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Contents



Page 4-5.....Health
 Page 6.....Travel
 Page 7.....Ask The Lawyer
 Pages 8-9.....Dining
 Pages 10-11.....Food
 Page 12.....Book Review
 Page 14.....Local Business
 Pages 16-17.....Wine and Spirits
 Page 18.....Music
 Pages 20-21.....Theater
 Pages 22-39.....Humor
 Page 40.....Classifieds

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*Happy
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Health and Wellness

By Erin McClelland, MS, CPT, Executive Director of Arche Wellness

Addiction, Nutrition And . . . You?? Getting In Touch With Your Inner Addict



Addicts are known for their clichés like “I’m sick and tired of being sick and tired” or “one is too many and 100 is not enough.” But how often do health professionals get to the bottom of the “feeling crappy syndrome” and the seemingly insatiable physical cravings that addicts and chronic substance abusers experience? And can the “normal” people in our population learn anything from their as yet unresolved pain?

Most addiction professionals are not looking deep into the physical health of an addict and many are quick to attribute the root cause of “feeling sick and tired” to substance abuse. After all, anyone who has had a rough night on the South Side or partied into the night after the Super Bowl knows that heavy alcohol or drug use can take its toll for a good day or two. So it makes sense to assume that anyone who has been using alcohol or drugs consistently and excessively for months or years is going to feel like hell for a bit after the party ends. But just because it makes sense, should we simply not investigate further? Should we just chalk up an addict’s discomfort to, “They did it to themselves so they get what they deserve?” Well if the “feeling crappy” persists long enough for an addict to believe falling off the wagon is the only chance at relief, perhaps a more thorough investigation is in order.

Substance abuse has been repeatedly cited as the number

one most expensive healthcare issue in our society, more than diabetes and obesity put together. At over \$500 billion, substance abuse costs us more than our nation’s 2010 published defense budget. So if junkies and drunks are costing us more each year than keeping our nation safe, perhaps we should try to figure out what is going on in their bodies that makes staying off the sauce so difficult.

First off, national relapse rates for addiction (40 to 60%) are comparable to those for chronic illnesses such as diabetes (30 to 50%) and asthma (50 to 70%). This suggests that addicts experience the same likelihood of relapse as those afflicted with other chronic diseases. But despite continued evidence that demonstrates addiction is a chronic and ongoing disease, treatment programs and insurance companies continue to provide and reinforce an acute episodic treatment model. Can you imagine a doctor prescribing a diabetic a 28 day inpatient program where they attend group therapy and take psychotropic medications? Yet this is precisely the treatment model prescribed to addicts every day.

Next let’s consider the fact that addiction has been classified by virtually every recognized medical, psychological and psychiatric organization as a chronic DISEASE. Furthermore, when you see someone experiencing heroin or alcohol withdrawal, there is no denying that the resulting symptoms are physical in nature. These people aren’t making this stuff up in their mind and acting it out for our amusement – they’re straight up sick. But why are they sick? What kind of problems are occurring in their body to 1) make them so severely ill when they stop using drugs and 2) make them continue feeling unwell, anxious or depressed for months and even years of sobriety?

One thing we need to remember is, the absence of heroin or alcohol in our bodies DOES NOT make us sick. Similarly, the absence of Prozac or Paxil does not make us depressed. If our bodies do not require alcohol, heroin or psychotropic medications to feel well, then its not just the absence of the drug that makes us sick. Now let’s consider that drugs and alcohol are toxins. The definition of the word toxin is widely debated and varies according to the scientific discipline that serves as context for the discussion. For our purposes, a toxin is a substance that can be ingested but does not sustain life, provide energy or promote growth to the human body. Toxins must be processed out of the body by the liver and kidneys if a person is to avoid being poisoned by the perpetrating substance. Again it appears rational to assume that drugs and alcohol are toxic to the human body and require additional effort on the part of the liver, kidneys and gastrointestinal tract in order to prevent the body from becoming dead.

However, when a person ingests large amounts of drugs and alcohol (toxins) over a period of years, is the damage to the body simply limited to the liver and kidneys? Anyone who has spent time with a lifelong addict or alcoholic is likely to respond in the negative to this question. We know the GI tract is charged with eliminating toxins from the body. After years

of consistent substance abuse, the GI tract and liver will begin to perform poorly at this task. The liver also begins to malfunction as its processes fall out of balance. Phase one of the liver (which converts alcohol into the flammable neurotoxin called acetaldehyde) begins to speed up in an effort to get the toxins out of the body faster. But phase II (which converts acetaldehyde into acetic acid to be dispelled in the urine) keeps its pace. The result is a build-up of highly toxic and dangerous drug byproducts and metabolites in the system. The constant ingestion of chemicals and the increasing toxic build up causes the body to stop absorption in the intestines in an effort to reduce the intake of toxins. Unfortunately this also halts the absorption of nutrients, causing substance abusers to grow more and more malnourished over time. These nutrients serve as the raw materials for every chemical synthesis and reaction in the human body. Severe deficiencies in vitamins, minerals and amino acids cause the body to slow or even stop production of necessary enzymes, neurotransmitters and other essential body chemicals. This is in great part what causes addicts to experience severe symptoms throughout withdrawal and even months after substance abuse has stopped.

Since chronic substance abuse results not only in GI damage and dysfunction, but a more ubiquitous problem of severe malnutrition, every system in the body can be compromised and even damaged by addiction. When our bodies are starving, we crave nutrients. Our brains have learned that high fat, high sugar foods relieve our nutrient cravings faster than lean proteins and nutrient-rich vegetables, even if they don't solve the underlying problem. While a quick bag of chips and a bottle of soda certainly hit the spot when you're on the run and missing a meal, we can all agree it's not a Doritos and Coke deficiency these foods have resolved. Addicts also experience the mental trickery that occurs when we quench a legitimate nutrient craving with illegitimate food sources. In the case of an addict, however, the illusion of nutrients is achieved through drugs, not junk food. Through extended periods of substance abuse, addicts have conditioned their brains to believe that their cravings are a desire for drugs, not nutrients. But as I stated earlier, the human body doesn't crave heroin or Oreos, it craves nutrients and our brain translates the craving by placing it in a familiar context of immediate gratification – like junk food or drugs.

Perhaps you think that because you are not addicted to heroin, alcohol or cocaine, this information is irrelevant to you. Advances in modern chemistry have proven otherwise. In the past twenty years, the amount of toxins in our environment, our food and our bodies has increased substantially. From preservatives to chemical sweeteners, from air pollution to prescription drugs, our bodies are becoming more overloaded with toxic garbage. Studies continue to link pesticides with hormone problems and breast cancer in women and increases in prostate cancer and decreased sperm count in men. It becomes increasingly more difficult to ignore this problem when virtually all types of cancer have seen a dramatic increase in occurrence over the past twenty years. Autism, autoimmune disorders, asthma, allergies and digestive complications are also on the rise as citizens of industrialized nations move further from homegrown, home cooked foods toward mass produced prepackaged meals and fast food. The malnutrition syndrome that has plagued addicts for years



is now seeping into the general population as Americans are ingesting more chemicals and less food.

If you still aren't convinced, then examine your television—where the proof is really in the pudding, or in this case the yogurt. Have you noticed the number of yogurt and supplement companies touting the benefits of Probiotics for good GI health? Isn't anyone curious why corporate America is finding it financially viable to sell products that help improve gut function? Most likely it's because some market research statistician in a small cubicle found that more of us are suffering from GI issues. I have yet to hear a sound argument to explain this phenomenon other than our anti-food loaded diets and chemical infested environments. But there is more to these health issues than mere yogurt can repair.

Finally, keep in mind that despite the severe segmentation of our healthcare industry, your head IS attached to your body. Mental health and physical health are very closely related. If your body is toxic and therefore not absorbing essential nutrients, it also does not have the raw materials to make neurotransmitters. These are the chemicals in the brain that keep you feeling well. They are synthesized from amino acids by adding different vitamins. Studies have shown that 85% of depressed patients are vitamin B deficient. B vitamins are absolutely necessary for your body to synthesize serotonin and therefore not feel depressed. Considering that serotonin is the primary neurotransmitter involved in depression treatment (Prozac is known as a Selective Serotonin Reuptake Inhibitor) and B vitamins are required to synthesize serotonin, shouldn't doctors be giving nutrient infusions of B vitamins before putting someone on a medication? But nutritional analysis costs money and insurance companies have yet to deem adequate nutrient supply a worthy goal in the disease care process. At this point my local mechanic seems smarter than our healthcare system. If I gave him a car with no gas and complained it wouldn't start, I bet he'd fill it up before he ripped the engine apart. Too bad Exxon doesn't make vitamin B. Erin McClelland can be reached at erin@archewellness.com

Travel

Heed this advice and stay safe on your journey!

Source: MSNBC



If you find yourself hitting the road during adverse conditions, consider these 10 tips to stay safe on your journey.

1. Know your route and keep abreast of weather conditions. The Web can be great source of current weather information. Make a list of Department of Transportation road-condition hotlines and consult them every few hours while you're on the road. Pay special attention to avalanche conditions along your route, because temporary road closures are common in mountain areas.
2. Drink plenty of water. When the weather is chilly, dehydration might seem unlikely, but according to a study by the Mayo Clinic, as little as a 1-2 percent loss of body weight can lead to fatigue and reduced alertness — both of which can be deadly when you are driving in icy conditions. Carry (and drink) five to six 16-ounce bottles of water per day. Keep them with you in the passenger compartment, as they might freeze in the trunk.
3. Eat enough food. Your body needs more nourishment in cold weather than it does on a balmy summer day. Avoid candy bars and other quick-sugar-release snacks. Sandwiches, fruit or a thermos of hearty stew are much better choices. Carry a day's worth of high-energy food and water in a warm area of your vehicle in case you are stranded for a few hours.

4. Pack a winter travel safety kit. Include a cell phone, an ice scraper and brush, a tow rope, cat litter (for use as a traction aid), blankets, a good flashlight, a candle, matches, a good book, a portable weather radio and a can of lock de-icer. (Never use hot water on glass or locks — it will refreeze and create a bigger problem.)
5. Slow down. A good rule of thumb is to reduce speed by 50 percent in snowy conditions. Blasting through snowdrifts may look cool in TV advertisements, but it's way too hard on your vehicle to be worth it. Equally important: Don't go too slow. Your car needs momentum to keep moving through snow on grades.
6. Keep a light touch on the controls. Smooth operation is the key to keeping control in slippery situations. Nervousness can lead to a hard clench of the steering wheel, which can result in loss of control. Consciously loosen your grasp or stretch out your fingers from time to time to help prevent that white-knuckled grip.
7. Know how to recover from skids. When braking on a slippery road, it's all too easy to "lock up" your wheels by stepping on the brakes a little too hard. If you start to skid, steer the vehicle gently in the direction you want the front of your vehicle to go and don't touch your brakes. This used to be called "turning into the skid," but tests have shown that drivers often misinterpret these words in real-life situations.
8. Keep your tires in good condition and properly inflated. Cold weather reduces tire pressure, so check and adjust frequently. Tire tread depth should be at least 1/8-inch, and good snow tires with lugs will outperform just about any all-weather tire on the market. Carry (and be able to install) traction-control devices like snow chains whenever you know you'll be in a snowy area. Sometimes such devices are required, and if you don't have a set, you'll be forced to pay a premium to acquire them on the spot.
9. Make frequent rest stops. Winter travel is much more fatiguing than summer cruising, so stop every hour or so. Get out, stretch — maybe even make a few snow angels! It takes only five minutes to significantly improve your level of alertness.
10. If you get stuck, stay in your vehicle. Stay warm and wait for assistance. Make sure that your exhaust pipe is clear of any obstructions, including snow and ice; if you don't, carbon monoxide gas can build up inside the vehicle.

Whether you're hitting the road in winter for work or for pleasure, preparation and knowledge can help keep you whistling "Let it Snow" instead of fighting frostbite in a snowdrift.

Ask The Lawyer

“Legal Briefs” – Courtesy of Local Attorney Jeffrey Pollock

Q : WHAT ARE POWERS OF ATTORNEY? WHY DO I NEED THEM?

A : In short, the answer is: A Financial Power of Attorney and Health Care Power of Attorney are important documents for one's estate plan; they fill in the gaps that a Will and Living Will alone do not address.

Every adult should have these two valuable documents assign a trusted friend/relative to make important decisions for you in case something medically critical happens to you -- not resulting in death or making you otherwise unable to act.

The purpose of a Financial Power of Attorney is: to appoint another person to have authority to manage your financial affairs in your absence, incapacity, incompetence, disability, or other inability to make decisions on your own behalf. You can give another person the power: to act with full power for you in your place to deal with money/property owed to you; to transact business for you; to access your safe deposit box; to

transfer checks and stocks; to pledge securities for loans; to rent and convey real property; to obtain insurance; to do business with banks; to make gifts; to create trusts; to retain counsel; to sign pleadings; to file income tax returns, etc.

