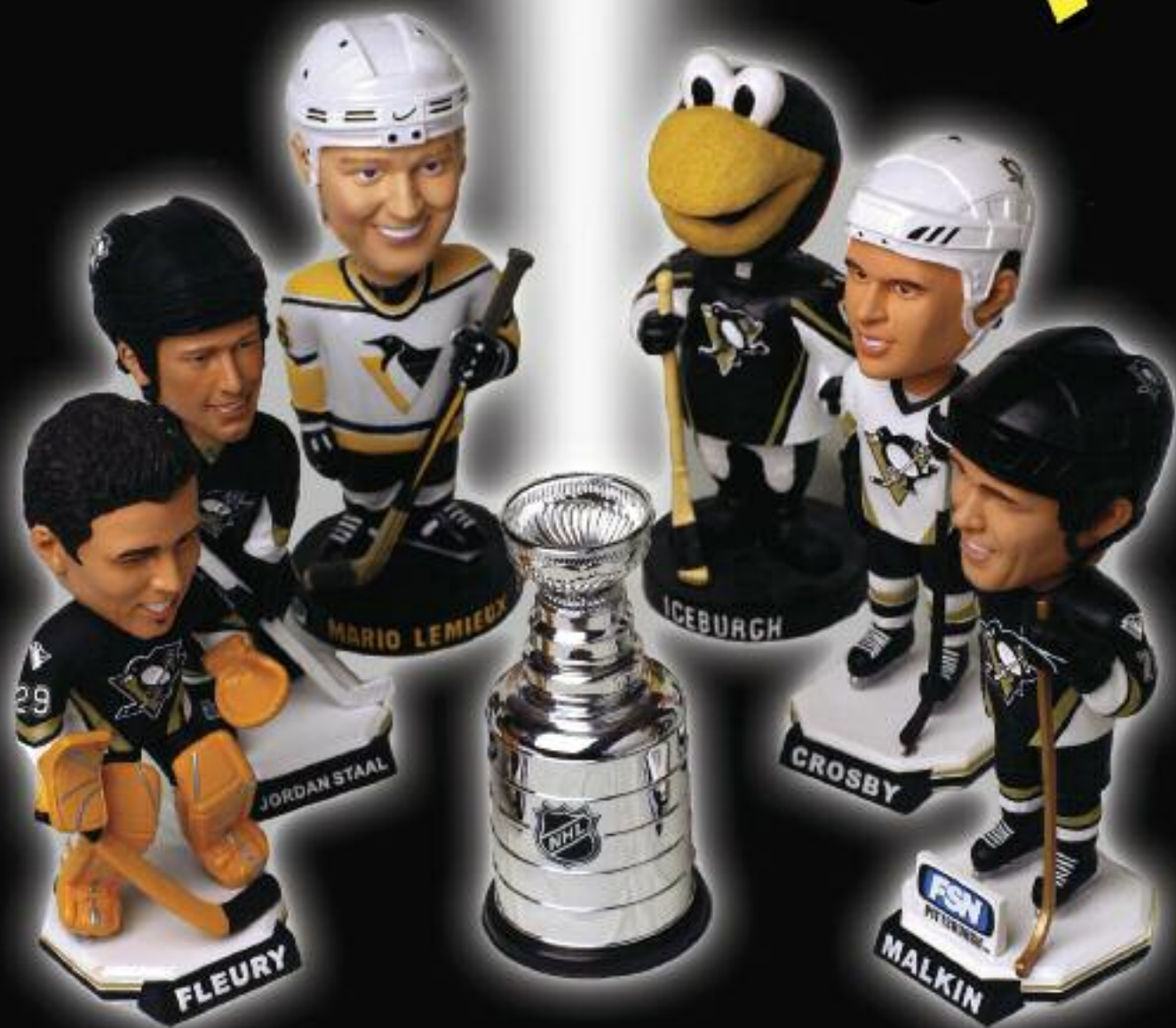


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BUSINESS

Competitive Intelligence

by: Paul E. Kimble

What are your competitors up to? How does what they do affect your business? If you don't have answers to these questions, maybe it is time you considered creating a competitive intelligence program at your company.

