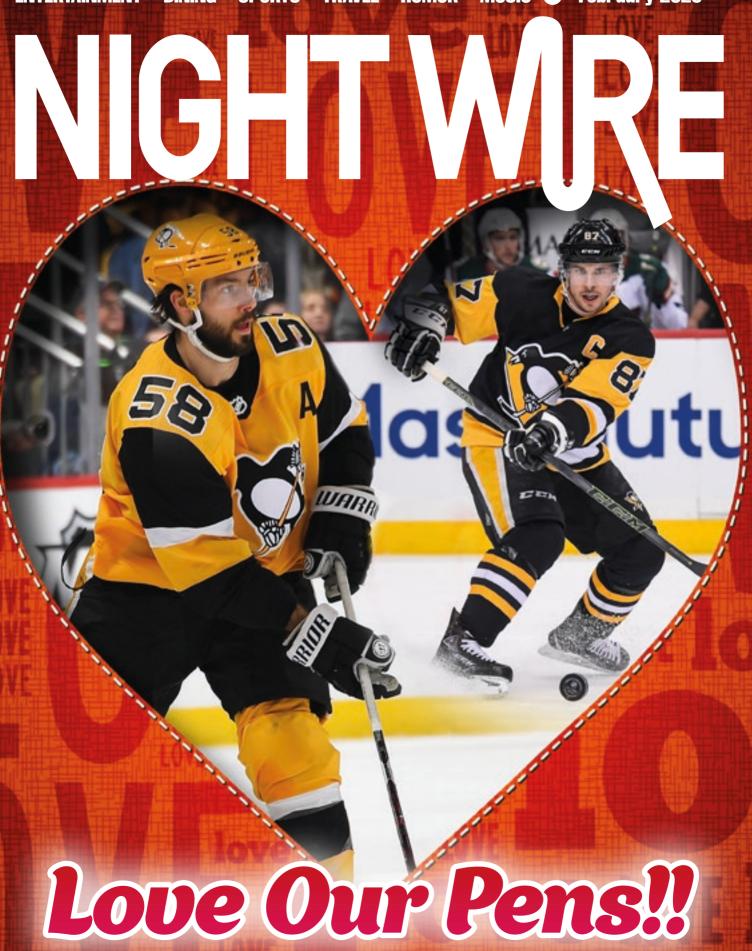
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CONTENT

6

The Pittsburgh Cultural Trust Brings Music, Dance, Magic, and more to the Cultural District this February

10

Liberty Magic Presents — Anna DeGuzman is The Queen of Cardistry — February 19 – March 29, 2020

12

"How Healing My Heartache Transformed My Life..." — One Woman's Story Offers Empowering Insight For The Broken-Hearted

14

Phipps Conservatory and Botanical Gardens Presents Second Waste Not Dinner — Guests Can Enjoy a Delightful Gourmet Meal That Takes a Fresh Look at Foods Too Good to Waste

16 20

East End Brewing Company

24

The February of the Penguins

44

Solomons Island Maryland Escape To Paradise!

28

Lucyd Launches Loud 2020 Bluetooth Sunglasses

28

Goldenerre Apple Watchbands Taking Your Apple Watch to the Next Level

29

Humor

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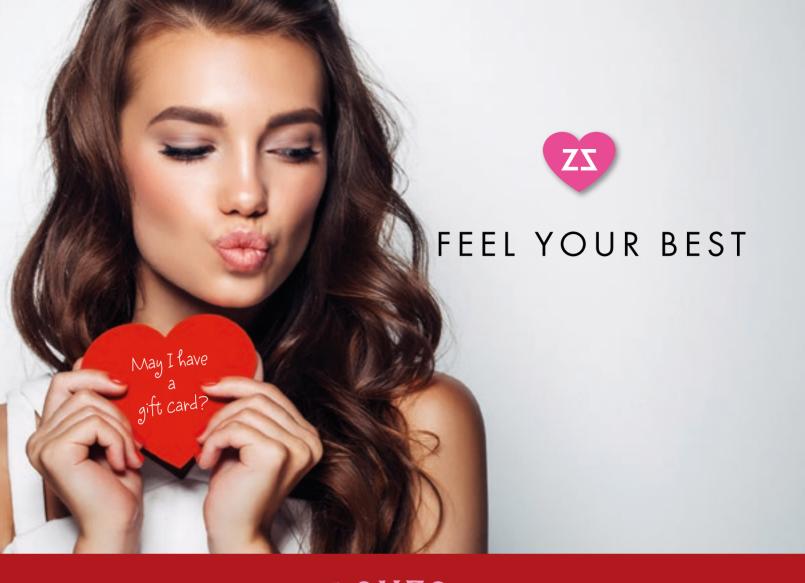
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THE PITTSBURGH CULTURAL TRUST BRINGS MUSIC, DANCE, MAGIC, AND MORE TO THE CULTURAL DISTRICT THIS FEBRUARY

The Pittsburgh Cultural Trust is pleased to present a wide variety of happenings taking place in the Cultural District during the month of February. From free-to-ticketed events that offer culturally enriching, thought-provoking, and unique immersive experiences for all ages, everyone is welcome and invited to be a part of this cultural hub. A few of these many artistic offerings are highlighted here.

LITTLE BIG TOWN, February 1, Benedum Center

Little Big Town first entered the country music scene over 20 years ago. Karen Fairchild, Phillip Sweet, Kimberly Schlapman, and Jimi Westbrook are well known for their hit songs "Good As Gone," "Little White Church," "Girl Crush," and "Better Man." Every pair of tickets purchased comes with a CD of Little Big Town's upcoming album, Nightfall.

MISS SAIGON, February 4 - 9, Benedum Center

The acclaimed new production of the legendary musical MISS SAIGON features Kim, a young Vietnamese woman, for her journey of survival and romance. While working at a bar, she meets and falls in love with an American G.I. named Chri. They are torn apart by the fall of Saigon, but that does not stop Kim from searching for Chris, the father of her son.

THE PITTSBURGH CULTURAL TRUST EDUCATIONAL WORKSHOPS, February 8 -13, Trust Arts Education Center

The Trust's Education Center is the perfect place to grow and develop your skills. On February 8, Transitioning for Toddlers with Music and



Movement showcases strategies that focus on developing motor skills in young children. Take a deeper dive into art of batik with *The Beauty of Pattern: Advanced Batik*. On February 11, middle school students can participate in the *Theater Arts*

Workshop for Middle School Groups. There are also Theater Arts Workshops for High School groups on February 12-13.

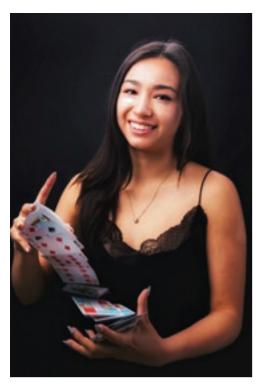
HOLLYWOODLAND: SONGS FROM THE SILVER SCREEN, February 10, Greer Cabaret Theater

Singers Jane Monheit, Jim Caruso and singer/pianist/arranger Billy Stritch have joined forces in *Hollywoodland: Songs from the Silver Screen*. The trio, accompanied by Rick Montalbano on drums and Neal Miner on bass, will perform hits like "Let's Misbehave," "Over The Rainbow," "Whistle While You Work," and "It Happened In Sun Valley."

Liberty Magic: Derek Hughes, Through February 16, Liberty Magic

Derek Hughes's witty sense of humor and art of conjuring has been lauded by audiences and critics alike, with the New York Times calling him "thoroughly entertaining." Awarded First Place in Stage Magic by the International Brotherhood of Magicians, Hughes has performed his magic on MTV, VH1, Comedy Central, and the CW's Penn & Teller: Fool Us. His newest performance, Bag of Tricks, combines comedy and gravitas in every magical effect he performs.