The purpose of a Health Care Power of Attorney is: to choose another person to have authority to make health care decisions for you during the period of your medical or legal incapacity/incompetence, including, but not limited to the power: to consent to or refuse medical procedures; to gain access to medical/hospital information; to employ/discharge physicians; to sign any consent/admission forms, etc.

Both Powers should be drafted/signed before you become incapacitated. They can be worded to become irrevocable, so that a mental/physical disability does not render them ineffective. A properly worded document would then only become void upon written revocation or notice of your death. That would save money and stress in instances when you would be in a coma, suffering from

Alzheimer's, etc., so that the Courts should not have to become involved. Without a Power of Attorney, a Judge may choose a Guardian to make decisions for you that would never have been your choice.

In order to avoid the expense of visiting Orphan's Court to Petition for a Guardian of the Person and of the Estate to be appointed, obtaining a thorough set of Powers of Attorney is crucial. While the foregoing illustrations are not exhaustive of all circumstances in which Power of Attorneys are desirable, only a lawyer can properly evaluate your individual situation. As a rule, attorney's fees for preparation of these two estate planning tools are relatively inexpensive when considered in light of the valuable peace of mind created by the existence of these documents.

Have a happy and healthy new year. Next month's topic will be "Simple Wills."

Should Nightwire Magazine readers have any questions on this article or suggestions for future topics, please call Joyce at (412) 855-5536 or Atty. Pollock at his Squirrel Hill office at 421-2232. Copyright © 2009 Jeffrey L. Pollock



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Monte Cello's



Chef Jeff Allen

Now you all know I love a good pizza place and travel all over to find unique and column worthy establishments. I'm thrilled this month to tell you about a place that's been around for almost 30 years, notorious for their pizza, but is soooooo much more. Monte Cello's, the "Italian restaurant" comes before pizza but when we hear the name, we think pizza! Let me dish on the dishes we sampled with delight.....

I have to admit that on my way out to Babcock Blvd. I found myself hoping for some Wedding Soup (\$3.99 bowl & \$3.25 cup). Chef Jeff Allen spent a few minutes talking with us about the food that was being prepared for us and I was very excited when I heard Wedding Soup! I told him I was hoping for soup on such a blustery cold night & sensing my affinity for soup- he brought out some pretty gorgeous & super delicious French Onion Soup (\$5.99) to go along with my extra delicious wedding soup. I couldn't remember being happier about homemade soup that wasn't made in my own kitchen! The French Onion Soup smelled so rich and the broth with the bread and bubbly cheese.....oh my! It's made in limited quantities so definitely try it if you can! The wedding soup, a consummate favorite was as good as grandma's. Definitely no crackers needed! Then the appetizers were presented and let

me tell you the little Lobster Rolls (\$12.99) seriously take the concept of a pepperoni roll to a way new level! They are served with a Fontinella Cheese Sauce....perfect little puffs of rolled dough wrapped around succulent bites of lobster meat with garlic butter and cheeses. We tasted them first without the cheese dip and then couldn't decide if we liked them better with or without! Chef Jeff Allen explained that he was born and raised in Maine and this little bite of heaven was certainly reminiscent of his hometown. We had some leftover & even the next day they were still delicious.

Monte Cello's serves fresh fish on Fridays with an ever-changing repertoire of specials and a Chef who creates dishes that sell out each week, sometimes in hours! Now aren't you glad we're getting to tell you about more than pizza!

The entrées were presented by Chef Jeff Allen and the decision of which one to try first was daunting. Chicken Madeira (\$12.99) served with a sumptuous Madeira sauce, fresh mushrooms, topped with mozzarella cheese, and accompanied with asparagus and mashed potatoes. Looked so delicious and a very generous portion, extremely flavorful and with lots of mashed potatoes.....

The Flat Iron Steak (\$15.99) marinated and char grilled to order served with garlic roasted red skin potatoes and grilled asparagus. This 10 ounce steak is a great value and a nice surprise for a notorious pizza place! We also tried the Linguini Allo Scoglio (\$14.99) linguini with shrimp, clams & scallops sauteed in oil & garlic then mixed with a Sicilian style sauce. This pasta was so delicious that it would seem a shame not to give it a try. The shrimp & scallops were prepared to perfection and the red sauce with the clams, oh so delicious! And the price! When I was presented with this dish, I thought of so many over-priced places that we've eaten at that can't even come close in presentation, price and taste. Each dish expresses its own unique flavor on a very extensive menu.

Monte Cello's is very conscious of value and quality for the price. Their restaurant was founded on a family value that resonates true all these years later. What a great place to take





the kids for pizza, while the parents can dine on specialties of the house. Monte Cello's is the best of both worlds and completely affordable. But there's more.....

We would be remiss if we didn't get to try the pizza! We were presented with a NY Thin crust pizza with imported tomato fillets and cheese. Delicioso! Monte Cello's offers several specialty pizzas such as Steak Onion & Ranch, Spinach & Feta and Chicken & Broccoli. Your kids will love picking from the extensive topping list to create their own pizza.

Monte Cello's also offers Salads, Sandwiches, Gourmet Burgers and Calzones. There's something for everyone here, and we seemed to have answered the question of why their parking lot is always packed! Monte Cello's is a North Hills treasure and we're always delighted to share our finds & our friends with our Nightwire family!

One last thing, my favorite thing to talk about- Dessert! Chef Jeff Allen brought us two dessert offerings made right in the restaurant- Cannoli and the Rum Cake. After eating a meal, both desserts seemed enough to share & I still can't decide which one I like the best. The cannoli were perfect with a light creamy filling and finished off with mini chocolate chips to give them the perfect sweetness.....Ooooh! The Rum Cake, well let's just say that every crumb remaining got put into a box for home! It was crazy delicious. It transported me to a very fancy, expensive restaurant somewhere in NYC! How lucky we are to have that quality right here in North Hills!! Plus, I'm very excited to tell you these little bites of heaven are

made by a server/pastry chef, Leah Boehler, who comes in on her own time to make them. Her love of baking clearly shows as she is one awesome pastry chef. Keep them coming Leah and we'll keep on coming back to enjoy them!!

Monte Cello's is open 7 days a week. They are the flagship for local franchises so be sure to check out the website for other locations, menu's & specials or testimonials. I just love to read what other people have to say about a place they love.



Chef Anthony Ricci

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Food Channel

Top 10 Trends For 2010

Experimentation nation, umami, and food with benefits are just three of the top 10 trends to watch in 2010, according to the experts at The Food Channel® (foodchannel.com). The website released its top 10 for '10 today based on research conducted in conjunction with CultureWaves® (www.culturewav.es) and the International Food Futurists®.

Keeping it Real

In a back-to-basics economy it is natural to return to basic ingredients. This isn't about retro, or comfort food, or even cost. It's about determining the essentials and stocking your pantry accordingly. It is about pure, simple, clean and sustainable. It is—dare we say—a shift from convenience foods to scratch cooking.

Experimentation Nation

Restaurant concepts are in flux as people redefine what going “out” to eat means. Gastropubs, fusion dining, shareables, and communal tables are all being tried. New concepts around “fresh” and DIY will do well. Experimentation is the trend, so we'll see concepts come and go.

More in Store

We predict growth in grocery stores, particularly as private label assumes prominence. Those old generics have morphed into their own brands, so that there is blurring and less of a caste system. Grocery stores are also doing things such as upgrading delis and fresh take-out sections, all the way to returning butchers to a place of prominence.

American, The New EthnicSM

This is all about flavor delivery. Immigration has come to the plate, and we are now defining a new Global Flavor Curve. Part comfort, part creativity, the latest flavors are coming from the great American melting pot. So, it's about grandma's food, but the recipes may be written in Japanese.

Food Vetting

You are what you eat! That's what's leading this trend—our constant need for assurance that we are eating the right things, that our food is safe, that we are not ingesting pesticides or anything that will someday prove harmful. Call it food vetting or sourcing—the issue is that people are asking where their food comes from.

Mainstreaming Sustainability

People have mainstreamed sustainability, unlike a year ago, when we were somewhat afraid to use the word. America is just now learning how to be sustainable, and Americans are

holding themselves responsible. In 2010 we'll see people and companies becoming sustainable for authentic reasons.

Food with BenefitsSM

Call it what you will—nutritional, healthful, good-for-you—but this trend toward beneficial foods is growing at a pretty big rate. Expect food to either have nutrients added, or have the word “free” (gluten-free, allergy-free).

I Want My Umami

The “foodie” has settled into a more universal designation of someone who loves food—not a food snob. They are just as likely to want a PB&J as they are to try the latest soft shell crab sushi. And they may put French fries on it! The point is experimentation and a willingness to try new things.

Will Trade for Food

In an era when you can rent a name-brand purse for a special event, we want to know how we can apply that same concept to consumables. So what do we do in a bad economy when we have more time than money and skills that we still want to put to use? We barter. We predict that we'll all see more of the barter system come into play now that technology can assist with connections.

I, Me, Mine

It's the rise of the individual. While sharing has come into its own in restaurant concepts, there is a separate but equal trend toward individuality. It's part of the reason why we are making our own cheese, smoking our own meats, and making our own specialty desserts. Expect more attention to the individual, but it's not just about portion size—it's also about food that reflects personality.

Read more about the Top Ten Food Trends for 2010 by checking www.foodchannel.com.



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Food Channel Recipes



Traditional Roast Beef Dinner with Yorkshire Pudding and Port-Merlot Pan Sauce

Prep Time: 40 minutes

Cook Time: 2 hours

Serves: 8

This recipe featuring the top sirloin roast provides all the spirit of an elegant English Standing Prime Rib Roast dinner at a fraction of the cost.

Why Try? The top sirloin is a wonderful cut for roasting; the drippings will provide the essentials for a decadent reduced wine sauce and traditional Yorkshire pudding.

Foodie Byte: When selecting a top sirloin, select Choice or a higher grade designation like Certified Angus, Top Choice or even Prime. Aged or dry aged meat will positively affect the quality of the meal.

Ingredients

1 boneless beef top sirloin roast (6 -7 pounds)

As needed kosher salt and freshly ground black pepper

1 ounce olive oil

6 to 8 garlic cloves

2 cups Merlot, dry

2 cups beef broth, low sodium

2/3 cup Port wine

2 tablespoons butter

Preparation

1. Preheat oven to 250°F.

2. Trim meat of any heavy fat cover in excess of 3/8 inch and any visible cartilage on bottom of roast. Some fat is essential for self basting the roast as it cooks.

3. Season all sides of roast with salt and pepper.

4. On the stove top, heat heavy iron Dutch oven or deep skillet, add olive oil and garlic.

5. Brown all sides of beef roast approximately 4 to 5 minutes on each side.

6. Place roast in pot in oven. When internal temperature reaches 110°F (approximately 60 to 80 minutes), turn oven up to 500°F and continue until internal temperature reaches 130°F. This will provide a medium rare product with a nicely browned exterior and take up to 15 additional minutes .

7. Remove roast from oven, transfer to a tray and allow to rest for

approximately 20 minutes. While roast rests, a pan sauce and Yorkshire pudding can be prepared.

8. Pour off and spoon all excess fat from the pan. Reserve hot for Yorkshire pudding.

9. Heat pan with remaining juices on medium-high heat, add merlot and reduce by half. Add stock and port. Scrape all browned fond from the bottom and sides of the pan. Reduce to about one cup. Strain and remove garlic. Add butter and serve.

Yorkshire Pudding

Serves: 8

This indulgent staple on the British holiday table is served fresh from the oven, crispy on the outside and soft on the inside.

Why Try? Yorkshire pudding is perfect for 'sopping up' a roast beef's natural juices and reduced wine pan sauce.

Foodie Byte: Modest variations can be made to the traditional recipe; try adding 1/2 cup of finely shredded cheddar cheese or Stilton Cheese and 1/4 cup of minced fresh chives. Once the pudding goes into the oven, there is ample time to finish cooking fresh vegetables, dish up potatoes, make the reduced wine pan sauce and slice the beef. It's a nice touch to seat and serve the family or guests and then pass the Yorkshire pudding hot and fresh out of the oven.

This recipe is part of our Christmas Dinner Menu.

Ingredients

1 3/4 cups flour

3/4 teaspoon salt

1 1/2 cups milk

3 eggs, room temperature

3/4 cup beef fat rendered from roast

Preparation

1. Preheat oven to 500°F.

2. In a mixing bowl combine flour, salt, and milk. Blend with a wire whisk.

3. Add eggs and blend well. Scrape sides and bottom of bowl with a rubber spatula and continue to whip until batter is smooth.