What is competitive intelligence? Simply put, competitive intelligence means collecting, studying, and utilizing information about products, customers, and competitors. Competitive intelligence serves as both a process and an outcome. The process of gathering and analyzing information about the competition provides data a company can employ in planning future strategies and tactics to improve processes, redesign products, making pricing adjustments, etc.

As opposed to the illegal practice of industrial espionage, competitive intelligence makes use of public information, and thus remains both a legal and ethical practice.

Drilling down further, competitive intelligence focuses on early identification of marketplace opportunities and perils before they become common knowledge. Competitive intelligence means more than just competitor analysis; companies need to transform data into actionable information necessary to remain competitive.

Effective competitive intelligence implementation requires not only information about the competitors, but also information such as industry trends, legal and regulatory developments, advances in technology, the political landscape, and economic conditions. Determining competitive intelligence needs must be based on your organization's relative position to competitors and the above environmental factors.

"How do I go about it?" I hear you ask. "What information should I be looking for?" If your company is big enough, put somebody in charge of your competitive intelligence efforts. If not, well, you just bought yourself another hat to wear, one with a big CI on it. As far as getting the information, step one should be to leverage the power of the internet. Free information abounds, but you might consider subscribing to a business information site such as Hoovers, or J. J. Hill. You can separate

the wheat from the chaff more easily than if you limit yourself to the popular search engines. Some of the best information might come from your competitors' investor relations staff. Take a drive by your competition and observe. Are the parking lots full or empty? Any new construction in progress? Ascertain the volume and pattern of suppliers' or customers' delivery trucks. All of these types of observation will yield useful about the state of the competitor's business.

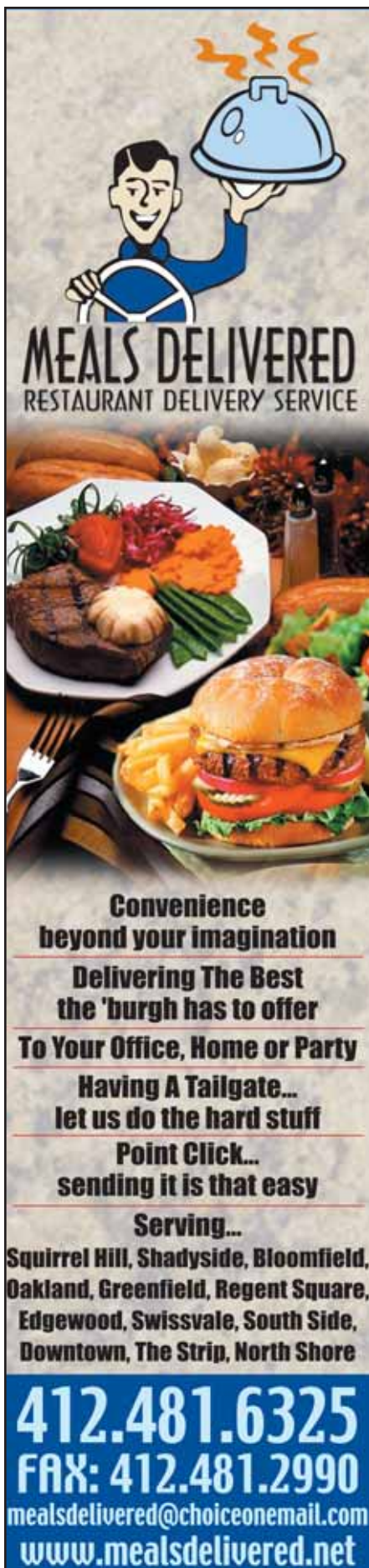
Another way to gather valuable information would be to reverse engineer a competitor's product. Food companies employ this tactic regularly. If you can make something just as good, and also undercut them on price, you've just provided yourself with a competitive advantage.

"I don't have time for this!" I hear you say. Hire someone to do the job for you. You can find a reputable CI practitioner by contacting the Society of Competitive Intelligence Professionals (www.scip.org). Their web site contains a plethora of good and practical information on discovering information on your competitors.

Since much of the data gathering lends itself to internet searches, many companies falsely assume competitive intelligence becomes the sole responsibility of the techno geeks in the organization. Be careful not to let those who gather the information be the only ones who analyze it and make recommendations based on it. Translate the data gathered into vernacular everyone in your company can relate to, otherwise you will succumb to the law of "knowledge is power." Keep control in your business by driving the competitive intelligence train.

