

# Editor has Chemical Train Wreck at Lunch!



~ ~ ~ ~

by John Tiley

Being Friday, my day started as expected with coffee and time on today's paper. Around mid-morning, I left my office for a Doctors Appointment, one of those "you have to change your life now that your not a kid anymore" type of appointments although I do like my new Doctor and, as I have many more stories to write, I will endeavour to follow his advice. After finishing at his office I decided it would be prudent to pick up some lunch to bring back to the office. In fact, right next to the Doctors office I could see what sounded like a good place to stop. Jack in a Box.... Now I have seen their advertising and long ago ate there with no remembered ill effects so in line we went. Got back to the office and proceeded to have my cheeseburger. And before I even got half way through I new I was in a bit of trouble.... The dreaded MSG Effect was settling in on me.

Over the years I have only once before had such a acute reaction to MSG while generally I might only have a "light buzz" from Chinese food or canned goods and such. Oh and Johnsonville meat products use copious amounts of MSG so I avoid their products as well. The bottom line as that, at least for me, ill effects do wear off after in this case about six hours but what might this do to somebody more sensitive than me?

So what does today's experience mean, well there is one more Restaurant on my never to be visited again list... Jack In The Box. And what does it mean to you? If you even think you might be susceptible to MSG, or simply want to avoid the complications MSG can bring to your life style, heed my warnings. It is your health and there is enough information out there telling us MSG is bad for us, avoid it when you know its there!

Below is a fairly broad description of MSG and its ill effects. I strongly suggest you familiarize yourself with it.

## MSG (monosodium glutamate): a neurotoxic flavor enhancer

### Is MSG bad for me?

Only you can make this decision but with the increase in neurological disorders, cancer and various other diseases, something has to have changed in our society. And, truth be known, the one common factor is the increase of chemicals in our food and personal products. Studies by the hundreds are showing that MSG is

MSG sensitivity (sometimes known as "Chinese Restaurant Syndrome") is a set of symptoms that may occur in some people after they consume monosodium glutamate (MSG). The syndrome was first described in 1968 as a triad of symptoms: "numbness at the back of the neck radiating to both arms and the back, general weakness and palpitations." Although some Chinese (and other) restaurants now avoid the use of MSG, many still use significant amounts.

MSG is used worldwide as a flavor enhancer. The average person living in an industrialized country consumes about 0.3 to 1.0 gram of MSG per day. MSG is classified by the Food and Drug Administration as "generally recognized as safe." Indeed, many researchers have questioned the very existence of a true MSG-sensitivity reaction. Most clinical trials, including some double-blind trials, have failed to find any symptoms arising from consumption of MSG, even large amounts, when taken with food. However, clinical trials have found that MSG taken without food may cause symptoms, though rarely the classic "triad" described above. A large trial and a review of studies on MSG both suggested that large amounts of MSG given without food may elicit more symptoms than a placebo in people who believe they react adversely to MSG. However, persistent and serious effects from MSG consumption have not been consistently demonstrated.

People sensitive to MSG may also react to aspartame (NutraSweet®)

### What are the symptoms of MSG sensitivity?

The symptoms of MSG sensitivity have commonly been described as headache, flushing, tingling, weakness, and stomachache. After eating meals prepared with MSG, people with MSG sensitivity may have migraine headache, visual disturbance, nausea, vomiting, diarrhea, weakness, tightness of the chest, skin rash, or sensitivity to light, noise, or smells.

### Medical treatments for msg sensitivity

Over the counter antihistamines, such as diphenhydramine (Benadryl®), might help reduce the symptoms of MSG sensitivity.

Severe reactions may be treated with prescription antihistamines such as hydroxyzine (Atarax®).

MSG sensitivity is not a universally accepted medical condition. Other than avoidance of foods containing MSG, there is no common treatment for this condition.

Signs of Spring



The  
Waxhaw Farmers  
Market will open for  
the 2009 season on  
April 4th.



Through the cooperation of the "Habitat Road Trip Crazies" as well as over 200 volunteers, the Union County Habitat for Humanity will soon be changing the world for three local families. Watch for details over the next few weeks on how you can help in this upcoming event.



linked to a plethora of symptoms and life altering diseases. It is time that we take some responsibility in what we consume and focus our efforts on putting healthy foods into our bodies.

