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"We don't beat the reaper by living longer. We beat the reaper by living well, and living fully." ~ the late Randy Pausch (and the Firesign Theatre?)

A STRETCH FOR SENIORS

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each sack.

98% of all Americans feel better about themselves when they flush a toilet. ~ Phil's Phunny Phacts

WHAT'S SO FUNNY?

Saying he is sympathetic to late night comedians' quest to find jokes to make about him, Sen. Barack Obama (D-Ill) today issued a list of official campaign-approved yucks:

Barack Obama and a kangaroo pull up to a gas station. The gas station attendant takes one look at the kangaroo and says, "You know, we don't get many kangaroos here." Barack replies, "At these prices, I'm not surprised. That's why we need to reduce our dependence on foreign oil."

A traveling salesman knocks on the door of a farmhouse, and much to his surprise, Obama answers the door. The salesman says, "I was expecting the farmer's daughter." Barack replies, "She's not here. The farm was foreclosed on because of sub prime loans that are making a mockery of the American Dream."

A horse walks into a bar. The bartender says, "Why the long face?" Obama replies, "His jockey just lost his health insurance, which should be the right of all Americans."

A Christian, a Jew and Obama are in a rowboat in the middle of the ocean. Barack Obama says, "This joke isn't going to work because there's no Muslim in this boat."

30,000 Hawaiians signed a petition to change Maui's name to "Gilligan's Island" ~ Phil's Phunny Phacts

SEEING DOUBLE

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.

If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?
Then one may be that, and three would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his and him,
But imagine the feminine: she, shis and shim?

"The upper crust is really just a bunch of crumbs held together by dough." ~ David Levy," Jack Benny Show" producer

TILTING AT KILTING

Planeteer Lon Hall questions the authority of an author's assertion in the last orbit that the kilt was an artificial creation:

"Regarding the kilt, might I suggest a copy of *Old Irish and Highland Dress* by H. F. McClintock, recently put back in print by Scotpress, here in the United States. It is a must read for anyone serious in the study of the Gaelic dress.

"More recent evidence has shown this theory to be out of date as several illustrations have been found of Highlanders wearing only the bottom part of the belted plaid that date long before Rawlinson ever set foot in Scotland.

"There is some suggestion of its use in the 1690s, and it was definitely being worn by the early 18th century. It most likely came about as a natural evolution of the belted plaid and [the aforementioned] Rawlinson probably observed it and quickly deduced its usefulness in his situation and insisted on introducing it among his workers. So while it may well be the case that he promoted the philabeg, he is no longer credited with inventing it." <http://www.scottishtartans.org/kilt.html>

"Whoever said the pen is mightier than the sword obviously never encountered automatic weapons." ~ General MacArthur

RX

The phone rings and the lady of the house answers, 'Hello.'

'Mrs. Sanders, this is Doctor Jones at Saint Agnes Laboratory. When your husband's doctor sent his biopsy to the lab last week, a biopsy from another Mr. Sanders arrived as well. We are now uncertain which one belongs to your husband. Frankly, either way the results are not too good.'

'What do you mean?' Mrs. Sanders asks nervously.

'Well, one of the specimens tested positive for Alzheimer's and the other one tested positive for HIV. We can't tell which is which.'

'That's dreadful! Can you do the test again?' questioned Mrs. Sanders.

'Normally we can, but Medicare will only pay for these expensive tests one time.'

'Well, what am I supposed to do now?'

'The folks at Medicare recommend that you drop your husband off somewhere in

the middle of town. If he finds his way home...don't sleep with him.'

"The heart of marriage is memories; and if the two of you happen to have the same ones and can savor your reruns, then your marriage is a gift from the gods." ~ Bill Cosby

BURN THIS

Leysi Suarez who dances for the Peruvian band "Alma Bella", will face charges that could incarcerate for up to four years because she posed nude on a horse, using Peru's flag as a saddle. Talk about timing! It's caused a bruhaha (ha-ha-ha!) because Peru is celebrating the 187th anniversary of its independence from Spain right now. "

"These are patriotic symbols that demand total respect and using them improperly requires punishment," Defense Minister Antero Flores told reporters.

Suarez feels differently and asserts, "I love Peru and show it with my body and soul," The photos were republished on the Web site of Peru's El Comercio newspaper.

See "FLAG SQUAT" below ... por favor!

