

# Hooey!

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This happens because the [PDF makers](#) have been too preoccupied with trying to keep [Dick Cheney](#) from hacking into their websites and stealing all their money and they haven't had time to figure out this link mess.

Jack in the Box, Taco Bell, McDonalds, Burger king, Sonic, Whataburger, Wendy's, Pizza Hut etc.

I hear a lot of food snobs poke fun at these (and similar) and I've done it too. And a lot of persnickety stuff about health issues. But the truth is, I've seen all these, in great number, all over the planet. (Their architectural esthetics may be obnoxious)

And if the food wasn't good, planet dominance couldn't happen. Unless you make your diet (what you eat) constantly and exclusively (or you have a health problem), this stuff, a taco or a burger once in a while ain't going to hurt you.....common sense.

I am an, acknowledged, master, gourmet chef, and, I am also a [scientist](#). AND, like junk food! Not all the time;

everyday. But I just had the first burger that I've had in 3-4 months (Wendy's) and it was excellent.....the fries were good too.

Most of my life, people have been fussing at me about what I consume and my vices e.g. food, booze, tobacco, quite a bit of pot and other drugs in my youth etc. The VA monitors my health and I go for regular checkups 6-8 times a year. Each time, I have a little apprehension about some bad thing they might find. So far, knock on my head (wood), nothing but the normal geriatric aging annoyances e.g. GERD, Lumbago, vision loss, tooth loss, forgetfulness.....old age stuff; nothing life threatening.

Most of the people who fussed at me were very health conscious e.g. no more than a little wine, if any alcohol at all, no tobacco or drugs, health food mostly (some vegetarians), golf, tennis, jogging.....plenty of exercise etc. But life is not fair. Justice rarely happens and then, mostly by accident. Eighty-five percent of those people (all ages) are dead now (mostly cancer). Of the 15% left, most have some kind of critical (life threatening) health problems: diabetes, high blood pressure, obesity and all its complications, heart trouble and of course some, the plague of the century, Cancer.

I'm not silly enough to think that tobacco has any vitamins or alcohol is nutritious (they're killers!), or that junk food (high carbohydrate/LDL cholesterol/triglycerides) is health food. But we're all going to die.

If life, with all its **grief and pain**, is worth living at all, there needs to be some kind of balance between concern for quantity (how long) and quality (how much pleasure). Unless you have some kind of condition that prohibits it, a hotdog at the county fair won't hurt you. Not just a couple glasses but finish several bottles of wine, at your next fancy dinner. If you don't smoke, of course, don't start! Hell, unless you're rich, the expense (\$) alone will kill you. But if somebody passes a joint in a safe environment (**figure it out**), take a few hits. The music will sound better.

Your time to go (die) was already scheduled eons ago. Don't be stupid, but have a little fun while you still can. And never mind all that self-righteous (hate McDonald's) hooey. It won't save you.

And remember, **laughing** is good for you!