Don't forget the competition might be looking at your operation as well. What will they discover? Along with a strong CI program, you better take a look at your own organization with an outsider's perspective. Some refer to this tactic as "red-teaming." You may discover ways to protect yourself against your rivals obtaining details on your business; in other words, be a "hard target."

Some joke about military intelligence being an oxymoron. However, nobody says that about intelligence in the business world. Get with the program!



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Helpful Hints - Grilling and Wine Pairing For The Summer

by: Deb Mortillaro, Mike Gonze and William Mann



newspaper or other flammable material is placed under the grate and lit. The charcoal at the bottom of the cylinder lights first and the "chimney effect" ignites the remaining charcoal above. For around \$15, grillers can rely on an evenly heated supply of charcoal all season long. The chimney also eliminates the need for that highly toxic and explosive lighter fluid.

Once that grill is lit, there are two basic ways of using the heat: grilling directly over coals or grilling with indirect heat (coals to the side versus right under the food, with a lid on the grill). The two methods result in two distinctly different tastes. When cooked indirectly, the food tastes more 'roasted' than grilled, with a gentler smoky flavor. When cooked directly over the coals a much stronger charred, smoky flavor is incorporated into the food. For added flavor, try infused wood chips from a local hardware store or grocer, mixed into the charcoal.

A couple of other helpful 'hints' for grilling tools are a simple oven thermometer to track temps when cooking larger pieces of meat, especially with the 'indirect heat' method; and for those who are more adventurous in gourmet grilling, try using a piece of screen for cooking small items, like roasted veggies, so they don't fall into the coals.

The backyard barbecue doesn't have to be all about burgers and wienies, and finer foods deserve finer accompaniments.

Though grilling is a short season in the 'burgh, it is standard cuisine in California, the indigenous land of the Zinfandel grape, and naturally Zinfandels are one of the top classic wines for grilling. Fruity Zinfandels go well with the heavier textured foods and concentrated flavors, making them great with grilled lamb and beef, whether in burgers, steaks or chops. Zins hold their own with most types of barbecue, even barbecued ribs. However be careful with sauces that are laden with chiles'. When

pairing a Zinfandel with a spicy barbecue sauce, a medium-bodied wine works better than a full-bodied one. The higher alcohol content of full-bodied wines seems to lock into the heat of the chiles and intensify the flavors. Like matching wines with other foods, grilled foods often take on the flavors of marinades used, and this is the flavor that the wines should be matched with, as it will be the overwhelming flavor of the dish. Try a Norman Monster Zinfandel (\$23.99 from Dreadnought Wines) or a Ravenswood Zin (\$31 - \$33) from the PLCB Wines & Spirits stores.

Another wine that works well with the smoky flavors of the grill, especially with sausages, is the Barbera, particularly those from California. Again the big fruit flavors compliment grilled meats nicely. Dreadnought Wines offers a terrific Scott Harvey Barbera (\$15.99), or with Italian sausages and flavors you might enjoy Pio Cesare Barbera de Alba (\$19.99) from the PLCB.

The summer season is finally arriving! That time of year when the citizens of Pittsburgh come out of winter hiding, put on those shorts and expose white winter legs to the first glimpses of summer sunshine, sweep the leaves off the back porch and set up that centerpiece of the summer social season...the grill! Waiting eagerly to see that first mushroom cloud of the summer as the match hits the first over-zealous puddle of lighter fluid.

Now, aside from the jug-o-lighter-fluid, and the bag of charcoal briquettes, a variety of good grilling tools are available to make the process easier.

