

# Morning Breaks

Volume 8 Number 05

*"A sense of humor keeps life interesting..." –Marjorie Pay Hinckley*

February 1, 2009

A man showed some friends his apartment. One guest asked "What's that big brass basin for?" "That's the talking clock," answered the man. He gave it an ear shattering pound with a hammer. Suddenly, a voice on the other side of the wall screamed, "Knock it off, it's 2 a.m., you idiot!"

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*Like I really care that I saw my shadow! I'm living in Yuma, Arizona and we don't get any snow!*

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I don't believe in reincarnation – the last time, either!

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## **A BACHELOR'S FOOD STORAGE GUIDE.**

Here it is, the secret chart used by bachelors worldwide, because they don't have wives who can recognize on sight (and sometimes before) when the Big Mac has become one with the special sauce.

### **FREEZER FOODS:**

**ICE CREAM** - If you can't tell the difference between your ice cubes and your ice cream, it's time to throw BOTH out.

**FROZEN FOODS** - Frozen foods that have become an integral part of the defrosting problem in your freezer compartment will probably be spoiled (or wrecked anyway) by the time you pry them out with a kitchen knife.

### **IN THE FRIDGE:**

**EGGS** - When something starts pecking its way out of the shell, the egg is probably past its prime.

**DAIRY PRODUCTS** - Milk is spoiled when it starts to look like yogurt. Yogurt is spoiled when it starts to look like cottage cheese. Cottage cheese is spoiled when it starts to look like regular cheese. Regular cheese is nothing but spoiled milk anyway -- if you can dig down and still find something non-green, bon appetite!

**MEAT** - If opening the refrigerator door causes stray animals from a three-block radius to congregate outside your house, toss the meat.

**LETTUCE** - Bibb lettuce is spoiled when you can't get it off the bottom of the vegetable crisper without Comet and a brillo pad. Romaine lettuce is spoiled when it turns liquid. Endive never spoils, but you will never eat it anyway.

**MAYONNAISE:** If it makes you violently ill after you eat it, the mayonnaise is spoiled. Permanently.

**CARROTS** - A carrot you can tie into a clove hitch in is no longer fresh.

**CHIP DIP** - If you can take it out of its container and bounce it on the floor, it has gone bad.

**UNMARKED ITEMS:** You know it is well beyond prime when you're tempted to discard the Tupperware along with the food. Generally speaking, Tupperware containers should not burp when you open them. If the original can you put it away in has finally lost it's label, it's probably done.

**EMPTY CONTAINERS:** Putting empty containers back into the refrigerator is a fine old trick, but it only works if you live with someone else.

**ON THE SHELF:**

**CANNED GOODS** - Any canned goods that have become the size or shape of a softball should be disposed of ... Very carefully.

**WINE** - Should not be confused with salad dressing.

**POTATOES** - Fresh potatoes do not have roots, branches, or dense, leafy undergrowth.

**THE GAG TEST** - Anything that makes you gag is spoiled (except for leftovers from what you cooked for yourself last night).

**GENERAL RULE OF THUMB:** - Most food cannot be kept longer than the average life span of a hamster. Keep a hamster in your refrigerator to gauge this.

**BREAD:** Sesame seeds and Poppy seeds are the only officially acceptable "spots" that should be seen on the surface of any loaf of bread. Fuzzy and hairy looking white or green growth areas are good indications that your bread has turned into a pharmaceutical laboratory experiment. You may wish to discard it at this time, depending on your interest in pharmaceuticals.

**CEREAL:** It is generally a good rule of thumb that cereal should be discarded when it is two years or longer beyond the expiration date, or when it will no longer fall out of the box by itself.

**FLOUR:** Flour is spoiled when it wiggles, or things fly out when you open it.

**PRETZELS:** Normally eternal, pretzels may be discarded if they can no longer be picked up without falling apart. Otherwise, there's nothing to stop you from eating a pretzel that the Pharaoh put down only 4000 years ago.

**RAISINS:** Raisins should not usually be harder than your teeth.

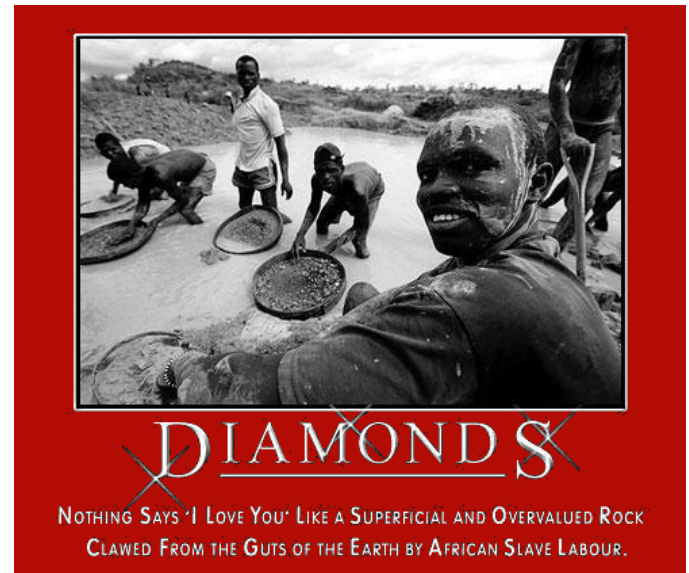
**SALT:** It never spoils. However, if you can't chip off reasonable amounts from the block, maybe another box is in order, as fresh salt usually pours.

