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LINCOLN HIGH NEWSLETTER

This week's topics:

Your thoughts about:

1. Why the heck did I do that?
 2. Wisconsin this January - Are we in Seattle?
 3. That didn't taste so good.
 4. Cat in your lap?
 5. Why now?
 6. Where the heck did that pain come from?
 7. I'm opposed to that..
 8. Maybe this is more than just a cold?
 9. I think I'm losing my mind.
 10. Memories of What memories?
- Anything else you can forget to write about.

and responses:

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3. That didn't taste so good

As soon as I read this, my experience on a business trip instantly arose from those memories I have tried to quash. I love all fish and most seafood, but forget raw oysters. I was on a business trip with my biggest customer, and he suggested we have dinner at a sushi place. Not my choice as I'm not big into raw foods of any kind, but you gotta do what you gotta do.

I suffered in silence through the servings of raw fish, roe, eel and seaweed. My customer had ordered a serving of sea urchin, and smacked his lips with pleasure. He praised it highly, and finally talked me into ordering a serving.

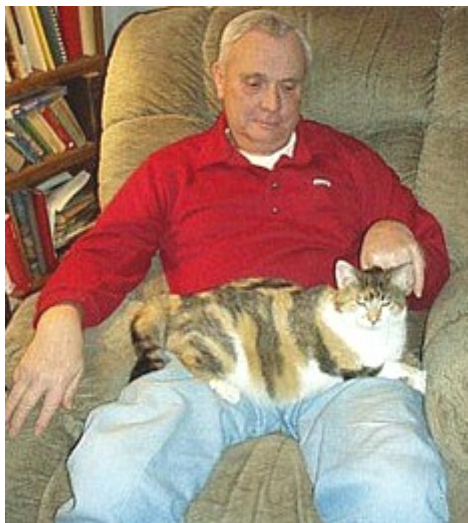


It came and I took the first taste. That was the MOST REVOLTING food I had ever tried. It is hard to describe the taste, but ghastly comes close. However, when combined with the texture, which was similar to coarse sand mixed with mayonnaise, I almost threw up. I immediately excused myself and headed for the bathroom, where I spit out the revolting mass. I rinsed my mouth a dozen times before I was sane again.

Later, I looked up sea urchin sushi. To my disgust I discovered that the "edible" part of the sea urchin are its gonads. Now you know the rest of the story!

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Cat in my lap?



Yup, Calli the Calico cat has been there for the past 7 years.

Words from yesteryear

Murgatroyd? When was the last time you heard the word Murgatroyd? Heavens to Murgatroyd! Lost Words from our youth. Words gone as surely as the buggy whip! Sad really!

How about a "whatchamacallit"?

The other day, a not so elderly (65) lady said something to her son about driving a "jalopy" and he looked at her quizzically and said what the heck is a jalopy? OMG (new phrase!), he had never heard of the word jalopy! She knew she was old but not that old.

Well, I hope you are "hunky dory" after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of time and technology. These phrases included "Don't touch that dial," "carbon copy," "You sound like a broken record" and "Hung out to dry."

Back in the olden days we had a lot of moxie. We tried to straighten up and fly right. Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley! Peachy keen! We were living the Life of Riley and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell but when was the last time anything was swell? Swell has gone the way of the D.A, the duckbill hairdo, penny loafers, poodle skirts, saddle shoes, and pedal pushers. Oh, my aching back. Kilroy was here but he isn't anymore.

We wake up from what surely has been just a short nap and before we can say, Well I'll be a monkey's uncle!/This is a fine kettle of fish! - we discover that the words we grew up with, the words that seemed as omnipresent as oxygen, have vanished with scarcely a notice from our tongues, our pens, and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink and they're gone. Where have all those phrases gone?

Long gone: Pshaw, The milkman did it, Hey!, It's your nickel. Don't yank my chain. Knee high to a grasshopper. Fiddlesticks! I'll see you in the funny papers. Don't take any wooden nickels.

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! We of a certain age have been blessed to live in changeful times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the fond memories there are words that once did not exist and there were words that once strutted their days upon the earthly stage and now are heard no more, except in our collective memory. See ya later, alligator!

My New Primary Care Doctor

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two body, your ratio two to one.

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

A: Can't think of single one, sorry. My philosophy: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q : Will sit-ups help prevent me from getting a little soft around the middle?

A: Oh no! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans...
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.