~ ~ ~ ~

---

*W*elcome to this weeks edition of *The Waxhaw Gazette!* If you own a business and have any news worthy happenings planned or know of someone new coming in, send me a press release and I will be happy to include it. Contact me directly with comments or suggestions at:  
[jtiley@ thewaxhawgazette.com](mailto:jtiley@thewaxhawgazette.com)

Copyright ©2009 *The Waxhaw Gazette*  
[www.thewaxhawgazette.com](http://www.thewaxhawgazette.com) | [info@thewaxhawgazette.com](mailto:info@thewaxhawgazette.com)  
PO Box 151, Waxhaw, NC 28173 | Phone 704.296.2200

## Inside This Edition

**Cover:**  
*Chemical Train Wreck*

**Page Two**  
*Pain at the Pump*

**Events**  
*Habitat for Humanitys  
2nd Annual Charity  
Golf Tournament  
Marvin Ridge  
Scholarshipsy*

**Opinion**  
*Union County  
Saddle Club*

**Photo Galleries**  
*Photos from  
Gemignani.*

**Business**  
**Pg 1 Listings**  
*Accountants thru  
Home Services*  
**Pg 2 Listings**  
*Ice Cream thru  
Veterinarians.*

**Church & Community Listings**

**Humor**  
*Need a laugh today,  
they're plenty in  
today's edition!*

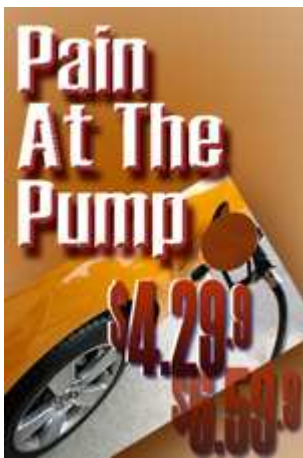
**Local Weather**

**Advertising**  
*Sizes and rates*

**Links**  
*See Past Shows &  
Visit other Web  
Sites  
of Interest.*

**Archives**  
*past issues in PDF*

**Contact Us**



## Prices for gas in the Waxhaw area... Where are they headed this week?

	3/20/08	4/3/09
Texaco:	<b>\$3.19.9</b>	<b>\$1.95.9</b>
Pure:	<b>\$3.24.9</b>	\$
Little General:	<b>\$3.24.9</b>	<b>\$1.95.9</b>
Shell:	<b>\$3.24.9</b>	<b>\$1.97.9</b>
Wax. In n Out:	<b>\$3.26.9</b>	<b>\$1.95.9</b>
Mineral Springs:		
M. S. Grocery	<b>\$3.20.9</b>	<b>\$1.94.9</b>
Texaco:	<b>\$3.21.9</b>	<b>\$1.95.9</b>
BP on New Town	<b>\$3.21.9</b>	<b>\$1.97.9</b>

*Editors Note: Usually I personally check the prices posted for the above companies. However, occasionally when time is short I call the stations on the phone to check for current prices. If no pricing is offered the above reflects the last visually confirmed pricing.*



~ ~ ~ ~

Seventy First Edition

Published, On-Line, Every Week on Friday

April 3rd , 2008

## Inside This Edition

### Cover:

*Chemical Train Wreck*

### Page Two

*Pain at the Pump*

### Events

*Habitat for Humanitys  
2nd Annual Charity  
Golf Tournament  
Marvin Ridge  
Scholarshipsy*

### Opinion

*Union County  
Saddle Club*

### Photo Galleries

*Photos from  
Gemignani.*

### Business

**Pg 1 Listings**  
*Accountants thru  
Home Services*  
**Pg 2 Listings**  
*Ice Cream thru  
Veterinarians.*

### Church & Community Listings

### Humor

*Need a laugh today,  
they're plenty in  
today's edition!*

### Local Weather

### Advertising

*Sizes and rates*

### Links

*See Past Shows &  
Visit other Web  
Sites  
of Interest.*

### Archives

*past issues in PDF*

### Contact Us

# Waxhaw's Events Calendar

**2009  
Waxhaw  
Spring Fest**  
*2 day family  
craft & fun  
festival*

## Town of Waxhaw Plans Memorial Day Remembrance Ceremony

**Waxhaw, N.C.-April 2, 2009-**Plans are under way for the 2009 Memorial Day Remembrance Ceremony in historic downtown Waxhaw. The program is slated for Saturday, May 23rd beginning with breakfast and registration for veterans at 9am. The official public program will begin at 10am in front of the Waxhaw Military Wall of Honor. The Wall of Honor is located in the East North Main Street block in historic downtown.

The program will be emceed by Ken Conrad and will include: the changing of flags by American Legion Post 208, The National Anthem by Laura Pettler, Laying of the wreath, guest speaker John W. Falkenbury Lieutenant colonel, U.S. Army, retired and President of the N.C. USO., a three round volley from the overhead bridge, taps, Ken O'Neil on bag pipes and a symbolic releasing of doves.

The public is urged to attend this event to commemorate all war veterans. Far too often, the nation as a whole takes for granted the freedoms all Americans enjoy. By honoring the nation's war dead, we preserve their memory and thus their service and sacrifice in the memories of future generations

This event is free to the public.