**SPICES:** Most spices cannot die, they just fade away. They will be fine on your shelf, forever. Put them in your will.

**VINEGAR:** If your grandmother made it, it is probably still good.

**EXPIRATION DATES:** This is not a marketing ploy to encourage you to throw away perfectly good food so that you'll spend more on groceries. Even dry foods

older than you are may be ready to replace. Perhaps you'd benefit by having a calendar in your kitchen.



*Time to get ready for Valentine's Day.*

A recent bride called her mother one evening in tears. "Oh, Mom, I tried to make Grandmother's meat loaf for dinner tonight, and it's just awful! I followed the recipe exactly, and I know I have the recipe right because it's the one you gave me. But it just didn't come out right, and I'm so upset. I wanted this to be so special for George because he loves meat loaf. What could have gone wrong?"

Her mother replied soothingly, "Well, dear, let's go through the recipe. You read it out loud and tell me exactly what you did at each step, and together we'll figure it out."

"OK," the bride sniffled. "Well, it starts out, 'Take fifty cents worth of ground beef' ..."

After spending all day Sunday watching football games on television, a man fell asleep in his lounge chair, spending the entire night in there.

His wife woke him in the morning. "It's twenty to seven," she called.

"In whose favor?"

# Morning Breaks

Volume 8 Number 06

"A sense of humor keeps life interesting..." –Marjorie Pay Hinckley

February 8, 2009

Be ye fishers of men - you catch them, the Lord cleans them.

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As a network administrator, I get annoyed with requests to open a set number of ports on a firewall when the numbers don't match.

For example:

Please open the following 10 ports: 49120-49130.

I respond - Do you want:

- A. Eleven ports - 49120-49130
- B. Ten ports - 49120-49129
- C. Ten ports - 49121-49130

For the moment you're getting:

- D. None of the above.
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*Because it's never too early to grow up!*

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Bubba's sister is pregnant and is in a bad car accident, which caused her to fall into a deep coma. After nearly

six months, she awakens and sees that she is no longer pregnant. Frantically, she asks the doctor about her baby.

The doctor replies, "Ma'am, you had twins, a boy and a girl. The babies are fine. Your brother came in and named them."

The woman thinks to herself, "Oh no! Not Bubba; he's an idiot!" Expecting the worst, she asks the doctor, "Well, what's the girl's name?"

"Denise," the doctor answers.

The new mother thinks, "Wow! That's a beautiful name! I guess I was wrong about my brother. I really like the name Denise."

Then she asks the doctor, "What's the boy's name?"

The doctor replies, "Denephew."

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I was always taught to respect my elders, but it keeps getting harder to find one.

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A Navy officer was cutting through the crew's quarters of his ship one day and happened upon a sailor reading a magazine with his feet up on the small table in front of him.

"Sailor! Do you put your feet up on the furniture at home?" the officer demanded.

"No, sir, but we don't land airplanes on the roof either."

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Little Tony was loved by his Mom very much, and being a worrier, she was concerned about him walking to school when he started kindergarten. She walked him to school the first couple of days, but when he came home one day, he told his mother that he did not want

her walking him to school everyday. He wanted to be like the 'big boys'.

He protested loudly, so she had an idea of how to handle it. She asked a neighbor, Mrs. Goodnest, if she would follow Little Tony to school at a distance behind him that he would not likely notice, but close enough to keep a watch on him. Mrs. Goodnest said that since she was up early with her toddler anyway, it would be a good way for them to get some exercise as well, so she agreed.

The next school day, Mrs. Goodnest and her little girl, Marcy, set out following behind Little Tony as he walked to school with Billy. She did this for the whole week. As the boys walked and chatted, kicking stones and twigs, Billy noticed that this same lady was following them every day. Finally, he said to Little Tony, "Have you noticed that lady following us all week? Do you know her?"

Little Tony nonchalantly replied, "Yeah, I know who she is."

Billy said, "Well, who is she?"

"That's just Shirley Goodnest, my neighbor," Little Tony said.

"Shirley Goodnest? Who the heck is she, and why is she following us?" asked Billy.

