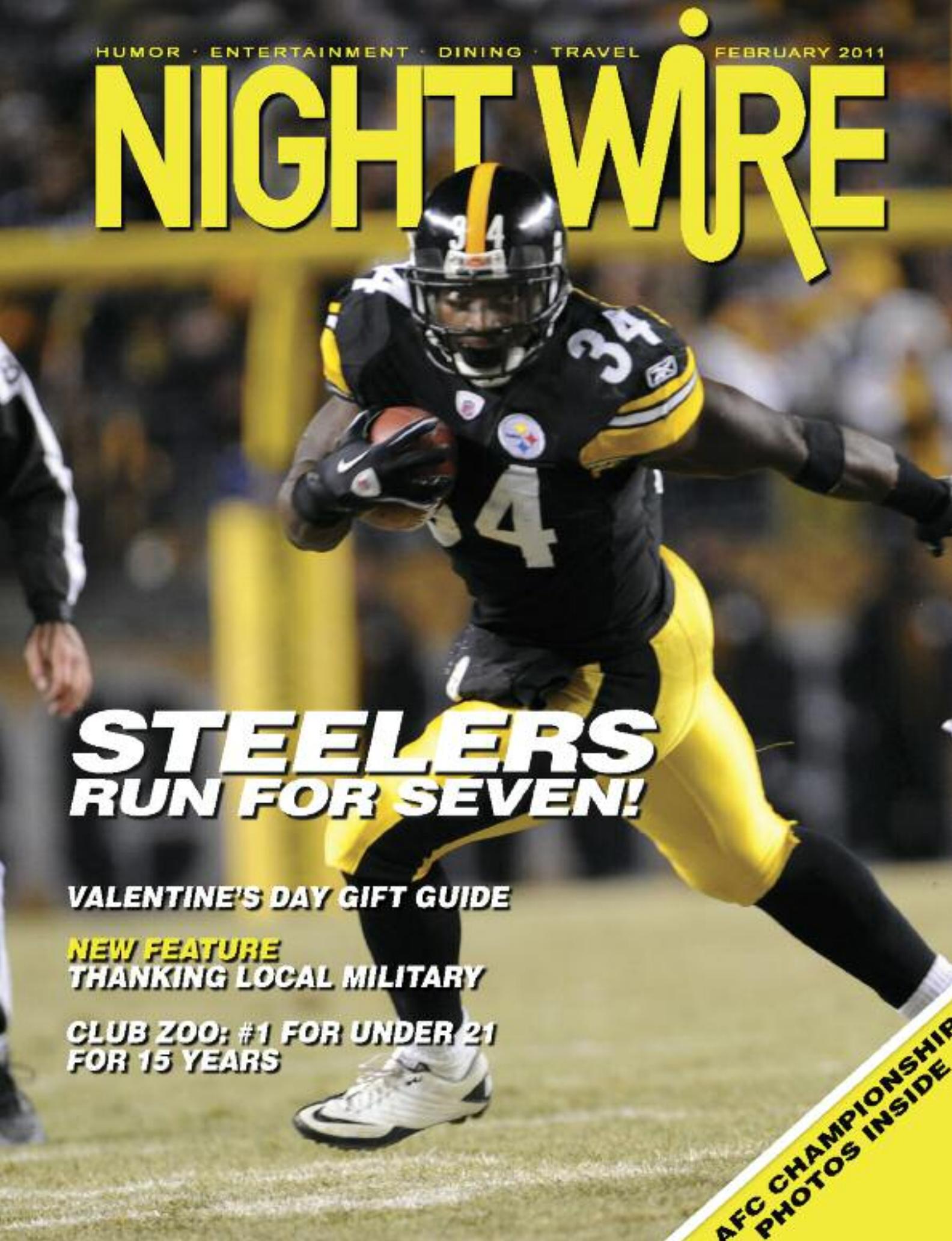


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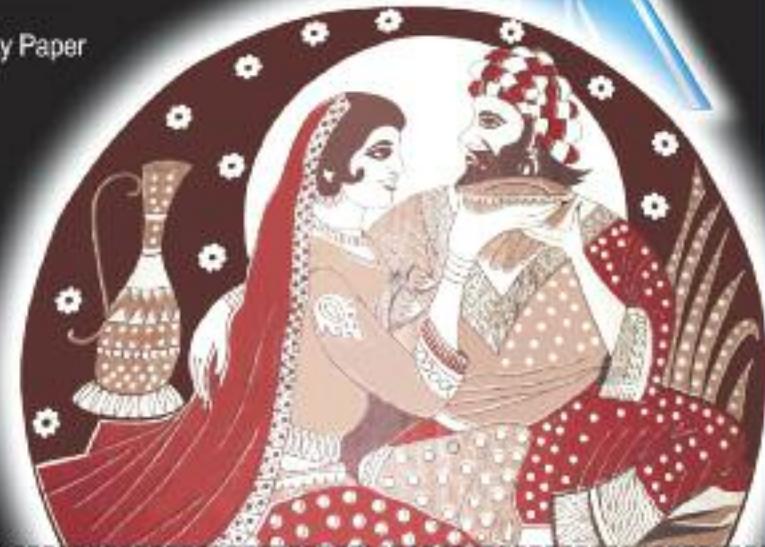
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**Help us to recognize, honor and publicly thank these brave men and woman, who are currently serving our country and defending our freedom. Let us show them that we truly appreciate their service!**



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# Valentine's Gift Guide

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And as you would expect from royalty, he has his own exquisite and sultry brand new fragrance – a majestic blend of jasmine, sandalwood, rose and neroli.



**It's Raining Men Shower Gel** Hallelujah! A divine shower gel scented with our best-selling Honey I Washed the Kids fragrance. Shower with this luxurious honey and tropical flower gel and your skin will be left deliciously soft, scented like crème brûlée and extremely lickable.



**Be Mine** A sexy selection of six scrumptious treats that's sure to secure the one you want this Valentine's Day. Melt into a marshmallow bath and then seal the deal with a chocolate-scented massage. Packed up in a reusable box, they will always remember just how much you love them!

Contents: Melting Marshmallow Moment bath melt, It's Raining Men shower gel, Sex Bomb bath bomb, Sugar Babe sugar scrub, Soft Coeur massage bar, Lust solid perfume.



**Love Birds Soap** Something for all those lovers out there, this gorgeous new soap is scented with beautiful aphrodisiac essential oils to make this Valentine's Day extra special! This sensual jasmine and vanilla fragranced soap leaves skin delicately scented while it softens and moisturizes.



**Ex Factor Bath Bomb** For all the Valentine-less folks, plan a date with this little guy to cheer you up! He dissolves in the warm water in a swirl of ylang ylang and vanilla to reveal a small pink candy heart. The delectable mix of essential oils will leave you feeling happy, relaxed and ready to meet someone else.



**Magic Mushroom Bubble Bar** Make some magic with this charming toadstool! Crumble this frothy strawberry and cream-scented wonder under running water for masses of yummy skin softening bubbles.



**Ps I Love You** Tell that special someone what you've been meaning to say for ages. This cute little gift contains four romantic products wrapped up with lovely paper embossed with hearts and love birds. Contents: Magic Mushroom bubble bar, Strawberry Feels massage bar (mini), Love Birds soap, It Started With a Kiss lip tint.

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## Airbak Focus Tech Backpack ([airbak.com](http://airbak.com))



The Airbak Focus Tech is a new backpack invention that uses a patented, built-in air cushion technology to protect tech gear on the go, including photography gear, laptop, cellphone and more, as well as alleviating back stress and making wearers feel as if they are carrying half the weight or less. Simply pump the air pocket to the desired level, taking only seconds. The Airbak

shields photography equipment and tech items with a cushion of air. The Airbak's air cushioned design also spreads the weight more evenly throughout the back than a standard laptop backpack. Tests show that the Airbak requires 1/10th the amount of energy and stress on the spinal column to carry than does a standard backpack carrying the same weight. Easy to use for anyone, the Airbak adjusts to any body type. Wearers need only pump the air system to a desired level of comfort and lumbar support and walk at ease. Available in a variety of styles and colors. Airbak Focus Tech retails for \$99.99 and Zoom Pack the photography-only gear pack, retails for \$79.99 and can be purchased online at [airbak.com](http://airbak.com) or at retail stores throughout N. America.

### The Chaheati Chair



It's a product that is sure to heat up the way people sit through cold weather outdoor activities. The Chaheati All-Season Heated Chair is similar to many of the lightweight, collapsible canvas chairs. But what sets Chaheati apart is its cordless carbon fiber non-wire heating elements throughout the chair. The patent pending technology of the Chaheati offers four temperature settings ranging from 980F up to 1450F and rapidly heats up in less

than 20 seconds. The Chaheati is ideal for use in a variety of settings, including: camping, tailgating, hunting, cool weather sporting events and practices, and more. The fabric of the Chaheati is rugged yet comfortable and is designed to be fire and water-resistant. The seat is oversized and can accommodate any body type up to 280 lbs. (Dimensions: 23.6" wide x 23.6" deep x 36.2" high) (An AC car adapter charger is also sold separately.) Nightwire tested and approved as the ultimate tailgating essential. This chair is absolutely the greatest invention ever it provides heat and warmth to your whole body plus it has a cup holder for your beer! Life doesn't get any better than that! The Chaheati sells for \$89.99 and is available at: [www.chaheati.com](http://www.chaheati.com)

### Neon Buddha Line

Retailers: Neiman Marcus, Nordstrom, Anthropologie  
Varies retailer to retailer, but approximately \$65-80  
The studio dress (attached) is perfect for mom, daughters or girlfriends. A lifestyle clothing collection, the Neon Buddha line functionally accommodates the contemporary woman's travel-, home-, work- and leisure-juggling schedule.



The collection features casual chic pullovers, jackets, long-sleeved tops and pants that conveniently take the wearer from work to weekend in comfort and style. Ethically made of 100 percent prewashed and preshrunk French terry, fleece or stretch jersey, each Neon Buddha knit piece provides a forgiving silhouette so that customers can travel, shop, teach or attend a sporting event while looking amazing. Available online at [www.NeonBuddha.net](http://www.NeonBuddha.net)

### Pure HANDKNIT Signature Wrap

Retailers: Nordstrom's, Neimans and Boutiques in U.S. and Canada

Price: Approximately \$80-\$100. Handcrafted in the rich tradition of Thailand's hand knitting, every piece in the Pure HANDKNIT collection tells a story. Knitted by hand with a commitment to ensuring it is a genuine work of art and conversation starter, every cozy pullover, poncho, turtleneck, cardigan, tunic, vest, jacket, ruana, wrap, scarf and hat in the Pure HANDKNIT line is fabricated of 100 percent super-soft cotton. Comfortably tailored, these pieces complement women of all shapes and sizes. The collection's signature piece is the Original Button Wrap that can be worn in five distinctive ways, making it a versatile addition to any modern-day woman's wardrobe. Available online at [www.PureandCo.com](http://www.PureandCo.com)



### Soapsmiths -

#### Naked Chamomile

Chamomile has over 100 traditional uses ranging from eczema treatment to stress reduction. So they mixed it with olive, coconut and castor oil, souped it up with some Vitamin E and finished with chamomile extract and tea. We called this collection "naked" because it has no added colors or fragrances. Perfect for sensitive skin and fortifies with vitamin E to make your skin want to be touched. Gift packs available as well.



#### The Decadence Collection...

Almost, good enough to eat. Bask in the rich intoxicating scents of our first collection that worships

your sweet tooth. Fortified with ingredients that will keep your skin deliciously moisturized. Available at [www.mysoapsmiths.com](http://www.mysoapsmiths.com)

# Wine and Brew



In the 1870s, Cleveland had 30 breweries. By the early 1980s, the last one had shuttered its doors. So when brothers Patrick and Daniel Conway opened Great Lakes Brewing Company on September 6, 1988, it not only signaled a new era in Cleveland brewing, it was also the first microbrewery in the state of Ohio. And the idea of a craft brewery in Cleveland caught on fast, as curious patrons hurried in for a pint crafted in the styles of old and drawn from the taps of the beautiful Victorian era bar. The company's commitment to sustainable business practices greatly contributed to its early popularity and success. Before long, Great Lakes Brewing Company had become one of Cleveland's most popular destinations for both dining and a fun night out.