For more information on the Memorial Day Remembrance Ceremony please go to [www.waxhaw.com](http://www.waxhaw.com) or call 704-843-2195 ext 26.

Hello Laura PettlerMusic Fans!

We hope you are all doing well.

We sure have missed seeing you while Laura working on her Ph.D.

We are happy to invite you all to Fantasia Farms on  
**Saturday, April 4th at 2pm-3pm**  
for one of Laura's only performances in 2009.

Fantasia is raising money for ALS this year by offering this family-fun event:

**“Pony rides, hay rides, bounce houses, stick horse races, food, refreshments and entertainment for the whole family!**

**Admission is free to everyone, so bring your friends along too!”**

For Directions and Details :<http://www.fantasiafarmsinc.com/>

[www.laurapettler.com](http://www.laurapettler.com)  
[www.myspace.com/laurapettlermusic](http://www.myspace.com/laurapettlermusic)

The exhibitor ([click here](#)) and concessionaire ([click here](#)) applications for Spring Fest 2009 are now available on-line.

**NEW:** If your organization is a non-profit, you have an opportunity this year to waive your exhibitor and/or concession fee. You can do this by providing two adult volunteers to assist the event staff during Spring Fest. Interested? Contact Cathy Murphy at 704-843-2195 ext 26.

**NEW:** Non-profits, would you like to help raise funds for your organization at Spring Fest? Why not sponsor an activity in the Children's area. Once your organization has covered the rental fee-the balance can go back to your group.

Interested? Call Cathy at the number above or e-mail her at: [events@waxhaw.com](mailto:events@waxhaw.com)

On Monday, May 11, 2009 Union County Habitat will be hosting its 2nd Annual Charity Golf Tournament at the beautiful Rolling Hills Country Club in Monroe. All proceeds from the golf tournament will be used to build Habitat homes for families in our local community. Lunch and dinner will be served, along with a live auction and awards banquet immediately following. Please contact Julie Perkins, Development Director at 704-296-9414 or [jperkins@unionhabitat.org](mailto:jperkins@unionhabitat.org) for participant, sponsorship and additional opportunities.

## Piedmont EyeCare Offers Marvin Ridge Scholarships

Piedmont EyeCare Associates is pleased to announce we will offer two \$1000 scholarships to Marvin Ridge seniors graduating in May of 2009. The scholarships are open to one male and one female student athlete planning to pursue a career in healthcare

with a GPA higher than a 3.0 and some leadership/school involvement. Nomination forms are available in the school guidance office. Deadline for nominations is May 1st and will be awarded on May 20 during awards day. Piedmont EyeCare is interested in expanding this program to other local high schools in the coming years.

*Contact: Scott Philippe*  
Piedmont EyeCare Associates  
Phone 704-926-3937 | Fax 704-926-3938

---

*Copyright © 2009 The Waxhaw Gazette*  
[www.thewaxhawgazette.com](http://www.thewaxhawgazette.com) | [info@thewaxhawgazette.com](mailto:info@thewaxhawgazette.com)  
PO Box 151, Waxhaw, NC 28173 | Phone 704.296.2200

---

## Inside This Edition

# And now, Our Weekly Dose of Humor directly from the Internet.....

**Cover:**  
*Chemical Train Wreck*

bits and pieces that your Editor will not testify to for correctness, accuracy nor even believability but they are certainly humorous? So Enjoy!

**Page Two**  
*Pain at the Pump*

**Events**  
*Habitat for Humanity's  
2nd Annual Charity  
Golf Tournament  
Marvin Ridge  
Scholarships*

**Opinion**  
*Union County  
Saddle Club*

**Photo Galleries**  
*Photos from  
Gemignani.*

**Business**  
**Pg 1 Listings**  
*Accountants thru  
Home Services*  
**Pg 2 Listings**  
*Ice Cream thru  
Veterinarians.*

**Church &  
Community  
Listings**

**Humor**  
*Need a laugh today,  
they're plenty in  
today's edition!*

**Local Weather**

**Advertising**  
*Sizes and rates*

**Links**  
*See Past Shows &  
Visit other Web  
Sites  
of Interest.*

**Archives**  
*past issues in PDF*

**Contact Us**

*"Always do right -  
This will gratify  
some people and  
astonish the rest."  
--Mark Twain*

## THE IMPORTANCE OF EXERCISING

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

-My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

-I like long walks, especially when they are taken by people who annoy me.

-The only reason I would take up walking is so that I could hear heavy breathing again.

-I have to walk early in the morning, before my brain figures out what I'm doing..

-I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

-Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

-I do have flabby thighs, but fortunately my stomach covers them.

-The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.'