LIBERTY MAGIC: ANNA DEGUZMAN, February 19 - March 29, Liberty Magic

Anna DeGuzman is known as The Queen of Cardistry. She cuts, flings, flips, rotates, juggles, and shuffles playing cards in the middle of the street, along train tracks, and in close-up shows at the most prestigious magic venues in the world. You might recognize Anna from her Youtube channel, social media presence, or 2019's Penn & Tellers: Fool Us.



MALPASO DANCE COMPANY, February 22, Byham Theater

Cuba's most sought after dance troupes, Malpaso Dance Company, combines top international choreographers with new voices in Cuban choreography. Ohad Naharin brings new life to Tabula Rasa, a piece premiered with the Pittsburgh Ballet Theatre in 1986.

ERTH'S PREHISTORIC AQUARIUM ADVENTURE, February 23, Byham Theater

Erth's Prehistoric Aquarium Adventure is an immersive experience for the family. Jump in and explore unknown ocean depths where prehistoric marine reptiles lived eons ago! The amazing visual experience connects young audiences to the real science of paleontology through actors, technology, puppets, and imagination





CATS, February 25 - March 1, Benedum Center

CATS, a spectacular musical that has won 7 Tony Awards, tells the story of one magical night when an extraordinary tribe of cats gather for the annual ball. The original score by Andrew Lloyd Webber and the original costume design by John Napier are made new with Natasha Katz's lighting design and Andy Blankenbuehler's choreography. Audiences and critics alike are rediscovering this beloved musical with original breathtaking music and its new production.

HARRIS THEATER

The Pittsburgh Cultural Trust's historic Harris Theater brings the best independent, foreign, and art house cinema to the Cultural District. A new series recently launched in January, SONIC CINEMA! This ongoing, monthly series, explores the exciting world of music, providing theater guests with intimate, backstage looks into how concerts, films and live events are created. Additionally, in 2020 the Harris Theater programming schedule will be introducing a series of special events, exclusive screenings, live artist meet & greets, and preview showings that include exclusive behind the scenes content. For more information, visit TrustArts.org/Film.

HIGHLIGHTS OF FREE HAPPENINGS

The Pittsburgh Cultural Trust's galleries located in the Cultural District are free and open to the public. Stop by Wood Street Galleries, SPACE, 707 Gallery, and 937 Gallery, as well as take a walking

tour of the public art located throughout the District's footprint. Free jazz featuring the region's finest musicians has been taking place in the Cultural District for over 13 years with BNY Mellon Presents JazzLive on Tuesdays, at the Backstage

Bar and seasonally at Katz Plaza, 655 Penn Avenue, from 5pm-7:30pm.

For more information about Pittsburgh Cultural Trust events and galleries, visit: TrustArts.org.





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ANNA DEGUZMAN IS THE QUEEN OF CARDISTRY

February 19 – March 29, 2020



What Anna DeGuzman can do with a deck of 52 cards will make your head spin! Manipulating cards into impossible 3-D configurations, she cuts, flings, flips, rotates, juggles, and shuffles playing cards in the middle of the street, along train tracks, and in close-up shows at the most prestigious magic venues in the world. Her hands are a blur. There is a name for this art: cardistry ("card artistry"), and Anna DeGuzman is one of the world's best. A YouTube and Instagram star, Anna is considered one of the most influential social media magicians in the country. If you missed her jaw-dropping appear-

ance on 2019's *Penn & Teller: Fool Us*, now's your chance to see this rising star in the world of magic, live on stage.

Harry Houdini performed arm spreads and card fans that amazed audiences, but Anna DeGuzman takes the art form to new levels in her first-ever stage show. Be amazed as Anna brings the cards to life with double arm spreads, turnovers, tosses, and catches. Welcome to the world of *The Queen of Cardistry*, where you become part of a subculture of magic, making its leap from the streets to the seats of Liberty Magic.



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"HOW HEALING MY HEARTACHE TRANSFORMED MY LIFE..."

ONE WOMAN'S STORY OFFERS EMPOWERING INSIGHT FOR THE BROKEN-HEARTED



Heartbreak can be devastating and traumatic no matter your age. And it's not just in your head, research shows it takes a physical toll on your body. Former ER and critical care nurse Jennifer Marcenelle knows this all too well - both as a medical professional and from her personal life. When her marriage of 14 years dissolved she experienced numerous physical ailments, including chest pain, migraines, and severe bursitis.

She knew repairing her broken heart would take work. It's tempting to numb the pain with momentary distractions like food and alcohol, but as a board-certified, holistic, registered nurse with over 30 years of experience in the medical field, Jennifer had seen the damaging and lasting effects of ignored emotional injury. She was not going to let this happen to her.

Instead of diving into a pint of Ben and Jerry's, she decided to fully embrace the healing

power of heartache. She proactively turned her wounds into wisdom and her story is an empowering reminder to us all.

"It's hard to believe something positive can come from something so painful but breakups are an opportunity for growth. Each relationship helps us learn what we want and more importantly what we don't want..."

...says Jennifer whose divorce sparked her on a quest for self-reflection and improvement. She began examining the relationships in her life and realized that part of the problem was her, and the underlying issue was self-worth. Although she thought of herself as a confident and strong woman, she developed a relationship pattern of codependency. Her relationships were all one-sided. Instead of deriving happiness from her own energy within, she relied on outside sources. This external locus of control was incredibly damaging. Codependency is an is-

sue that many people face, sometimes without even realizing it. Although it's sometimes thought of as weakness, codependency often relates to those who have been strong for too long.

"We have been conditioned to think that happiness and love come from another person and that's simply not true. It needs to come from loving yourself first," says Jennifer.

This realization not only helped heal her heart but it transformed other areas of her life. It changed her perspective on happiness which made her more confident professionally, and it also created a balance in her other non-romantic relationships. As she continued the journey of self-discovery, she began exploring other modalities for healing. She found that holistic techniques like meditation, deep breathing, yoga, and Gemstone and Diamond therapy, were incredibly helpful.

"We are multi-dimensional beings and so recovery from heartache requires a multi-dimensional holistic solution," says Jennifer.

While there's no quick 'fix' for a significant loss in your life, taking actions to minimize and better handle stressful, traumatic situations are the first steps to healing. It's vital to let go of the shame and guilt often associated with certain stages of grief. Instead, try to confront your feelings (not simply numb them), focus on getting through things – as unpredictable as the process may be – and then move on to the next chapter. It is crucial to learn how to experience your emotions and allow them to flow through and pass.

Jennifer Marcenelle is urging awareness for mental health and emotional healing. She is sharing insight and actionable advice people can use to embrace the healing power of heartache and turn their wounds into wisdom.

Jennifer Marcenelle MBA, BSN, RN, HBC-HN is a Board-Certified Holistic Registered Nurse with over 30 years of experience in the medical industry. She currently holds degrees in nursing and business, with a specialization in Holistic Healing for burnout. As an energy medicine practitioner and the Founder and CEO of Burn Bright Today, she helps people improve mental wellness and recover from burnout and other challenges. A certified Gemstone and Diamond Therapy Practitioner, Marcenelle has dedicated her career to helping people move from Burning Out to Burning Bright.

FOR MORE INFORMATION VISIT: https://burnbrighttoday.com









PHIPPS CONSERVATORY AND BOTANICAL GARDENS PRESENTS SECOND WASTE NOT DINNER

Guests Can Enjoy a Delightful Gourmet Meal That Takes a Fresh Look at Foods Too Good to Waste



On Fri., Feb. 28, Phipps Conservatory and Botanical Gardens presents the second Waste Not Dinner, an innovative culinary event inspired by popular waste-not-style dinner events held in New York and San Francisco. Each plate of this abundant four-course meal takes leftovers that are often overlooked or discarded and transforms them into an innovative, flavorful dish that will excite guests' taste buds.

