

# MoNdAy FuNnIeS

28 April 2008

From Cordell & Janice Vail

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The MoNdAy FuNnIeS were started on the 22nd of Sept 1997.  
This is our 11th year of trying to help you smile every Monday Morning.

Now that is a lot of smiles!

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## Wisdom For The Week :

Becoming mentally healthier wisdom:

There is no need to handle everything  
by yourself - even the Lone Ranger  
had Tonto.

From Top Health Wellness Newsletter April 2008

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MoNdAy ☺ FuNnIeS

**Honor Student Bumper Stickers:**

I don't care if your child is an honor student at the grade school, you are still an idiot driver!

My Australian Cattle Dog is smarter than your honor student!

Maybe you do have an honor student but did you the reason they make the chairs in 1st grade so small is so people like you finally have to move on.

My kid can beat up your honor student.

HERE ARE SOME OTHER GOOD ONES NOT RELATED TO HONOR STUDENTS

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The more people I meet, the more I like my dog.

Spotted owl taste just like chicken.

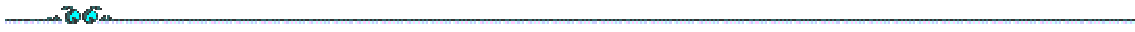
WARNING: Driver only carries \$20.00 in ammunition.

I keep saying "no" to sweets, but they just won't.

I didn't fight my way to the top of the food chain to be a vegetarian.

Smile, it's the second best thing you can do with your lips.

Don't drink and drive, you might hit a bump and spill your drink.



# Consumer Tips

## EARTH QUAKE INFORMATION

Note from John Bernhard (formally from Texas now but used to live in Seattle)

*Found this through an article in today's News Tribune... Aren't there 8 steps? Kiss your tail good-bye being the eighth? I still remember clearly "The Rattle in Seattle" while working at Weyerhaeuser...*

[http://www.earthquakecountry.info/roots/seven\\_steps.html](http://www.earthquakecountry.info/roots/seven_steps.html)

Note from Linda Marshall

This was very Education for me. This is a link to a quiz that I feel is very educational for responding to an earthquake.

<http://www.nwcn.com/sharedcontent/features/flash/quake/during.html>



### Feedback On CPR From Mike Lansberry

That part about CPR is interesting... Just a week or two ago I read several articles on line where thousands of cases were reviewed comparing "compression only" to "breath-compression" methods, and the survival rates for compression only were significantly higher. No one has mentioned that compressing the heart is compressing the lungs, too, and can move air, though perhaps not as much, if the person's airway is open... There is more out there, but some studies don't show a great difference between the 2 methods... But, the current standard of breath CPR is now closer to compression only CPR because now only 2 breaths are given for every 30 compressions. Years ago it was 2 for every 5 compressions,

meaning a lot less time was spent pumping blood and more time spent breathing before, which a few years ago was gradually reversed..

[http://firechief.com/ems/heartpounding\\_evidence\\_0301/](http://firechief.com/ems/heartpounding_evidence_0301/)

<http://www.sciencedaily.com/releases/2007/09/070905155141.htm>

<http://handsonlycpr.eisenberginc.com/resources.html>

<http://www.americanheart.org/presenter.jhtml?jsessionid=T5JTPOPRPGALICQFCXPSDSQ?identifier=3052329>

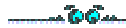
Mike L

(thanks John, Linda and Mike.....)



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Make it a wonderful and happy week!!!!  
The happy friends in your life,  
Cordell & Janice Vail  
[www.cordellvail.com](http://www.cordellvail.com)

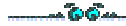


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