4. Let batter sit at room temperature for an hour.

5. Preheat large muffin tins or 3/4 cup glass baking cups in oven with 1 1/2 tablespoon of beef fat in each tin or cup.

6. Pour approximately 1/3 cup of batter into each cup.

7. Bake in 500°F oven for approximately 20 to 25 minutes until puddings rise well above level of tins or cups and begin to brown on tops and edges. Reduce heat to 350°F and bake an additional 10 to 15 minutes.

8. Serve immediately.



Draft House

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Book Review

"Trial & Heirs: Famous Fortune Fights!"

written by: **Andrew W. Mayoras & Danielle B. Mayoras**

Across the country in December, families will be coming together for the holidays. Sometimes the holidays are one of the few times of year that family members see each other. They eat, share stories, and laugh together. Of course, there may be a few family squabbles, but hopefully no mash-potato flinging. Or will there be? Overall, the holidays are rare opportunities for family members to have face-to-face conversations. One critical conversation is talking about estate planning — what happens legally when a loved one passes away.



As confirmed by the Washington Post this week, the stories in Trial & Heirs: Famous Fortune Fights! are great conversation starters. We highly recommend this book, but here are some free tips you can use right away. What questions will these tips help you answer?

- What will happen once mom and dad pass away?
- Have they done their will or trust? Is it updated?
- Where is it?
- What professionals do they work with?
- Where are the documents located?

The celebrity stories in "Trial & Heirs: Famous Fortune Fights!" can help you translate the estate planning talk into a fun and entertaining discussion. Really! Here are some easy-to-use tips and conversation starters taken from the stories in the book.

Five Estate Planning Tips For Holiday Conversations

Tip #1 — Bring the celebrities home for the holidays.

If your family member (mom, dad, sister, aunt, grandma) is reluctant to talk about wills and trusts, begin by sharing some stories about celebrity estate planning. Start with a story about Ray Charles. He sat his entire family down (which included 12 kids from 9 different mothers!) and discussed what he planned for his estate after his passing. Encourage your loved ones to talk to each other like Ray Charles. Turn the uncomfortable topic of wills and trusts into something entertaining!

Tip #2 — Find out if your loved ones have done their estate planning.

So now you've begun the conversation with your family by describing what Ray Charles did, the next question is: did your loved ones prepare a will or trust yet? Find out! Whether we're 20 or 92 years old, no one is promised tomorrow. Share the case of Sonny Bono. He was 62 years old when he unexpectedly passed away in a skiing accident. Sonny did not have a will or a trust! His widow endured lots of complications because of Sonny's lack of planning. So if your

loved ones haven't done their estate planning, encourage them to make sure to do so.

Tip #3 — Confirm that they have finished what they started.

Maybe you've gotten through the first two hurdles, and your family members say, "don't worry...we've taken care of everything". Are they sure that they dotted their "i"s and crossed their "t"s? Share the stories of Heath Ledger who failed to update his will after his daughter was born, and Michael Jackson who caused his family unnecessary trips to the courthouse because he did not properly "fund" his trust. If your loved ones have a will or trust, has it been updated in the recently? Have they transferred their assets into their trust? It's not enough to just "do" the documents, they need to be done the right way and updated with new laws and life changes.

Tip #4 — Verify that the attorney is a specialist.

"Yes," your loved ones respond, "we just saw our attorney and updated everything." Okay... now we're getting somewhere, but that doesn't end the conversation. Does their attorney specialize in estate planning? If not, going to the attorney to update the documents may not be enough. Does the attorney use "one size fits all" forms, or customize the documents to your loved one's needs? Share the tips on how to make sure that you have a good attorney from "Trial & Heirs" to give your family peace of mind. Also, make sure that you have the name of the attorney and other professionals in the event that your loved ones unexpectedly pass away.

Tip #5 — Establish the location of the documents.

You've almost conquered the list! You've gotten through the first four tips, but where in the world are the documents located? Your loved ones have done their documents, updated them, and worked with a specialist, but that doesn't do the family any good if you cannot find them! Share the story of Florence Griffith Joyner aka Flo-Jo. Her original estate planning documents were never located and as a result it cost her family a lot of time, money, grief and uncertainty. Make sure that your loved ones tell you where those critical documents are located and that the trustee or executor can access them. There's no point in hiding the will or trust so well that no one can find them or worse, putting them in a safe deposit box that no one can get into!

Alright, the holidays are around the corner and now you're armed with some tips on the conversation that you really need to have with your family this holiday season. Remember "Trial & Heirs: Famous Fortune Fights!" has these stories to start the conversation and so many more! Written by: Danielle B. Mayoras, co-author of "Trial & Heirs: Famous Fortune Fights!" and co-founder and shareholder of The Center for Elder Law, dedicated her legal career to teaching professionals, businesses and the general public about elder law, special needs planning, and general estate planning. Danielle is a renowned attorney and Credentialed Professional Gerontologist, educating through speaking engagements, print, and broadcast media across the United States.



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Local Business

Spaghetti Warehouse Partners with Big Brothers Big Sisters of Greater Pittsburgh for Inaugural Wii Bowl for Kids' Sake



Spaghetti Warehouse partners with Big Brothers Big Sisters of Greater Pittsburgh for Inaugural Wii Bowl for Kids' Sake

Big Brothers Big Sisters of Greater Pittsburgh will partner with Spaghetti Warehouse to hold its inaugural charity Wii bowling event. This event will be held on Sunday, January 31, at Spaghetti Warehouse in the Strip District. This event promises to be a fun-filled day of bowling, games and excitement, BFKS truly allows everyone in our community to make a difference in the lives of at-risk youth. All money raised during this event will go directly to the children in the one-to-one mentoring programs at Big Brothers Big Sisters of Greater Pittsburgh.

Big Brothers Big Sisters mission is to help children reach their potential through professionally supported one-to-one relationships with measurable impact. Their vision consists of successful mentoring relationships for all children who need and want them contributing to better schools, brighter futures, and stronger communities for all. Fortune Magazine found that 88% of all Americans recognize Big Brothers Big Sisters and



they were selected in 2006 as one of "America's Greatest Brands" by the American Brands Council. Big Brothers Big Sisters are local market specialist

...serving 5,000 communities across America with a quarter of a million active matches. Over their 104 year history, they have created a vast alumni network of caring community and business leaders who have experienced first hand the power of what they do. They also work with major corporations who work closely with them in partnership and see the value of successful mentoring. Spaghetti Warehouse is one of those corporations who understand and are the forefront of their partnerships.

Through Wii Bowl for Kids' Sake, Spaghetti Warehouse hopes to raise thousands of dollars that will enable BBBS to achieve sustainable growth in serving more children.

Your group or organization can help support their efforts by signing up to bowl. Enjoy a fun outing with friends, as well as the satisfaction of knowing you're making a big difference to kids right here in your community! To register or for more information you can log onto www.wiibowlpittsburgh.kintera.org

The event will be held, Sunday, January 31, 2010 with sessions running from 11am-1pm; 1:30 pm to 3:30 pm; 4 pm to 6 pm; and 6:30 pm to 8:30 pm. Registration is \$30 which includes a pasta dinner, salad, bread and soft drink, along with your participation in the event. Prizes include gift cards to GameStop, iPods, iTunes Cards and Nintendo Wii Systems. For more information please contact Adriane Deithorn, Vice President of Development at 412-204-1219 or adeithorn@bbbspgh.org.





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Wine and Spirits

New Year's Celebrations *By: Allrecipes Staff*

Host a party to remember throughout the year! Across America and around the world, New Year's Eve means getting together with friends and family to share wishes for happiness and prosperity in the coming year. Whether you celebrate with an elegant sit-down dinner or take a more casual approach by offering an irresistible appetizer spread, you're sure to have a house filled with happy guests at the stroke of midnight!

Party Tips

Provide tiaras and party whistles for each of your guests.

While the adults pop open the champagne, make sure the kids have plenty of noisemakers of their own.

- Have everyone bring an item to include in a scrap book celebrating happy events from the previous year.
- Disposable cameras--or a printer for guests' digital cameras--are a great way to remember the evening and to create fun on the spot.
- Pass the time waiting for the clock to chime with interactive games: charades or classic board games will keep adults and children entertained.
- Balloons and glitter add excitement to any celebration. (And you don't have to worry about the mess until next year!)
- Provide candles or lanterns for each guest to light at the stroke of midnight.
- A beautiful floral arrangement is a sure way to brighten any room, and of course flowers make a great centerpiece at the table.
- Many homes are still decorated for Christmas on New Year's Eve--add a twist to celebrate the night by topping the tree with a New Year's crown or use Christmas lights and garland to decorate the appetizer table.
- Provide each guest with a special "good luck" gift bag--fill it with candies, charms, small bottles of their favorite beverages, and flower seeds to plant in the New Year.
- Decorate paper party hats with glitter, ribbons, crepe paper,



and colored markers--don them at the stroke of midnight.

- Champagne is a must on New Year's Eve. Oysters on the half shell are also traditional.

Champagne Cocktail:

Ingredients

- 1 quart vanilla ice cream
- 1 quart prepared lemonade
- 1 (750 milliliter) bottle champagne

Directions: Place the softened ice cream into a punch bowl. Pour in lemonade and champagne. Stir briefly then serve.

Bad Day

Ingredients

- 1 (1.5 fluid ounce) jigger amaretto liqueur
- 4 fluid ounces champagne

Directions

Pour the amaretto into a champagne flute. Top with the champagne. Serve with a lemon twist.

Cranberry Raspberry Flirtini

Ingredients

- 2 ounces Ocean Spray® Cranberry Juice Cocktail
 - 1 ounce vodka
 - 1/2 ounce raspberry liqueur
 - 1 ounce champagne or sparkling wine
- Fresh raspberries, garnish

Directions

Combine the cranberry juice cocktail, vodka, and liqueur in an



Champagne unless they're made in their namesake French region. Chardonnay and pinot noir grapes are the main varieties used to make Champagne, and they're grown all over the world; many regions produce fine sparkling wines that are somewhat less expensive and more widely available than French Champagne. Italian Prosecco and Asti, Spanish Cava and German Sekt are all delicious varieties of sparkling wine. As a side note: the small clusters of grapes sold in

ice-filled martini shaker. Shake gently and strain into a large martini glass. Top with champagne and garnish with fresh cranberries and raspberries.

Champagne 101

Let's toast!

No celebration is complete without a Champagne toast. Learn about Champagne, other sparkling wines, and how to serve them.

Vintage vs. Non-Vintage Champagne

All Champagnes are made from grapes grown in France's northeastern region, the Champagne province. Most Champagnes are non-vintage: that is, they are made from a blend of grapes from different years, aged in the bottle for 18 months. Vintage Champagne is made with high-quality grapes from the same year; they must be aged three years before they are released.

Champagnes from Dry to Sweet

In addition to classifying Champagne as vintage or non-vintage, 6 classifications are used to refer directly to the Champagne's sweetness:

Brut: dry, less than 1.5% sugar

Extra Sec: extra dry, 1.2 to 2% sugar

Sec: medium sweet, 1.7 to 3.5% sugar

Demi-Sec: sweet, 3.3 to 5% sugar (Served as a dessert champagne)

Doux: very sweet, over 5% sugar (Served as a dessert champagne)

Other Wines with Bubbles

Sparkling wines made by the same process can't be called

the supermarket as "champagne grapes" are just using the cachet of the name: they're actually fresh zante currants.

Serving Champagne

Chill the wine in the coldest part of your refrigerator. Open the bottle by twisting off the wire cage over the cork, keeping your thumb over the cork. Keep the bottle at an angle, with the cork pointing away from you. Grasp the neck of the bottle with a dry cloth; with your thumb over the cork, gently twist the bottle. You should feel the cork easing itself loose. Don't go for the dramatic pop: removing the cork should be almost soundless.

Serve Champagne in clean, dry flutes--narrow glasses with tall sides--which show off the color and the fine bubbles while keeping the carbonation from dissipating. "Prime" the glasses by pouring a small amount of wine into the bottom of each glass, letting the foam subside before filling them fully.



Pickin' And Grinnin' Bromberg and Kaukonen return to Pittsburgh



It's been a few years since either of these legends has graced our city with their virtuosity, but we're lucky enough to have them back in Pittsburgh. David Bromberg and Jorma Kaukonen return for one night only – January 19 – at the New Hazlett Theater on the

North Side of Pittsburgh.