Menu items include a savory frittata, wild caught Alaskan cod with blackberry-thyme gastrique, chipotle spiced cashew cake, chocolate banana pudding and more, including vegetarian and vegan options. Plus, select wines are available for an additional fee. The dinner will be held in Phipps' Special Events Hall against the backdrop of the lush foliage and cascading waterfalls of Tropical Forest Cuba.

Between each plate, the expert chefs from 3-star Green Restaurant Certified Café Phipps will hold live cooking demonstrations, providing a memorable dining experience as they share creative tricks and techniques on delicious, creative food transformations and sustainable practices in the kitchen. It's a hip and healthy evening that proves fine dining can be good for you and the planet.

Reservations are required for the Waste Not Dinner, and can be made by calling 412-651-5281. Tickets are \$65 per person, and include Conservatory admission to enjoy the spectacular displays of Orchid and Tropical Bonsai Show: Out of This World. Seating is limited, so be sure to make your reservation today!

For more information, visit phipps.conservatory.org.





ABOUT PHIPPS:

Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, PA is a globally recognized green leader with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. Encompassing 15 acres including a historic 14-room glasshouse, 23 distinct indoor and outdoor gardens and industry-leading sustainable architecture and operations, Phipps attracts more than half a million visitors annually from around the world. Learn more at phipps.conservatory.org.

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EAST END BREWING COMPAN



East End Brewing Company is currently celebrating their 15th anniversary, reinforcing both the brewery and founder/owner Scott Smith as icons in the Pittsburgh craft beer scene still today.

With demand constantly growing and the guys at East End Brewing at near full capacity, it's a good time to have a good beer from East End Brewing and like Scott suggests, you should probably get one of those good beers for a good friend, too.

The first beers to roll off the line for East End date back to December of 2004 in their original location in Homewood, AKA Pittsburgh's East End. If you were lucky enough to visit the brewery then, you'll remember the green keg that say outside the brewery door to let you know they were open for business, which at that time was solely filling East End Brewing Co. glass growlers, which let you take home ½ gallon of fresh craft beer.

As laws changed and overall loosened for brewpubs, East End was able to start selling pints as well as growlers and bottles. With the craft beer movement in full swing, things were a little tight at their East End location, not only in the "taproom" but in the brewery itself. Production was churning out amazing beer as quickly as they could, and still just met demand for kegs, growlers, and bottles.

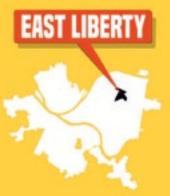
In 2012 Scott and East End Brewing made the move from their Homewood location to their current spot in the Larimer neighborhood of Pittsburgh. Completed in November of 2012, the new location doubled EEBC's capacity and gave them the chance to have a real respectable brewpub as well as enough space for a number of different events.

Today, East End Brewing Company continues to lead the pack with beer quality, consistency, and overall experience. Scott is one of the nicest, kindest, and most dedicated brewers/owners in craft beer today not only in Pitts-











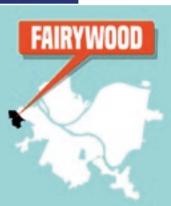












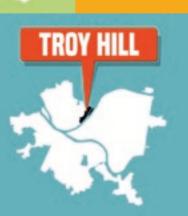
















YOU ARE HERE NEIGHBORHOOD BEERS

• Central North Side - Czech Style Pilsner, July 25, 2019

- Troy Hill Sour Cherry Gose, August 9, 2019
 - East Liberty Cream Ale, August 13, 2019
 - Crafton Heights NE Style IPA, Sep 7, 2019
- North Shore Vanilla Cream Latte Ale, Sep 18, 2019
- Polish Hill Oktoberfest Lager, October 11, 2019
- South Oakland Tulsi Pale Ale, October 12, 2019
 - Fairywood Coconut Stout, Nov 8, 2019
 - Garfield Hazy IPA, Nov 14, 2019

burgh, but anywhere. From his personal life to his brewery life, Scott Smith and East End Brewing Company is about as stand-up as you can get.

YOU ARE HERE NEIGHBORHOOD BEERS

Cementing their love for Pittsburgh and for making exceptional beer, EEBC recently launched their Neighborhood Beer project, aptly named You Are Here. The project looks to highlight each of the distinct, diverse neighborhoods in Pittsburgh, all 90 of them. That number is up for somewhat of a debate, but thanks to the City of Pittsburgh offering their input, Scott and EEBC settled on 90. You can see the full list at eastendbrewing.com/you-are-here-beers.

- At time of publication EEBC has 18 beers either released or ready to be released. Those are:
 - Allentown Imperial Shandy, June 1, 2019
 - Overbrook Pale Ale, June 21, 2019



- Northview Heights Barrel Aged Stock Ale, Nov 19, 2019
 - Saint Clair Chamomile Saison, Dec 7, 2019
 - West End Keller Pils, Dec 11, 2019
 - Larimer Local American Ale, Dec 20, 2019
- Mount Washington Bock Beer, Dec 21, 2019
 - Knoxville Hazy Pale Ale, Jan 16, 2020
 - Friendship Mexican Lager, Feb 7, 2020

East End is planning on releasing a unique beer for each of the 90 neighborhoods in EEBC's signature cans, so be on the lookout at the brewery and at pop-up style can releases around town in these special neighborhoods so you can try the beer tied to your favorite neighborhood, or as Pittsburghers love the neighborhoods themselves, show them all a little love.



YEAR-ROUND BEERS

Even though there's an influx of new beers with the Neighborhood Beer Project, East End is still doing what they're known best for, and that's brewing their core lineup of beers. Personally speaking, these beers are the primary reason I got into craft beer and I still love them today.

Each of these beers (except for Little Hop) are available in 12oz cans, making them not only great beers but better for the environment and your fridge, too.

Big Hop American Ale

Easily the most recognizable beer sold by East End Brewing, Big Hop is a 5.8% ABV American Ale that drinks a lot like an IPA thanks to the Centennial and Cascade hops used. To keep things balanced and not too bitter, Big Hop has a



solid Munich Malt backbone that grants a malty breadiness to the beer while keeping the hops flavor and aroma front and center.

Big Hop is available in growlers, crowlers, kegs/draft, and 12oz cans.

Little Hop IPA

As you may have guessed, this is a slightly smaller version of EEBC's flagship beer. Little Hop is lighter on the hops and ABV at 4.4%, but the flavor and aroma from this beer is something to be reckoned with. Unlike Big Hop, the hop varieties used for dry hopping this beer change with each batch, so this is one beer you definitely need to try more than once.

Little Hop is available in growlers, crowlers, and kegs/draft.

Monkey Boy Hefeweizen

Changing things up from the first two yearround beers, Monkey Boy is a German-style Hefeweizen that tastes like summer regardless of the time of year. This 6.2% ABV beer features a distinct banana ester profile and a clean, crisp finish. Even though there are no bananas or other additives in this beer, the flavor and aroma will put a smile on your face and have you coming back for more.

Monkey Boy is available in growlers, crowlers, kegs/draft, and 12oz cans.

Fat Gary Nut Brown Ale

Originally brewed as a part of EEBC's Session Ale series, Fat Gary is a 3.7% ABV brown ale that despite its color is light in body and easy on the tongue. Dark malt character shows through in this beer with a light sweetness and overall crushability. If you have friends that aren't sure about craft beer, this is the one they need to try today.

Fat Gary is available in growlers, crowlers, kegs/draft, and 12oz cans.

From their success in 15 years of brewing to the attitude Scott and everyone else at East End Brewing Company show their communities and customers every day, we wish everyone at East End Brewing Co. cheers to another 15 years.