Master Brewer Thaine Johnson and engineer Charlie Price joined the Conways during the company's early days. Their three decades of brewing and managing experience at various U.S.

breweries—including Christian Schmidt, Cleveland's last brewery—played a key role in developing the recipes for GLBC's first beers. Raw materials used by European brewers (malted barley instead of corn and rice) were incorporated into the craft brewing process, which included using only the freshest ingredients, no preservatives or chemicals and no pasteurization (which ultimately compromises flavor). Approximately 1,000 barrels were produced during the first year.

While GLBC now produces upwards of 100,000 barrels a year and has become Ohio's most celebrated and award-winning brewer of lagers and ales, thankfully, some things haven't changed—most notably, an unwavering commitment to brewing only the freshest exceptional family of beers.

A few of Nightwire's favorite beers from Great Lakes are below. Try one, if you already haven't. They're delicious.

## Dortmunder Gold

**Name Origin:** Hailing from Dortmund, Germany, the name of this smooth lager reflects the unprecedented accolades and recognition it's earned in major worldwide beer tasting competitions.

**Style Origin:** During the mid-19th century, seven breweries within the city of Dortmund, Germany, began brewing beers in the same manner, resulting in what has come to be known as the "Dortmunder" style.

**Flavor:** Delicate balance between sweet malt and dry hop flavors

## Edmund Fitzgerald Porter

**Name Origin:** Sure, Gordon Lightfoot hasn't penned an ode to it (yet), but this porter is song-worthy—much like its legendary namesake ship that frequently docked in Cleveland and tragically sunk in Lake Superior in 1975 with many Northeast Ohioans on board.

**Style Origin:** Originated in Great Britain and named after the porters who hauled goods from wagons to the stands at the open air markets common to England at that time.

**Flavor:** Bittersweet chocolate-coffee taste and bold hop presence

**Great Lakes Brewing Company is an environmentally respectful and socially conscious company that crafts fresh, flavorful, high-quality beer. They are one of the premier craft breweries in the U.S. and truly make some delicious beer.**

## Burning River Pale Ale

**Name Origin:** This American Pale Ale garners its fair share of attention around the world—just as the Cuyahoga River did when it suddenly caught fire in 1969 and spurred the introduction of the Clean Water Act of 1972.

**Style Origin:** Pale ales gradually evolved from an English town called Burton-upon-Trent that was known for its distinctive hard water supply and propensity to brew a lighter-colored beer than was common at the time.

**Flavor:** Assertively hopped with citrusy and piney Cascade hops

## Eliot Ness

**Name Origin:** It's considered nearly "untouchable" in worldwide beer tasting competitions—much like a certain former Cleveland safety director (who also employed Margaret Conway, mother of co-owners Patrick and Daniel, as his stenographer).

**Style Origin:** Anton Dreher and his family were solely responsible for a brewing empire that included Vienna, Bohemia, Budapest and Trieste in 1796; Dreher perfected this Vienna style lager around 1841.

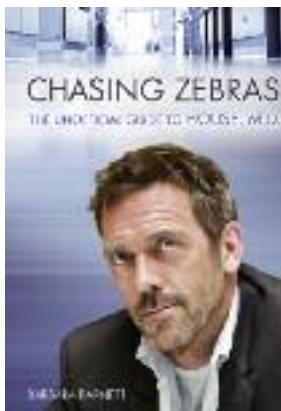
**Flavor:** Rich, fragrant malt flavors balanced by crisp noble hops.

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# Books and Flicks



## Chasing Zebras: The Unofficial Guide to House M.D.

This is the essential companion to one of television's most popular and fascinating series. Using her unique perspective and insight into the show, writer Barbara Barnett, noted as "one of the industry's leading experts on the series," immerses fans new and old into the heart and soul television's most compelling series. It will be a dog-eared

resource for seasoned fans, an indispensable atlas to anyone new to the show, and valuable guide to students of television, film and pop culture.

House, MD is a study in contradictions: straightforward medical procedural on the outside; intricate character drama within. No wonder the acclaimed series is the most watched television show in the world.

Chasing Zebras: The Unofficial Guide to House, M.D takes readers deep within the series' rich layers—into the heart of its central character and his world: Who is this medical Sherlock Holmes? Is he simply a misanthropic jerk with a brutal sense of humor—or a tormented romantic hero in the tradition of Byron? How do House's colleagues and patient relate to and reflect him and each other? How do the music, settings, even the humor enhance our understanding of the series narrative? What does the series say about modern medicine? Ethics? Religion?

This book isn't a straight-on episode guide, it's a book about the series character with story narratives and themes. It provides a thoughtful analysis to this complex series.

House demands deeper thinking and analysis than most TV shows. Sure it's fun to laugh at House's antics; cringe at his anti-social behavior and grin the interplay between the characters. But the show is much more than that. House is meant to provoke discussion and thought. House offers commentary on everything from ethics to mental illness, race, relationships, family dysfunction, sex. The scripts are fragile and intricate Faberge Eggs and half the fun is getting inside them to poke around and find the inner depths within the writing and performances.

If you're an fan of House this book is a great read, truly enjoyable with great insight and things you might have missed. Available at most bookstores and online at [www.amazon.com](http://www.amazon.com)

## iranium

Iran's nuclear program presents a threat to international stability. This documentary takes you inside Iran and explores the real threat or a nuclear Iran to the US.

The American administrations – Republican and Democratic alike have misread the intentions and actions of the Iranian regime.

How dangerous is a nuclear Iran, even if it never detonates a weapon? What are the guiding principles of the Iranian leadership? To what lengths would the regime go to carry out its agenda? How far have Iran's leaders already gone to fund the world's most powerful terrorist organizations? And why have American leaders failed to gain the upper hand in relations with Iran during the past 30 years?

iranium powerfully reports on the man aspects of the threat America and the world now face using rarely-before seen footage of Iranian leaders, and interviews with 25 politicians, Iranian dissidents, and leading experts on: Middle East policy, terrorism and nuclear proliferation.

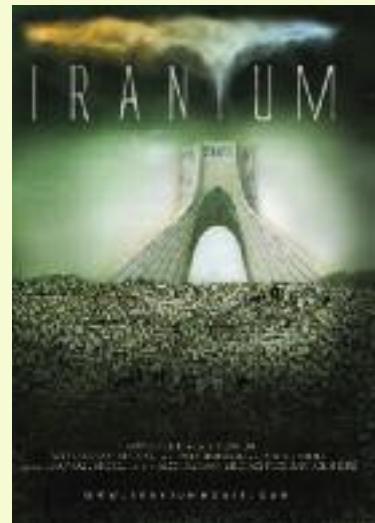
iranium documents the development of Iran's nuclear threat, beginning with the Islamic Revolution of 1979 and the ideology installed by Supreme Leader Ayatollah Khomeini.

iranium tracks Iran's use of terror as a tool of policy, beginning with the 444 day seizure of the U.S. Embassy in Tehran, through Iran's insurgent actions in Iraq and Afghanistan.

iranium details the brutal nature of the Iranium regime to its own citizens, and the Iranian people's desire to rejoin the international community.

iranium outlines the various scenarios the greater Middle East and the Western world may face should Iran cross the nuclear threshold.

Definitely an eye opening well presented documentary.... A real "must see film!"



# Draft House

1811 E. Carson Street • South Side





### Club Zoo, Pittsburgh's Longest Running Under-21 Night Club Enters Into Its 15th Successful Year With A Quarter Million Dollar Renovation!

Everyone knows Club Zoo is Pittsburgh's party complex for the under-21 crowd; but, you probably don't know is that in January 2011 marked the nightclub's 15th year in operation. The concept for Club Zoo originated back in 1996 when it opened in Parkway Center mall with a mission to fill the void of entertainment in the teenage community. In 2005 the club moved from its' original location to its' new home in the former Metropol site; a million dollar facility. This three level nightclub is now the Strip District's most mature venue, having outlasted all of the grown-up establishments nearby. Every weekend Club Zoo attracts over 3,000 teenagers from over 450 school districts spanning three states, and allows these young adults to socialize and have fun without being under the influence of drugs or alcohol.

The reason for this teen clubs long lasting success is according to Club Zoo manager, Chris Firman, he told Nightwire that, "It's all in how we operate" "We enforce a strict dress code and employ a very well trained security staff"

On any Friday or Saturday evening Club Zoo employs a staff of 15 floor managers (security guards), restroom attendants in both male and female bathrooms, 2 Pittsburgh police officers, and a handful of bartenders that serve up the latest in non-alcoholic beverages. The Club also offers its' patrons free parking directly across the street which is monitored by Club Zoo attendants and a pick up drop off area for parents who are driving their teens. So, relax moms and dads, this place is a very safe environment for your teens!

For its' 15 year anniversary the night club open with a quarter million dollar renovation. The changes include a complete facelift to the venue as a whole. Custom built illuminated furniture from Italy surround the foyer area and

feature a newly designed 20ft bar. Etched stainless surround the dance floor platforms and raised stage, while LED lighting illuminate the 4 staircases throughout. The third level mezzanine (VIP area) was also completely redesigned and a new VIP Box was constructed to overlook the stage; this will be available for group rentals when the venue hosts all age live music events. Zoo is the only facility in the state to boast a fully hydraulic lighting system, this allows the entire lighting rig to rotate / move overhead while the night is in full swing. Additionally, the existing lighting, sound and visual system has also been revamped to include a state of the art color chromatic computerized light show which allows complete control over the colors in the entire room. The club has added 20,000 watts of power to its' original 40,000 watt sound system, Fane bass speakers (shipped in from England) intensify the party experience. At the center of lighting and sound system is a custom built three phase Cryo Cooling Jet system, which will take the dance floor from 95 degrees to 60 degrees in 4 seconds. Under-21 partiers prepare to be amazed!

The official unveiling of Club Zoo's "new look" took place on New Years Eve, Friday December 31st 2010 and continued with a huge New Years Day party on Saturday January 1st 2011. Club Zoo's is definitely the hottest and safest place in the burgh for the under 21 crowd. The new renovations are amazing and electrifying. The cooling system on the dance floor is definitely state of the art, it's the coolest thing in town!

For more information on Club Zoo you can go to [www.clubzoo.net](http://www.clubzoo.net) or call them at 412.201.1100 or emailing them at [zoopgh@gmail.com](mailto:zoopgh@gmail.com)

JIMMY EAT WORLD

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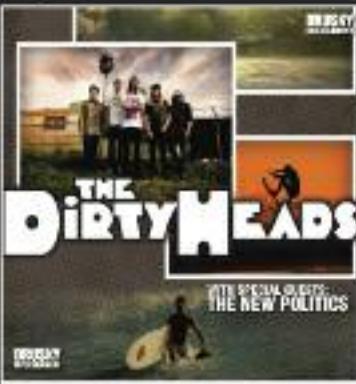
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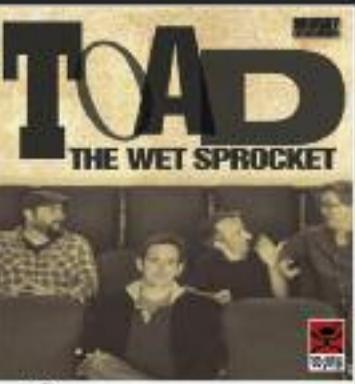
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## Drusky Entertainment – Celebrates 5 Years!!...