A member of the Rock 'n Roll Hall of Fame, Kaukonen was a founding member of the popular psychedelic San Francisco-based band Jefferson Airplane, which scored two Top 10 radio hits in 1967 with "Somebody to Love" and "White Rabbit." He learned to play guitar as a teenager in Washington, D.C. But before moving to the DC area, Jorma and family lived in the Philippines and other locales as he followed his father's career from assignment to assignment before returning to the place of his birth. As a teenager in Washington he and future Jefferson Airplane bassist Jack Casady (who at the time played six-string guitar) formed a band named The Triumphs. Kaukonen departed Washington for studies at Antioch College where friend Ian Buchanan taught him fingerstyle guitar playing. Buchanan also introduced Kaukonen to the music of Reverend Gary Davis, whose songs have remained important parts of Kaukonen's repertoire throughout his career.

In 1962 Kaukonen moved to the San Francisco Bay Area and enrolled in Santa Clara University. During this time he taught guitar lessons at Benner Music Company in San Jose. As a self-described blues purist, Kaukonen never had any ambition to play in a rock band. He played as a solo act in coffee houses and can be heard accompanying a young Janis Joplin on acoustic guitar on an historic 1964 recording (known as "The Typewriter Tapes" because of the obtrusive sound of Kaukonen's first wife Margareta typing in the background). Invited to attend a Jefferson Airplane rehearsal by founding member Paul Kantner, Kaukonen found his imagination excited by the arsenal of effects available to electric guitar and later said, "I was sucked in by technology."

Kaukonen's electric guitar work was distinctive and widely emulated by other Bay Area guitarists. Notable work with Jefferson Airplane includes "Greasy Heart", "If You Feel", "Hey Frederick" (which culminates in an extended lead guitar duet with himself), "Wooden Ships" and his original composition, "Feel So Good". Rolling Stone named Kaukonen the 54th greatest rock guitarist of all time and 16th greatest acoustic guitarist. In 1969–70, Kaukonen and Jack Casady formed Hot Tuna, a spin-off group that allowed them to play as long as they liked. An early incarnation of Hot Tuna included Airplane vocalist Marty Balin and featured Joey Covington on drums

and vocals.

After years of performing and touring, in 1989 Kaukonen found a second career that allows him to share his experience, and that of other great musicians, with the world. With his wife Vanessa, he currently owns and operates the Fur Peace Ranch, a 119-acre music and guitar camp in the hills of southeast Ohio, north of Pomeroy. The Ranch serves as a recording studio, venue for live concerts as well as an institute of learning for guitar aficionados of all levels. While "guitar" is the predominant language at the Ranch, there is also instruction on a host of other instruments from bass guitar to lap steel guitar, mandolin and percussion, vocals and songwriting.

David Bromberg is an American musician and singer-songwriter with an eclectic style – playing bluegrass, blues, folk, jazz, country and western, and rock & roll equally well. He is known for his quirky, humorous lyrics, and the ability to play rhythm and lead guitar at the same time. He was nominated for a Grammy in 2008.

Bromberg attended Columbia University in the 1960s and studied guitar with Reverend Gary Davis during that period. He has played with many famous musicians, including Jerry Jeff Walker, Willie Nelson, Jorma Kaukonen, Jerry Garcia, and Bob Dylan, and co-wrote the song "The Holdup", with former Beatle George Harrison, who played on Bromberg's self-titled 1971 album.

A man of many talents, Bromberg is proficient on fiddle, many styles of acoustic and electric guitar (to each of which he lends a highly individual voice), pedal steel guitar and Dobro. David Lindley, Norman Blake, Mark O'Connor, Larry Campbell, Robin Williamson, Emily Robison and Ricky Skaggs are among the small number of other major musicians with equal proficiency on three or more string instruments.

Like Kaukonen, Bromberg has created a successful career outside of performing. Bromberg currently lives in Wilmington, Delaware, where he and his wife, artist Nancy Josephson, own an extensive violin sales and repair shop. He occasionally performs at Wilmington's Grand Opera House. And, according to a local Wilmington news story in early 2008, his collection consists of 275 American violins – the largest known collection in the United States.

You can catch Bromberg and Kaukonen live on Tuesday, January 19, at 7:30pm at the New Hazlett Theater on Pittsburgh's historic North Side (Allegheny Square East). Tickets are \$35 in advance, \$40 day of show, and can be purchased locally at Dave's Music Mine and Paul's CDs. If you'd rather use corporate America to buy, you can purchase through Ticketmaster as well.

Find out more about these great artists online – www.jormakaukonen.com and www.davidbromberg.net. Also, you can check out the Fur Peace Ranch – www.furpeaceranch.com – and Bromberg's violin shop – www.davidbrombergfineviolins.com.



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Theater

Cats - America's Favorite Family Musical Returns To The Benedum



CATS opened on Broadway October 7, 1982 at the Winter Garden Theatre in New York City and continued to live up to its motto "Now and Forever." On June 19, 1997, CATS became the longest running musical on Broadway. It ended its 18 year run on September 10, 2000.

Based on T.S. Eliot's Old Possum's Book of Practical Cats, and with music by Andrew Lloyd Webber, CATS won seven 1983 Tony Awards including Best Musical, Best Book of a Musical, Best Lighting and Best Costumes.

In October of 1991 CATS became the longest continuously touring show in American theatre history. Five continents, 26 countries, over eight and a half

The show that revolutionized musical theatre is returning to Pittsburgh's Benedum Center on Tuesday, January 26, 2010 for six nights only. CATS explores the magical and mysterious world of the Jellicle Cats and features award winning musical hits including the well-known "Memory." CATS is a special production on the PNC Broadway Across America-Pittsburgh series, presented by The Pittsburgh Cultural Trust, Pittsburgh Symphony and Broadway Across America.

Tickets (\$21-\$53) are available at the Box Office at Theater Square (655 Penn Avenue), by phone 412-456-6666 or online at pgharts.org. For group discounts of 10 or more, please call 412-471-6930. Performances are Tuesday-Thursday at 7:30 p.m.; Friday at 8 p.m.; Saturday at 2 and 8 p.m.; and Sunday at 1 and 6:30 p.m.

Produced by CATS-Eye, LLC, this national tour of CATS is the only production in North America sanctioned by Andrew Lloyd Webber. With original direction by Trevor Nunn and choreography by Gillian Lynne this is the CATS credited with the British invasion of Broadway. The national tour of CATS recently celebrated its 26th anniversary season, holding its place as the longest continuously touring Broadway musical in history.

On May 11, 1981, CATS opened at the New London Theatre in the West End. Eight years later it celebrated its first important milestone: after 3,358 performances CATS became the longest running musical in the history of British theatre. CATS played its final performance on its 21st birthday, May 11, 2002.

million audience members and 26 years later, CATS is still America's most loved family musical. Celebrating not only 26 years but the birth of the musical spectacular, CATS is still revolutionary and awe inspiring.



Theater

PPT Promises Great January With Two Great Plays - The Chief and A Midsummer Night's Dream



From a hit one-man play to a magical comedy with a cast of 14, Pittsburgh Public Theater is the place to be in January. Pittsburgh Public Theater starts 2010 with two beloved yet completely different plays, both directed by Ted Pappas. Running Jan. 6 – 10, for six performances only, is the farewell production of *The Chief*. Written by Pittsburghers Rob Zellers & Gene Collier, this one-man show celebrating Steelers

founder Art Rooney, Sr. was created at The Public in 2003. Starring acclaimed actor Tom Atkins, *The Chief* has returned each year since then. But now The Public has decided to retire the play, so this is the last chance to say hail to *The Chief*. Showtimes: Wed., Jan. 6 through Fri., Jan. 8 at 8 pm; Sat.,

Jan. 9 at 2 & 8 pm; Sun., Jan. 10 at 1 pm. Ticket Prices: \$48 & \$65. \$15 for students and age 26 and younger. *The Chief* is presented by PPG Industries Foundation.

Running Jan. 21 – Feb. 21 is William Shakespeare's *A Midsummer Night's Dream*, a comic extravaganza which brings together the vibrant fairy kingdom, a quartet of mismatched lovers, the bewitched Bottom, and a band of bumbling rustics in the world's most magical play. The cast features Pittsburgh-based actors Tony Bingham, Alex Coleman, James Fitzgerald, Daniel Krell, Devon Malcolm and David Whalen, as well as local children Meggie Booth and Alex Lindsay Roth. Appearing as Puck is Harris Doran (*Cabaret at The Public*), John Ahlin, Bianca Amato, J.T. Arbogast, Lindsey Kyler, Lucas Near Verbrugge, and Beth Wittig. Showtimes: Tues. through Sat. at 8 pm (except Tues., Feb. 16 when the show is at 7 pm); Sat. & Sun. at 2 pm (except Sat., Jan. 23 & 30); Sun. at 7 pm (except Sun., Feb. 21). There will be an additional 2 pm matinee on Thurs., Feb. 18. Ticket Prices: \$35 to \$55. \$15 for students and age 26 and younger.

Led by Producing Artistic Director Ted Pappas, Pittsburgh Public Theater's home is the O'Reilly Theater in the heart of Downtown's Cultural District.

For tickets call 412.316.1600 or visit www.ppt.org.

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Humor

Tiger Woods Holiday Poem

Twas the night of Thanksgiving and out of the house
Tiger Woods came a flyin', chased by his spouse.
She wielded a nine iron and wasn't too merry,
Cause a bimbo's phone number was in his Blackberry.
He'd been cheatin' on Elin, and the story progressed.
Woman after woman stepped up and confessed.
He'd been cheatin' with Holly, and Jaimee, and Cori,
With Joselyn, and Kalika. The world had the story.
From the top of the Tour to the basement of blues,
Tiger's sad sordid tale was all over the news.
With hostesses, waitresses, he had lots of sex,
When not in their pants, he was sendin' them texts.
Despite all his cryin' and beggin' and pleadin',
Tiger's wife went investin' -- a new home in Sweden.
And I heard her exclaim from her white Escalade,
"If you're gettin' laid then I'm gettin' paid."
She's not pouting, in fact, she is of jolly good cheer,
Her pre-nup made Christmas come early this year.

Potato Prostitute

Two little potatoes are standing on the street corner. One is a Prostitute. How can you tell which one is the prostitute? It's the one with the little sticker that says... I - DA - HO

Oxymorons

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?

14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why is bra singular and panties plural?
21. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in a suitcase?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the bottle?
26. Why do they call it a TV set when you only have one?
27. Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?
28. Why do we drive on a parkway and park on a driveway? I dunno, why do we?

Divorce Court

A man and his wife were in a court for their divorce case. The Problem was who should get custody of the child. The wife screamed and jumped up and said: "Your Honor. I brought The child into the world with all the pain and labor. The child Should be in my custody. " The judge turned to the husband and said: "What do you have to Say in your defense?" The man sat for a while contemplating. ..then slowly rose. "Your Honor... If I put a dollar in a Pepsi Vending Machine and a Pepsi Comes out... Whose Pepsi is it... The machine's or mine?"

And the Moral of the Story Is.....

A modern day cowboy has spent many days crossing the Texas plains without water. His horse has already died of thirst. He's crawling through the sand, certain that he has breathed his last breath, when all of a sudden he sees an object sticking out of the sand several yards ahead of him. He crawls to the object, pulls it out of the sand and discovers what looks to be an old briefcase. He opens it and out pops a genie. But this is no ordinary genie. She is wearing a FEMA (Federal Emergency Management Agency) ID badge and a dull gray dress. There's a calculator in her pocketbook. She has a pencil tucked behind one ear. 'Well, cowboy,' says the genie.. You know how I work.....You have three wishes.' 'I'm not falling for this.' said the cowboy... 'I'm not going to trust a FEMA genie.' 'What do you have to lose? You've got no

transportation and it looks like you're a goner anyway!' The cowboy thinks about this for a minute and decides that the genie is right. 'OK! I wish I were in a lush oasis with plenty of food and drink.' ***POOF*** The cowboy finds himself in the most beautiful oasis he has ever seen. He is surrounded with jugs of wine and platters of delicacies. 'OK, cowpoke, what's your second wish.' 'My second wish is that I was rich beyond my wildest dreams.' ** *POOF*** The cowboy finds himself surrounded by treasure chests filled with rare gold coins and precious gems. 'OK, cowpuncher, you have just one more wish. Better make it a good one!' After thinking for a few minutes, the cowboy says... 'I wish that no matter where I go, beautiful women will want and need me.' ***POOF*** He was turned into a tampon.

Moral of the story: If the government offers to help you, there's going to be a string attached.

When Grandma Goes To Court

Lawyers should never ask a Mississippi grandma a question if they aren't prepared for the answer. In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, Mrs. Jones, do you know me? She responded, Why, yes, I do know you, Mr. Williams. I've know you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you. The lawyer was stunned. Not know what else to do, he pointed across the room and asked, Mrs. Jones, do you know the defense attorney? She again replied, Why yes, I do. I've known Mr. Bradley since he was a youngster too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different woman. One of them was your wife. Yes, I know him. The defense attorney nearly died. The judge asked both counselors to approach the bench and in a very quiet voice, said, If either of you idiots asks her if she knows me, I'll send you both to the electric chair.