THE FEBRUARY OF THE PENGUINS



Captain Crosby missed 28 games before the break, and the Penguins won 18 of those - the second-most in the league - banking 40 of a possible 56 points in that span. Not too shabby. Evgeni Malkin and Bryan Rust have filled the void big time, with Geno racking up 38 points (11 goals) and Rust scoring 13 goals with 18 assists in the absence of Sid. While his teammates have held down the fort, they are sure happy to have him back. In his return, Crosby had 8 points in the five games before the break and he'll just get better during the playoff push. Nick Bjugstad should also return for depth and position flexibility. The forward only played ten games this season before suffering a lower body injury.

Brian Dumoulin may be coming back sooner rather than later. The defenseman had ankle surgery in early December and was expected to miss two months in recovery. A boost to the blueline will help one of the league's best goal differentials grow even more. Despite the fact that the team will be injecting new life into the lineup as injured players get healthy, changes may be on the horizon.

February is trading season in the NHL and General Manager Jim Rutherford has never been shy about shuffling the deck, giving Sullivan new cards to play. He has already said that he wants a top-six winger for his team and the goal is to win now. High flying scorer Jake Guentzel will be out until late spring and the GM wants to replace his production as much as he can. So where do you look? Check out the rosters of teams that won't be making a playoff push and see which players are on expiring contracts or have just one more year on their deals.

New Jersey has a couple of scoring wingers that would fit that bill. The Devils are in the basement of the Metro and their top two goal scorers each have a year left on their contracts. Kyle Palmieri is the popular pick because he is more well known, although Blake Coleman would be the cheaper option at 1.8 million next year, compared to Palmieri at 4.65 million. Coleman has netted 19 goals, two more than Palmieri. But because of the team friendly deal, Coleman might demand more in return. Rutherford also likes young guys who may not be tearing it up on their current team, but when thrust into a winning culture surrounded by elite players who know Lord Stanley's charms, might be able to turn it around. Ondrej Kase could be a candidate. A former 20 goal scorer that's battled back from injury, the 24-year old has just six goals in his first 45 games played. Under contract at just 2.6 million next year, Kase could be an attractive option as well.

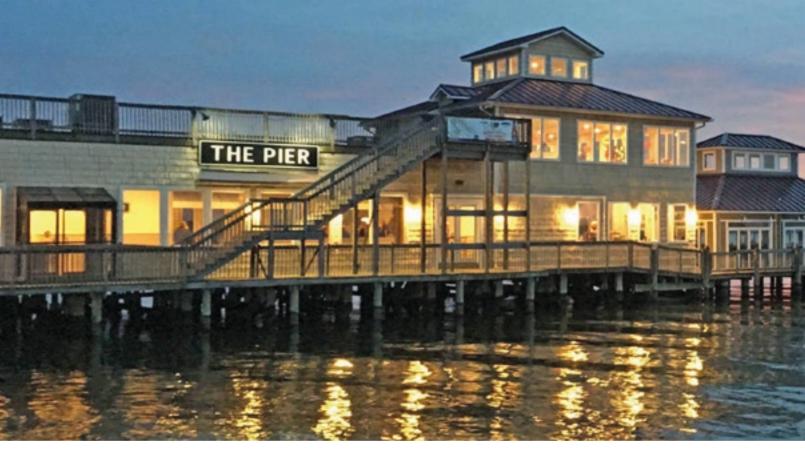
While we know Rutherford will make a deal for someone, we'll have to just wait and see who gets to be a part of the ride as the Penguins most certainly will make their league leading 14th consecutive postseason. Stacy Kauffman, Sports Feature Writer for Nightwire Magazine can be heard on Sports Radio 93.7 The Fan, and has appeared on numerous sports media outlets including Fox Sports Pittsburgh, CBS and ESPN Radio. She can be reached on Twitter @ SportsnWhatnot or at sportsnwhatnot@gmail.com







SOLOMONS ISLAND MARYLAND ESCAPE TO PARADISE!



Solomons Island, a quintessential Bay town along the Great Chesapeake Bay Loop, is a picturesque storybook waterfront village located just 55 minutes south of the Washington beltway where the Patuxent River and the Chesapeake Bay meet in Calvert County, Maryland; an easy and beautiful 5 hour 35 minute drive via I-76 E and I-70 E only 304.8 miles from Pittsburgh.

Our first stop was at **No Thyme to Cook** for a private chef prep class hosted by Chef Gwyn Novak. Chef Novak gave us a hands on demonstration of how to professionally prepare food, I have to say, I'm an excellent cook but I learned so many professional tricks of the trade to really make my meal prep easier and much more professional. Thanks Chef Novak, we had a wonderful time.. (thyme).

No Thyme to Cook will stir up your inner chef with fun, educational classes overlooking Solomons Harbor, their classes are designed for everyone – from the novice to the experienced cook. The building that houses No Thyme to Cook has been in their family for hundreds of years. The new renovations have turned this century old building into a breathtaking showplace with two large fully equipped levels of cooking space all overlooking the harbor with outdoor covered seat-



ing and breathtaking views. Simply amazing and so relaxing; you can sit back and relax with your favorite glass of wine or beverage. Aww can you feel the harbor breeze?

While at No Thyme to Cook you have to check out their gift shop filled with professional chef tools and hard to find items to enhance your cooking experience. So many must have items it was hard to not want everything!

No Thyme to Cook is located at 14624 Solomons Island Road S, Solomons, MD 20688 for more information or to book a class when visiting the island go to https://www.nothymetocook.com/ or call them at 443.624.5048

Next stop **Half Shell Adventures**, (located off the dock of No Thyme to Cook) their goal is to help you create lasting memories with the people in your life, while enjoying everything that Southern Maryland's beautiful waterways have to offer. They offer excellent service, a wonderful experi-





eggs on two sides of an English muffin (with a side of Canadian bacon). Breakfast was a culinary delight... Yum!

For dinner we dined at **The Pier** which offers a "Taste of Southern Maryland" dinner that we highly recommend, this great offering gives you a taste of everything that Southern Maryland is famous for. The food was delicious, well-presented and prepared, seasoned to perfection plus their drink selections were amazing. The Pier has classic seafood dishes with brunch and live music in a cozy setting with patio seating set on their pier. The Pier is a wonderful place to enjoy your favorite beverages with friends or family plus an awesome place to watch the amazing sunsets.

The Pier is located at 14575 Solomons Island Rd S, Solomons, MD - 410-449-8406 or visit them at https://thepiersolomons.com/

There is so much to do and see on Solomons Island we wandered around and found Grandmother's Store and amazing little shop filled with unique gifts, handmade items and souvenirs – located on the Main Street it's a must stop at shop. Open daily 10-5p ph: 410.326.6848

For you antique lovers we found Vintage Trea-





LUCYD LAUNCHES LOUD 2020 BLUETOOTH SUNGLASSES

The all new Lucyd Loud 3.0 features! Lucyd Loud glasses help you navigate hands-free from making calls, navigation, and more!

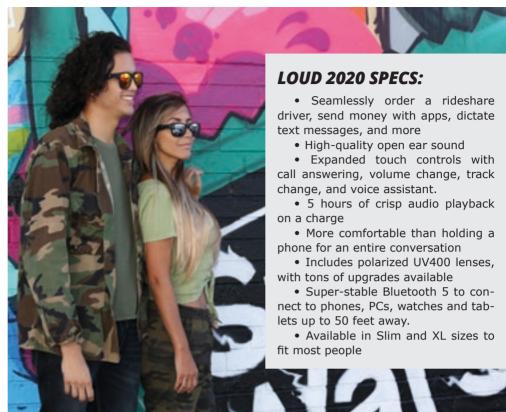
Building on the success of their limited edition 49ers-inspired Sherman Shades, high-tech eyewear brand Lucyd has just released their new and improved audio glasses on Lucyd.co.

These avant-garde shades help you stay connected without having to take out your phone. The new version features enhanced sound quality, comfort, and style, so you can workout, run, or recline beachside while listening to your favorite tunes, protecting your eyes, and always looking ready to rock.