### Congratulations Brian! Wishing you Another 50+ years!!



brings National and Local talent to clubs and events all year throughout the city. He offers a full service entertainment venue from booking and putting on the show to advertising, technical/production and settlement. Brian has over 13 years experience in negotiating every type of National and local talent out there. In 1995 he started Landslide Entertainment , which booked local bands and college events, in 1997 he met Rich Engler, who hired him to work for DiCesare Engler, then that turned into SFX, which turned into Clear Channel Entertainment , which is now Live Nation. All of this expertise has contributed to the continuing and growing success of Drusky Entertainment.

The key to his success according to Promoter Brian Drusky -- "Knowing when to say no and walk away is the best thing you can learn in this business."

The buzz last year in the concert business was that the sky was falling. Brian Drusky apparently didn't get that memo or chose to ignore it. Because in spite of the bad economy, Drusky Entertainment put on 352 shows in 2010, including Pittsburgh concerts, private events, college gigs and shows in outer markets. He produced over 20 plus shows at the Trib Amphitheater, including The Flaming Lips and My Morning Jacket, and Ian Anderson and Ben Folds at the Carnegie Library Music Hall of Homestead in Munhall. Plus, his latest spectacular event was the Drusky Entertainment 5-Year Anniversary Show held at Altar Bar in the Strip on January 21 with: Buzz Poets, 28 North, Gene the Werewolf and The Composure, Lovebettie, Good Brother

**W**hen it comes to entertainment independent promoter, Brian Drusky of Drusky Entertainment has definitely become the "go to" promoter in the Pittsburgh area. Drusky Entertainment is a full service entertainment company! Brian

Earl, Triggers, Bishop Clay, The Delaneys, Mercury, Crossing Boundaries, Voodoo Babies and Burning Earth. This celebration/concert to benefit Make-A-Wish was a huge success. Brian is always giving back to the community.

In this tough economy, Brian obviously knows how to book a show and when not to book a show, which has been the secret to his tremendous success. As an independent promoter, Brian has made a name for himself, he's smart and has learned how to fight for the things he wants and when to walk away.

For 2011, Brian claims he'll be doing business as usual, he'll keep being smart, bringing in great artists for the great fans of Pittsburgh and Brian told us we can look for more shows, better shows, bigger shows and maybe he'll even take a vacation for the first time in 10 years. Watch for some great concert announcements for this year. With the Trib Amphitheater and its great skyline right there and Mount Washington right above you, people love watching concerts down on the river.. what's not to love with that great view. It's the same view you get as you come out of the Fort Pitt tunnels which puts people in awe of the city on a daily basis. The Trib Amphitheater is the only locally owned and operated major outdoor amphitheater. Everyone involved lives here and works very hard to make things happen for the benefit of all of us who call Pittsburgh our home. Brian grew up in Penn Hills and now resides in the North Hills, Ross Township. We asked Brian to tell us something about yourself most people would be surprised to know? "Well my friends know, but most people do not know that I am an avid bobblehead collector. Mostly sports, BUT also music ones. Yeah, some people laugh, but people have things they collect, that's me. I also graduated college in 3 years rather than 4. When asked what keeps you motivated to work so hard? Brian responded, "I just like to be the best at whatever I do. I was taught to work hard for what you want in life and you can achieve anything you put your heart and mind to, which is why I am motivated, not to mention I am highly competitive."

Nightwire congratulates Drusky Entertainment and looks forward to another 50+ years.. with Brian's talent and proven track record of success, we know you he'll do well in the coming years and will definitely leave an indelible mark on our city!



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# Theater

HAIR



2009 Broadway Revival Cast, Photo: Joan Marcus

**H**e American Tribal Love-Rock Musical, will play Heinz Hall for a limited engagement February 15-20, 2011. HAIR won the 2009 Tony Award for Best Musical Revival and is currently playing on Broadway where it also received the Drama Desk, Drama League, and Outer Critics Circle award for Outstanding Revival of a Musical.

The story of a group of young Americans searching for love and peace during the Vietnam era, HAIR is a timeless portrait of a movement that changed the world. Its groundbreaking rock score paved the way for some of the greatest musicals of our time. HAIR features an extraordinary cast and dozens of unforgettable songs, including Aquarius, Let the Sun Shine In, Good Morning, Starshine and East to be Hard.

The New York Times says "Diane Paulus's THRILLING, EMOTIONALLY RICH production delivers INTENSE, UNADULTERATED JOY" and Time Out New York says "HAIR SPEAKS TO A WHOLE NEW GENERATION!."

Directed by Diane Paulus and choreographed by Karole Armitage, HAIR features a book and lyrics by Jerome Ragni and James Rado and music by Galt MacDermot. HAIR contains smoke effects and strobe lighting.

HAIR is presented on Broadway and tour by The Public Theater (Oskar Eustis, Artistic Director; Andrew D.

Hamington, Executive Director) Jeffrey Richards, Jerry Frankel, Gary Goddard Entertainment, Kathleen K. Johnson, Nederlander Presentations, Inc., Fran Kirmser Productions/Jed Bernstein, Marc Frankel, Broadway Across America, Barbara Manocherian/WenCarLar Productions, JK Productions/Terry Schnuck, Andy Sandberg, JAM Theatricals, The Weinstein Company / Norton Herrick, Jujamcyn Theaters, Joey Parnes and by special arrangement with Elizabeth Ireland McCann.

## Heinz Hall

Tickets (\$26-\$63) are available by calling (412) 392-4900, visiting the Box Office at Theater Square (655 Penn Avenue) or online at [www.pgharts.org](http://www.pgharts.org). For more information about the PNC Broadway Across America-Pittsburgh 2010-2011 subscription series, please call (412) 456-1390. Groups of 10 or more may call 412-392-4819. This tour is part of the PNC Broadway Across America-Pittsburgh series, presented by The Pittsburgh Cultural Trust, Pittsburgh Symphony and Broadway Across America.

# Theater

## DRUMLINE



The Pittsburgh Cultural Trust presents DRUMLINE Live featuring a 40-member, high-energy marching band cast of students and alumni (one drum major, five dancers, one host and 33 wind and percussionists) from the nation's top historically black colleges and universities and created by musical director Don P. Roberts.

Greenvilleonline.com celebrates, "...DRUMLINE Live kept the audience...cheering for more with its eye-popping choreography, dazzling costumes and, of course, soul-moving music."

Watch as the "Lines" battle it out in a collaboration of explosive, precision style marching, hip-hop and R&B routines for one performance only on Tuesday, February 15, 2011, at 7:30 p.m., at the Benedum Center. DRUMLINE Live combines over 50 years of tradition and precision marching band style with modern high stepping, funky dance rhythms, and exciting musical repertoire ranging from classical to Top 40. The showdown of rhythm and speed between the "Lines" will rock audiences with its precision and pulsing force. Along with explosive choreography and incredible feats of athleticism from the "steppers" and dancers, DRUMLINE Live creates an exciting stage experience that

showcases how this type of marching is the most upbeat, exciting style of marching today. The Morning Call raves that DRUMLINE Live "...is a marching band extravaganza that parades out of the football stadium onto the stage with explosive percussion, resounding brass and dazzling choreography." With its fast-paced, intense showdown of rhythm, precision, and pulsating force, DRUMLINE Live demonstrates the immeasurable power of music in uniting people of all ages, races, and backgrounds.

## Benedum Center

Tuesday, February 15, 2011, at 7:30 p.m., at the Benedum Center. Cohen & Grigsby is the season sponsor of the Trust Presents 2010-11 series. Tickets (\$20.75, \$27.75, \$38.75, \$45.75) can be purchased by visiting [www.pgharts.org](http://www.pgharts.org), calling (412) 456-6666 or in person at the Box Office at Theater Square, 655 Penn Avenue, in the Cultural District, Pittsburgh, PA. Groups of 10 or more, call (412) 471-6930.



# SHILOH GRILL

BY: SUZ PISANO

*Buffalo Chicken Dip*

I was so excited to see the signs.....I had heard the rumors.....a sister restaurant to the Harris Grill coming to this side of town- The Shiloh Grill on Mt. Washington. With the expectation of great food, great fun and great service, I was counting the days till I could dine there. The restaurant opened in November and I just couldn't wait to get there after returning from an extended stay in Europe.

**“THE FRIENDLY STAFF,  
SERVERS, BARTENDERS AND  
THEIR AMAZING FOOD WILL  
KEEP YOU COMING BACK!”**

Well, I'm thrilled to be back and I can't wait to tell you all about this notorious East End neighborhood restaurant coming to a new West End neighborhood. The drinks are great, they have outrageous desserts, vegetarian friendly selections, burgers, salads, wings & entrees plus all of your favorites and then BACON! The Shiloh Grill even makes a Bacon Martini! Tuesday's are "Bacon Night" but I'm getting ahead of myself. Oh the joy of a restaurant I love even closer to my proximity!

On a referral from a Mt. Washington neighbor, we visited the Shiloh Grill to sample their food, throw back a few cocktails and see if we could get the goods on this kin to a Pittsburgh favorite. When I go out, I love to try a new cocktail and I LOVE options.....especially good ones- I recommend the Mommy's Lemonade.....served in a martini glass if that's any indication of how much you'll like this libation. We left our drink selections up to suggestions of the creative bartending in the house and we



*Rita Hayworth and the Pork  
Shank Redemption*

were definitely not disappointed. I wouldn't have ordered the Thai Iced Tea- but I'm glad to have tried it for when I'm in the mood for a sultry cocktail, it was really good. Now if you're a true bacon lover- you simply have to try the Bacon Martini! The instant I saw it- I took a picture & immediately posted it on my Facebook! It's ridiculously interesting and you can't imagine anything like it until you try one. Go on a Tuesday plus its incredible with a basket of bacon on your table. I love bacon, I'm proud of it and I love this place already.

Menu selections at the Shiloh Grill are an entertaining and interesting mix- Calamari Mati Hari (\$8.82) was our first peek at the cuisine and the quality of what they had in store for us. I love Calamari especially when it is perfectly tossed with a sweet & spicy sauce. I could eat this every day. The Calamari is listed in the "Fun Things to put in your mouth" section of the menu and they are right on with the Calamari. It was hard to share but plenty if you're not dining with me! A good Buffalo Chicken Dip (\$9.45) is a sure favorite at Happy Hour, which happens daily from 5 – 7 where you will find half-off their extensive draft list. This dip was the perfect temperature, creamy and with just enough spice. It's served with both pita and celery in case you were thinking it's not a healthy choice.

As I said before THE most difficult part of the dining reviews are seeing the food being presented and then immediately being swept away for photographs.....When I saw the Fish Tacos (\$10.99), my anticipation heightened. I haven't had a good fish taco since Maui & boy was I excited to try these- we sampled both the breaded & fried ones and the grilled fish both are served inside soft tortillas. If you're in the mood for something a bit different- this is the ticket. The next visual intoxication that was served- Macaronis et Frommage de Langoustine (\$17.13) it has freaking lump backfin crabmeat and lobster knuckle meat



*Top: Lasagne Aubergine*

*Bottom: Fish Tacos*

on top of it! I'm not saying anything else. Well, maybe that 3 people could eat this portion. That's it, not even that I was so sad to have to share it- I imagine it's still amazing leftover for lunch the next day. It was soooooo good! Okay I'm done. I won't say one more thing about it. Well maybe that I'm thinking about it right now on a snowy day, with maybe let's say a glass of wine. The Shiloh Grill has a great wine selection. My take-home bonus was the Lasagne Aubergine (\$14.92) aka Eggplant Lasagna. I haven't tasted a better one. Maybe it's the pesto in the sauce but it's delicious and vegetarian. Very easy to eat one less meat meal with this choice. But then there was the "other white meat".....Rita Hayworth and the Pork Shank Redemption (\$18.71) and soooooo worth it. If you've never ordered a pork shank in a restaurant- start here. It's fall off the bone with Bourbon Glaze- served atop horseradish mashed potatoes. God it's good.....and then I met the chef- Richard Gratzmiller. So sweet that he served up all of these wonderful selections. We tried both soups- along side a handful of french fries because, just because. Labor-Inducing Vegetarian Chili (\$3.97) and Southwest Chicken Corn Chowder (\$3.47). I told Chef Gratzmiller that I knew he cared about his patrons when he offered samples of his soups with those french fries just because it looked so pretty on the plate! It's refreshing to meet the Chef and see that he actually cares that you like his food. I love that part best about our dining reviews. Real people, making real food, real servers who actually talk to you and are making sure everyone is having a real good time. I think that sums up the Shiloh Grill- You're welcome here, they make you feel really welcome! The friendly staff, servers and bartenders and their amazing food will keep you coming back. They even give you bacon!