How many steak lovers out there watch their partner squirting more and more fluid on that pile of charcoal, tossing more matches, and blowing, blowing...and blowing? Try a chimney to start coals. A chimney starter is essentially a metal cylinder with a grate near the bottom and a handle mounted on the side. Unlit charcoal is placed inside the cylinder and



For a bigger switch from the usual burger, consider seafood. Fish is delicious on the grill, and is a perfect opportunity to show off your good taste by pairing it with a Pinot Noir (Babich Lone Tree from Dreadnought, \$12.99; Berenger's Pinot Noir, also \$12.99, from the PLCB). Although most believe that fish should be paired with a white wine, the

combination of the fish with grilled flavors holds up well to the flavors of the red wine. A softer, poached fish may be overpowered by red wines. Try a Beaujolais paired with soft shell crabs, or try a white wine with a grapefruit acid component such as a New Zealand Sauvignon Blanc. Other foods with smoky flavors, such as wild mushrooms, go well with the same types of wines, medium bodied whites, and Pinot Grigios with high acids. (Kofererhof Pinot Grigio, \$23.99, Dreadnought Wines) also compliment smoky essences.

If the concept of pairing wine with the usual wienie seems odd, stay tuned for the August 14th Palate Partners Annual 'Skyblast' event.

Debbie brings in Zweigle's White Hots from Rochester, New York, and grills them up, while Mike pairs them with wines, then all participants get on the big yellow school bus headed for the Pirates game at PNC Park, with a free ball cap, and the big bam boom of Skyblast! To learn more, call (412) 391-8502 or visit www.palatepartners.com

Wine Tasting 101

While vacationing this summer plan to visit a winery to learn about wine, your best friend should be the person who is pouring in a winery tasting room. The people who do this are only too happy to share their knowledge. Though wine bars and shops abound, the best way to learn about wines is to visit the wineries themselves. True, you'll get to taste only one product line, but because most wineries make 5 or 10 or even more types, you can make a lot of headway after visiting one or two wineries.

Why do people make such a big deal about tasting wine? Because it's the only way to learn the differences among varieties of wines and styles of wine making. Contrary to the cartoon image, tasting wine is by no means an effete exercise. As long as you don't act pretentious -- say, by tilting your glass with your pinkie finger in the air -- you won't look silly.

So how do you go about tasting wine? You start by looking at it. Usually the pourer gives you between 1 and 1 1/2 ounces of each wine you try. You can hold the glass by the stem or by the bowl; the former grip keeps the wine from heating up, but the latter is a good idea if the tasting room is so crowded you fear getting jostled. If you can hold the glass to the light, all the better. You're looking for clues to the grape variety as well as

to the wine's age. Connecting the color with the wine grape is part of the sensory experience and is likely to help you remember the aromas and flavors better. As for age, remember that red wines pale with time, whereas white wines get darker.

Sniff once or twice to see if you smell anything recognizable. Next, swirl the wine gently in the glass. Aerating the wine this way releases more aromas. (This step works with just about every type of wine except the sparkling kind.) Don't be afraid to stick your nose in the glass. The receptor nerve cells in your nose can detect every scent and forward them to the brain's olfactory bulb. Those cells tire quickly, however, so be sure to assess the aromas as quickly as possible.

At this point, it is time to taste. Although smell plays an enormous role in taste memory, so can "mouth-feel," or the weight of the wine on your tongue. Is it light or watery? Is it rich like milk? Mentally record these impressions, along with any other tactile sensations such as smoothness or silkiness. Hold the wine in your mouth for a few seconds to give your taste buds a chance to pick up as many flavors as possible. Wines carry an almost infinite range of flavors, from butter to olives, mint to chocolate, pineapple to vanilla, or cherry to blackberry. If you can still perceive flavor well after you've swallowed the wine, you can say it has a long finish. And you can be assured that it's a wine you will remember.