Unlike other tech glasses, Lucyd is the only smart eyewear provider to offer direct delivery of their frames with professionally-fitted prescription lenses. Now you never have to sacrifice function for style.

Discover the smartest glasses for the price. Lucyd Loud comes with a 7-day riskfree trial, so no worries if it's not for you.

Lucyd also offers free US shipping with fast FedEx shipping available to the rest of the world.



LOUD 2020 SPECS:

- Seamlessly order a rideshare driver, send money with apps, dictate text messages, and more
 - High-quality open ear sound
- Expanded touch controls with call answering, volume change, track change, and voice assistant.
- 5 hours of crisp audio playback on a charge
- More comfortable than holding a phone for an entire conversation
- Includes polarized UV400 lenses, with tons of upgrades available
- Super-stable Bluetooth 5 to connect to phones, PCs, watches and tablets up to 50 feet away.
- Available in Slim and XL sizes to fit most people

GOLDENERRE APPLE WATCHBANDS TAKING YOUR APPLE WATCH TO THE NEXT LEVEL

From texting to tracking your health to playing music, Apple Watches are more useful than ever. But the unisex band that comes with it doesn't always reflect style for the stylish modern woman. Enter Goldenerre.

Goldenerre turns your everyday Apple Watch into a fashion-forward statement piece. Whether you want to dress it up or be an edgy trendsetter, there's plenty of feminine, high quality options to choose from, including:

CLASSIC LINK BRACELET: FOR POLISHED STYLE - \$95

- Turns your watch into gorgeous jewelry!
- · Designed with comfort and style in mind
- Each beautiful link is designed to lay flat around your wrist
 - Polished for stunning shine
- · Quality tested for resistance to abrasion and moisture.
- High quality materials: stainless steel, gold/rose gold plating, nickel-free
 - Available in Rose Gold, Gold or Silver!
- Fits all Apple Watch Series 1/2/3/4/5, Nike & Hermes Editions



GROMMET STUD BAND: FOR THE TRENDSETTER - \$125

- · Features shiny stainless steel grommets and studs
- Each stud and grommet is hand applied on luxe, genuine leather

- · High quality leather bands are tested for resistance to tearing, abrasion, and moisture
 - Fits all Apple Watch Series 1/2/3/4/5, Nike & Hermes Editions

METALLIC SILVER STUD BAND: FOR EVERYDAY COOL ON THE GO - \$85

- · Eye-catching and luxe leather band adds instant style to any outfit
- Mix of edgy studs and the delicate pattern - perfect for everyday shine
- Genuine leather bands are quality tested for resistance to tearing, abrasion, and moisture
- Fits all Apple Watch Series 1/2/3/4/5, plus Nike and Hermes editions
- High quality materials: Genuine leather band, stainless steel studs, rose gold plating, nickel-free
- Available in both Apple Watch sizes: 38mm/40mm and 42/44mm watch faces

When it's time for style and class, Goldenerre bands are the ones to watch

Learn more on: goldenerre.com

Also - check them out on Amazon starting next week!



What holiday do pigs celebrate every February?

Valenswine's Day.

⊕ ⊜ ⊗

How did the phone propose to his girl-friend?

He gave her a ring.

⊕ ⊜ ⊗

What do squirrels give each other on Valentine's Day?

Forget-me-nuts.

⊕ ⊕ ⊗

Why did the police officer arrest her boyfriend?

He stole her heart.

⊕ ⊕ ⊗

What does a vampire call his sweetheart?

His ghoul-friend.

© © 8

What did the stamp say to the envelope on Valentine's Day?

I'm stuck on you.

◎ ◎ ⊗

What do you call two birds in love? Tweethearts.

◎ ⊜ ⊗

Why is lettuce the most loving vegetable?

Because it's all heart.

© @ @

What did the beluga say to his girlfriend on Valentine's Day? Whale you be mine?

☺ ⊜ ⊗

What did the pencil say to the paper? I dot my i's on you.

© ⊕ 8

What did the chef give to his wife on Valentine's Day?

A hug and a quiche.

⊕ ⊕ ⊜

Why do skunks celebrate Valentine's Day? They're very scent-imental.

◎ ⊜ ⊗

What did the frosting say to the cake? I'm very sweet on you.

⊕ ⊕ ⊗

Do you have a date for valentines day? Yes, February 14th.

⊕ ⊕ ⊗

Why did the cannibal break up with his girlfriend? She didn't suit his taste.

⊕ ⊜ ⊗

What did one oar say to the other?
"Can I interest you in a little row-mance?"

◎ ◎ ⊗

What do you call romance in a fish tank? Guppy love.

◎ ◎ ⊗

What did one cantaloupe say to the other on Valentine's Day?

You're one in a melon.

⊕ ⊕ ⊗

What is the difference between a calendar and you?

A calendar has a date on Valentine's day.

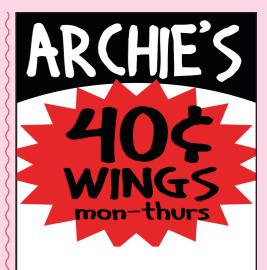
© © 8

Why don't skeletons send Valentine's Day cards?

Their hearts aren't in it.

⊕ ⊕ ⊜

What do single people call Valentine's



Drink Specials!

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WATCH ALL Major Sporting
Events Here!

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Day?

Independence Day.

© © 8

Why did the apricot go out with the prune?

Because it couldn't get a date.

⊕ ⊜ ⊗

What did one light bulb say to the other? I love you a whole watt.

◎ ⊜ ⊗

Knock knock. Who's there? Peas. Peas who?

Peas be my Valentine.

© © 8

What did the paperclip say to the magnet?

I'm very attracted to you.

⊕ ⊕ ⊗

The best jokes for Valentine's Day What did one boat say to the other? "Are you up for a little row-mance?"



Do you think skunks celebrate Valentine's Day?

Sure, they're very scent-imental.

⊕ ⊜ ⊗

"If you step on a purple mushroom, you'll be forced to marry the ugliest person in the world," warned the old gnome, so the man continued carefully through the woods. He didn't step on any purple mushrooms. Suddenly a beautiful woman walked up and said: "We have to marry."

"Why?" asked the man, smiling.

"I just stepped on one of those pesky purple mushrooms!" she replied.

⊕ ⊕ ⊗

A woman was taking a nap on Valentine's Day afternoon. After she awoke, she told her husband, "I just dreamed that you gave me a gorgeous and expensive diamond necklace for Valentine's Day! What do you think it means?" "You'll know tonight," he said. That evening, her husband came home with a small package for her. Thrilled, she opened it and found a book titled "The Meaning of Dreams."

© © 8

Two antennas met on a roof, fell in love and got married. Their wedding ceremony wasn't fancy.

The reception, however, was excellent.

© © 8

What did the bat say to his girlfriend? "You're fun to hang around with."

⊕ ⊕ ⊗

What happened when the man fell in love with his garden?

It made him wed his plants!

◎ ◎ ⊗

What did the Valentine's Day card say to the stamp?

"Stick with me and you'll go places!"

⊕ ⊜ ⊗

What do you call a very small valentine? "A valentiny!"

© © 8

What did one flame say to the other on Valentine's Day?

"We're a perfect match!"

◎ ◎ ⊗

Q. Did Adam and Eve ever have a date? A. No, they had an apple!

⊕ ⊕ ⊜

Q. What did the flame say to his buddies after he fell in love?

A. "I found the perfect match!"



Did you hear about the bed bugs who fell in love? They're getting married in the spring!

⊕ ⊜ ⊗

A Thoughtful Valentine's Day Gift

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day.

'Yes,' came the answer from Tony who was a bit of a chauvinist, 'I've bought her a belt and a bag.'