Just when we thought we were too full- Hannah, our super sweet, beautiful & very personable server for the evening, brought us some fabulous desserts to share. "Stoudt" kake (\$5.49) made with oatmeal and stoudt



*The Wrongest Dessert*

beer, reminiscent of a carrot cake consistency served with vanilla ice cream was well let's say- not one bite left! The Wrongest Dessert was also served and I'll tell you that- it's absolutely hysterical and delicious when served to an "adults only table" however, its presentation is completely different if children are at the table! Try it- I'm really not saying anything else about it, you'll just have to find out for yourself. Coffee is from Coffee Tree Roasters and so good with any of the dessert selections. I'm a huge fan of desserts and The Shiloh Grill definitely does not disappoint. Their selections are creative, fun, somewhat decadent and definitely delicious.

Please join me in welcoming The Shiloh Grill to Mount Washington- they are open weekdays at 4, Saturdays at 11am and Sundays for Brunch 10 until 2. Brunch is Prix Fixe an affordable \$14 which includes a Frozen Mimosa or a Bloody Mary and coffee plus a huge buffet and omelet and waffle stations. I truly believe that once the word gets out about this brunch- everyone will want a table! I already have 2 brunches scheduled for myself- I love my girlfriends & we all love a theme, so look forward to seeing us in perhaps tiaras or pajamas some Sunday soon!

The Shiloh Grill even has a banquet room for private parties & events.

Checkout their website for upcoming beer pairing and wine paring dinners and don't forget to make your Valentines Day reservations!

123 Shiloh Street, Majestic Mount Washington,  
Pittsburgh, Pennsylvania 15211 412.431.4000  
[www.theshilohgrill.com](http://www.theshilohgrill.com)

**Open: Monday through Friday - 4pm**  
**Saturday & Sunday - 11AM**  
**Kitchen Open daily till 1AM**

# Ask The Attorney

Ask The Lawyer: "Legal Briefs" Courtesy Of Local Attorney /  
Mediator / Collaborative Settlement Advocate Jeff Pollock



**Q: Last month, I began my answer to the question asked by a reader: "Since you have practiced criminal defense for over 2 decades, what safety tips have you learned from cases and/or clients?"**

A: Below is Part 2 of Tips to better protect your the safety of your family and residence.

As you decide how to best protect your possessions, bear in mind some things a typical burglar might say or think. "The reason I look familiar is because I was here last week casing your home while I painted your walls or delivered your new dryer." or "Hey, thanks for letting me use the bathroom when I was working in your yard last week. That is when I unlatched the window to make my return easier."

How about: "Love your garden. That tells me you have taste, which means you have nice things inside. The toys your kids leave outside makes me wonder what type of Wii or Nintendo they have to steal." Or "Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it." Lastly, there is "Glad you left the door unlocked, but I will still knock first to see if anyone answers; if you do, then I will pretend to ask for directions or something."

Some tips to prevent such stealth dishonesty would be: Do not announce on Facebook that your family will all be on vacation or at a funeral. If it snows while you're out of town, get a neighbor to create car and foot tracks to disguise your absence. If your front entry has decorative glass, don't install the control pad where it can be seen from outside if it's on. Ask a security company to alarm the window over the sink and the windows on the second floor for the master bedroom with your jewelry, as well as to install motion detectors. Do not hide

jewelry in the usual spots like dresser drawers, bedside tables, and the medicine cabinets. Do use safes, but bolt small ones to the floor. If you paid for an alarm system, use it. Close your curtains, esp. at night to discourage snooping for good targets. Loudly turn on a TV or radio as a deterrent while you are away; or set them on a timer. Or research buying a device that works on a timer and simulates the flickering of a real TV set.

An interesting additional tip which I recently heard in light of the Tucson tragedy is "If you don't have a gun, a more humane way to wreck someone's evil plans for you is to buy a can of wasp or hornet spray.

Some police have advised that wasp spray can shoot up to 20' in distance and is a lot more accurate. On the other hand, to use mere pepper spray, a criminal has to be close to you, and you run the risk that such an attacker could overpower you. The wasp spray temporarily blinds an attacker until they get to the hospital for an antidote. Keep a can on your desk or near your front door; it doesn't attract attention from people like a can of pepper spray does.

Some self-defense instructors even endorse this idea since it is inexpensive, easy to find, and more effective than mace or pepper spray if you hit the culprit in the eyes. It will give you a chance to call the police, maybe get out, possibly even save a life.

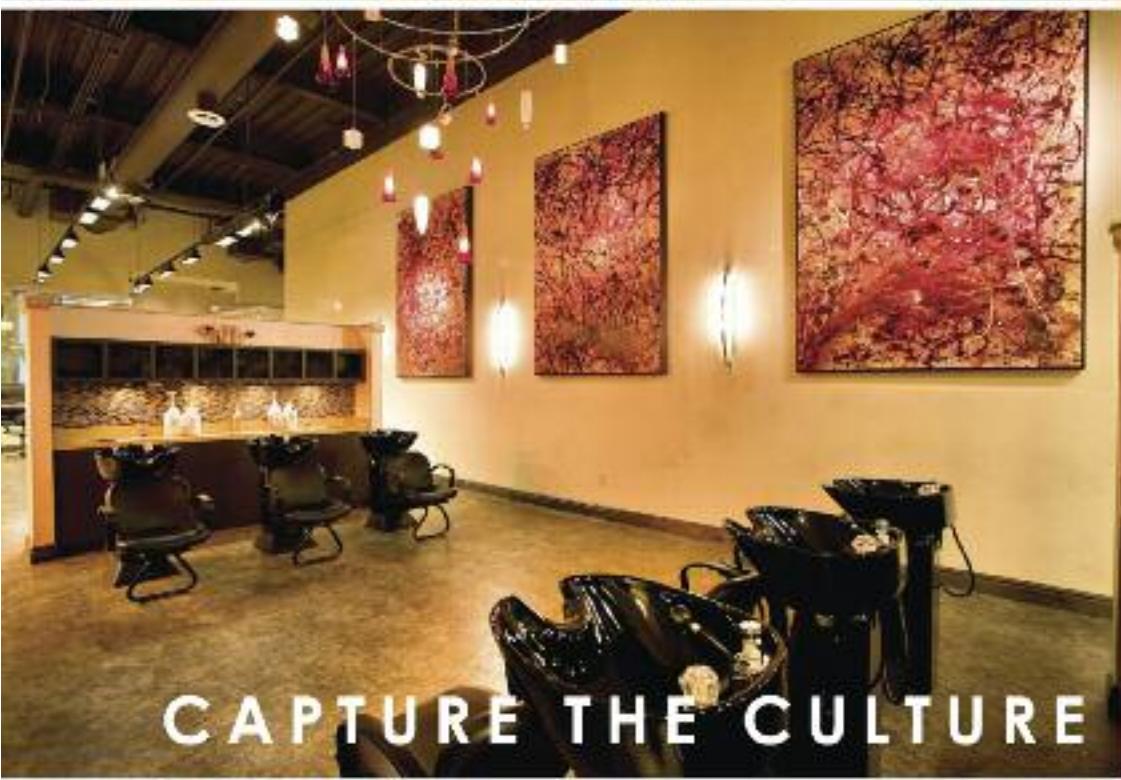
One final safety tip is to keep an extra set of car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. Bear in mind the relative ease of this method. This security alarm system is one that you probably already have and requires no installation. Test it from different places inside your house; it will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It usually works if you park in your driveway or in your garage.

If your car alarm goes off when a criminal is trying to break into your house, odds are that the burglar/rapist won't stick around. Also remember to carry your keys while walking to your car in a parking lot with your fingers ready to sound the car alarm. It can work the same way in this scenario. In addition, the car alarm on a key fob is also useful for any emergency, such as a heart attack, when you can't reach a phone.

Best wishes to all Nightwire readers for a happy, healthy, safe Valentines Day.

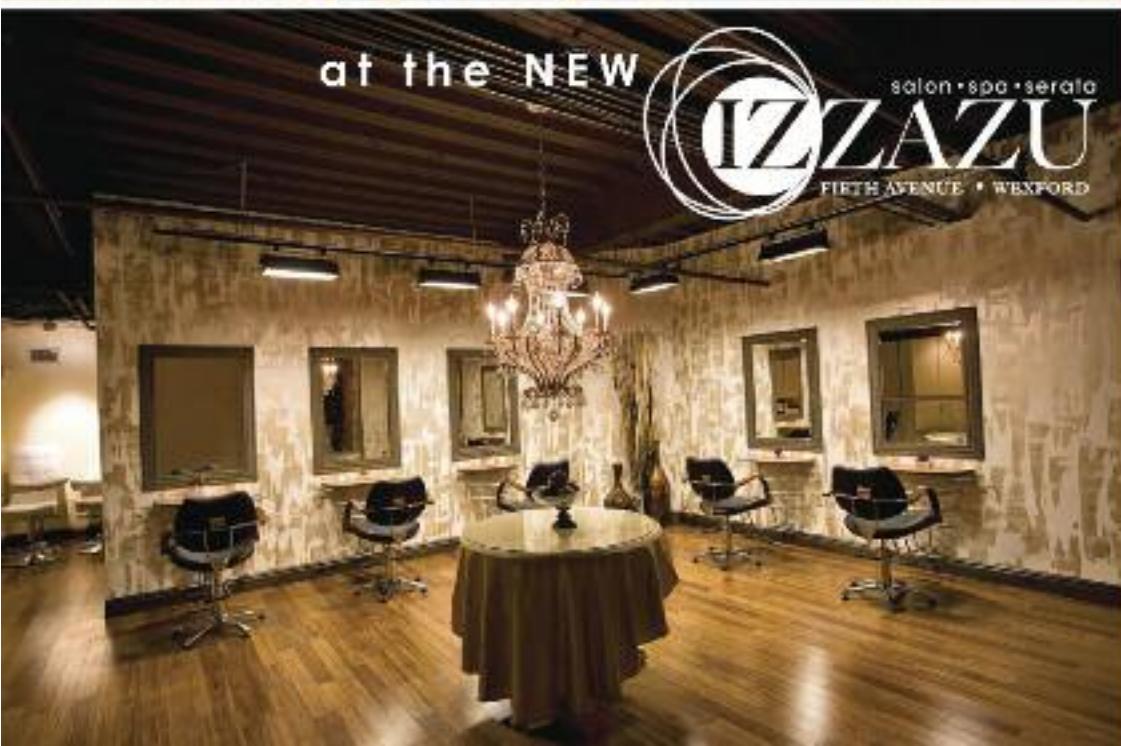
If Nightwire Magazine readers have questions or suggestions for topics, please call Joyce at (412) 855-5536 or Atty. Pollock at (412) 421-2232.

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## CAPTURE THE CULTURE

at the NEW



"...EDGY, YET ELEGANT..."

PITTSBURGH TRIBUNE REVIEW

"...A GORGEOUS STYLING AND RELAXATION PLACE..."

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"...I LOVE THIS SALON. I LOVE THE OPEN SPACE, IT FEELS VERY NEW YORK..."