Penguins

Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they go? Wonder no more!! It is a known fact that the penguin is a very ritualistic bird that lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintaining a form of compassionate contact with its offspring throughout its life. If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to

be rolled into and buried.

The male penguins then gather in a circle around the fresh grave and sing: "Freeze a jolly good fellow." "Freeze a jolly good fellow." "Then they kick him in the ice hole." You really didn't really believe that we knew anything about penguins, did you?

Blonde Joke

A man went into the office kitchen one morning and found a beautiful blond woman painting the walls. She was wearing a fur coat and a nice denim jacket. Thinking this was a bit strange, he asked her why she was wearing such nice clothes rather than overalls. The blonde simply sighed and showed him the instructions on the tin, "For best results, put on two coats."

The Maid

A guy dials his home phone number and a strange woman answers. The guy says, "Who is this?" "This is the maid," answers the woman. "We don't have a maid," says the man. The woman says, "I was hired this morning by the lady of the house." The man says, "Well, this is her husband. Is she there?" The woman replies, "She is upstairs in the bed room with someone who I figured was her husband." The guy is fuming and says to the maid, "Listen, would you like to make \$50,000?" The maid says, "What will I have to do?" The man tells her, "I want you to get my gun from the desk, and shoot the witch and the jerk she's with." The maid puts the phone down and the man hears footsteps and then two gun shots. The maid comes back to the phone, "What do I do with the bodies?" The man says, "Throw them in the swimming pool." Puzzled, the maid answers, "But you don't have a pool." The man pauses for a moment and says, "Ummmm... Is this 555-3248?"

Death of a Consultant

A consultant dies on in a fishing accident on his 40th birthday and finds himself greeted at the Pearly Gates by a brass band. Saint Peter runs over, shakes his hand and says, "Congratulations!" "Congratulations for what?" asks the consultant. "We are celebrating the fact that you lived to be 160 years old," Saint Peter exclaims. "But that's not true," says the consultant. "I only lived to be 40." "That's impossible," says Saint Peter, "we added up your time sheets."

Golf Score

"What's your golf score?" the country club interviewer asked the prospective new member. "Well, not so good," replied the golfer. "It's 69." "Hey, that's not bad. In fact, it's very good." "Glad you think so," the golfer confided. "I'm hoping to do even better on the next hole."

Pricey Parrots

A man goes into a pet shop to buy a parrot. The shop owner points to three identical looking parrots on a perch and says, "The parrot to the left costs \$500." "Why does the parrot cost so much?" the customer asks. The owner says, "Well, it knows how to use a computer." The customer asks about the next parrot and is told, "That one costs \$1,000 because it can do everything the other parrot can do plus it knows how to use the UNIX operating system." Naturally, the increasingly startled man asks about the third parrot and is told, "That one costs \$2,000." Needless to say this begs the question, "What can IT do?" The owner replies "To be honest I've never seen it do a thing but the other two call him boss!"

Caught in the Act

A guy came home early and found his wife in bed with another man. "What the hell are you doing?" shouted the irate husband. "See," the wife said to the man lying beside her. "Didn't I tell you that he doesn't know a thing about sex?"

Golf Accident

A man staggers into an emergency room with two black eyes and a five iron wrapped tightly around his throat. Naturally, the doctor asks him what happened. "Well, I was having a quiet round of golf with my wife when she sliced her ball into a pasture of cows. We went to look for it and while I was rooting around I noticed one of the cows had something white at its rear end. I walked over and lifted up the tail and sure enough, there was my wife's golf ball... stuck right in the middle of the

cow's butt. "That's when I made my mistake." "What did you do?" asks the doctor. "Well, I lifted the tail and yelled to my wife, 'Hey, this looks like yours!'"

Doctor's Orders

A middle management executive has to take on some sport by his doctor's orders, so he decides to play tennis. After a couple of weeks his secretary asks him how he's doing. "It's going fine," the manager says. "When I'm on the court and I see the ball speeding toward me, my brain immediately says, 'To the corner! Back hand! To the net! Smash! Go back!'" "Really? What happens then?" the secretary asks. "Then my body says, 'Who? Me? You must be kidding!'"

New Signs

A shopkeeper was dismayed when a brand new business much like his own opened up next door and erected a huge sign reading, "BEST DEALS." He was horrified when another competitor opened up on his right, and announced its arrival with an even larger sign reading, "LOWEST PRICES." The shopkeeper panicked, until he got an idea. He put the biggest sign of all over his own shop. It read: "MAIN ENTRANCE."

Sitting Next to God

Peyton Manning, Tony Romo and Tom Brady go to heaven to visit God and watch the Celtics play a game. God decides who will sit next to him by asking the boys a question. God asks Peyton Manning first, "What do you believe?" Peyton

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thinks long and hard, looks God in the eye, and says, “I believe in hard work, and in staying true to family and friends. I believe in giving. I was lucky, but I always tried to do right by my fans.” God can’t help but see the essential goodness of Manning, and offers him a seat to his left. Then God turns to Tony Romo and says, “What do you believe?” Tony says, “I believe passion, discipline, courage, and honor are the fundamentals of life. I too have been lucky, but win or lose I’ve always tried to be a true sportsman, both on and off the field.” God is greatly moved by Tony’s sincere eloquence, and he offers him a seat to his right. Finally, God turns to Tom Brady and says, “And you, Tom, what do you believe?” Tom replies, “I believe you’re in my seat.”

Juror Screening

Judge: “Is there any reason you could not serve as a juror in this case?”

Juror: “I don’t want to be away from my job for that long.”

Judge: “Can’t they do without you at work?”

Juror: “Yes, but I don’t want them to know that.”

Afternoon Quickie

It was obvious to Mom and Dad that the only way to pull off a Sunday afternoon quickie without their 9-year-old son hanging around was to send him out on the balcony. So they ordered him to report on all the neighborhood activities. The boy began his commentary, “There’s a car being towed from the parking lot,” he said. “An ambulance just drove by. It looks like the Andersons have company,” he called out. “Max is riding a new bike and the Coopers are having sex.” Mom and Dad shot up in bed. “How do you know that?” the startled father asked. “Their kid is standing out on the balcony too.”

Late Night Phone Call

A married couple was asleep when the phone rang at 2:00 in the morning. The blond wife picked up the phone, listened a moment and said, “How should I know, that’s 200 miles from here!” and hung up. The husband said, “Who was that?” The wife said, “I don’t know, some woman wanting to know ‘if the coast is clear.’”

Going to the Pub

A man comes in to the room and says to his wife, “I’m going to the pub. Get your coat on.” The wife, overjoyed that he has included her in his activity replies, “Does that mean that you are taking me with you, darling?” The husband replies, “No, I’m turning the heating off.”

Filling the Tank

Little Johnny catches his parents going at it. He says, “Hey, Dad! What are you doing?” His father says, “I’m filling your mother’s tank.” Johnny says, “Oh, yeah? Well, you should get a model that gets better mileage. The milkman filled her this morning.”

Hell on Earth

One evening, a young lady came home from a date rather sad. She told her mother, “Anthony proposed to me an hour ago.” “Then why are you so sad?” her mother asked. “Because he also told me he is an atheist. Mom, he doesn’t even believe there’s a hell.” Her mother replied, “Marry him anyway. Between the two of us, we’ll show him just how wrong he is.”

Terrible Tee Shot

A man steps up for a tee shot with a row of trees on his right side. He slices it wildly and it heads off in the direction of the trees. He gets another ball and continues playing. About 15 minutes later a highway patrolman approaches him. “This your ball?” asks the policeman. “Yes, I think it is.” “Well,” says the officer, “it went over the trees and through the window of a house. It hit a cat and the cat ran out the front door. A school bus was driving by at the time and the driver, while trying to miss the cat, hit a tree. The bus exploded in flames, and there were no survivors.” “Gee, I’m sorry,” said the golfer. “Is there anything I can do?” The policeman replied, “Well, you might try keeping your left arm a little straighter and start your downswing with your hips.”

Roomful of Blondes

A blind guy on a barstool shouts to the bartender: “Wanna hear a blonde joke?” In a hushed voice, the guy next to him says, “Before you tell that joke, you should know something. The bartender and the bouncer are both blondes. I’m a 6-foot-tall, 200-pound black belt. The guy sitting next to me is a 6-foot, 225-pound rugby player. The guy to your right is 6 foot, five inches, pushing 300, and he’s a wrestler. Each one of us is also blonde. Now, you still wanna tell that joke?” The blind guy says, “Nah, not if I’m gonna have to explain it five times.”

White Gloves

A guy wanted to buy a gift for his girlfriend’s birthday. As they had only started dating, after careful consideration, he decided a pair of gloves would strike the right note: personal, but not too personal. Accompanied by the girlfriend’s younger sister, he went to Dillard’s and bought a pair of white gloves. The sister purchased a pair of panties for herself. During the wrapping, however, the clerk got the items mixed up and the sister got the gloves and the girl friend got the panties. The guy sent the package to the girl friend with the following note: I chose these because I noticed you are not in the habit of wearing any in the evening. If it had not been for your sister, I would have chosen the long ones with the buttons, but she wears the short ones that are easier to remove. These are a delicate shade, but the sales clerk that helped me has a pair that she has been wearing for the past three weeks and they are hardly soiled. I had her try yours on for me and she looked really smart. I wish I was there to put them on for you the first time, as no doubt other hands will come into contact with them before I have a chance to see you again. When you take them off, remember to blow in them before putting them away as they will naturally be a little damp from wearing. Just think how many times I will kiss them during the coming year. I hope you will wear them for me Friday night. All my love.

Soy Beans

Going through his wife’s bedroom drawers, a farmer discovered three soy beans and an envelope containing 30 dollars in cash. He confronted his wife, who promptly confessed. Darling, over the years I haven’t been completely faithful to you. But when I fool around, I put a soy bean in the drawer to remind me of my indiscretion.” The farmer admitted that he hadn’t always been faithful either and, therefore, was inclined to forgive her. “Where did the 30 dollars come from?” he asked. “Oh that,” his wife replied. “When soy beans hit 10 dollars a bushel, I sold out.”

Sex Before Marriage

Two clergymen were discussing the present sorry state of sexual morality. "I didn't sleep with my wife before we were married," one clergyman said self-righteously. "Did you?" "I'm not sure," said the other, "what was her maiden name?"

Like Father, Like Son

Three gentlemen are golfing one day. They come to a difficult par with a water trap just after the tee. The first golfer hits his ball right into the water. To retrieve it, he approaches the water and extends his golf club. The water parts, he takes his next shot and it lands on the green. The second golfer hits his ball toward the water, but rather than sink, the ball floats on top of the water. The golfer walks across the water and hits the ball onto the green. The third golfer hits his ball directly into the water, where it quickly starts to sink. As the ball sinks, a fish grabs the ball in its mouth. At that very moment, a hawk plucks the fish out of the water and begins to carry it aloft. As the bird soars higher, a bolt of lightning startles the bird, which then drops the fish into a nearby tree. When the fish hits a branch of the tree, the ball pops out, rolls down across the green and right into the hole. Moses turns to Jesus and says, "You know, I hate golfing with your Father."

Street Light Search

Late at night, a drunk was on his knees beneath a street-light,

evidently looking for something. A passer-by, being a good Samaritan, offered to help. "What is it you have lost?" he asked. "My watch," replied the drunk. "It fell off when I tripped over the pavement." The passer-by joined in the search but after a quarter of an hour, there was still no sign of the watch. "Where exactly did you trip?" asked the passer-by. "About half a block up the street," replied the drunk. "Then why are you looking for your watch here if you lost it half a block up the street?" The drunk said: "Because the light's a lot better here."

Caught Speeding

An elderly couple was driving cross-country, and the woman was driving. She gets pulled over by the highway patrol. The officer says, "Ma'am, did you know you were speeding?" The woman turns to her husband and asks, "What did he say?" The old man yells, "HE SAYS YOU WERE SPEEDING." The patrolman says, "May I see your license?" The woman turns to her husband and asks, "What did he say?" The old man yells, "HE WANTS TO SEE YOUR LICENSE." The woman gives him her license. The patrolman says, "I see you are from Arkansas. I spent some time there once, had the worst sex with a woman I have ever had." The woman turns to her husband and asks, "What did he say?" "HE THINKS HE KNOWS YOU," the old man yells.

