

Golden Rules

Measuring Life by a Different Standard

Second Quarter, 2014

Alas, our New Year's Resolutions are now a faded memory. When the year launched many of us made a commitment to watching the calorie intake, and thus losing weight. Some feel it is sad to dine alone, while others prefer the solitude. Some are vegans; others believe anything with four legs is for dining. Some eat to live; others live to eat. Because everyone has something to say about it, food has become another metric to *Measure Life by a Different Standard*. We thought it would be fun to share these 'food quotes' and extend the joy to others.

- Seize the moment. Remember all those women on the Titanic who waived off the dessert cart. *Erma Bombeck*
- You better cut the pizza in four pieces because I'm not hungry enough to eat six. *Yogi Berra*.
- I've been on a diet for two weeks and all I've lost is two weeks. *Totie Fields*
- Ever wonder about those people who spend \$2 on those little bottles of Evian water? Try spelling Evian backward. *George Carlin*.
- Everything you see, I owe to spaghetti. *Sophia Loren*.
- The two biggest sellers in bookstores are the cookbooks and the diet books. The cookbooks tell you how to prepare the food and the diet books tell you how not to eat any of it. *Andy Rooney*
- The only time to eat diet food is while you're waiting for the steak to cook. *Julia Child*.
- We live in an age when pizza gets to your home faster than the police. *Jay Leno*.
- Part of the secret of success in life is to eat what you like and let the food fight it out inside. *Mark Twain*.
- My doctor told me I had to stop throwing intimate dinners for four unless there are three other people. *Orson Welles*.
- Fettucini alfredo is macaroni and cheese for adults. *Mitch Hedberg, American stand-up comedian*.
- I don't like food that's too carefully arranged; it makes me think that the chef is spending too much time arranging and not enough time cooking. If I wanted a picture, I'd buy a painting. *Andy Rooney*.
- He was a bold man, the one that first ate an oyster. *Jonathan Swift, Anglo-Irish Satirist & author of Gulliver's Travels*.



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