. We were sitting at the table visiting with my parents and my brother. My mother's hearing aid broke and she could not hear. She took it out and turned to my brother and said, "Could you fix this for me?" That was the epitome of the "parent trap" in my life. I was 50 years old. I had fixed everything that had ever broken in my parent's house, and my brother had hardly ever fixed anything, and still she turned to my 60 year old brother and said, "Could you fix this for me". There I was feeling like a 50-year-old 10 year old again.

The Helen Keller story is another perfect example of this "FAMILY TRAP". Helen's parents did not know how to

communicate with her, so they just gave her anything she wanted any time she wanted. They justified her bratty behavior by saying it was showing compassion and pity for her deaf and blind condition. Ann Sullivan decided the only way to change Helen was to get her out of the family environment. She took Helen away for 2 weeks and taught her manners and how to mind. Then she brought her back to her family. She told Helen's father her greatest fear was that Helen would go right back to being like she was before she took her. And Ann was right. She did. So Ann had to change the parents before she could change Helen. The rest is history.

What does this have to do with goal setting? It has everything to do with goal setting. If you live in an negative environment, then set goals and try to achieve those goals while continuing to live in the present negative environment you are in, you chances of failing are about 85%. I would propose to you that this is one of the main reasons 85% of all people who set goals fail to achieve them. They get caught in something like a "Family Trap" or the "Spouse Trap" or the "Friend Trap" or the "Children Trap" or worse yet you get caught in the "SELF TRAP".

You can go to schools, to seminars and even read books about changing your life. You can get all fired up and determined to change and then you tell your spouse or parents or friends about what you are going to try to do and they laugh at you. What does that do to you? It destroys it all.

Have you ever experienced that? You are determined to lose weight and you get all your plans made and then some co-workers or family members find out you are going to do it and make fun of you and that is it. They destroy your ability to do it. They cause you to believe that you have always been what you are to your parents and family and friends, so they expect you to continue to be that. What do you do? You fulfill their expectations, good or bad. You become a 50-year-old, 10 year old.

Now the \$64,000 question is this, "How do you break out of that

trap?". Well sadly some people just can not. It may mean that you would have to give up your family or friends and move. You may have to quit your job. You may have to live in a different part of the country. For some people that would be too painful. The rewards of having the new you are not worth the pain of giving up what it would cost to separate yourself from the negative environment that you live in. You are caught in "THE TRAP".

What did I do to break out of my "PERSONALITY TRAP"? I moved away. I was away for 5 years and I tried going back home again. After a few weeks I knew that I could not live in an that environment at that time in my life where I was perceived as the "LITTLE BROTHER". I could only be a 50-year-old 50 year old if I lived around people who believed in me and did not hold me in the "PERSONALITY TRAP". I love my parents. I love my brothers and sisters and family. But at that time I could see that I probably could not live too near to them. To them I was 10 years old and not able to do anything. It was not a malicious thing that they were intentionally doing. It was just normal family relations. I have therefore chosen to live away and just visit them and call them but not allow myself to stay in the "PERSONALITY TRAP". I assume that by now, my self esteem and self worth are strong enough that I would not be held in any "TRAP" by anyone. IT just took me lots of years to get to that point.

Now you know what a "TRAP" is. Everyone has a different one. If you have a "TRAP" in your life you may want to ask yourself what you are going to do about it. But more important, I think each of us needs to constantly ask ourselves if we are a part of holding anyone else in a "TRAP" and not helping them be all that they could be. Most people live up to our expectations what ever they are, good or bad.

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(Contributed by Margo Matthews *(with added comments by Cordell Vail)*... Thanks Margo)

100 Years ago

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THE YEAR 1904

Maybe this will boggle your mind, I know it did mine!

The year is 1904, one hundred years ago.
What a difference a century makes!

Here are some of the U.S. statistics for 1904:

The average life expectancy in the U.S. was 47 years.

Only 14 percent of the homes in the U.S. had a bathtub.