Blonde Joke

A blonde was down on her luck. In order to raise some money, she decided to kidnap a kid and hold him for ransom. She went to the playground, grabbed a kid, took him behind a tree, and told him: "I've kidnapped you." She then wrote a note saying, "I've kidnapped your kid. Tomorrow morning, put \$10,000 in a paper bag and put it under the pecan tree next to the slide on the north side of the playground. Signed, A Blonde." The blonde then pinned the note to the kid's shirt and sent him home to show it to his parents. The next morning the blonde checked, and sure enough, a paper bag was sitting beneath the pecan tree. The blonde opened the bag and found the \$10,000 with a note that said, "How could you do this to a fellow blonde?"

Anger Management

One Monday morning after the weekly company meeting, a young executive was complaining to his boss about the problems he was having with his stubborn girlfriend. "She gets me so angry sometimes," the young man confided. "Well, son. I'll tell you what I used to do with my wife," replied the boss. "Whenever she got out of hand, I'd take her pants down and spank her." Shaking his head, the young guy replied, "That doesn't work. Once I get her pants down, I'm not mad anymore."

Stuffed Toys

Harry met Sandy at a nightclub one evening, and she finally invited him back to her apartment to spend the night. Her roommate was out of town, so this was the perfect

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opportunity. The couple went back to her house, and after a few minutes the pair proceeded into Sandy's bedroom. When Harry walked through the door he immediately noticed all of these stuffed animals. There were hundreds of them — stuffed toys on top of the wardrobe, stuffed toys on the bookshelf and stuffed toys on the window sill. There were more on the floor, and of course, stuffed toys all over the bed. They cleared off the bed, jumped in, and went at it. Later, after the sex, Harry turned to Sandy and asked, "Well ... How was I?" Sandy replied, "Well, you can pick anything from the bottom shelf."

Inflatable Dolls

Two elderly gentlemen, who had been without sex for several years, decided that they needed to visit a cat-house for some tail. When they arrived, the madam took one look at them and decided she wasn't going to waste any of her girls on these two old men. So she used "blow-up" dolls instead. She put the dolls in each man's room and left them to their business. After the two men were finished, they started for home and got to talking. The first man said, "I think the girl I had was dead. She never moved, talked or even groaned. How was it for you?" The second old man replied, "I think mine was a witch." The first man asked, "How's that?" "Well," said the second man, "when I nibbled on her breast, she farted and flew out the window!"

School Play

One afternoon, Christopher's father picked him up early from school to take Chris to a dental appointment. Knowing that the

parts for the school play were supposed to be posted today, the father asked his son if he had gotten a part. Christopher enthusiastically announced that indeed he had gotten a part. Chris proudly exclaimed, "I play a man who's been married for 20 years." "That's great, son. Keep up the good work, and before you know it, they'll be giving you a speaking part."

Farmer's Last Will and Testament

I Leave: To my wife: My overdraft at the bank. Maybe she can explain it.

To my son: Equity on my car. Now he will have to go to work to meet the payments.

To my banker: My soul. He has the mortgage on it anyway.

To my neighbor: My clown suit. He will need it if he continues to farm as he has in the past.

To the farm credit corporation: My unpaid bills. They took some real chances on me. I want to do something for them.

To the junk man: All my machinery. He's had his eyes on it for years.

To my undertaker: A special request. I want six implement dealers and six fertilizer dealers for pallbearers. They are used to carrying me.

To the weatherman: Rain, hail and snow for the funeral please. No sense in having good weather now.

To the grave digger: Don't bother. The hole I'm in now should be big enough.

And lastly To the monument maker: Set up a jig for the epitaph. "Here lies a farmer who has now properly assumed all of his obligations."

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Holy Advice

A businessman was in a great deal of trouble. His business was failing, he had put everything he had into the business, he owed everybody— it was so bad he was even contemplating suicide. As a last resort he went to a priest and poured out his story of tears and woe. When he had finished, the priest said, “Here’s what I want you to do: Put a beach chair and your Bible in your car and drive down to the beach. Take the beach chair and the Bible to the water’s edge, sit down in the beach chair, and put the Bible in your lap. Open the Bible; the wind will rifle the pages, but finally the open Bible will come to rest on a page. Look down at the page and read the first thing you see. That will be your answer, that will tell you what to do.” A year later the businessman went back to the priest and brought his wife and children with him. The man was in a new custom-tailored suit, his wife in a mink coat, the children shining. The businessman pulled an envelope stuffed with money out of his pocket, gave it to the priest as a donation in thanks for his advice. The priest recognized the benefactor, and was curious. “You did as I suggested?” he asked. “Absolutely,” replied the businessman. “You went to the beach?” “Absolutely.” “You sat in a beach chair with the Bible in your lap?” “Absolutely.” “You let the pages rifle until they stopped?” “Absolutely.” “And what were the first words you saw?” “Chapter 11.”

10 Reasons to Ask for a Raise

- You take your paycheck to the bank and the teller bursts out in hysterical laughter.
- The Red Cross calls and offers you emergency assistance.
- Your only charge cards are for the Salvation Army, ARC, and DAV thrift stores.
- You work full time and you still qualify for food stamps.
- You empty out your piggy bank and then cook the bank and serve it for your Easter ham.
- All you can think about morning, noon and night is clipping grocery coupons.
- You file your income taxes and the IRS returns them stamped, “Charity Case — Return To Sender.”
- You set the world record for mailing \$1.00 rebate requests.
- You pay all your bills, put your remaining \$1 bill into your billfold and it goes into shock.
- You get arrested for taking the coins out of the fountain in the mall.

400 Bricks

Put 400 bricks in a closed room. Put your new hires in the room and close the door. Leave them alone and come back after 6 hours. Then analyze the situation:

- If they are counting the bricks, put them in the Accounting Department.
- If they are recounting them, put them in Auditing.

- If they have messed up the whole place with the bricks, put them in Engineering.
- If they are arranging the bricks in some strange order, put them in Planning.
- If they are throwing the bricks at each other, put them in Operations.
- If they are sleeping, put them in Security.
- If they have broken the bricks into pieces, put them in Information Technology.
- If they are sitting idle, put them in Human Resources.
- If they say they have tried different combinations, they are looking for more, yet not a brick has been moved, put them in Sales.
- If they have already left for the day, put them in Marketing.
- If they are staring out of the window, put them in Strategic Planning.
- If they are talking to each other, and not a single brick has been moved, congratulate them and put them in top management.
- Finally! If they have surrounded themselves with bricks in such a way that they can neither be seen nor hear what you say to them. Put them in Congress!

Hard Work

Rossi was the manager of an upscale men’s wear store in a wealthy section of town and was interviewing Abe for the recently advertised salesman role. Rossi looks at Abe’s resume and notices that Abe has never worked in retail before. Rossi says to Abe, “Wow... for someone with no retail experience, you are certainly asking for a high salary.” “Well I suppose I am,” Abe replies, “but you must understand that the work is so much harder when you don’t know what you’re doing.”

2 Times 2

Several scientists were all posed the following question: “What is 2×2 ?” The engineer whips out his slide rule (so it’s old) and shuffles it back and forth, and finally announces “3.99”. The physicist consults his technical references, sets up the problem on his computer, and announces “it lies between 3.98 and 4.02”. The mathematician cogitates for a while, then announces: “I don’t know what the answer is, but I can tell you, an answer exists!”. Philosopher smiles: “But what do you mean by 2×2 ?” Logician replies: “Please define 2×2 more precisely.” The sociologist: “I don’t know, but it was nice talking about it”. Behavioral Ecologist: “A polygamous mating system”. Medical Student: “4” All others looking astonished: “How did you know?” Medical Student: “I memorized it.”

Best “Out Of Office” Automatic E-Mail Replies

- I am currently out at a job interview and will reply to you if I fail to get the position. Be prepared for my mood.
- You are receiving this automatic notification because I am out of the office. If I was in, chances are you wouldn't have received anything at all.
- Sorry to have missed you, but I am at the doctor's having my brain and heart removed so I can be promoted to our management team.
- I will be unable to delete all the unread, worthless emails you send me until I return from vacation. Please be patient and your mail will be deleted in the order it was received.
- Thank you for your email. Your credit card has been charged \$5.99 for the first 10 words and \$1.99 for each additional word in your message.
- The e-mail server is unable to verify your server connection and is unable to deliver this message. Please restart your computer and try sending again. (The beauty of this is that when you return, you can see how many in-duh-viduals did this over and over.)
- Thank you for your message, which has been added to a queuing system. You are currently in 352nd place, and can

expect to receive a reply in approximately 19 weeks.

- Hi, I'm thinking about what you've just sent me. Please wait by your PC for my response.
- I've run away to join a different circus.
- I will be out of the office for the next 2 weeks for medical reasons. When I return, please refer to me as 'Loretta' instead of 'Bob'

Having a Baby

A man calls his boss and says, "I have to take a day off work, because my wife and I are having a baby." "Oh, ok." The next day the man comes to work and his boss says, "Is it a boy or a girl?" The man says, "I dunno, I'll tell you in 9 months."

Chapter 11

The job notice posted at the Memphis State University placement office advertised for someone to set up a bookkeeping system for a local dinner theater that was filing for bankruptcy. When an eager first-year accounting student inquired, the interviewer told him that the company needed an advanced student capable of handling Chapter 11 proceedings. "I'm sure I could do it," the student proclaimed confidently. "My class is already up to chapter fourteen."

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Why Girls Are Like Finals

- You'd rather get an easy one.
- You get in a lot of trouble if you get caught cheating on one.
- If you are drunk when you do one, it takes a lot longer to finish.
- The less they have on them the better.
- If you have more than one scheduled at the same time, you have a problem.
- Nothing about them makes any sense.
- They just lie there and you have to do all the work.
- When you are done you get up and leave.
- Good curves make for a more enjoyable experience.

Career Change

A gynecologist had a burning desire to change careers and become a mechanic. So he found out from his local tech college what was involved, signed up for evening classes and attended diligently, learning all he could. When time for the practical exam approached, he prepared carefully for weeks, and completed the exam with tremendous skill. When the results came back, he was surprised to find that he had obtained a mark of 150%. Fearing an error, he called the instructor, saying, "I don't want to appear ungrateful for such an outstanding result, but I wondered if there had been an error which needed adjusting." The instructor said, "During the exam, you took the engine apart perfectly, which was worth

50% of the total mark. You put the engine back together again perfectly, which is also worth 50% of the mark. I gave you an extra 50% because you did all of it THROUGH the muffler..."

Doctor's Visit

An older couple, both 67, went to a sex therapist's office. The doctor asked, "What can I do for you?" The man said, "Will you watch us have sexual intercourse?" The doctor looked puzzled, but agreed. The doctor examined them and then directed them to disrobe and go at it. When the couple finished, the doctor reexamined them and, upon completion, advised the couple, "There's nothing wrong with the way you have intercourse." He then charged them \$32. This happened several weeks in a row. The couple would make an appointment, have intercourse with no apparent problems other than the lack of vigor which is to be expected in 67 year olds, get dressed, pay the doctor, and then leave. Finally after almost two months of this routine, the doctor asked, "Just exactly what are you trying to find out?" The old man said, "Oh, we're not trying to find out anything. She's married and we can't go to her house. I'm married, so we can't go to my house. The Holiday Inn charges \$60. The Hilton charges \$78. We do it here for \$32 and I get \$28 back from Medicare."

Reasons it's Great Being a Guy (part 1)

- Your ass is never a factor in a job interview.
- Your orgasms are real. Always.
- Your last name stays put.
- The garage is all yours.
- Nobody secretly wonders if you swallow.
- Wedding plans take care of themselves.
- You don't have to curl up next to a hairy ass every night.
- Chocolate is just another snack.
- You can be president.
- You can wear a white shirt to a water park.
- Foreplay is optional.

Reasons it's Great Being a Guy (part 2)

- Car mechanics tell you the truth. You don't give a rat's ass if someone notices your new haircut. The world is your urinal.
- Hot wax never comes near your pubic area. You never have to drive to another gas station because this one's just too icky.
- Same work... more pay. Wrinkles add character. You don't have to leave the room to make emergency crotch adjustments. Wedding Dress \$2000; Tux rental \$100. 'Nuff said...If you retain water, it's in a canteen. People never glance at your chest when you're talking to them. Princess Di's death was just another obituary. The occasional well-rendered belch is practically expected. New shoes don't cut, blister, or irreparably mangle your feet. Porn movies are designed with you in mind. Your pals can be trusted never to trap you with: "So, notice anything different?"

The Graveyard

Three rednecks, Bubba, Earl and Jeb, were stumbling home



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late one night and found themselves on the road that led past the old graveyard. "Come have a look over here", says Bubba, "It's Zeb Jones' grave, God bless his soul, he lived to the ripe old age of 87." "That's nothing", says Earl, "here's one named Butch Smith. It says here that he was 95 when he died." Just then, Jeb yells out, "But here's a fella that died when he was 145 years old!" "What was his name?" asks Bubba. Jeb lights a match to see what else is written on the stone marker, and exclaims, "Miles, from Georgia."