That was very kind of you,' Jim added, 'I hope she appreciated the thought.'

Tony smiled as he replied, 'So do I, and hopefully the vacuum cleaner will work better now.'

© @ ®

My One And Only

Roger, who was 19 years old, was buying an expensive bracelet, to surprise his girlfriend on Valentine's Day, at a very smart jeweler's shop in Hatton Garden, London. The jeweler inquired, 'Would you like your girlfriend's name engraved on it?'

Roger thought for a moment, grinned, then answered, 'No, instead engrave "To my one and only love".'

The jeweler smiled and said, 'Yes, sir; how very romantic of you.'

Roger retorted with a glint in his eye, 'Not exactly romantic, but very practical. This way, if we break up, I can use it again.'

⊕ ⊕ ⊗

QUESTION AND ANSWER VALENTINE JOKES

Q: What do squirrels give for Valentine's Day?

A: Forget-me-nuts.

⊕ ⊕ ⊗

Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!

⊕ ⊕ ⊗

Q: What did the light bulb say to the switch?

A: You turn me on.

© © 8

Q: Did Adam and Eve ever have a date? A: No, but they had an Apple.

Q: What did the boy octopus say to the girl octopus?

A: Can I hold your hand, hand?

Q: What did one snake say to the other snake?

A: Give me a little hug and a hiss, honey. Knock, Knock,

Who's there?

Olive

Olive who?

Olive you!

⊕ ⊕ ⊜

Q: Why did the banana go out with the prune?

A: Because it couldn't get a date.

◎ ◎ ⊗

Q: What is a ram's favorite song on February 14th?

A: I only have eyes for ewe, dear

© © 8

Q: What travels around the world but stays in one corner?

A: A stamp.



Q: What happens when you fall in love with a French chef?

A: You get buttered up.



Q: If your aunt ran off to get married, what would you call her?

A: Antelope.



VALENTINE CARDS SENT BY DESPERATE MAN

Mike walked into a post office just before Valentine's day, he couldn't help noticing a middle-aged, balding man standing in a corner sticking "Love" stamps on bright pink envelopes with hearts all over them. Then the man got out a bottle of Channel perfume from his pocket and started spraying scent over the envelopes.

By now Mike's curiosity had got the better of him, and so I asked the man why he was sending all those cards. The man replied, "I'm sending out 500 Valentine cards signed, 'Guess who?"

"But why?" asked Mike. "I'm a divorce lawyer," the man replied.

What did the stamp say to the envelope? I'm stuck on you.



BE MY VALENTINE

It was Valentine's Day and Jim and Danielle's first date. They sat in the darkened cinema waiting for the film to start. The screen finally lit up with a flashy advertisement for the cinema's concession stand. Jim and Danielle realized that there was no sound. The film began but the silence continued.

Suddenly, out of the darkness, an irritated voice in the crowd loudly shouted', Okay, who's got the remote control?'



LOVE IS BLIND?

Phil, a smart and handsome young man, dressed in the latest fashion, walked into this local pub. He noticed a woman gazing at him without blinking her big eyes. Phil felt flattered so he walked up to the woman and said in his deepest voice, 'I'll do anything you wish, beautiful lady, for just \$10 but on one condition.'

The woman appeared to be trapped in the moment and asked as if in a trance, 'What's your condition?'

Phil answered, 'Tell me your wish in just three words.'

There was a long pause, the woman opened her purse, counted out the money and handed it to the man along with her address. She then looked deeply into his eyes and whispered, 'Clean my house.'

Another Funny Valentine Joke How Long Have You Been Married?

When a woman on the staff of the school where I worked became engaged, a friend and colleague offered her some advice.

'The first ten years are the hardest.'

'How long have you been married?' she asked.

Ten years', he replied.



DON'T MAKE A FUSS ABOUT VALENTINE'S DAY

Background

- My dearest wife is always going on and on and ON about NOT making a fuss over her on Valentine's Day. She repeats that it's the thought that counts.
- Well, I put a lot of thought into the gifts from previous February 14ths but she didn't quite take to any of them like I assumed she would. Here's my list - see what you think:
- Brand new mop and bucket.
- I was thinking it would be fun to see what color the floor was because I couldn't remember.
- Romantic dinner at fast food restaurant.
- I was thinking that she might like to go inside for a change instead of fetching dinner at the drive through.
- Chocolates left-over from last year's candy box.
- I was thinking of how proud she'd be of me for not wasting food. She's been nagging me for years to recycle
- Midnight moped ride through the park.
- I was thinking that I'm getting too old to be peddling on the bike.
- Dozen roses printed on high quality photo paper. One of my favorites
- I was thinking these would last a lifetime instead of just a week.
- 45 second back massage.

I was thinking any longer and she might think I was interested in something else.



The \$20.00 Bill:

Sometimes we just need to be remind-



ed! A well-known speaker started off his seminar by holding up a \$20.00 bill. In the room of 200, he asked, "Who would like this \$20 bill?"

Hands started going up. He said, "I am going to give this \$20 to one of you but first, let me do this. He proceeded to crumple up the \$20 dollar bill. He then asked, Who still wants it?" Still the hands were up in the air. Well, he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty.

"Now, who still wants it?" Still the hands went into the air. My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.

Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who DO LOVE you.

The worth of our lives comes not in what we do or who we know, but by WHO WE ARE and WHOSE WE ARE. You are special- Don't EVER forget it."

Share this story, you may never know the lives it touches, the hurting hearts it speaks to, or the hope that it can bring.

Count your blessings, not your problems. "And remember: amateurs built the ark ...

professionals built the Titanic!"





BUBBA AND JIMMY JOE:

One day, Jimmy Joe was walking down Main Street when he

Saw his buddy Bubba driving a brand new pickup. Bubba

Pulled up to him with a wide grin.

"Bubba, where'd you get that truck?!?" "Bobby Sue gave it to me" Bubba replied

"She gave it to you? I knew she was kinda sweet on va.

But a new truck?"

"Well, Jimmy Joe, let me tell you what happened.

We were driving out on County Road 6, In the middle of nowhere.

Bobby Sue pulled off the road.

Put the truck in 4-wheel drive, and headed into the woods.

She parked the truck, got out, Threw off all her clothes and said,

'Bubba, take whatever you want'. So I took the truck!"

"Bubba, you're a smart man!. Them clothes woulda never fit you!"

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Due to the climate of political correctness now pervading America, Kentuckians, Tennesseans and West Virginians will no longer be referred to as "HILLBIL-LIES."

⊕ ⊜ ⊗

You must now refer to them as APPA-LACHIAN-AMERICANS.

And furthermore

© © ®

HOW TO SPEAK ABOUT WOMEN AND BE POLITICALLY CORRECT:

1 She is not a "BABE" or a "CHICK" -She is a "BREASTED AMERICAN."

- 2. She is not "EASY" She is "HORI-) ever," ZONTALLY ACCESSIBLE."
- 3. She is not a "DUMB BLOND" She is a "LIGHT-HAIRED DETOUR OFF THE INFORMATION SUPERHIGHWAY."
- 4. She has not "BEEN AROUND" She is a "PREVIOUSLY-ENJOYED COMPAN-ION."
- 5 . She does not "NAG" you She becomes "VERBALLY REPETITIVE."
- 6. She is not a "TWO-BIT HOOKER" -She is a "LOW COST PROVIDER."

HOW TO SPEAK ABOUT MEN AND BE POLITICALLY CORRECT:

- 1. He does not have a "BEER GUT" He has developed a "LIQUID GRAIN STOR-AGE FACILITY."
- 2. He is not a "BAD DANCER" He is "OVERLY CAUCASIAN."
- 3. He does not "GET LOST ALL THE TIME" - He "INVESTIGATES ALTERNA-TIVE DESTINATIONS."
- 4. He is not "BALDING" He is in "FOL-LICLE REGRESSION."
- 5. He does not act like a "TOTAL ASS" -He develops a case of RECTAL-CRANIAL INVERSION."
- 6. It's not his "CRACK" you see hanging out of his pants - It's "REAR CLEAVAGE."