There were only 8,000 cars in the U.S., and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California.

With a mere 1.4 million residents, California was only the 21st most populous state in the Union.

The tallest structure in the world was the Eiffel Tower.

Only 8 percent of the homes had a telephone.

A three-minute call from Denver to New York City cost eleven dollars.

And that has more significance if you look at these next ones...

The average wage in the U.S. was 22 cents an hour.

(Ummm lets see to make a 3 minute call from Denver to New York City in 1904, at 22 cents an hour, you would be earning \$1.76 a day. \$11 for the call divided by \$1.76 earned per day means you would have to work 6.25 days to pay for the call. Now in todays wages, lets say the average wage is \$18 an hour. $\$18 \times 8 = \144 a day $\times 6.25$ days = \$900 for a 3 minute call ... I wonder if anyone ever made one of those calls in 1904 except the Rockefeller, Kennedy or Carnegie family members??? And if you lived in Denver and had a teen age daughter with a boy friend in New York City... look out... Now you see why only 8% of the families with teen age kids had phones... ha ha ha Cordell)

The average U.S. worker made between \$200 and \$400 per year

(Ummm again, lets check the math... 22 cents an hour is \$457.60 a year so poor families only earning 11 cents an hour certainly could not call from Denver to New York ha ha ha Cv).

A competent accountant could expect to earn \$2000 per year,

a dentist \$2,500 per year,

a veterinarian between \$1,500 and \$4,000 per year, and

a mechanical engineer about \$5,000 per year.

More than 95 percent of all births in the U.S. took place at home . *And amazingly so did the conception.*

Ninety percent of all U.S. physicians had no college education. Instead, they attended medical schools, many of which were condemned in the press and by the government as "substandard."

Sugar cost four cents a pound.

(\$18 per hour is 81 times as much as 22 cents per hour so sugar would then cost in todays wages $.04 \times 81 = \$3.24$ a pound (that is what 5 pounds cost today Cv)

Eggs were fourteen cents a dozen.

(\$.14 \times 81 = \$11.34 a dozen... no wonder so many people had their own chickens)

Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and used borax or egg yolks for shampoo.

(That was because of the price of eggs ha ha ha Cv)

Canada passed a law prohibiting poor people from entering the country for any reason.

The five leading causes of death in the U.S. were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars.

Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet.

The population of Las Vegas, Nevada, was 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented.

There was no Mother's Day or Father's Day.

Two of 10 U.S. adults couldn't read or write.

Only 6 percent of all Americans had graduated high school.

Marijuana, heroin, and morphine were all available over the counter at corner drugstores.

According to one pharmacist, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health."

(Ummm sounds a lot like some advertisements I have read lately in health food magazines ...Cv)

Eighteen percent of households in the U.S had at least one full-time servant or domestic.

There were only about 230 reported murders in the entire U.S.

And I forwarded this from someone else without typing it myself, and sent it to you in a matter of seconds! Try to imagine what it may be like in another 100 yearsit staggers the mind.

(Well Margo I cut and pasted it from your email into these Funnies, added a few comments and sent it to over 500 people on our Funnies mailing list all over the WORLD in less than a minute .. that would really stagger them in 1904 if they could have watched wouldn't it? Cordell)

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# Consumer Tips

(contributed by Jim Vail... Thanks Jim)

Hey Uncle

As long as you are mentioning concrete, you may want to tell about the value of concrete sealers. They are available in spray form (you can use these in most weed sprayers as long as you chase it out with some paint thinner immediately), and roll-on (paint roller). Yes, it is just like deodorant; just decide how you want to apply it.

Even if concrete is showing signs of wear (cracks, spalding top, aggregate showing through), it will benefit from a healthy coat of sealer. Any time you keep water out of the concrete, you extend it's life span.

And remember, you only get two guarantees with concrete:

- it WILL crack
- nobody will steal it

Jim Vail

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Now they are really wondering what the difference is between "CONCRETE" and "CEMENT"... Cv

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