

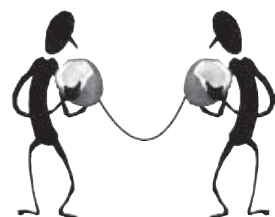
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Editorial continued

I thought I already sent that email out. I'm sure I did. Because telling you that it was a low priority and I forgot would probably hurt our relationship.

The dog ate my homework. And last but not least "I promise I'll never do it again".



The check is in the mail.

No, this is only a cold sore.

Editorial: Little White Lies or Big Fat Whoppers? Consider the Source.

What is the difference? It's the motive that matters.

The problem with lying, of course, is that once you're caught in a lie and branded a liar, no one can ever know again if you're telling the truth.

The classic lie of the '90s was President Bill Clinton's blatant denial that he "had sex with that woman." Unfortunately for Clinton, Monica Lewinsky's semen-stained dress carried his DNA and blew his phony claim to smithereens, destroying the reputation of a president.

White lies are used to avoid offending people, often avoiding realistic implications of the truth. Lies that are told to hurt another are just plain malicious. Compulsive liars lie out of habit.

But did you know that even the smallest of lies can make you sick, feel bad about yourself, demotivate you and ultimately destroy your relationships? Friends and family dumping you? Can't keep a good job? May-be you need therapy!

Here is a list of some common lies:

It wasn't me! Because some things just aren't worth taking credit for.

The table will be ready in 5 minutes. Because it sounds a lot better than 15 minutes.

Oh, yeah. That makes sense. Because option B involves admitting that I am clueless.

Thank you so much! I just love it! Because telling some-

one that their gift sucked would make me look like an insensitive jerk.

Yeah, you look great in that dress. Because it's better than being slapped.

Oh, things would have been different if I was there! - Because I'm Superman and I can always make a difference... or at least that's how I want others to perceive of me.

No, officer... I have no idea how fast I was going. Because claiming ignorance is sometimes better than admitting to insubordination.

I'm 29. Because 29 is, like, 20 years younger than 30.

Yeah, I'll start working on that ASAP! - Because telling

you I have 10 things to do first would just irritate you.

Yes, John was with me last night. - Because that's what friends do... we agree and ask questions later.

My resume is 5 pages long for a good reason. - Because I'm darn good at bullshittin'!

Man, that sucker was 10 feet long! - Because anything less would be boring.

Yeah, I was a badass on my high school football team! Because I want to be seen by others in an even stronger light than I see myself.

I'm 21, 6'5, with a muscular build. Because you can't see me in this online chat room!

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Reel Food from the Florida Keys" to Air on Cooking Channel

The Cooking Channel, one of America's most popular channels, will begin airing "Reel Food from the Florida Keys" in April, 2015.

A blend of travel log and cooking, "Reel Food from the Florida Keys" will show viewers how to create innovative and exciting new dishes while highlighting the fabulous Florida Keys. From Key Largo to Key West the audience will be transported to this sun-drenched region where the cooking is done right on location.

Renowned Florida Keys Chef Bobby Stoky hosts these fast-paced, one-minute cooking segments. As the owner of several Keys restaurants, Chef Bobby will create five exciting, easy-to-prepare dishes featuring fresh,

native ingredients. "These recipes represent the flavor of the Keys but with a different twist, they're fun to make and simply amazing," says Chef Bobby.

The Cooking Channel, is the perfect network for "Reel Food from the Florida Keys." The sister station of Food Network, Cooking Channel reaches over 62 million viewers. The channel is redefining and expanding what is "culinarily" possible and continually astonishes its immersed viewers.

"Reel Food from the Florida Keys" has teamed up with award-winning producer and developer Marina Angleton and 12-time Emmy Award-winning photographer and editor Mike Zimmer. That's them, pictured above, with Chef Bobby in the middle.

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