"A man who is tired of complaining is tired of life." ~ Writer Julian Baggini

WHAT UP?

OK. First off, we finally lost our other 17-year-old darling cat, Wilma, last week. She had a heart murmur, was beginning to exhibit uncharacteristic behavior and simply went out one early morning and never returned. Cats do that. We miss her terribly, even though she was a demanding queen, and although Melinda and I had agreed to take a "pet break" for a while, life conspired to oppose us.

A few days before my birthday, the incredible folks I've been working with for the past year at Mad Hatter Studios conspired to surprise me at a "pickup session" with a new male kitten, a brownish marmalade tabby since named "Taylor", because from the moment he entered the Proctor/Peterson Palace, his little tail went straight up, signifying feline contentment.

Yesterday, I picked up his "sister", a whiteish lynx, at the beautiful Pasadena Animal Shelter, and we are now a new family. The Circle of Life, indeed... I also learned that my daughter, Kristin and hubby, Geoff will be greeting a sturdy male Campbell sometime in late November. I went to the last baby scan and he looks great, although somewhat transparent.

And speaking of beginnings, starting August 15th you'll be able to hear me voicing a mission controller in the truly amazing 3-D film *Fly Me to the Moon*, produced by, among others, my friend, Mimi Maynard. See it at an Imax theatre to be completely spaced.

"It is not how old you are, it is how you are old." ~ Jules Renard

WHO'S COUNTING?

At 85 years of age, Wally married Lou Anne, a lovely 25-year-old. Since her new husband is so old, Lou Anne decides that after their wedding she and Wally should have separate bedrooms, because she is concerned that her new but aged husband may over-exert himself if they spend the entire night together.

After the wedding festivities Lou Anne prepares herself for bed and the expected "knock" on the door. Sure enough the knock comes, the door opens and there is Wally,

her 85-year-old groom, ready for action. They unite as one. All goes well, Wally takes leave of his bride, and she prepares to go to sleep.

After a few minutes, Lou Anne hears another knock on her bedroom door, and it's Wally. Again he is ready for more "action". Somewhat surprised, Lou Anne consents for more coupling. When the newlyweds are done, Wally kisses his bride, bids her a fond goodnight and leaves.

She is set to go to sleep again, but, aha you guessed it, Wally is back again, rapping on the door, and is as fresh as a 25-year-old, ready for more "action". And, once again they enjoy each other. But as Wally gets set to leave again, his young bride says to him, "I am thoroughly impressed that at your age you can perform so well and so often. I have been with guys less than a third of your age that were only good once. You are truly a great lover, Wally."

Wally, somewhat embarrassed, turns to Lou Anne and says: "You mean I was here already?" The moral of the story -- senior moments have their advantages.

"Let's not forget that the most important characteristic of a 'horizon' is that while it may look nice from a distance, you can never actually get there." ~ Phyllis Bennis, D. C. Institute for Policy Studies

TRY AND TRY AGAIN

An 18-year old Jewish girl tells her Mom that she has missed her period for 2 months. Very worried, the mother goes to the drugstore and buys a pregnancy kit. The test result shows that the girl is pregnant. Shouting and crying, the mother says, "Who was the pig that did this to you? I want to know!"

Without answering, the girl picks up the phone and makes a call. Half an hour later, a Mercedes stops in front of their house. A mature and distinguished man with grey hair and wearing a yarmulke steps out of the car and enters the house. He sits in the living room with the father, mother, and the girl and tells them, "Good morning. Your daughter has informed me of the problem. I can't marry her because of my personal family situation but I'll take charge. I will pay all costs and provide for your daughter for the rest of her life.

"Additionally, if a girl is born, I will bequeath two retail furniture stores, a deli, a condo in Miami, and a \$1,000,000 bank account. If a boy is born, my legacy will be a chain of jewelry stores and a \$25,000,000 bank account. However, if there is a miscarriage, I'm not sure what to do. What do you suggest?"

Verclernt at this point, the mother, who had remained silent until now, places a hand firmly on the man's shoulder and tells him, "You'll try again, right?"

"What do you call an accordion player with a beautiful woman on his arm? A tattoo!" ~ Eddie Deezen

HI HO, SILVER!

After retiring, I went to the government office to apply for Social Security. The woman behind the counter asked me for my driver's license to verify my age and I realized I'd come without my wallet. I told her I was very sorry, but I'd have to go home and come back later. She said, 'Unbutton your shirt'. So I opened my shirt revealing my curly silver hair.