Grant Bar & Lounge Dining Review

by: Suz Pisano



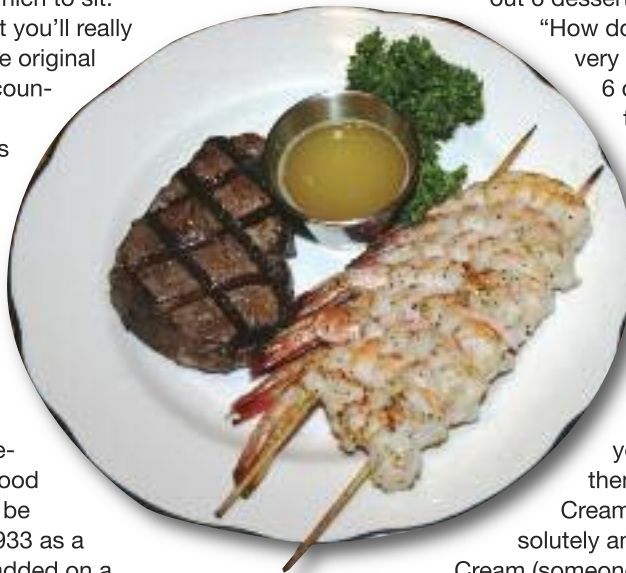
This month I can't wait to tell you about the newest & oldest gem Pittsburgh has to offer- the Grant Bar & Lounge located on Grant Avenue in Millvale. This place has been around for 75 years and it is the real deal. Real food, real people, real family and a successful recovery from a tragic flood that threatened to close this landmark forever. At the Grant Bar every single day they make every menu item from scratch, homemade mashed potatoes, roast turkey, liver & onions, hand breaded butterfly shrimp and then there are the pies. I'll definitely come back to that.

Upon entering the lounge, you'll have your choice of domestic drafts & bottles, martini's and even tables at which to sit. You'll see the dining room because it's well lit, but you'll really see the dining room once you enter. The walls are original plaster sculpted to look like stones from the old country, and the doorway is carved to resemble giant trees. Joe Roethlein, a family member/owner was our host explained that his uncles from Czechoslovakia plastered the walls in this decorative style when the restaurant opened. To save the plaster when the restaurant was completely flooded proved to be quite a challenge. It's so unusual and different; I don't think that the restaurant would be the same without it. But after losing the entire contents of the restaurant, kitchen, and bar including refrigerators, coolers and meat supply the family pulled together and re-opened. Joe shared with us the pictures of the flood and it was truly devastating. His grandma would be proud. She started the family establishment in 1933 as a butcher shop and a bar. As business grew they added on a dining room and the last section which serves as a banquet

hall in 1972. Like I said, the Grant Bar is the real deal. I can't name many restaurants that have been around for half as long.

In the 50's a salesman brought in shrimp and declared that it would be the rage. The Grant Bar has been serving it ever since & it remains one of their specialties- Hand Breaded Butterfly Shrimp (\$16.50) which includes two sides and rolls with butter. The shrimp were big, juicy and the breading was light and deep fried to golden perfection. I can see why this is a specialty. Joe told us that they serve over 75 pounds of shrimp a week. (They use even more butter!) On Fridays, the Grant Bar offers a Mix & Match Special where you can choose two from - 4 ounce portions of Filet

Mignon, Pork Chops, Shrimp, or Chicken (\$18). We found the possibilities endless! And fun to choose. Saturdays offer Prime Rib (\$18) or a Filet & Chargrilled Shrimp (\$18). We sampled the Marinated Top Sirloin Steak (\$17.75) and immediately fell in love. The steak was marinated in a signature sauce and very tasty. It's highly recommended. Joe also brought us a Cod Parmesan broiled with bread crumbs and parmesan cheese. This was delicious and didn't need heavy breading or a red sauce. It was very good and suggested by a kitchen worker before being added to the menu. Just when we thought we were at our gastronomic limit- our server brought out 6 desserts for just 3 of us!



"How do you make 3 ladies very happy?" Serve them 6 desserts! The pies at the Grant Bar are literally to die for. Uncle Frank Ruzomberka at age 75 still comes into the kitchen every day to make 12 or so pies for the day. His specialty is the cream pies you loved so much when your grandma made them. We had Chocolate Cream, Banana Cream (absolutely amazing!), Coconut Cream (someone almost lost a finger!), Apple Pie (the most gorgeous sliced apples



I've ever seen) and Pumpkin Pie (I barely got a bite of this one- Tammie ate it all, it's her favorite!) All of the pies by the slice are a mere \$3 and are not to be missed. But dear Nightwire readers, I've literally saved the best for last- the Homemade Tapioca Pudding (\$2.75). It's totally worth the drive to Millvale for this! And it was served the Slovak way with a side of half & half that you pour over the top. Sinfully delicious! So retro but so real. It reminded me of my childhood. Whole pies can be ordered a day in advance, and when you go to the Grant Bar a word of advice- get there early because they sell out of a consummate favorite the homemade mashed potatoes.