Birds and the Bees

A father asked his 10 year old son if he knew about the birds and the bees. "I don't want to know!" the child said, bursting into tears. "Promise me you won't tell me." Confused, the father asked what was wrong. "Oh dad," the boy sobbed, "when I was 6 - I got the there's no Santa speech". At 7, - I got the there's no Easter Bunny speech. When I was 8, you hit me with the there's no Tooth Fairy speech. If you tell me that grown-ups don't really screw, I'll have nothing left to live for."

College Graduate

A young man hired by a supermarket reported for his first day of work. The manager greeted him with a warm handshake and a smile, gave him a broom and said, "Your first job will be to sweep out the store." "But I'm a college graduate!!" the young man replied indignantly. "Oh, I'm sorry about the misunderstanding," said the manager. "Here, give me the broom - I'll show you how."

Raw Materials

In school one day the teacher decided in science class she would teach about materials. So she stood in the front of the class and said, "Children, if you could have one raw material in the world what would it be?" Little Richie raised his hand and said "I would want gold, because gold is worth a lot of money and I could buy a Porsche." The teacher nodded and called on little Susie Marie. Little Susie said "I would want platinum because platinum is worth more than gold and I could buy a Corvette." The teacher smiled and then called on Little Johnny. Little Johnny stood up and said, "I would want silicone." The teacher said, "Why Johnny?" He responded by saying, "Because my mom has two bags of it and you should see all the sports cars outside our house!!"

Whale Lesson

A little girl was talking to her teacher about whales. "Whales can't swallow people," the teacher said. "Even though they are large mammals, their throats are very small." "But Jonah was swallowed by a whale," the little girl replied. "That just can't be," the teacher said. "It's physically impossible." "When I get to heaven I will ask Jonah," said the little girl. The teacher looked down at her, smiled and asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him."

Studying vs Sex

The top 10 reasons why studying is better than sex:

10. You can usually find someone to do it with.

9. If you get tired, you can stop, save your place and pick up where you left off.
8. You can finish early without feelings of guilt or shame.
7. When you open a book, you don't have to worry about who else has opened it.
6. A little coffee and you can do it all night.
5. If you don't finish a chapter you won't gain a reputation as a "book teaser."
4. You can do it, eat and watch T.V. all at the same time.
3. You don't get embarrassed if your parents interrupt you in the middle.
2. You don't have to put your beer down to do it.
1. If you aren't sure what you're doing, you can always ask your roommate for help.

How Golf is Like Urinating

1. Keep your back straight, knees bent, and feet shoulder-width apart.
2. Form a loose grip.
3. Keep your head down.
4. Avoid a quick backswing.
5. Stay out of the water.
6. Try not to hit anybody.
7. If you are taking too long, you should let others go ahead of you.
8. You shouldn't stand directly in front of others.
9. Be quiet while others are about to go.
10. Keep strokes to a minimum.

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Two Reasons

Early one morning, a mother went in to wake up her son. "Wake up, it's time to go to school!" "But why, Mom? I don't want to go." "Give me two reasons why you don't want to go." "Well, the kids hate me for one, and the teachers hate me, too!" "Oh, that's no reason not to go to school. Come on now and get ready." "Give me two reasons why I should go to school." "Well, for one, you're 52 years old. And for another, you're the Principal!"

Out of College

- You know you've been out of college too long when...
- Your potted plants stay alive.
- You keep more food than beer in the fridge.
- 6:00 AM is when you get up, not when you go to sleep.
- You hear your favorite song on the elevator at work.
- You carry an umbrella.
- You watch the Weather Channel.
- Your friends marry and divorce instead of hook up and break up.
- You go from 130 days of vacation time to 14.
- Jeans and a sweater no longer qualify as "dressed up."
- You're the one calling the police because those damn kids next door don't know how to turn down the stereo.
- Older relatives feel comfortable telling sex jokes around you.
- You don't know what time Taco Bell closes anymore.
- Your car insurance goes down and your car payments go up.

Out of College (part 2)

- You know you've been out of college too long when...
- You feed your dog Science Diet instead of McDonald's.
- Sleeping on the couch is a no-no.
- You no longer take naps from noon to 6:00 PM.
- Dinner and a movie – the whole date instead of the beginning of one.
- MTV News is no longer your primary source of information.
- You go to the drugstore for ibuprofen and antacids, not condoms and pregnancy test kits.
- A \$4.00 bottle of wine is no longer "pretty good stuff."
- You actually eat breakfast foods at breakfast time.
- Grocery lists are longer than Macaroni & Cheese, Diet Pepsi, and Ho-Hos.
- I just can't drink the way I used to" replaces "I'm never going to drink that much again."
- Over 90% of the time you spend in front of a computer is for real work.
- You don't get liquored up at home to save money before going to a bar.

Fascinate

The teacher wants her students to make a sentence with the word 'fascinate'. The first little girl raises her hand and says, 'My family and I went to the zoo and I found it fascinating.' 'That's very good but I want the word fascinate.' Another one says, 'My father and I went to the movies and I was fascinated.' 'That's also very good but I want the word



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fascinate.' Little Johnny raises his hand but the teacher hesitates because he has a foul mouth and usually says nasty things but she figures he can't very well mess up this word. 'Go ahead Johnny', she says. Johnny says, 'My sister has a sweater with ten buttons but her boobs are so big she can only fasten 8.'

The Barometer Question

Story of a Physics student who got the following question in an exam: "You are given an accurate barometer, how would you use it to determine the height of a skyscraper?" He answered: "Go to the top floor, tie a long piece of string to the barometer, let it down 'till it touches the ground and measure the length of the string". The examiner wasn't satisfied, so they decided to interview the guy: "Can you give us another method, one which demonstrates your knowledge of Physics?" "Sure, go to the top floor, drop the barometer off, and measure how long before it hits the ground....." "Not, quite what we wanted, care to try again?" "Make a pendulum of the barometer, measure its period at the bottom, then measure its period at the top....." "...another try?..." "Measure the length of the barometer, then mount it vertically on the ground on a sunny day and measure its shadow, measure the shadow of the skyscraper....." "....and again?..." "walk up the stairs and use the barometer as a ruler to measure the height of the walls in the stairwells." "...One more try?" "Find where the janitor lives, knock on his door and say 'Please, Mr. Janitor, if I give you this nice Barometer, will you tell me the height of this building?'"

Reasons to Allow Drinking at Work

1. It's an incentive to show up.
2. It reduces stress.
3. It leads to more honest communication.
4. It reduces complaints about low pay.
5. It cuts down on time off because you can work with a hangover.
6. Employees tell management what they think, not what management wants to hear.
7. It helps save on heating costs in the winter.
8. It encourages carpooling.
9. It increases job satisfaction because if you have a bad job, you don't realize it.
10. It eliminates vacations because people would rather come to work.
11. It makes fellow employees look better.
12. It makes conversations easier.
13. It promotes honesty.
14. It makes the cafeteria food taste better.
15. Bosses are more likely to hand out raises when they are wasted.
16. Salary negotiations are a lot more profitable.
17. Suddenly, farting during a meeting isn't so embarrassing.

Blond Cowboy

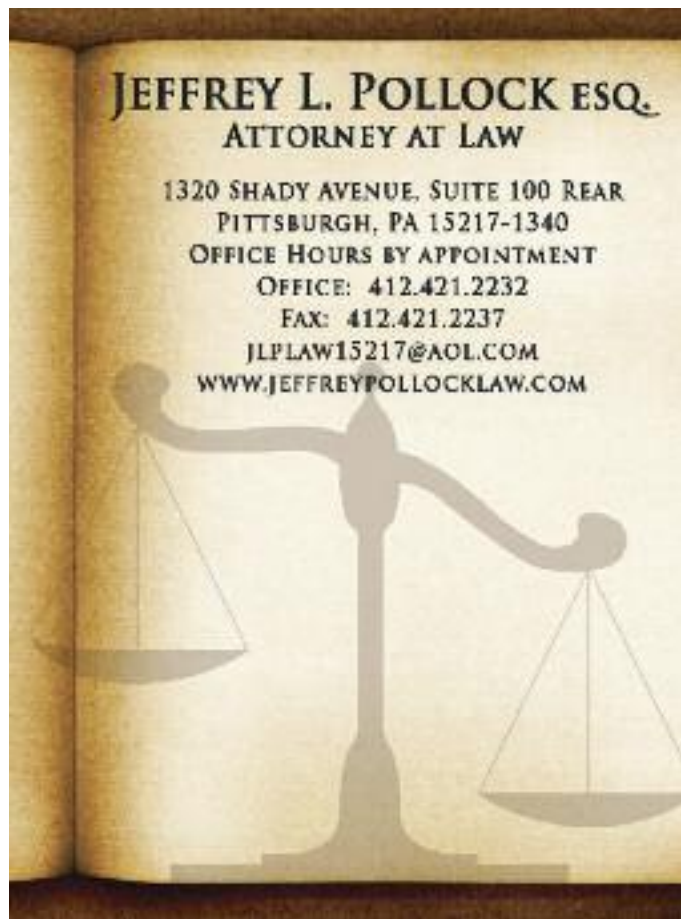
The sheriff of a small town walked out into the street and saw a blond cowboy coming down the walk with nothing on but his cowboy hat, gun and boots. The sheriff arrests him for indecent exposure. As he is locking him up, he asks, "Why in the world are you dressed like this?" The cowboy says, "Well it's like this Sheriff... I was in the bar down the road and this pretty little redhead asked me to go out to her motor home

Continued on Page 34

with her... and I did. We went inside and she pulled off her top and asked me to pull off my shirt. so I did... Then she pulls off her skirt and asks me to pull off my pants so I did...Then she pulls off her panties and asks me to pull off my shorts, so I did... Then she gets on the bed and looks at me kind of funny and says, 'Now go to town cowboy...' So here I am."

Fred and Harry

Two friends, Fred and Harry were golfing one fine day. Toward the end of the golf course, Fred hit his ball into the woods. Harry, laughed and poked fun, but then somehow managed to hit his ball into the woods, just a few yards beyond where Fred hit his. Fred looked for a long time, getting angrier every minute. Finally, in a patch of pretty yellow buttercups, he found his ball. Instead of just continuing the game, he took his club and thrashed every single buttercup in that patch smashing the weeds to pieces. All of a sudden, in a flash and puff of smoke, a little old woman appeared. She said, "I'm Mother Nature! Do you know how long it took me to make those buttercups?! Just for that, you won't have any butter for your popcorn the rest of your life... better still; you won't have any butter for your toast for the rest of your life..... as a matter of fact, you won't have any butter for anything the rest of your life!" Then POOF!...she was gone. After Fred got a hold of himself, he hollered for his friend, "Harry!...Harry!...where are you?" Harry yells, "I hit my ball in these damn pussy willows!" Fred screams back....."DON'T SWING! FOR GOD'S SAKE, DON'T SWING!



Government Worker's Three Wishes

One day a government worker was digging through his office drawers when suddenly he came upon a magic lamp. Since he'd heard these jokes before, he knew that he had to rub the lamp and make the genie come out. So he rubbed the lamp and out popped a genie. The genie asked, as genies will, "What is your first wish?" The government worker thought about it for a second, then replied, "I would like to be rich!" So the genie granted him his wish, and poof the man was surrounded by piles of money rivaling the heaps of even Martha Stewart and Bill Gates. Since the government worker knew the whole wish process, the genie didn't even have to ask for number two before he said, "My second wish is to be on an island with beautiful women surrounding me and obeying my every command!" And poof, he was there. Then the government worker decided on his third wish, "I don't want to do any work ever again!" and poof — ubiquitous ironic twist — he was back in his office.

Proctology Student

A student of proctology is in the morgue one day after classes, wanting to get a little practice in before the final exams. He goes over to a table where a body is lying face down. He uncovers the sheet over the body, and to his surprise he finds a cork in the corpse's rectum. Figuring that this is fairly unusual, he pulls the cork out, and to his surprise, music begins playing: "On the road again...just can't wait to get on the road again..." The student is amazed, and places the cork back in the backside. The music stops. Totally freaked out, the student calls the Medical Examiner over to the corpse. "Look at this, this is really something," the student tells the examiner as he pulls the cork back out again. "On the road again...just can't wait to get on the road again..." "So what?" the Medical Examiner replies, obviously unimpressed with the student's discovery. "But isn't that the most amazing thing you've ever seen?" asked the student. "Are you kidding?" replied the Examiner, "Any asshole can sing country music."

