

Yankee Steve's Almanac
for the week of November 18, 2008

All mankind is divided into three classes: those that are immovable, those that are movable, and those that move. Benjamin Franklin 1706-90

Be thankful we're not getting all the government we're paying for. Will Rogers 1879-1935

Don't go around saying the world owes you a living. The world owes you nothing. It was here first. Mark Twain 1835-1910

Battle of the Bulge

Yankee Steve's tips for dieters (of course, not medically endorsed)

Remember that dieting is all in your head. Therefore you should never diet unless you are committed. Failed diets will come back to haunt you. You will believe that your past failures are indicators of the future.

Even though exercise will help you reach your goal, you can blow a week's exercise in one chow-down.

Eat only when you are hungry. Never use food to make yourself happy.

A diet should aim at one thing above all others. It must shrink the appetite. We are fat in America because we super-size.

Some diets are made in hell's kitchen. They are dangerous and even lethal. Be sensible, eat ordinary foods.

Diets that feature low fat products like yogurt, etc. work better. The calcium in milk and dairy products has been known to destroy fat deposits with more efficiency.

All too often we eat things that are deep-fried. I have never seen anyone succeed at dieting who indulged in deep-fried foods which are loaded with fat and calories.

The first 15 days of the diet should be devoted to shrinking the appetite by indulging less. Remember that self-pity will always accompany any attempt to eat less. Self-pity has the power to convince you that you have the right to indulge. Adam lost paradise because of self-pity.

Eat five to seven small meals a day as opposed to two or three larger meals. In that way your body will not think it is being starved, and you will not feel deprived. When the body feels deprived it fights weight loss.

If you eat slowly, putting down your fork after each mouth full, it is likely that you will feel full at the end of your meal.

Bear in mind that some foods have so few calories that you'll never feel satisfied. These are the foods that are usually eaten cold, (celery, carrots, lettuce, peppers, etc.) but if cooked they can make you feel a lot fuller.

Take note of the fact that diets fail because we become bored with tasteless foods. Therefore learn how to season foods or how to prepare them so that they satisfy the pallet. **Truly, when the pallet is pleased, the stomach requires less.**

NOW DO IT!

In these troubled economic times, this e-mail from 1996 is making the rounds again.

With all the sadness and tragedy in the world at the moment, it is worth reflecting on the death of a very important person, which almost went unnoticed last week.

Larry LaPrise, the man that wrote the song "The Hokey Pokey" died peacefully at the age of 83. The most traumatic part for his family was getting him into the coffin. They put his left leg in. And then the trouble started.

What do you make of this curious sign spotted in St. Louis, MO?

See photo below. When reported to the city street division, it was promptly removed. "Danger?" "Every Truth?" "Consensus?" Subliminal message? Philosophy sponsored by unknown vandal? Mind-control? Please make your guess in the "Comment" section on the Contact page.