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# Steelers

## Pittsburgh's Going To The Super Bowl... Here We Go!

By: David Mayle/ Photos by: Mike Fabus



**S**omewhere "The Chief" is smiling today. You see, the late Art Rooney, Sr. won the money (\$2500) to start the Pittsburgh Steelers football club in 1933 by betting on horses at the Saratoga Race Course in New York. In a touch of historic irony his beloved Steelers defeated the New York Jets on Sunday to advance to their record-tying eighth Super Bowl appearance by taking another huge gamble late in the fourth quarter of a one-score game. With the Jets out of timeouts, under 2 minutes left in the game, and the Steelers faced with a 3rd and 6 offensive coordinator Bruce Arians asked coach Mike Tomlin how he wanted to play it. The offense could be

conservative, run the ball, and probably be forced to punt the ball back to the Jets or they could gamble and throw the ball trying to end the game with the ball in their hands. In a manner I'm sure The Chief would have been proud of coach Tomlin responded, "We play to win, not to try not to lose." In other words "bet it all on Ben and the offense and roll the dice."

As the largest crowd in Heinz field history collectively held their breath Big Ben lined up in the shotgun and began barking out the signals. Backup center Doug Legursky snapped the ball to Ben and as the Jet defenders began an all out blitz Ben deftly rolled to his left then hit rookie Antonio

Brown with a perfect pass for a game winning first down and another trip to the big dance. Once again, a big gamble by the Steelers had paid off!

On February 6th , 2011 the Steelers will play on the biggest stage in the world once again when they face the Green Bay Packers. In another twist of irony, the game will be played in Dallas, Texas at the home of the Dallas Cowboys who missed the playoffs once again this year. Nothing would be sweeter than to win the Lombardi Trophy (named after legendary Green Bay





Packers coach Vince Lombardi) on the field of the only team to beat the Steelers in a Super Bowl.

This should be a truly "Super" matchup with 2 legendary franchises slugging it out for football's ultimate prize. Somewhere I have to imagine that The Chief will be making a friendly wager on this one as well as he, Lombardi, Hallas, and the rest of the boys marvel at how far the game they created has come. Hopefully, The Chief will get to enjoy another victory cigar and add a 7th Lombardi Trophy to the hardware case at Heinz field. Go STEELERS!



## Eye-Talian

Do you know why most men from Italy are named Tony? On the boat over to America they put a sticker on them that said (To New York) TO NY

## You Know You're Italian When . . . .

You can bench press 325 pounds, shave twice a day and still cry when your mother yells at you. You carry your lunch in a produce bag because you can't fit two cappicola sandwiches, 4 oranges, 2 bananas and pizzelles into a regular lunch bag. Your mechanic, plumber, electrician, accountant, travel agent and lawyer are all your cousins. You have at least 5 cousins living in the same town or on the same block. All five of those cousins are named after your grandfather or grandmother. You are on a first name basis with at least 8 banquet hall owners. You only get one good shave from a disposable razor. If someone in your family grows beyond 5' 9", it is presumed his Mother had an affair. There were more than 28 people in your bridal party. You netted more than \$50,000 on your first communion. And you REALLY, REALLY know you're Italian when . . . . Your grand father had a fig tree. You eat Sunday dinner at 1:00. Christmas Eve . . . only fish. Your mom's meatballs are the best. You've been hit with a

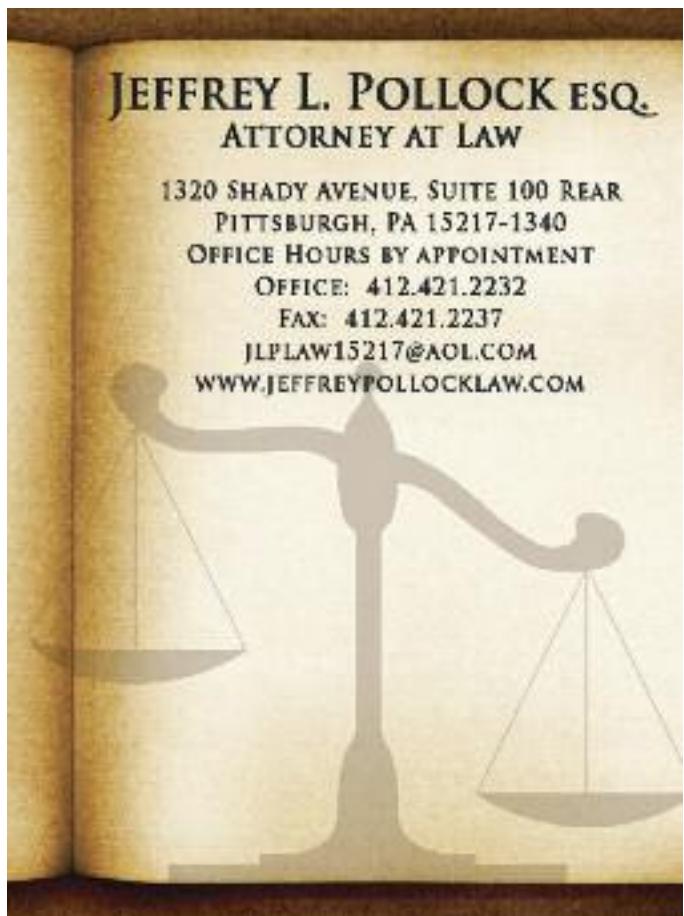
wooden spoon or had a shoe thrown at you. Clear plastic covers on all the furniture. You know how to pronounce "manicotti" and "mozzarella." You fight over whether it's called "sauce" or "gravy." You've called someone a "mamaluke." And you understand "bada bing". This is why I love the Italian culture....they are very natural and earthy...please enjoy this truth about Italians. Enjoy!

## The Italian Way...

Italians have a \$40,000 kitchen, but use the \$259 stove from Sears in the basement to cook. There is some sort of religious statue in the hallway, living room, bedroom, front porch and backyard. The living room is filled with old wedding favors with poofy net bows and stale almonds (they are too pretty to open). A portrait of the Pope and Frank Sinatra hang in the dining room. God forbid if anyone EVER attempted to eat 'Chef Boy-ar-dee', 'Franco American', 'Ragu', 'Prego', or anything else labeled as Italian in a jar or can. Meatballs are made with pork, veal and beef. Italians do not care about cholesterol. Turkey is served on Thanksgiving AFTER the manicotti, gnocchi, lasagna, and minestrone or shcarole soup. If anyone EVER says ESCAROLE, slap 'em in the face -- it's SHCAROLE. Sunday dinner was at 1:00 PM sharp. The meal went like this... The table was set with everyday dishes. It doesn't matter if they don't match. They're clean; what more do you want? All the utensils go on the right side of the plate and the napkin goes on the left. A clean kitchen towel was put at Nonna's & Papa's plates because they won't use napkins. Homemade wine and bottles of 7-UP are on the table. First course, Antipasto... Change plates. Second course, macaroni. All pasta was called macaroni... Change plates. Third course, roast beef, potatoes and vegetables... Change plates. THEN, and only then - NEVER AT THE BEGINNING OF THE MEAL - would you eat the salad drenched in homemade oil & vinegar dressing... Change plates. Next course, fruit & nuts - in the shell - on paper plates because you ran out of the real ones. Last was coffee with anisette espresso for Nonna, 'American' coffee for the rest - with hard cookies (biscotti) to dunk in the coffee. The kids would go out to play. The men would go lay down. They slept so soundly that you could do brain surgery on them without anesthesia. The women cleaned the kitchen. We got screamed at by Mom or Nonna, and half of the sentences were English, the other half Italian.

## Italian Mothers

Italian mothers never threw a baseball in their life, but could nail you in the head with a shoe thrown from the kitchen while you were in the living room. Other things particular to Italians... The prom dress that Zia Ceserina made you cost only \$20.00, which was for the material. The prom hairdo was done free by Cousin Angela. Turning around at the



promise to see your entire family, including your Godparents, standing in the back of the gym... PRICELESS!

## True Italians Will Love This

Those of you who are married to Italians will understand this. And those who wish they were Italian, and those who are friends with Italians, will remember with a smile.

## A Blonde

A blonde was weeding her yard and accidentally cut off the tail of her cat which was hiding in the grass. She rushed her cat, along with the tail, over to WAL-MART! Why WAL-MART?? HELLOOOOOOOO! WALMART is the largest re-tailer in the world!!!

## Switching Channels

The wife and I were at home watching TV. I had the remote and was switching back and forth between a fishing channel and the porn channel. She became more and more annoyed and finally said: "For God's sake! Leave it on the porn channel! You already know how to fish!"

## When Insults Had Class

These glorious insults are from an era before the English language got boiled down to 4-letter words.

The exchange between Churchill & Lady Astor:  
She said, "If you were my husband I'd give you poison."  
He said, "If you were my wife, I'd drink it."

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy." - Walter Kerr

"He has all the virtues I dislike and none of the vices I admire."  
- Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." - William Faulkner (about Ernest Hemingway).

"Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain

"He has no enemies, but is intensely disliked by his friends.." - Oscar Wilde

"I am enclosing two tickets to the first night of my new play; bring a friend.... if you have one." - George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second.... if there is one." - Winston Churchill, in response..

"I feel so miserable without you; it's almost like having you here." - Stephen Bishop

"He is a self-made man and worships his creator.." - John Bright

"I've just learned about his illness. Let's hope it's nothing trivial." - Irvin S. Cobb

"He is not only dull himself; he is the cause of dullness in others." - Samuel Johnson

"He is simply a shiver looking for a spine to run up." - Paul Keating

"In order to avoid being called a flirt, she always yielded



easily." - Charles, Count Talleyrand

"He loves nature in spite of what it did to him." - Forrest Tucker

"Why do you sit there looking like an envelope without any address on it?" - Mark Twain

"His mother should have thrown him away and kept the stork."  
- Mae West

"Some cause happiness wherever they go; others, whenever they go.." - Oscar Wilde

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." - Andrew Lang (1844-1912)

"He has Van Gogh's ear for music." - Billy Wilder

"I've had a perfectly wonderful evening. But this wasn't it." - Groucho Marx

## Shirley's Blind Date

"How was your blind date?" a college student asked her roommate Shirley "Terrible!" Shirley answered. "He showed up in a 1932 Rolls Royce." "Wow! That's a very expensive and fancy car. What's so bad about that?" "He was the original owner."

## Sleeping with Bob

The guys were all at a deer camp. No one wanted to room with Bob, because he snored so badly. They decided it wasn't fair to make one of them stay with him the whole time, so they voted to take turns. The first guy slept with Bob and comes to breakfast the next morning with his hair a mess and his eyes all bloodshot. They said, "Man, what happened to you? He said, "Bob snored so loudly, I just sat up and watched him all night." The next night it was a different guy's turn. In the morning, same thing, hair all standing up, eyes all bloodshot. They said, "Man, what happened to you? You look awful! He said, 'Man, that Bob shakes the roof with his snoring. I watched him all night.' The third night was Fred's turn. Fred was a tanned, older cowboy, a man's man. The next morning he came to breakfast bright-eyed and bushy-tailed. "Good morning!" he said. They couldn't believe it. They said, "Man, what happened?" He said, "Well, we got ready for bed. I went

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and tucked Bob into bed, patted him on the butt, and kissed him good night. Bob sat up and watched me all night."

## A Welsh Man and Wool

A Welsh man buys several sheep, hoping to breed them for wool. After several weeks, he notices that none of the sheep are getting pregnant, and phones a vet for help. The vet tells him that he should try artificial insemination. The farmer doesn't have the slightest idea what this means but, not wanting to display his ignorance, only asks the vet how he will know when the sheep are pregnant. The vet tells him that they will stop standing around and instead will lie down and wallow in grass when they are pregnant. The man hangs up and gives it some thought. He comes to the conclusion that artificial insemination means he has to impregnate the sheep himself. So, he loads the sheep into his Land Rover, drives them out into the woods, has sex with them all, brings them back, and goes to bed. Next morning, he wakes and looks out at the sheep. Seeing that they are all still standing around, he deduces that the first try didn't take, and loads them in the Land Rover again. He drives them out to the woods, bangs each sheep twice for good measure, brings them back, and goes to bed exhausted. Next morning, he wakes to find the sheep still just standing round. Try again. he tells himself, and proceeds to load them up, and drive them out to the woods. He spends all day shagging the sheep and upon returning home, falls listlessly into bed. The next morning, he cannot

even raise himself from the bed to look out of the window. He asks his wife to look, and tell him if the sheep are lying in the grass. No, she says, they're all in the Land Rover, and one of them is beeping the horn.