Children's Books that Didn't Make it

1. You Are Different and That's Bad
2. The Boy Who Died From Eating All His Vegetables
3. Dad's New Wife Robert
4. Fun four-letter Words to Know and Share
5. Hammers, Screwdrivers and Scissors: An I-Can-Do-It Book
6. The Kids' Guide to Hitchhiking
7. Kathy Was So Bad Her Mom Stopped Loving Her
8. Curious George and the High-Voltage Fence
9. All Cats Go to Hell
10. The Little Sissy Who Snitched
11. Some Kittens Can Fly
12. That's it, I'm Putting You Up for Adoption
13. Grandpa Gets a Casket
14. The Magic World Inside the Abandoned Refrigerator
15. Garfield Gets Feline Leukemia
16. The Pop-Up Book of Human Anatomy
17. Strangers Have the Best Candy
18. Whining, Kicking and Crying to Get Your Way
19. You Were an Accident
20. Things Rich Kids Have, But You Never Will

21. Pop! Goes The Hamster...And Other Great Microwave Games
22. The Man in the Moon Is Actually Satan
23. Your Nightmares Are Real
24. Where Would You Like to Be Buried?
25. Eggs, Toilet Paper, and Your School
26. Why Can't Mr. Fork and Ms. Electrical Outlet Be Friends?
27. Places Where Mommy and Daddy Hide Neat Things
28. Daddy Drinks Because You Cry

Med School

A professor is giving the first year medical students their first lecture on autopsies, and decides to give them a few basics before starting. "You must be capable of two things to do an autopsy. The first thing is that you must have no sense of fear." At this point, the lecturer sticks his finger into the dead man's anus, and then licks it. He asks all the students to do the same thing with the corpses in front of them. After a couple of minutes silence, they follow suit. "The second thing is that you must have an acute sense of observation: I stuck my middle finger into the corpse's anus, but I licked my index.

Colon Comments

Comments from patients made while undergoing colonoscopies...

1. "Take it easy, Doc, you're boldly going where no man has gone before."
2. "Find Amelia Earhart yet?"
3. "Can you hear me NOW?"
4. "Oh boy, that was sphincterrific!"
5. "Are we there yet? Are we there yet? Are we there yet?"
6. "You know, in Arkansas, we're now legally married."
7. "Any sign of the trapped miners, Chief?"
8. "You put your left hand in, you take your left hand out. You do the Hokey Pokey..."
9. "Hey! Now I know how a Muppet feels!"
10. "If your hand doesn't fit, you must acquit!"
11. "Hey, Doc, let me know if you find my dignity."
12. "You used to be an executive at Enron, didn't you?"
13. "Could you write me a note for my wife, saying that my head is not, in fact, up there?"

Dangerous Driving

Two elderly ladies were out driving in a large car. Both could barely see over the dashboard. As they were cruising along they came to an intersection. The stop light was red, but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it, I could have sworn we just went through a red light." After a few more minutes they came to another inter-section and the light was red again, and again they went right through. This time the woman in the passenger seat was almost sure that the light had been red, but was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, sure enough, the light was definitely red, and they went right through. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row? You could have got us killed!" Mildred turned to her and said, "Oh hell, am I driving...?"

Last Request

The inmate on death row was scheduled to be put to death by

firing squad the follow morning. Throughout the day, the prison guards were being very nice to him. But when they asked him if he wanted something specific for his last meal, he said he didn't want anything special. When they asked if there was something special he wanted to do, he said nothing. It went on like this all day. Finally, when he was put before the firing squad, the guard asked if he wanted a cigarette and a blindfold. "No," the inmate said, "just get it over with." "Well, is there anything that I can do for you before you go?" said the guard. "You didn't even want a special last meal!" The inmate thought. "Actually," he said, "Music is my life. One thing I would really like would be to sing my favorite song, one whole time through, with no interruptions." The guard nodded and told him to go ahead. The inmate started, "One billion bottles of beer on the wall..."

Jittery Taxi Driver

A passenger in a taxi leaned over to ask the driver a question and tapped him on the shoulder. The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb, and stopped just inches from a large plate glass window. For a few moments everything was silent in the cab, and then the still shaking driver said, "I'm sorry but you scared the daylight out of me." The frightened passenger, apologized to the driver, and said he didn't realize a mere tap on the shoulder could frighten him so much. The driver replied, "No, no, I'm sorry, it's my entire fault, today is my first day driving a cab.... I've been driving a hearse for the last 35 years."

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Signs of Insanity

Everyone you meet appears to have tentacles growing out of places that you wouldn't expect tentacles to be growing from. You start out each morning with a 30-minute jog around the bathroom. You write to your mother in Germany every week, even though she sends you mail from Iowa asking why you never write. Every time you see a street sign, you have a tremendous urge to relieve yourself on it. You wear your boxers on your head because you heard it will ward off evil dandruff spirits. You're always having to apologize to your next door neighbor for setting fire to his lawn decorations. Every commercial you hear on the radio reminds you of death. People stay away from you whenever they hear you howl. Your breath smells more and more like squirrel dung each passing day. Nobody listens to you anymore, because they can't understand you through that scuba mask. You begin to stop and consider all of the blades of grass you've stepped on as a child, and worry that their ancestors are going to one day seek revenge. You have meaningful conversations with your toaster. Your father pretends you don't exist, just to play along with your little illusion. You collect dead windowsill flies. Every time the phone rings, you shout, "Hey! An angel just got its wings!" You like cats. Especially with mayo. You cry at the end of every episode of Gilligan's Island because they weren't rescued. You put tennis balls in the microwave to see if they'll hatch. You have a predominant fear of fabric softener. Your

dentist asks you why each individual tooth has your name etched on it, and you tell him it's for security reasons. Melba toast excites you. When the waiter asks for your order, you ask to go into another room to tell him because "the napkins have ears." You tend to agree with everything your mother's dead uncle tells you. You argue with yourself about which is better, to be eaten by a koala or to be loved by an infectious disease. You like to sit in cornfields for prolonged periods of time, and pretend that you're a stalk. You try to make a list of the Warning Signs of Insanity. People offer you help, but you unfortunately interpret this as a violation of your rights as a boysenberry. You keep thinking this is the year for the Red Sox. You despise the voices in your head, especially the one that speaks only Hindi. You see migrating flocks of ducks in the fall and only your attachment to the toaster keeps you from joining them. The person you always talk to is invisible to everyone but you. You like reading lists like this.

Prostitute or Consultant

Are you a prostitute or a consultant:

- You work very odd hours.
- You are paid a lot of money to keep your client happy.
- You are paid well but your pimp gets most of the money.
- You spend a majority of your time in a hotel room.
- You charge by the hour but your time can be extended for the right price.



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Humor BY NIGHTWIRE

- You are not proud of what you do.
- Creating fantasies for your clients is rewarded.
- It's difficult to have a family.
- You have no job satisfaction.
- If a client beats you up, the pimp just sends you to another client.
- You are embarrassed to tell people what you do for a living.
- People ask you, "What do you do?" and you can't explain it.
- Your family hardly recognizes you at reunions (at least the reunions you attend.)

Prostitute or Consultant (part 2)

Are you a prostitute or a consultant:

Your friends have distanced themselves from you and you're left hanging with only other "professionals." Your client pays for your hotel room plus your hourly rate. Your client always wants to know how much you charge and what they get for the money. Your pimp drives nice cars like Mercedes or BMWs. Your pimp encourages drinking and you become addicted to drugs to ease the pain. You know the pimp is charging more than you are worth but if the client is foolish enough to pay it's not your problem. When you leave to go see a client, you look great, but return looking like hell (compare your appearance on Monday AM to Friday PM). You are rated on your "performance" in an excruciating ordeal. Even though you get paid the big bucks, it's the client who walks away smiling. The client always thinks your "cut" of your billing rate is higher than it actually is, and in turn, expects miracles from you. When you deduct your "take" from your billing rate, you constantly wonder if you could get a better deal with another pimp. Everyday you wake up and tell yourself, "I'm not going to be doing this stuff the rest of my life."

Elmo

There is a factory in Northern Minnesota which makes the Tickle Me Elmotoys. The toy laughs when you tickle it under the arms. Well, Lena is hired at The Tickle Me Elmo factory and she reports for her first day promptly at 8:00 am. The next day at 8:45 am there is a knock at the Personnel Manager's door. The Foreman throws open the door and begins to rant about the new employee. He complains that she is incredibly slow and the whole line is backing up, putting the entire production line behind schedule. The Personnel Manager decides he should see this for himself, so the 2 men march down to the factory floor. When they get there the line is so backed up that there are Tickle Me Elmo's all over the factory floor and they're really beginning to pile up. At the end of the line stands Lena surrounded by mountains of Tickle Me Elmo's. She has a roll of plush Red fabric and a huge bag of small marbles. The 2 men watch in amazement as she cuts a little piece of fabric, wraps it around two marbles and begins to carefully sew the little package between Elmo's legs. The Personnel Manager bursts into laughter. After several minutes of hysterics he pulls himself together and approaches Lena. 'I'm sorry,' he says to her, barely able to keep a straight face, 'but I think you misunderstood the instructions I gave you yesterday...' 'Your job is to give Elmo two test tickles.'

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January Star Power:

OPEN NEW YEARS DAY

Megan Hauserman & Cecile Gahr
VH1 Family Mega Wins a Millionaire, Queen School w/Tick Me Elmo, & Book of Love w/Drew Midweek
Jan 7th thru 9th
Duo Show live on Stage

Daisy Duxe
Sexy Southern Beauty
Jan 12th thru 16th
6:45 Show Thurs & Fri
12:45 Matinee Fri

Jayden Cole
Dec '09 Penthouse Pet
Jan 19th thru 23rd
5:45 Show Thurs & Fri
12:45 Matinee Fri

DVD Empire Presents
Tori Black
XXX Star
Jan 28th thru 30th

Jack Daniels Nite
Every Wed
Drink Specials 10 til midnite

Miller Lite Nite
Every Thursday
Drink Specials 10 til midnite

Couples Nite
Wed Jan 6th & 20th
Sweet Deals for Twosomes

Amateur Nite
Wed Jan 27th
\$200 Cash Prize

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Confessional

A guy goes into a confessional booth. He finds on one wall a fully equipped bar with Guinness on tap. On the other wall is a dazzling array of the finest Cuban cigars. Then the priest comes in. "Father, forgive me, for it's been a very long time since I've been to confession, but I must admit that the confessional booth is much more inviting these days." The priest replies, "Get out. You're on my side."

2010 Contract

After serious & cautious consideration... your contract of friendship and readership has been renewed for the New Year 2010!

It was a very hard decision to make... So try not to screw it up!

Nightwire's Wish for You in 2010

May peace break into your home and may thieves come to steal your debts.

May the pockets of your jeans become a magnet for \$100 bills.

May love stick to your face like Vaseline and may laughter assault your lips!

May happiness slap you across the face and may your tears be that of joy

May the problems you had, forget your home address!

In simple words

May 2010 be the best year of your life! HAPPY NEW YEAR...

FROM YOUR FRIENDS AT NIGHTWIRE!

A New Year Prayer for the Elderly

God, grant me the senility to forget the people I never liked anyway, The good fortune to run into the ones that I do, And the eyesight to tell the difference.

New Year's Day Prayer for One and All

Dear Lord, So far this year I've done well. I haven't gossiped, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm very thankful for that. But in a few minutes, Lord, I'm going to get out of bed, and from then on I'm probably going to need a lot more help. Amen.

Dieting - New Resolutions

2006: I will get my weight down below 180 pounds.

2007: I will follow my new diet religiously until I get below 200 pounds.

2008: I will develop a realistic attitude about my weight.

2009: I will work out 3 days a week.

2010: I will try to drive past a gym at least once a week.

New Year's Eve Party - Phantom Guest?

Trevor's New Year's Eve party was an annual occurrence with numerous guests arriving. During the evening, a man knocked on the door, was greeted heartily although no one knew who he was, and was led to where the drinks were, in the kitchen. He sat there happily, chatting away, for a couple of hours before a strange light dawned on his face. 'You know,' he confided to Trevor, 'I wasn't even invited to this party. I just came over to tell you that some of your guests' cars are blocking my drive.' He continued, 'My wife's been sitting out in the car waiting for me to get them moved, so that we can go out.'

JOIN US FOR FOOD, FRIENDS & FUN!



THE SPAGHETTI WAREHOUSE is hosting the
**Inaugural Big Brothers Big Sisters Wii Bowl
for Kids' Sake Tournament!**

DATE: Sunday, January 31, 2010
TIMES: 11:00 - 1:00, 1:30 - 3:30,
4:00 - 6:00 and 6:30 - 8:30

EVENT COST: \$30.00 - includes tournament, pasta dinner, salad, bread, dessert & non-alcoholic beverage

Prizes include Wii Gaming System, gift cards to Spaghetti Warehouse and other prizes

To register, visit www.wiibowlpittsburgh.kintera.org



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