

A client was visiting friends in Alabama. Here's his travel story:

"I have never seen so many morbidly obese people in my life. My buddy lives there and told me of the 35-35 in Bama: Adults over 35, 35% are morbidly obese"

We went to a diner for breakfast and saw people using 2 folding chairs to sit at a table.

The diner special was the Ginormous : 4 eggs, 4 pancakes, four sausages, 4 thick pieces of bacon, grits, gravy, 4 thick toast. It was served on a platter that would hold a small turkey. They served beer with breakfast, you mixed it with tomato juice. They "Eye Opener" was a mug that would hold about a quart, you got it half full of bloody mary mix, two beers and two shots of vodka on the side. Some weird liquor law said you couldn't serve mixed drinks before 11 AM, so you tossed it together yourself. You could get heart disease and a DUI all at once.

My buddies mom is unable to fly. She can't get down the aisle and even with two seats and an extender can't fit in the seat. Direct Quote: "The doctors keep me going, I take 18 medications. As long as I enjoy my food and can get over to the casino in Biloxi, life is good." Casino: They have a 8AM special. If you by \$100 in quarters or chips, you get an all day pass to one of the 18 buffets they have. She pulls the slots and grazes all day. She calls the handicap bus, they take her to the Casino pick-up, free bus ride. She has had 11 heart procedures, both hips, both knees and one shoulder replaced, 5 toes amputated (diabetes).