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MOM Said Eat Your Vegetables!

JUNE 05TH 2014 BY DEE LOFLIN

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*Submitted Article to
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Age Spots - By Ruth Dockins

MOM Said Eat Your Vegetables

At the Cape Girardeau Riverfront Market you can purchase fresh vegetables and fruit and you can use your EBT card. You can simply swipe your EBT card at the Market table and receive Market tokens for shopping.

The Market is open every Saturday from 8 a.m. until noon from now until October 31, 2014. So now you have no excuse for not eating your vegetables! Mom said "If it sounds to good to be true, it probably is," but in this case it is true and helpful as well.

Mom also used to say, "Don't go to bed with gum in your mouth," how many of us have awakened to find gum stuck in our hair, on our pajamas or on the person sleeping with us? But, on the other hand, Mom also said "Don't cross your eyes, they'll get stuck that way"...never happened to anyone I knew.

My Mom always made me take a nap every afternoon (was that for me to rest, or for her to rest?) Well anyway I hated it, but now I would love it if my boss would

come into my office and say “It’s time for you to take your nap!” That never happens either.

Roseanne Barr Arnold said “I know how to do anything...I’m a Mom” that seems to be true in our children’s eyes until they become about 10 years old, after that they become so much smarter than Mom, but they still want Mom to help out with the really sticky things like, talking to the neighbor whose flowers just got trampled or talking to Dad about why it was such a good idea to hammer all Dad’s screwdrivers all the way into the tree in the shape of a heart. Well, it was Mother’s day and they looked so pretty for Mom.

Anyone ever heard “Don’t go swimming until an hour after you eat,” wasn’t that the longest hour of the day? I, personally, knew kids who jumped in right after eating and NOTHING EVER HAPPENED TO THEM!

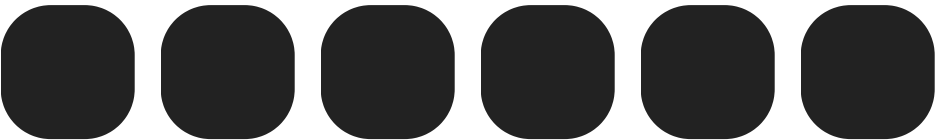
“Clean your plate, there are starving children in the world!” I always wanted to get their address so I could mail them the brussels sprouts and the cauliflower.

I had a Mom and I am a Mom and many times I have opened my mouth and my Mother came out! In fact my grandchildren have heard many of the warnings my Mom, and later I, have shared with my children. And now, there’s a little great-grandson coming along that is really in need of some of my good advice. My Mom is probably whispering in my ear reminding me of warnings I may have forgotten.

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