'That silver hair on your chest is proof enough for me' she declared, and she processed my application.

When I got home, I excitedly told my wife about my experience, to which she replied 'you should have dropped your pants. You might have gotten disability, too.'
And then the fight started...

"I had to sell my car today to pay the auto insurance." ~ Fred Wiebel, Jr.

A SHAGGY DUCK STORY

A duck walks into a pub and orders a pint of beer and a ham sandwich. The barman looks at him and says, 'Hang on! You're a duck.'

'I see your eyes are working,' replies the duck. 'And you can talk!' exclaims the barman. 'I see your ears are working, too,' says the duck. 'Now if you don't mind, can have my beer and my sandwich please?'

'Certainly, sorry about that,' says the barman as he pulls the duck's pint. 'It's just we don't get many ducks in this pub. What are you doing round this way?'

'I'm working on the building site across the road,' explains the duck. 'I'm a plasterer.' The flabbergasted barman cannot believe the duck and wants to learn more, but takes the hint when the duck pulls out a newspaper from his bag and proceeds to read it. So, the duck reads his paper, drinks his beer, eats his sandwich, bids the barman good day and leaves. The same thing happens for two weeks.

Then one day the circus comes to town. The ringmaster comes into the pub for a pint and the barman says to him 'You're with the circus, aren't you? Well, I know this duck that could be just brilliant in your circus. He talks, drinks beer, eats sandwiches, reads the newspaper and everything!'

'Sounds marvelous,' says the ringmaster, handing over his business card. 'Get him to give me a call.' So the next day when the duck comes into the pub the barman says, 'Hey Mr. Duck, I reckon I can line you up with a top job, paying really good money.'

'I'm always looking for the next job,' says the duck. 'Where is it?'

'At the circus,' says the barman. 'The circus?' repeats the duck. 'That's right,' replies the barman. 'The circus?' the duck asks again. 'That place with the big tent?'

'Yeah,' the barman replies. 'With all the animals who live in cages, and performers who live in caravans?' says the duck. 'Of course,' the barman replies. 'And the tent has canvas sides and a big canvas roof with a hole in the middle?' persists the duck. 'That's right!' says the barman.

The duck shakes his head in amazement, and says - 'I don't understand. What would they want with a plasterer??!'

"We've got to pause and ask ourselves: How much clean air do we need?" ~ Lee Iacocca

SILENT PARTNERS

Brian Westley, Jim Terr, Eddie Deezen, Nick Oliva, Richard Laible, Dr. Jawn, Victor Kopcewich, Patty Paul, Nancy Jonasen, Garry Margolis, Keri Tombazian, Jayne Stahl, Bill Coombs, Richard Schulenburg, and "The Week" Magazine.

AND A SPECIAL REQUEST: I know many of you out there are gifted illustrators, media artists and graphics experts. My co-author Samuel Warren Joseph and I are looking for an illustrator to promote our children's adventure story "Tyler & Tess in the Magic Maze" at an online site. If you're interested, please let us know...

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

SILENT SURFING

SHADOWS: <http://youtube.com/watch?v=3n8gxEwLx0w>

ON AUTO: <http://www.craigslist.org/about/best/chi/748263604.html>

NOT PC: <http://www.holysee.biz/creativs/cults.htm>

CEO, OH-OH: <http://youtube.com/watch?v=aVSHE5R9Xlc>

RADIOHEAD: <http://www.boardsmag.com/screeningroom/musicvideos/5981>

GO DUTCH: <http://producten.hema.nl/>

COPS: <http://cosmos.bcst.yahoo.com/up/player/popup/index.php?cl=8952476>

VOTE: <http://uniteforstrength.com/index.html>

FONT FIGHT: <http://www.collegehumor.com/video:1823766>

FLAG SQUAT: <http://www.elcomercio.com.pe/ediciononline/HTML/2008-07-21/las-polemicas-fotos-leysi-suarez-causan-revuelo.html>

"Republicans: The No.1 reason the rest of the world thinks we're deaf, dumb and dangerous." ~ Garrison Keillor

+++++ July 28, 2008+++++

* FIRESIGN CDS: <http://www.laugh.com>

* FUNNY TIMES: <http://www.funnytimes.com>

* FST: <http://www.FiresignTheatre.com>

"HIPPI BIRTHDAY TO ME..."

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