"Well, she's only following me." Little Tony explained, "Every night my Mom makes me say the 23rd Psalm with my prayers cuz she worries about me so much. And in it, the prayer psalm says, 'Shirley Goodnest and Marcy shall follow me all the days of my life', so I guess I'll just have to get used to it."



*The REAL reason Lance is late for work every morning.*

## Diet Misconceptions

**Question:** I've heard that cardiovascular exercise can prolong life. Is this true?

**Answer:** Your heart is only good for so many beats, and that's it. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

**Question:** Should I cut down on meat and eat more fruits and vegetables?

**Answer:** You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat a chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

**Question:** Is beer or wine bad for me?

**Answer:** Look, it goes to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories: animal, mineral and vegetable. We all know that beer and wine are not animal, and they are not on the periodic table of the elements, so that only leaves one thing, right? My advice: Have a burger and a beer and enjoy your liquid vegetables.

**Question:** How can I calculate my body/fat ratio?

**Answer:** Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

**Question:** At the gym, a guy asked me to "spot" for him while he did the bench press. What did he mean?

**Answer:** "Spotting" for someone means that you stand over him while he blows air up your shorts. It's an accepted practice at health clubs; though if you find that it becomes the ONLY reason why you're going in, you probably ought to reevaluate your exercise program.

**Question:** What are some of the advantages of participating in a regular exercise program?

**Answer:** Can't think of a single one, sorry. My philosophy is: No Pain = No Pain.

**Question:** Aren't fried foods bad for you?

**Answer:** You're not listening. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?



A woman awoke excitedly on Valentine's Day and announced enthusiastically to her husband, "I just dreamed that you gave me a pearl necklace for Valentine's Day! What do you think it means?"

With certainty in his voice, the man said, "You'll know tonight."

That evening the man came home with a small package and handed it to his wife. With anxious anticipation the woman quickly opened the package to find a book entitled, "The Meaning Of Dreams."

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**An actual driver's license produced during a motor vehicle stop. The results:**

Running a stop light - \$100

DUI - \$350

Not wearing a seat belt - \$75

Putting a picture of you with your girlfriend on your fake license - PRICELESS!



**Remember . . .when making a fake ID, use a picture of yourself only – no matter how much you love your girlfriend.**

Accomplishing the impossible only means that the boss will add it to your regular duties.

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I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me, and she was always correct. It was fun for me, so I continued.

At last, she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"

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I am five feet, three inches tall and pleasingly plump. After I had a minor accident, my mother accompanied me to the emergency room. The triage nurse asked for my height and weight, and I blurted out, "Five-foot-eight and 125 pounds."

While the nurse pondered over this information, my mother leaned over to me. "Sweetheart," she gently chided, "this is not the Internet."

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Start with a cage containing five monkeys. Inside the cage, hang a banana on a string and place a set of stairs under it. Before long, one of the monkeys will go to the stairs and start to climb towards the banana. As soon as he touches the stairs, all of the monkeys are sprayed with cold water.

After a while, another monkey makes an attempt with the same result - all the monkeys are sprayed with cold water. Pretty soon, none of the monkeys will try to climb the stairs.

Now, put away the cold water. Remove one monkey from the cage and replace it with a new one. The new monkey sees the banana and wants to climb the

stairs. To his surprise and horror, all of the other monkeys attack him.

After another attempt and attack, he knows that if he tries to climb the stairs, he will be assaulted.

Next, remove another of the original five monkeys and replace it with a new one. The newcomer goes to the stairs and is attacked. The previous newcomer takes part in the punishment with enthusiasm!

Likewise, replace a third original monkey with a new one, then a fourth, then the fifth.

Every time the newest monkey takes to the stairs, he is attacked. Most of the monkeys that are beating him have no idea why they were not permitted to climb the stairs or why they are participating in the beating of the newest monkey.

After replacing all the original monkeys, none of the remaining monkeys have ever been sprayed with cold water. Nevertheless, no monkey ever again approaches the stairs to try for the banana.

Why not? Because as far as they know that's the way it's always been done around here.

And that, my friends, is how company policy begins.

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A mother asked her small son what he would like for his birthday.

"I'd like a little brother," the boy said.

"Oh my, that's such a big wish," said the mother. "Why do you want a little brother?"

"Well," said the boy, "there's only so much I can blame on the dog."

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My four-year-old likes to say the Blessing at mealtimes, usually repeating the same short prayer: "Thank You, God, for this gracious food. Amen."

One evening, however, he thanked the Lord for the birds, the trees, each of his friends, and asked God to watch over his family and help them to be good. I was thrilled that he was finally praying from the heart.

But after the "Amen," he took a spoonful of stew, gasped, then dropped his spoon into the bowl. "I should have said a longer prayer," he said. "My food is STILL too hot!"