BRAIN CRAMPS

If you ever feel a little stupid, just dig this up and read it again; you'll begin to think you're a genius.

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Alabama's Heather Whitestone was selected as Miss America

Question: If you could live forever, would you and why?

Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live for-

-Miss Alabama in the Miss USA contest.

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"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff."

-Mariah Carev

⊕ ⊗

"Smoking kills. If you're killed, you've lost a very important part of your life,"

-Brooke Shields, during an interview to become spokesperson for federal anti-smoking campaign.

@ @ @

"I've never had major knee surgery on any other part of my body,"

-Winston Bennett, University of Kentucky basketball forward.

© © 8

"Outside of the killings, Washington has one of the lowest crime rates in the country,"

-Mayor Marion Barry, Washington, DC.

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it,"

-A congressional candidate in Texas.

© © Ø

"Half this game is ninety percent men-

-Philadelphia Phillies manager, Danny Ozark

© © 8

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it."

-Al Gore, Vice President



"I love California. I practically grew up in Phoenix."

-Dan Quayle



"We've got to pause and ask ourselves: How much clean air do we need?"

-Lee Iacocca



"The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein."

-Joe Theisman, NFL football quarterback & sports analyst.



"We don't necessarily discriminate. We simply exclude certain types of people."

-Colonel Gerald Wellman, ROTC Instructor.



"Traditionally, most of Australia's imports come from overseas."

-Keppel Enderbery



"Your food stamps will be stopped effective March 2020 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances."

-Department of Social Services, Greenville, South Carolina



"If somebody has a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record."

-Mark S. Fowler, FCC Chairman



GETTING OLDER

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?



Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."



The nice thing about being senile is you can hide your own Easter eggs.



I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees Fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts Have bouts with dementia. Have

poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92 not sure. Have lost all my friends But, thank God, I still have my driver's license.



I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week"



My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.



Know how to prevent sagging? Just eat till the wrinkles fill out.



It's scary when you start making the same noises as your coffee maker.



These days about half the stuff in my shopping cart says, "For fast relief."



Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.



THE SENILITY PRAYER: Grant me the senility to forget the people I never

liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



Mildred and Chester knew each other from childhood but were in their seventies when they got married. They had to wait for Mildred's mother to pass away first.

Back in those days there was no hanky-panky before marriage so Chester and Mildred were both still virgins. Needless to say, Chester was pretty excited on their wedding night, having waited so patiently all these years. However, Mildred was very apprehensive as she had developed a heart condition and would have to tell Chester that they could not "do it."

Chester is now sitting on the bed wanting Mildred to hurry up. He detects a little reluctance on her part. Thinking that she is shy he sends her off to the bathroom to get undressed. When she reappears in her satin nightie, he gets her to sit next to him on the bed. Not knowing how to get things started, he pulls the first strap on her nightie. She blushes just as red as the nightie. She is really concerned about

telling Chester about her heart condition. In the meantime Chester is looking at the first breast he has seen up close since his own mother's. It is hanging there down to her belly button, gravity having taken its toll over some sixty years. He realizes her anxiety but figures she is going to have to be helped a little more, so he pulls the second strap and sees the second breast unroll downward before him.

Poor Mildred is now beside herself. She is going to have to tell Chester about her heart. With a quivering voice and mustering up all her courage, she says, «Chester, I have acute angina.»

Chester says, «I hope so, 'cause you've sure got some ugly boobs."



THE OLD PROSPECTOR

An old prospector walk's his tired old mule into this western town one day.

He'd been out in the desert for about six months without a drop of whiskey.

He walked up to the first saloon he came to and tied his old mule to the hitch rail. As he stood there brushing some of the dust from his face and clothes, a gunslinger walked out of the saloon. He had a gun in one hand and a bottle of whiskey in the other hand he looked at the old man and laughed.

Then he said "Hey old man have you ever danced?"

The old man looked up at him and said "No I never did dance, I just never did want to".

A crowd had gathered by then and the gunslinger said, "Well you old fool you're gonna dance now". And he started shooting at the old man's feet. The old man was hopping around and every body was laughing. He fired his last bullet then holstered his gun and he turned around to go back into the saloon.

The old man reached up on the mule got his shotgun and pulled the hammers back making a clicking sound. The gunslinger heard this then everything got quiet. He turned around and was looking at both barrels aimed at him.

The old man asked him "Did you ever kiss a mule's ass?"

The gunslinger swallowed then said "No, but I've always wanted to."

DON'T MESS WITH OLD PEOPLE...



THE BUS STOP:

One day, at a bus stop there was a girl who was wearing a skintight miniskirt. When the bus arrived and it was her turn to get on, she realized that her skirt was so tight she couldn't get her foot high enough to reach to step.

Thinking it would give her enough slack to raise her leg, she reached back and unzipped her skirt a little. She still could not reach the step. Embarrassed, she reached back once again to unzip it a little more. Still, she couldn't reach the step.

So, with her skirt zipper halfway down, she reached back and unzipped her skirt all the way. Thinking that she could get on the step now, she lifted up her leg only to realize that she still couldn't reach the step.

So, seeing how embarrassed the girl was, the man standing behind her put his hands around her waist and lifted her up on to the first step of the bus. The girl turned around furiously and said, "How dare you touch my body that way, I don't even know you!"

Shocked, the man says, "Well, maam, after you reached around and unzipped my fly three times, I kinda figured that we were friends."

THE TIGER PUZZLE:

A blonde called her boyfriend and said, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure it out or how to get it started."



Her boyfriend asked, "What is it supposed to be when it's finished?"



The blonde said, "According to the picture on the box, it's a tiger."

⊕ ⊕ ⊗

Her boyfriend decided to go over and help with the puzzle.

© @ 8

She let him in and showed him where she had the puzzle spread all over the table.

© © 8

He studied the pieces for a moment, then looked at the box, then turned to her and said, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a tiger.

⊕ ⊕ ⊗

He took her hand and said, "Second, I want you to relax. Let's have a nice cup of hot chocolate and then.....", he sighed, "Let's put all these frosted flakes back in the box."

⊕ ⊕ ⊜

DIFFERENCE BETWEEN THE LEFT AND THE RIGHT:

One day a florist goes to a barber for a haircut. After the cut he asked about his bill and the barber replies: "I'm sorry, I cannot accept money from you; I'm doing community service this week." The florist is pleased and leaves the shop.

© © 8

Next morning when the barber goes to open his shop. There is a thank you card and a dozen roses waiting for him at his door.

9 9 8

Later, a cop comes in for a haircut, and when he goes to pay his bill the barber again replies: "I'm sorry, I cannot accept money from you; I'm doing community service this week." The cop is happy and leaves the shop.

© © Ø

Next morning when the barber goes to open up there is a thank you card and a dozen donuts waiting for him at his door.

⊕ ⊕ ⊜

Later a Republican comes in for a haircut, and when he goes to pay his bill the barber again replies: "I'm sorry, I cannot accept money from you; I'm doing community service this week." The Republican is) very happy and leaves the shop.

Next morning when the barber goes to open, there is a thank you card and a dozen different books such as "How to Improve Your Business" and "Becoming More Successful."

Then a Democrat comes in for a haircut, and when he goes to pay his bill the barber again replies: "I'm sorry, I cannot accept money from you; I'm doing community service this week." The Democrat is very happy and leaves the shop.

The next morning when the barber goes to open up, there are a dozen Democrats lined up waiting for a free haircut.

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And that, my friends, illustrates the fundamental difference between left and right...

