

Eating Tips for the Holidays

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.
2. Drink as much eggnog as you can and quickly. It's rare. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-alcoholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!
3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand-alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?
6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.
8. Same for pies. Apple. Pumpkin. Mincemeat. Have a slice of each. Or if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?
9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.
10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Re-read tips; start over, but hurry, January is just around the corner.

Reasons to Not Diet for the Holidays

There are Benefits in being Fat

- Half the population will stop hitting on you.
- You don't get as cold and you float better.
- You will live longer if there is a food shortage.
- You are no longer a bimbo, people like you for your brains.
- More body to tattoo.
- Less wrinkles, bigger boobs.
- Fat people are harder to kidnap.
- Studies show that we are less likely to die from chronic illnesses, infections, invasive procedures, etc.
- Less chance of sustaining injuries during falls. Cushioning!
- It is highly unlikely you will ever become a vampire. Have you ever seen a chubby vampire? Probably not.
- You will never have to agonize over "Does this outfit make my butt look fat?" Of course it does! So now you can move on to other, more interesting sartorial judgments.



Revenge of the Blondes

Why do brunettes like their dark hair color?
It doesn't show the dirt.

Who makes all the bras for brunettes?
Fisher-Price.

Why didn't Indians scalp brunettes?
The hair from a buffalo's butt was more manageable.

Why are most brunettes flat-chested?
It makes it easier for them to read their T-shirts.

Why are brunettes so proud of their hair?
It matches their mustache.

Why is the color brunette considered evil?
When's the last time ya saw a blonde witch...

How can you tell a brunette is lonely?
Check her for a pulse.

What did the frustrated brunette say to her uninterested lover?
"What part of 'yes' don't you understand?"

Why did God create brunettes?
So ugly men wouldn't feel left out.

What do brunettes miss most about a great party?
The invitation.

Where do brunettes get the hair for a transplant?
From their underarms.

What do you call a good-looking man with a brunette?
Gay, married, or a hostage.

Why do brunettes have to pay an extra \$2,000 for a breast job?
Because the plastic surgeon has to start from scratch.



Dear Anny Bannanny Old Ladies Need Nookie too

Dear Anny Bannanny,

I had a friend who is in her 70's. She was a nice lady till she became the high mucky muck of a small group. It went to her head and she has become a moody promiscuous nasty horny old bat!

She has turned on all her friends and is cheating on her live in boyfriend who puts a roof over this granny's head. She sneaks out at night after old Willy is sleeping and goes to the bar where she proceeds to fluff her hair and rub up against younger men like she is in heat! I am so afraid that one of these days Willy is going to get smart and follow the wanton witch, catch her in the act, and put the sorry old promiscuous septuagenarian out on the street. It is so sickening and sad it makes me want to throw up in my coffee! What can I do???

Signed,
Disgusted

Dear Disgusted,

We all know that old ladies need nookie too. If she is not smart enough to take her cheating to another bar where no one knows her or cares, the maybe you should pick up a listing of the many fine hotels in the area from the Chamber of Commerce and circle a few for her.

If her behavior is totally out of character she may need medical help. It could be something as simple as having her hormone level adjusted.

It reminds Anny Bannanny of a joke: "A crazy little old lady that lives in a nursing home goes up to the nurse, lifts her skirt and yells 'Super Cookie!' The nurse just shakes her head. The old lady proceeds to the next person in the hallway, a young man visiting his grandmother. The old lady lifts up her skirt and yells 'Super Cookie!' The young man blushes and runs the other way. Next, the old lady walks up to an old man in a wheel chair and again lifts her skirt but before she can yell out 'Super Cookie!' the old man quietly says 'I'll take the soup'."

Good Luck,
Anny Bannanny