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When a woman wears a leather dress, a man's heart beats quicker, and his throat gets dry, he goes weak in the knees, and he begins to think irrationally.

Ever wonder why?

Because she smells like a new truck.

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The mother of a large family was explaining why she dresses her children alike, right down to the youngest baby.

"When we had just four children, I dressed them alike so we wouldn't lose any of them."

"Now," she added, looking around at her brood of nine, "I dress them alike so we won't pick up any that don't belong to us."

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Two 80 year-old geezers are driving down the road when they hear the Ex-Lax commercial end with the statement: "It makes you feel young again."

John looks at Sylvester and says, "We need to pull over and get a bottle of that stuff!"

Sylvester agrees and the two old geezers pull over and get a bottle of Ex-Lax. They both take two tablespoons each and continue to drive.

About one mile later Sylvester asks, "Well John, do you feel young yet?"

"No," replies John.

So they pull over and take four more tablespoons a piece and continue to drive down the road.

A couple of miles later, Sylvester asks, "John, do you feel younger?"

"No," replies John, "but I sure did a childish thing!"

# Morning Breaks

Volume 8 Number 08

*"A sense of humor keeps life interesting..." –Marjorie Pay Hinckley*

February 22, 2009



***Listen, ya dumb cop – THE STUPID DOG STARTED IT!***

A couple in Sweetwater, Texas had a lot of potted plants, and during a recent cold spell, the wife was bringing a lot of them indoors to protect them from a possible freeze.

It turned out that a little green garden grass snake was hidden in one of the plants and when it had warmed up, it slithered out and the wife saw it go under the sofa. She let out a very loud scream.

The husband, who was taking a shower, ran out into the living room naked to see what the problem was.

She told him there was a snake under the sofa. He got down on the floor on his hands and knees to look for it. About that time the family dog came and cold nosed him on the rear. He thought the snake had bitten him and he fainted.

His wife thought he had a heart attack, so she called an ambulance. The attendants rushed in and loaded him on the stretcher and started carrying him out.

About that time the snake came out from under the sofa and one of the Emergency Medical Technicians saw it and dropped his end of the stretcher. That's when the man broke his leg and why he is still in the hospital.

The wife still had the problem of the snake in the house, so she called on a neighbor man.

He volunteered to capture the snake. He armed himself with a rolled-up newspaper and began poking under the couch. Soon he decided it was gone and told the woman, who sat down on the sofa in relief.

But in relaxing, her hand dangled in between the cushion where she felt the snake wriggling around. She screamed and fainted, the snake rushed back under the sofa, and the neighbor man, seeing her laying there passed out tried to use CPR to revive her.

The neighbor's wife, who had just returned from shopping at the grocery store, saw her husband's mouth on the woman's mouth and slammed her husband on the back of the head with a bag of canned goods, knocking him out and cutting his scalp to a point where it needed stitches.

An ambulance was again called when it was determined that the injury required hospitalization.

The noise woke the woman from her dead faint and she saw her neighbor lying on the floor with his wife bending over him, so she assumed he had been bitten by the snake. She went to the kitchen, brought back a small bottle of whiskey, and began pouring it down the man's throat.

By now the police had arrived. They saw the unconscious man, smelled the whiskey, and assumed that a drunken fight had occurred. They were about to arrest them all, when the two women tried to explain how it all happened over a little green snake.

The ambulance arrived and took away the neighbor and his sobbing wife. Just then the little snake crawled out from under the couch. One of the policemen drew his gun and fired at it. He missed the snake and hit the leg of the end table that was on one side of the sofa. The table fell over and the lamp on it shattered and as the bulb broke, it started a fire in the drapes.

The other policeman tried to beat out the flames and fell through the window into the yard on top of the family dog, who startled, jumped up and raced out into the street, where an oncoming car swerved to avoid it and smashed into the parked police car and set it on fire.

Meanwhile, the burning drapes had spread to the walls and the entire house was blazing.

Neighbors had called the fire department and the arriving fire truck had started raising his ladder when they were halfway down the street. The rising ladder tore out the overhead wires and pulled out the electricity and disconnected telephones in a ten-square city block area.

Time passed...

Both men were discharged from the hospital. The house was rebuilt. The police acquired a new car, and all was right with the world.

About a year later the original couple were watching TV and the weatherman announced a cold snap for that night. The husband asked his wife if she thought they should bring in their plants for the night.

She shot him...



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***Hell hath no fury like a woman scorned...  
unless you're messing with some momma's baby,  
THEN WATCH OUT!***

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A new bride was a bit embarrassed to be known as a honeymooner. So when she and her husband pulled up to the hotel, she asked him if there was any way that they could make it appear that they had been married a long time.

He responded, "Sure. You carry the suitcases!"