## Oldie One, but Goodie

Many years ago, in a little Shtetl not far from Vilna, there lived two women, Mrs. Lerner and Mrs. Katz. Each had a very beautiful daughter. They had very high hopes for the daughters. When the time came, Mrs. Lerner and Mrs. Katz traveled to Vilna and hired the most expensive matchmaker they could find. This matchmaker found for them two very promising rabbinical students. Some months later, on a beautiful summer day, the rabbinical students boarded a coach and headed out to meet the families. Quite unexpectedly there arose a violent thunderstorm. There was a lightening strike not far from the coach spooking the horses who ran off the road overturning the coach. Sadly, one of the rabbinical students suffered a fatal blow to the head, but the other decided to continue on. When the young man arrived alone, the two ladies began to argue over which rabbinical student had survived. There was nothing to be done but to appeal to their wise old rabbi. Hearing their story, the rabbi said, "We must apply the wisdom of Solomon. I will cut the rabbinical student in half." "Please, no, G-d forbid!" cried Mrs. Lerner. "So - cut him in half," said Mrs. Katz. "You, Mrs. Katz," declared the wise old rabbi, "are the true mother-in- law."

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## A Night At The Senior Center

It was entertainment night at the Senior Center. Claude the hypnotist exclaimed: "I'm here to put you into a trance; I intend to hypnotize each and every member of the audience." The excitement was almost electric as Claude withdrew a beautiful antique pocket watch from his coat. "I want you each to keep your eye on this antique watch. It's a very special watch. It's been in my family for six generations" He began to swing the watch gently back and forth while quietly chanting, "Watch the watch, watch the watch, watch the watch." The crowd became mesmerized as the watch swayed back and forth, light gleaming off its polished surface. Hundreds of pairs of eyes followed the swaying watch, until, suddenly, it slipped from the hypnotist's fingers and fell to the floor, breaking into a hundred pieces. "Crap!" said the Hypnotist. It took three days to clean up the Senior Center. Claude was never invited back to entertain.

## Sarah Palin

"Hi. This is Sarah Palin. Is Senator Lieberman in?"  
"No, governor. It's Yom Kippur."  
"Well, hello, Yom. Can I leave a message?"

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## Back Off

An elderly man lay dying in his bed. While suffering the agonies of impending death, he suddenly smelled the aroma of his favorite anisette sprinkle cookies wafting up the stairs. He gathered his remaining strength, and lifted himself from the bed. Leaning against the wall, he slowly made his way out of the bedroom, and with even greater effort, gripping the railing with both hands, he crawled downstairs. With labored breath, he leaned against the doorframe, gazing into the kitchen. Were it not for death's agony, he would have thought himself already in heaven, for there, spread out upon waxed paper on the kitchen table were literally hundreds of his favorite anisette sprinkle cookies. Was it heaven? Or was it one final act of heroic love from his devoted wife of sixty years, seeing to it that he left this world a happy man? Mustering one great final effort, he threw himself towards the table, landing on his knees in a rumpled posture. His parched lips parted, the wondrous taste of the cookie was already in his mouth, seemingly bringing him back to life. The aged and withered hand trembled on its way to a cookie at the edge of the table, when it was suddenly smacked with a spatula by his wife..... "Back off!" she said, "They're for the shiva."

## The Shredder

A young engineer (who graduated with distinction) was leaving the office at 3:45 pm when he found the acting CEO standing in front of a shredder with a piece of paper in his hand. "Listen," said the CEO, "this is a very sensitive and important document, and my secretary is not here. Can you make this thing work?" "Certainly," said the engineer. He turned the machine on, inserted the paper and pressed the start button. "Excellent, excellent," said the CEO as his paper disappeared inside the machine. "I just need one copy." The Lesson: Never assume that your boss knows what he's doing!

## Changing For Good

On New Year's Day, people all over the world resolve to make changes in their lives. We start off strong, but begin to lose steam about two weeks into the process. As a result, our resolutions get pushed off and eventually forgotten about. The problem isn't that our resolutions are too hard, or that we don't have enough willpower to stick to them, it's that we aren't quite prepared to make those changes.

At any given time, only about 20% of people are truly prepared to take action towards changing. In fact, successful "changers" are the ones who have failed several times before. The willingness to keep trying -- or persistence -- is a common trait of successful people.

Continued Next page

- So, how do you prepare yourself to make change?
1. Knowing is half the battle. You have to be aware of the fact that you have a "problem" before you can go about changing it. Might sound obvious, but it's easier to see problems in others than in our own lives.
  2. Think it over. Change doesn't happen with the twitch of a nose or the click of a heel. It happens with careful planning and setting the intention to do so. Think about what you want to change in your life, and ways to go about doing that.
  3. Get your ducks in a row. Put a plan in place. Get specific about the exact changes you want to make. Set goals -- the more specific the better -- and start talking to people about what you want to do.
  4. Just do it. Time to put your plan into action. It generally takes about 45 days to change a habit, so don't be discouraged if it takes longer than expected.
  5. Maintain it. Maintenance is the act of living with your change and practicing that new behavior day after day. This is often the point where people give up, revert to old behaviors or decide that it's just too hard to keep up with.
  6. Stay Aware. Your old behavior will continue to tempt you for a while. Remember: one cupcake does not mean that you have failed at eating healthy. Just keep calm, and carry on.

The path to change is individual, and can be filled with potholes and detours along the way. Reaching out for help, through friends and family or a health coach, makes you four times more likely to succeed than going it alone.

Whatever your goals, treat yourself with loving kindness, reward your victories, and comfort yourself when you have setbacks.

## 11 Nostalgic Activities Today's Kids Will Never Experience

Blowing in Nintendo games, the horrible sound of a dial-up modem. Yeah, things sucked. But that's why they were awesome. And kids today will never know it.

### Making Mix Tapes

Kids will never know the satisfaction of putting a cassette in your stereo and waiting for your favorite song to come on, fingers anxiously waiting on the record button. A message to today's children: mixes weren't always made by iTunes based on MATH. We had to work for these.

### Fixing Cassettes With Your Pen

So you've got your mix tape and you invite your friends over. You announce "Check out this new Naughty By Nature song I recorded from Hot 97," only to press play and hear the worst possible noise. No, I'm not talking about the verse that Vinny raps (that's some Naughty By Nature humor for you). The sound your stereo makes when it eats your tape. The only way to fix it? A pen and tons of patience.

### Blowing in Nintendo Cartridges

Has there ever been official proof that this even worked? We

Continued Next page



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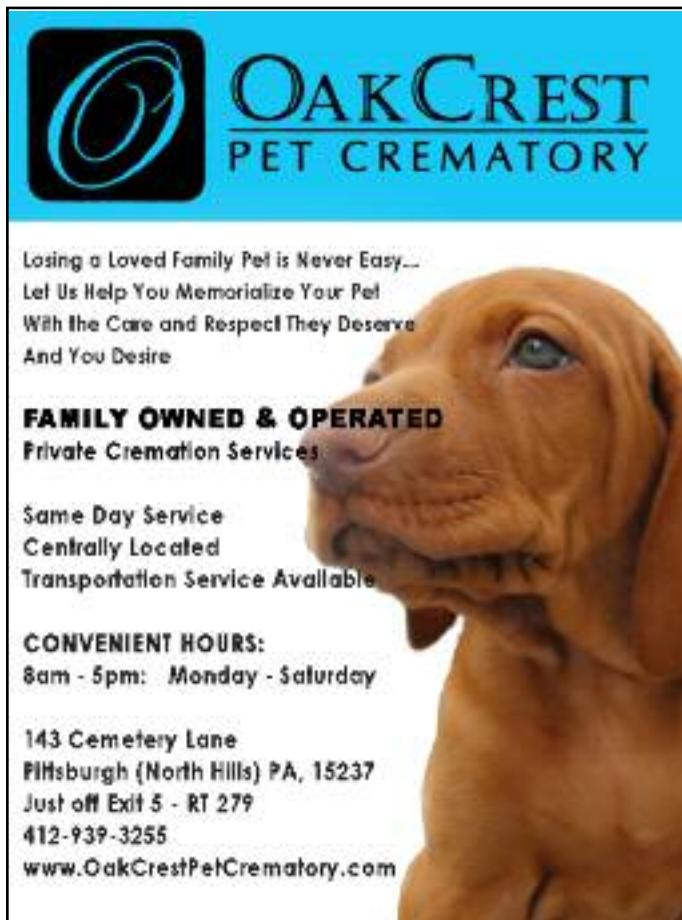
can all agree that we all looked like idiots treating Excite Bike like a harmonica, right? No big deal. What I wouldn't give to still be huffing that Contra cartridge. Then again, I certainly do not miss that friend who would use his lips while blowing on the game. When he came over, he'd be all "I'll fix this" anytime the game froze, only to mouth-rape Mega Man with every slobbery blow.

### **Searching for the TV Guide**

There was once a day where we did not have an "info" button on our remote controls. Instead, we watched the beginning and tried to guess what movie it was. And when we finally realized it was not Major League 2, we would consult our TV Guides. And if we couldn't find it, we would FREAK THE FUCK OUT and blame our siblings for losing it. Yeah, shit was hard back then. And it made us stronger. Hearing the Dial-Up Modem Sound Like an Insane Person "Heeeeeoooooooooooo Heeeeeeeeooooooo RRRRRRRRRRRRRRRRRRRRR" - The sound you make when impersonating a modem. Goldblum knew the deal.

## Writing in Cursive

To be honest with you, I'd be surprised if kids even knew how to hold pencils. Everything's on their texting machines and porn boxes these days. But years ago, when we wanted to look professional, we wrote in cursive. And when we forgot how to write a lower case "f," we just scribbled a print "f" and



connected it to the next letter, praying nobody noticed. It was a way of life.

### **Mocking Your Friends with Beepers**

Anybody with a beeper deserved to be mocked. There were a variety of cruel ways to mess with these poor saps, but my personal favorite involved calling said beeper-wearer and leaving the phone number of the girl he had a crush on. The ideal time for this was obviously late at night, when he would undoubtedly rush to the nearest pay phone and call, only to wake up her parents. Never. Got. Old.

## **Using Pay Phones**

Speaking of pay phones...yikes. I don't miss these at all. Kids are lucky they no longer have to rely on owning quarters to make urgent phone calls. Though, they do miss out on freaking out squares by dialing a special number and hanging up twice. Yes, that's how you made pay phones ring on their own. Now you know.

### **Getting Dysentery (Playing Oregon Trail)**

Granted, I haven't been to a school library in years (and it'd be weird if just for the sake of this nostalgia-fest, I just started showing up at schools and inspected the facilities), but I'm guessing most have fully functioning computers filled with high speed internet and tons of RAM. The latter I assume is something every modern child is familiar with and they trade RAM on the playground like it were pogs. "It's Alf. He's back. In RAM form." Anyway, the point is, our computers couldn't do ANYTHING other than give you the opportunity to play the least educational game ever. Kids will never know the satisfaction of Mary getting dysentery and shooting 800 pounds of buffalo, only to...well you know.