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BOUDREAUX SELLS GI INSURANCE:

Boudreaux, the smoothest-talking Cajun in the Louisiana National Guard, got called up to active duty, one day Boudreaux's first assignment was to a military induction center, and because he was a good talker they assigned him the duty of advising new recruits about government benefits, especially the GI insurance to which they were entitled.

Before long, the Captain in charge of the induction center began noticing that Boudreaux was getting a 99% sign-up rate for the more expensive supplemental form of GI insurance.

This was odd, because it would cost these low-income recruits \$30.00 per month more for the higher coverage, compared to what the government was already providing at no charge. The Captain decided that he would not ask Boudreaux directly about his selling techniques, but instead he would sit in the back of the room at the next briefing and observe Boudreaux's sales pitch.

Boudreaux stood up before the latest group of inductees and said, "If you got da normal GI insurans an' you go to Iraq an' get vouself killed, da governmen' gonna pay you beneficiary \$20,000.

If you take out da supplemental insurans, which cost you only t'irty dollar a mont, den da governmen' gotta pay vou beneficiary \$200,000!"

"NOW, "Boudreaux concluded, "which bunch vou tink dev gonna send ta Iraq furst?"

DOG PACK KILLS ALLIGATOR:

At times nature can be cruel, but there is also a raw beauty, and even a certain justice manifested within that cruelty.



The alligator, one of the oldest and ultimate predators, normally considered the





apex predator in its natural eco-system, can still fall victim to implemented team work strategy, made possible by the tight knit social structure and survival of the fittest pack mentality bred into canines over the last thousands of years by natural selection.

See the remarkable photograph attached, courtesy of Nature Magazine. Note that the Alpha dog has a muzzle hold on the gator preventing it from breathing, while the remainder of the pack prevents beast from rolling.



GOLFING LEFT HANDED OR RIGHT HANDED:

By now the guys were totally amazed, but wondered if she was just trying to make them look bad by beating them left-handed.

They couldn't figure her out. She was again very pleasant and didn't seem to be showing them up, but each man began to harbor a burning desire to beat her!

In the third week they all had their game faces on. But this week she was 15 minutes late! This had the guys irritable because each was determined to play the best round of golf of his life to beat her.

As they waited for her, they figured her late arrival was some petty gamesmanship on her part.

Finally she showed up.

This week the lady lawyer played right-handed which was a good thing since she narrowly beat all three of them. However she was so gracious and so complimentary of their strong play, it was hard to keep a grudge against her.

This woman was a riddle no one could figure out!

Back in the clubhouse she had all three guys shaking their heads at her ability. They had a couple beers after their round which helped the conversation loosen up.

Finally one of the men could contain his curiosity no longer.

He asked her point blank, "How do you decide if you're going to golf right-handed or left-handed?"



The lady blushed and grinned.

She said, "That's easy. When my dad taught me to play golf, I learned I was ambidextrous. I have always had fun switching back and forth. Then when I met my husband in college and got married, I discovered he always sleeps in the nude. From then on I developed a silly habit. Right before I left in the morning for golf practice, I would pull the covers off him. If his you-know-what was pointing to the right, I golfed right-handed and if it was pointed to the left, I golfed left-handed. All the girls on the team thought this was hysterical."

Astonished at this bizarre information, one of the guys shot back, "But what if it's pointed straight up in the air?"

She said, "Then I'm fifteen minutes late."



HOW THE ROSWELL INCIDENT IMPACTED POLITICS:

We thought you would enjoy this little blurb of nonfiction!

Many will recall that on July 8, 1947, witnesses claimed that an unidentified object with five aliens aboard crashed onto a sheep ranch just outside Roswell, New Mexico.

This is a well-known incident that many say has long been covered up by the U.S. Air Force and the federal government.

However, you may NOT know that in the month of March 1948, exactly nine months after that historic day, Albert Arnold Gore Jr., Hillary Rodham Clinton, John F. Kerry, William Jefferson Clinton, Howard Dean, Nancy Pelosi, Dianne Feinstein, Charles E. Schumer, and Barbara Boxer were born. See what happens when aliens breed with sheep??

This piece of information may clear up a lot of things.



LIFE'S LITTLE EMBARASSING MOMENTS:

A guy goes to the supermarket and notices a beautiful blond woman wave at him and say hello.

He's rather taken aback, because he can't place where he knows her from.

So he says, "Do you Know me?"

To which she replies, "I think you're the father of one of my kids."

Now his mind travels back to the only time he has ever been unfaithful to his wife and says, "My God, are you the stripper from my bachelor party that I laid on the pool table with all my buddies watching, while your partner whipped my butt with wet celery?"

She looks into his eyes and calmly says, "No, I'm your son's math teacher."



I OWE MY LIFE TO CHOCOLATE:

A good piece of chocolate has about 200 calories.

As I enjoy two servings per night and a few more on weekends, I consume about 3,500 calories of chocolate in a week, which equals one pound of weight per week.

Therefore, in the last three and a half years, I have had chocolate caloric intake of about 180 pounds and I only weigh 165 pounds.

So, without chocolate, I would have wasted away to nothing about three months ago!

I owe my life to chocolate!

⊕ ⊜ ⊗

SEE WHAT 50 YEARS WILL DO:

You don't have to be over ifty to see how much the world has gone berserk!

Scenario: Jack pulls into school parking lot with rifle in gun rack.

1956 - Vice Principal comes over, takes a look at Jack's rifle, goes to his car and gets his to show Jack.

2006 - School goes into lockdown, FBI called, Jack hauled off to jail and never sees his truck or gun again. Counselors called in for traumatized students and teachers.

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Scenario: Johnny and Mark get into a fist fight after school.

1956 - Crowd gathers. Mark wins. Johnny and Mark shake hands and end up best friends. Nobody goes to jail, nobody arrested, nobody expelled.

2006 - Police called, SWAT team arrives, arrests Johnny and Mark. Charge them with assault, both expelled even though Johnny started it.

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Scenario: Jeffrey won't be still in class, disrupts other students.

1956 - Jeffrey sent to office and given a good paddling by Principal. Sits still in class.

2006 - Jeffrey given huge doses of Ritalin. Becomes a zombie. School gets extra money from state because Jeffrey has a disability.

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Scenario: Billy breaks a window in his father's car and his Dad gives him a whipping.

1956 - Billy is more careful next time, grows up normal, goes to college, and becomes a successful businessman.

2006 - Billy's Dad is arrested for child abuse. Billy removed to foster care and joins a gang. Billy's sister is told by state psychologist that she remembers being abused herself and their Dad goes to pris-

on. Billy's mom has affair with psychologist.

⊕ ⊕ ⊜

Scenario: Mark gets a headache and takes some headache medicine to school.

1956 - Mark shares headache medicine with Principal out on the smoking dock.

2006 - Police called, Mark expelled from school for drug violations. Car searched for drugs and weapons.

© © 8

Scenario: Mary turns up pregnant.

1956 - 5 High School Boys leave town. Mary does her senior year at a special school for expectant mothers.

2006 - Middle School Counselor calls Planned Parenthood, who notifies the ACLU. Mary is driven to the next state over and gets an abortion without her parent's consent or knowledge. Mary given condoms and told to be more careful next time.



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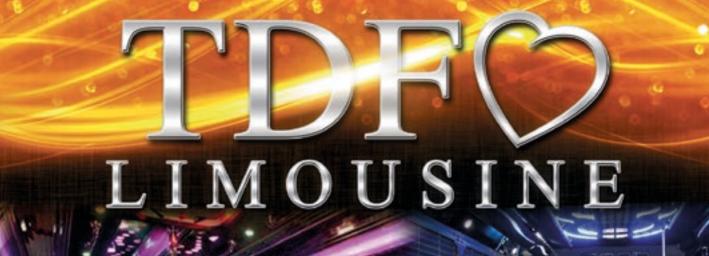
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