-If you are going to try cross-country skiing, start with a small country.

-I know I got a lot of exercise the last few years,...just getting over the hill.

-We all get heavier as we get older because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND

-Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

## MEN ARE JUST HAPPIER PEOPLE

What do you expect from such simple creatures?

Your last name stays put.

The garage is all yours.

Wedding plans take care of themselves.

Chocolate is just another snack.

You can never be pregnant.

You can wear a white T-shirt to a water park.

You can wear NO shirt to a water park..

Car mechanics tell you the truth.

The world is your urinal.

You never have to drive to another petrol station toilet because this one is just too icky.

You don't have to stop and think of which way to turn a nut on a bolt. Same work, more pay.

Wrinkles add character.

Wedding dress £2000. Morning-suit rental-£100.

People never stare at your chest when you're talking to them.

The occasional well-rendered belch is practically expected.

New shoes don't cut, blister, or mangle your feet.

One mood all the time.

Phone conversations are over in 30 seconds flat.

You know stuff about tanks.

A five-day holiday requires only one suitcase.

You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness.

If someone forgets to invite you, he or she can still be your friend.

Your underwear is £4.95 for a three-pack.

Three pairs of shoes are more than enough.

You almost never have strap problems in public.

You are unable to see wrinkles in your clothes.

**MONEY**

A man will pay £2 for a £1 item he needs.

A woman will pay £1 for a £2 item that she doesn't need but it's on sale.

**BATHROOMS**

A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel from M&S.

The average number of items in the typical woman's bathroom is 337.

A man would not be able to identify more than 20 of these items.

**ARGUMENTS**

A woman has the last word in any argument.

Anything a man says after that is the beginning of a new argument.

**CATS**

Women love cats.

Men say they love cats, but when women aren't looking, men kick cats.

**FUTURE**

A woman worries about the future until she gets a husband.

A man never worries about the future until he gets a wife.

**SUCCESS**

A successful man is one who makes more money than his wife can spend.

A successful woman is one who can find such a man.

**MARRIAGE**

A woman marries a man expecting he will change, but he doesn't.

A man marries a woman expecting that she won't change, but she does.

**DRESSING UP**

A woman will dress up to go shopping,



**THIS IS INDIA.  
IT IS WHERE  
YOU CALL  
WHEN YOU  
HAVE A  
TECHNICAL  
PROBLEM WITH  
YOUR  
COMPUTER.**



Everything on your face stays its original colour.

The same hairstyle lasts for years, maybe decades.

You only have to shave your face and neck.

You can play with toys all your life.

One wallet and one pair of shoes one colour for all seasons.

You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife..

You have freedom of choice concerning growing a moustache..

You can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

No wonder men are happier.

#### NICKNAMES

If Laura, Kate and Sarah go out for lunch, they will call each other Laura, Kate and Sarah.

If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Godzilla and Four-eyes.

#### EATING OUT

When the bill arrives, Mike, Dave and John will each throw in £20, even though it's only for £32.50. ....None of them will have anything smaller and none will actually admit they want change back.

When the girls get their bill, out come the pocket calculators.

water the plants, empty the bins, answer the phone, read a book, and get the post.

A man will dress up for weddings and funerals.

#### NATURAL

Men wake up as good-looking as they went to bed.

Women somehow deteriorate during the night.

#### OFFSPRING

Ah, children. A woman knows all about her children. ....She knows about dentist appointments and romances, best friends, favourite foods, secret fears and hopes and dreams.

A man is vaguely aware of some short people living in the house.

#### THOUGHT FOR THE DAY

A married man should forget his mistakes. ....There's no use in two people remembering the same thing.

SO, Send this to the women who can handle it and to the men who will enjoy reading it.

---

## Dear Mr. President,

**There's about 40 million people over 50 in the workforce - pay them \$1 million apiece severance with the following stipulations:**

1. **They leave their jobs. Forty million job openings - Unemployment fixed.**
  2. **They buy NEW American cars. Forty million cars ordered - Auto Industry fixed.**
  3. **They either buy a house/pay off their mortgage - Housing Crisis fixed.**
- 



**Gary L Cooper Ins Agency Inc**  
**Gary Cooper, CPCU**  
 Phone: 704.814.7100 | Fax: 704.814.7183  
 e-mail: gary.l.cooper.lcg9@statefarm.com

**Auto**



**Life**



**Home**





**Like a good neighbor,  
State Farm is there.®**

Copyright © 2009 The Waxhaw Gazette

[www.thewaxhawgazette.com](http://www.thewaxhawgazette.com) | [info@thewaxhawgazette.com](mailto:info@thewaxhawgazette.com)

PO Box 151, Waxhaw, NC 28173 | Phone 704.296.2200

---