## **Deciding Which Search Engine Best Fit Your Needs**

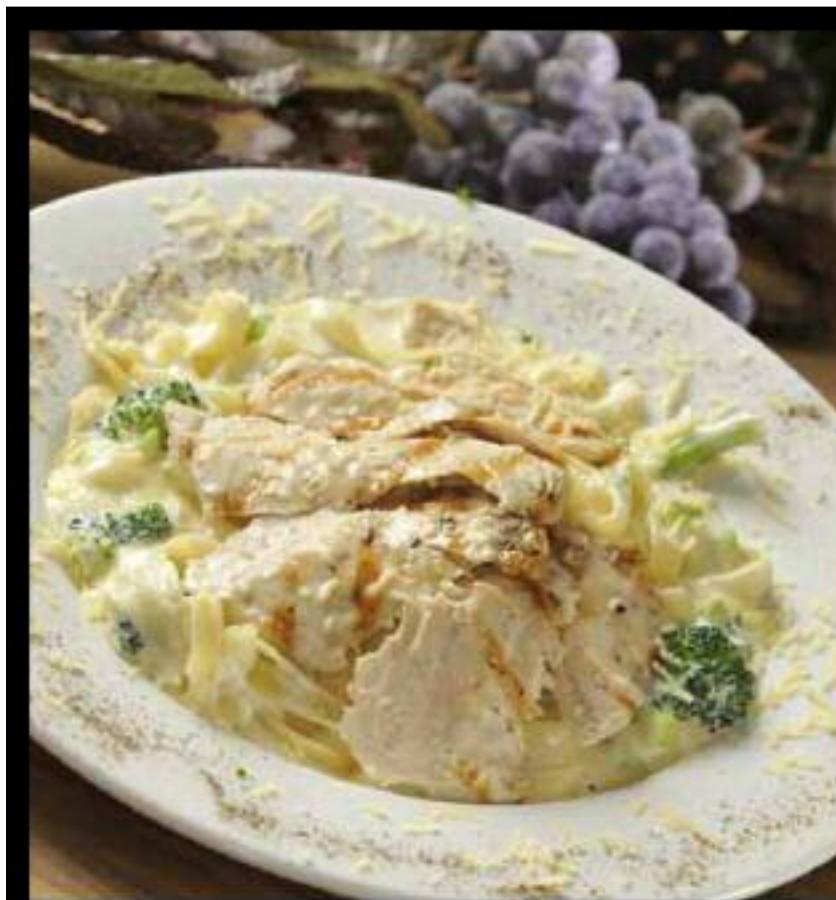
So many options, so little actually available on the internet yet. I was an Infoseek guy, myself. Buuuuut a lot of people will stand by Dogpile and Alta Vista. But those people were idiots. Infoseek was the way to go. Go ahead, Google it. You'll see. Living a Life Where Every Piece of Information is NOT Available at All Times - I'm so jealous.

# MENSA Invitational

The Washington Post's Mensa Invitational once again invited readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition. Here are the winners:

1. Casstration (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period of time.
  2. Ignoramus: A person who's both stupid and an asshole.
  3. Intoxicaton: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
  4. Reinternation: Coming back to life as a hillbilly.

5. Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.
7. Giraffiti: Vandalism spray-painted very, very high
8. Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.
9. Inoculate: To take coffee intravenously when you are running late.
10. Osteopornosis: A degenerate disease. (This one got extra credit.)
11. Karmageddon: It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.
12. Decafalon (n.): The grueling event of getting through the day consuming only things that are good for you.
13. Glibido : All talk and no action.
14. Dopeler Effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.
15. Arachnoleptic Fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.
16. Beelzebug (n.): Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.
17. Caterpallor ( n.): The color you turn after finding half a worm in the fruit you're eating.
- The Post also published the winning submissions to its yearly contest, in which readers are asked to supply alternate meanings for common words. And the winners are:
1. Coffee, n. The person upon whom one coughs.
  2. Flabbergasted, adj. Appalled by discovering how much weight one has gained.
  3. Abdicate, v. To give up all hope of ever having a flat stomach.
  - 4 esplanade, v. To attempt an explanation while drunk.
  5. Frisbeetarianism, n. The belief that, after death, the soul flies up onto the roof and gets stuck there.
  6. Negligent, adj. Absentmindedly answering the door when wearing only a nightgown.
  7. Lymph, v. To walk with a lisp.
  8. Gargoyle, n. Olive-flavored mouthwash.



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9. Flatulence, n. Emergency vehicle that picks up someone who has been run over by a steamroller.
10. Balderdash, n. A rapidly receding hairline.
12. Rectitude, n. The formal, dignified bearing adopted by proctologists.
13. Pokemon, n. A Rastafarian proctologist.
14. Oyster, n. A person who sprinkles his conversation with Yiddishisms.

## How fast can you guess these words?

1. F\_K
2. PU\_S\_
3. S\_X
4. P\_N\_S
5. BOO\_S
6. \_NDOM

Answers and page 34

## Funny lawyer quotes:

- There are three sorts of lawyers - able, unable and

lamentable. - Robert Smith Surtees

- Whoever tells the best story wins. - John Quincy Adams
- A Lawyer will do anything to win a case, sometimes he will even tell the truth. - Patrick Murray
- Ignorance of the law excuses no man - from practicing it. - Adison Mizner
- In almost every case, you have to read between the lies. - Angie Papadakis
- A lawyer is a gentleman who rescues your estate from your enemies and keeps it for himself. - Lord Brougham
- A man is innocent until proven broke. - Anonymous
- How many personal injury attorneys does it take to change a light bulb?
- How many can you afford?
- Three - one to turn the bulb, one to shake him off the ladder, and the third to sue the ladder company.
- What's the difference between a good lawyer and a great lawyer?
- A good lawyer knows the law. A great lawyer knows the judge.

## Lawyers...

What do you call 5000 dead lawyers at the bottom of the ocean?

A good start!

---

What's the difference between an attorney and a pit bull?  
Jewelry.

---

How can you tell when a lawyer is lying?  
His lips are moving.

---

How does an attorney sleep?  
First he lies on one side, and then on the other.

---

How do you get a group of lawyers to smile for a picture?  
Just say "Fees!"

---

"You seem to be in some distress," said the kindly judge to the witness. "Is anything the matter?" "Well, your Honor," said the witness, "I swore to tell the truth, the whole truth and nothing but the truth, but every time I try, some lawyer objects."

---

A new client had just come in to see a famous lawyer.  
"Can you tell me how much you charge?", said the client.  
"Of course", the lawyer replied, "I charge \$200 to answer three questions!" "Well that's a bit steep, isn't it?" "Yes it is", said the lawyer, "And what's your third question?"

## Jets Football Humor

Only 11 people greeted the NY Jets at the airport last night and seven of them were just waiting for connecting flights.

## Insomnia Poll

Which works better for you? Ambien or Piers Morgan?

## Old Grandpa

There was a family gathering, with all generations around the table. Mischievous teenagers put a Viagra tablet into Grandpa's drink, and after a while, Grandpa excused himself because he had to go to the bathroom. When he returned, however, his trousers are wet all over. 'What happened, Grandpa?' he is asked by his concerned children. 'Well,' he answered, 'I don't really know. I had to go to the bathroom. So I took it out and started to pee, but then I saw that it wasn't mine, so I put it back!'

## What NOT to Give Her for Valentine's Day

1. A box of chocolates, clumsily rearranged in an attempt to hide the fact you ate all the caramel ones.
2. Any food item with the words "diet", "light", or "high fiber" on the label.
3. Any video starring Sylvester Stallone or Jim Carrey.
4. Flowers from a hospital's gift shop--or worse, a mortuary's.
5. Any household appliance, power tool or other item from the harder side of Sears.
6. A gift certificate.
7. Cash.
8. Anything you could have bought at the gas station mini-

mart on the way over, even if you didn't.  
An apologetic look and the words "That was today?"

## Valentine's Day One Liners

Q: What do farmers give their wives on Valentine's Day?  
A: Hog and kisses!

Q: What would you get if you crossed Odie with the God of love?  
A: A stupid cupid!

Q: Why did the pig give his girlfriend a box of candy?  
A: It was Valenswine's Day!

Q: Do skunks celebrate Valentine's Day?  
A: Sure, they're very scent-imental!

Q: What did the chocolate syrup say to the ice cream?  
A: "I'm sweet on you!"  
Q: What did the paper clip say to the magnet?  
A: "I find you very attractive."

Q: What did the French chef give his wife for Valentine's Day?



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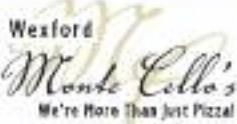
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A: A hug and a quiche!

Q: What would you call a woman who goes out with Jon?

A: Desperate!

Q: What did one pickle say to the other?

A: "You mean a great dill to me."

Knock, Knock!

Knock, Knock!

Who's there?

Olive.

Olive who?

Olive you!

Q: What did the elephant say to his girlfriend?

A: "I love you a ton!"

Q: What did the bat say to his girlfriend?

A: "You're fun to hang around with."

Q: Did you hear about the nearsighted porcupine?

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A: He fell in love with a pincushion!

Q: What did the pencil say to the paper?

A: "I dot my i's on you!"

Q: Why did the cannibal break up with his girlfriend?

A: She didn't suit his taste!

## A Lawyer's Valentine

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. The balding man then takes out a perfume bottle and starts spraying them all. His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'" "But why?" asks the man. "I'm a divorce lawyer."

## Quantum Date

Every Friday after work, a mathematician goes down to the Ice Cream Parlor, sits in the second-to-last seat, turns to the last seat, which is empty, and asks a girl, who isn't there, if he can buy her an ice cream cone. The owner, who is used to the weird, local university types, always shrugs but keeps quiet. But when Valentine's Day arrives, and the mathematician makes a particularly heart wrenching plea into empty space, curiosity gets the better of him, and he says, "I apologize for my stupid questions, but surely you know there is NEVER a woman sitting in that last stool, man. Why do you persist in talking to empty space?" The mathematician replies, "Well, according to quantum physics, empty space is never truly empty. Virtual particles come into existence and vanish all the time. You never know when the proper wave function will collapse and a girl might suddenly appear there." The owner raises his eyebrows. "Really? Interesting. But couldn't you just ask one of the girls who comes here every Friday if you could buy her a cone? You never know ... she might say yes." The mathematician laughs. "Yeah, right. How likely is that to happen?"

## Romance

"Do you love me with all your heart and soul?" asked Becky on Valentines Day. "Mmm hmm." replied Dave. "Do you think I'm the most beautiful girl in the world?" "Mmm hmm." "Do you think my lips are like rose petals?" "Mmm hmm." "Oh Dave," gushed Becky, "you say the most beautiful things!"

## Amore

With Valentines we think of love and of course that's Amore  
When the moon hits your eye like a big pizza pie  
That's amore.  
When an eel bites your hand and that's not what you planned  
That's a moray.  
When our habits are strange and our customs deranged  
That's our mores.  
When your horse munches straw and the bales total four  
That's some more hay.  
When Othello's poor wife, she gets stabbed with a knife  
That's a Moor, eh?  
When a Japanese knight used a sword in a fight  
That's Sa...mur...ai.

## Interpreting Dreams

After she woke up, a woman told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?" "You'll know tonight." he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it - to find a book entitled "The meaning of dreams"

## Men and Sex

A recent study was made to find out what days men prefer to have sex? It was found that men preferred to engage in sexual activity on the days that started with "T":

Tuesday  
Thursday  
Thanksgiving  
Today  
Tomorrow  
Thaturday and Thunday

## I Am A Man But I Really Tried To Be 6 Again...

A man was sitting on the edge of the bed, observing his wife, looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her Birthday. "I'd like to be six again", she replied, still looking in the mirror. On the morning of her Birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, everything there was. Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure! Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, "Well Dear, what was it like being six again??"

Her eyes slowly opened and her expression suddenly changed. "I meant my dress size, You dumb ass!" The moral of the story: Even when a man is listening, he is gonna get it wrong.

## Kids On Love and Marriage

### HOW DO YOU DECIDE WHO TO MARRY?

- "You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dip coming." Alan, age 10
- "No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with." Kirsten, age 10

### WHAT IS THE RIGHT AGE TO GET MARRIED?

- "Twenty-three is the best age because you know the person FOREVER by then." Camille, age 10
- "No age is good to get married at. You got to be a fool to get married." Freddie, age 6

### HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

- "Married people usually look happy to talk to other people." Eddie, age 6
- "You might have to guess, based on whether they seem to be yelling at the same kids." Derrick, age 8

### WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

- "Both don't want no more kids." Lori, age 8

### WHAT DO MOST PEOPLE DO ON A DATE?

- "Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough." Lynnette, age 8
- "On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." Martin, age 10

### WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?



- "I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns." Craig, age 9

## WHEN IS IT OK TO KISS SOMEONE?

- "When they're rich." Pam, age 7
- "The law says you have to be eighteen, so I wouldn't want to mess with that." Curt, age 7
- "The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do." Howard, age 8

## IS IT BETTER TO BE SINGLE OR MARRIED?

- "I don't know which is better, but I'll tell you one thing. I'm never going to have sex with my wife. I don't want to be all grossed out." Theodore, age 8
- "It's better for girls to be single, but not for boys. Boys need someone to clean up after them." Anita, age 9
- "Single is better, for the simple reason that I wouldn't want to change no diapers. Of course, if I did get married, I'd just phone my mother and have her come over for some coffee and diaper-changing." Kirsten, age 10

## HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

- "There sure would be a lot of kids to explain, wouldn't there?" Kelvin, age 8
- "You can be sure of one thing - the boys would come chasing after us just the same as they do now." Roberta, age 7

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## HOW WOULD YOU MAKE A MARRIAGE WORK?

- "If you want to last with your man, you should wear a lot of sexy clothes, especially underwear that is red and maybe has a few diamonds on it." Lori, age 8
- "Tell your wife that she looks pretty even if she looks like a truck." Ricky, age 10

## Brain Teasers

 Answers to puzzles on pages 36 and 37

### Puzzle 1

After a recent spate of home improvements, four couples were having a dinner party to discuss the additions to their houses. Alan had not recently had a new bathroom. Kara had not yet done her kitchen, but perhaps would update it next. Brian, who is married to Maud, had not had new windows. Laura delighted in showing photographs of her new conservatory. Neither Charles nor David had a new kitchen. Julie had not had new windows. Alan, who also had not had windows, is not married to Laura and Charles is not married to Kara. Who is married to whom and what work had they recently undertaken, assuming that each couple had one improvement and no two couples had the same improvement.

Hint: Alan is married to Julie.

### Puzzle 2

Practical Peter was asked to cut a 99 foot rope into three smaller, equal length ropes. However, as usual, Pete couldn't find his measuring tape so he guessed! When he finally did find his tape (it was under his hat), he discovered that the second piece of rope was twice as long as the first piece minus 35 feet. The third piece of rope was half the length of the first, plus 15 feet. How long were each of the pieces of rope?

Hint: Only one of the ropes was 33 feet.

### Puzzle 3

What word can prefix (go before) these letters to make a valid word in each case: ir ad lm ed lp st

Hint: The missing word is two letters long.

### Puzzle 4

How many squares and how many rectangles, of any size, can be found on a standard chess board?

Hint: How many 8x8 squares are there, what about 7x7.

### Puzzle 5

Using the BrainTracker grid below, how many words can you find? Each word must contain the central A and no letter can be used twice. The letters do not have to be connected. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word. Excellent: 63 words. Good: 48 words. Average: 35 words.

R      B      R  
I      A      I  
A      N      L

Hint: Remember every word must contain the central letter.

## Puzzle 6

Five girls took part in a race. Alison finished before Bunty but behind Clare. Debby finished before Emma but behind Bunty. What was the finishing order?

## Puzzle 7

What is it that the person who makes it doesn't need it. The person who buys it does not need it for themselves and the person who uses it doesn't know it?

Hint: Hopefully you won't need one for a very long time.

## Puzzle 8

Half of what number is zero?

Hint: This can't be an actual sum, so what could it be?

## Puzzle 9

How many grains of sand do you need until you have a heap of sand?

Hint: Is a million grains of sand a heap?

Answers to puzzles on pages 36 and 37

## Answers from Quiz on page 30

1. FORK
2. PULSE
3. SIX
4. PANTS
5. BOOKS
6. RANDOM

You got all 6 wrong....didn't you?

Well, you don't have Alzheimer's, but you are a pervert!

## Truths For Mature Humans

1. I think part of a best friend's job should be to immediately clear your computer history if you die.
2. Nothing sucks more than that moment during an argument when you realize you're wrong.
3. I totally take back all those times I didn't want to nap when I was younger.
4. There is great need for a sarcasm font.
5. How the heck are you supposed to fold a fitted sheet?
6. Was learning cursive really necessary?

7. Map Quest really needs to start their directions on # 5. I'm

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- pretty sure I know how to get out of my neighborhood.
8. Obituaries would be a lot more interesting if they told you how the person died.
9. I can't remember the last time I wasn't at least kind of tired.
10. Bad decisions make good stories.
11. You never know when it will strike, but there comes a moment at work when you know that you just aren't going to do anything productive for the rest of the day.
- 12 Can we all just agree to ignore whatever comes after Blue Ray? I don't want to have to restart my collection...again.
13. I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten-page technical report that I swear I did not make any changes to.
14. I keep some people's phone numbers in my phone just so I know not to answer when they call.
15. I think the freezer deserves a light as well.
16. I disagree with Kay Jewelers. I would bet on any given Friday or Saturday night more kisses begin with Miller Lite than Kay.
17. I wish Google Maps had an "Avoid Ghetto" routing option.
18. I have a hard time deciphering the fine line between boredom and hunger.
19. How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?
20. I love the sense of camaraderie when an entire line of cars team up to prevent a jerk from cutting in at the front. Stay strong, brothers and sisters!
21. Shirts get dirty. Underwear gets dirty. Pants? Pants never get dirty, and you can wear them forever.
22. Sometimes I'll look down at my watch 3 consecutive times and still not know what time it is.
23. Even under ideal conditions people have trouble locating their car keys in a pocket, finding their cell phone, and Pinning the Tail on the Donkey - but I'd bet everyone can find and push the snooze button from 3 feet away, in about 1.7 seconds, eyes closed, first time, every time!
24. The first testicular guard, the "Cup," was used in Hockey

in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important.

## Brain Teaser Puzzle Answers

from pages 34

### Puzzle 1

Answer: Alan is married to Julie and they had a new kitchen. Brian is married to Maud and they had a new bathroom. Charles is married to Laura and they had a new conservatory. David is married to Kara and they had new windows.

### Puzzle 2

Answer:

First = 34 feet.

Second = 33 feet.

Third = 32 feet.

This question can be solved easily using algebra, if we call the length of the first rope A, we have:

$$\text{Rope 1} = A$$

$$\text{Rope 2} = 2 \times A - 35$$

$$\text{Rope 3} = 1 \div 2 \times A + 15$$

The three ropes add to 99 feet, so:

$$99 = \text{Rope 1} + \text{Rope 2} + \text{Rope 3}$$

$$99 = A + (2 \times A - 35) + 1 \div 2 \times A + 15$$

$$99 = 3.5 \times A - 20$$

Adding 20 to both sides we have:

$$119 = 3.5 \times A$$

So:

$$A = 119 \div 3.5$$

$$A = \text{Rope 1} = 34 \text{ feet}$$

$$\text{Rope 2} = 2 \times 34 - 35 = 68 - 35 = 33 \text{ feet}$$

$$\text{Rope 3} = 1 \div 2 \times A + 15 = 1 \div 2 \times 34 + 15 = 17 + 15 = 32 \text{ feet}$$

Just to check:

$$\text{Rope 1} + \text{Rope 2} + \text{Rope 3} = 34 + 33 + 32 = 99.$$

### Puzzle 3

Answer: He: heir, head, helm, heed, help, hest.

### Puzzle 4

Answer: 1296 rectangles and 204 squares.

### Puzzle 5

Answer: Common words: ail, air, alibi, an, aria, baa, bail, bairn, ban, banal, bar, barn, bra, brain, bran, briar, lab, lair, liar, LIBRARIAN, lira, nail, rail, rain, ran.

Continued Next page

All words: aa, aal, aalii, ab, aba, abri, ai, ail, ain, air, airn, al, ala, alan, alar, alb, alba, alibi, an, ana, ani, anil, ar, arb, aria, aril, ba, baa, baal, bail, bairn, bal, ban, banal, bani, bar, barn, biali, binal, blain, bra, brail, brain, bran, briar, ilia, inia, la, laari, lab, labra, lain, lair, lanai, lar, lari, liana, liar, libra, LIBRARIAN, lira, na, nab, nail, naira, narial, raia, rail, rain, ran, rani, ria, rial.

### Puzzle 6

Answer:

Clare  
Alison  
Bunty  
Debby  
Emma

### Puzzle 7

Answer: A coffin.

### Puzzle 8

Answer: Eight. When written as a digit, 8, the top half is 0, and the bottom half is also 0.

### Puzzle 9

Answer: We can safely say two things:

1. A million grains of sand is a heap.
2. If we remove one grain of sand from a heap, we still have a heap.

We can now keep repeating #2 until we only have a single grain of sand remaining. Is this a heap? Clearly not. But what went wrong with our thinking?

This is called the Sorites paradox (soros being Greek for "heap"), and is a classic paradox that has no real answer. Both #1 and #2 are true, and we can indeed keep removing one grain of sand until we have a single grain remaining. When does the heap become a non-heap? If we remove one more grain we're left with nothing, is this still a heap?

## An Asian Doctors Advice...

**Q:** Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

**A:** Your heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

---

**Q:** Should I reduce my alcohol intake?

**A:** No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

---

**Q:** How can I calculate my body/fat ratio?

**A:** Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.



The advertisement for Tailgaters features a yellow background. At the top, the word "tailgaters" is written in a stylized, hand-drawn font above a black and white illustration of a classic sedan. Several cartoonish characters, including a man in a cowboy hat and a woman in a bikini, are depicted around the car. Below the illustration, the address "1420 Centre Avenue • Washington Plaza" and phone number "412-745-8245" are listed. A photograph of a group of smiling people, presumably patrons, is shown in the middle section. The word "HOURS" is prominently displayed in large, bold letters, followed by "MONDAY THROUGH SUNDAY: 11:30AM - 2AM". A banner below states "FREE VALET PARKING AVAILABLE AT WASHINGTON PLAZA WHILE AT TAILGATERS!". Further down, it says "DAILY FOOD AND DRINK SPECIALS", "DIRECT TV'S", and "NOMINATED FOR BEST NEW BAR IN CITY By BarSmart". At the bottom, three small decorative stars are followed by the slogan "GREAT PRICES, GREAT FOOD, GREAT PLACE!!".



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# Humor

BY NIGHTWIRE

**Q:** What are some of the advantages of participating in a regular exercise program?

**A:** Can't think of single one, sorry. My philosophy is: No pain...good!

**Q:** Aren't fried foods bad for you?

**A:** YOU NOT LISTENING! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!!

**Q:** Will sit-ups help prevent me from getting a little soft around the middle?

**A:** Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

**Q:** Is chocolate bad for me?

**A:** Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

**Q:** Is swimming good for your figure?

**A:** If swimming good for your figure, explain whale to me..

**Q:** Is getting in shape important for my lifestyle?

**A:** Hey! 'Round' is shape!  
Well... I hope this has cleared up any misconceptions you may have had about food and diets.

### And remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"

AND....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
  2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
  3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
  4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans..
  5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.
- CONCLUSION:** Eat and drink what you like. Speaking English is apparently what kills you.

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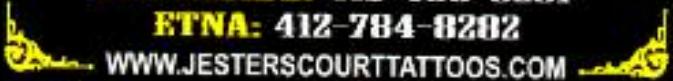
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