We loved the Grant Bar so much we felt compelled to stop in a day after our review to sample the Turkey Dinner Special (\$9) for lunch. We ate delicious succulent roast turkey with stuffing, gravy and those famous mashed potatoes. We were there around 12 noon and were told that by 12:30 the turkey was gone. I love



this place, when it's gone, it's gone. You'll quickly learn to come earlier next time! Tammie & I took a friend & none of us left one bite on our plates.



We laughed the whole way back to work that we'd eaten at our new favorite restaurant two days in a row & how she's planning to take her family on the weekend!

The Grant Bar & Lounge is open Monday through Thursday from 11am until 10pm, Friday 11am until 11pm and Saturdays 4pm until 11pm. Sundays are reserved for private parties. The Nightwire staff had such a great time with our host and new friend Joe, and Joyce absolutely loved meeting Uncle Frank. You have to try the Grant Bar; the triumphant spirit of this family is infectious. And don't forget the tapioca!



The Grant Bar & Lounge is open Monday through Thursday from 11am until 10pm, Friday 11am until 11pm and Saturdays 4pm until 11pm. Sundays are reserved for private parties.

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10 11 Commandments for Ab-revealing Fat Loss

By: Scott Hayward, CPT, CSCS, South Side Athletic Club



Winter is long gone, spring is quickly coming to a close and summer is just around the corner. Ask yourself, "Why are you still carrying that extra layer of you around?" It is time for shorts, tank tops, bikinis and suntans. If you are a little behind schedule in shedding some of your unwanted winter insulation, I have come up with 10 (oops sorry) 11 Commandments to SHAPE UP FOR SUMMER!

1. Cardio for Fat Loss

Cardiovascular exercise is a must for fat loss. The key to maximize fat loss is somewhat of a shell game, keep your body guessing and ultimately adapting. Performing cardio at a mind numbing rate of fifteen minutes per mile for one hour is not going to result in the body of your dreams. Your body adapts very quickly and thus uses less energy in the form of fat to accomplish the same amount of work. By consistently changing the stimuli, your body has no other choice to adapt and continue to use fat stores as fuel.

2. Document Everything

Become a stickler for documentation. If it goes into your mouth, document it, if you lift it, run it, peddle it - write it down!! Try it for just one day. You will not believe how much you actually ingest during the course of the day, but you just might hold yourself accountable by documenting everything.

3. Don't eat by accident - Have a Plan

"People don't plan to fail, they fail to plan." (No comment could be more appropriate when it comes to food choices) The majority of people eat out of boredom or out of convenience. Boredom, because you failed to time and space out your meals accordingly; convenience because you are

looking for that quick meal. You failed to prepare a meal, so you hit the drive thru or call up a pizza -- Have a Plan!!

4. Reduce Stress

In addition to all the other noted health ailments that stress produces, it also releases the hormone cortisol, which reduces fat release and ultimately causes your body to hoard body fat.

5. Reward Yourself

Remember to continue on this path, you must not view it as punishment. If necessary to keep you on track, take one meal a week and eat whatever you want. Two things are accomplished; 1) having one meal a week creates anticipation, thus giving you something to strive for each week and 2) it will give your body a little bonus, an increase in calories that will actually keep you in fat burning mode.

6. Water, Water, Water

Water is not only the medium for all your body's metabolic functions; it also will give you a level of satiety. Unlike many other liquids that contain caffeine, water can create that full feeling. You should strive to take in approximately 2/3's of your body weight in ounces of water each day.

7. Don't miss or skip workouts (Embrace the fitness lifestyle as a way of life)

Performing the same activity for three consecutive days, it will become a habit. Do not view these next 12 weeks of your life as simply a start date and ending date. In order to achieve unparalleled success compared with previous failed attempts, you must view this as a re-birth of sorts.

8. Use multi-joint exercises

Multi joint exercises use more overall muscle, which in turn builds more overall muscle. Not only will this assist you in becoming more toned and lean, but you will also benefit from the increased calorie expenditure from the increase in muscle you now proudly carry on your body.

9. Get more rest

Everybody believes they are growing while they are at the gym, working out or running. Actually, you make your greatest gains, whether it be the addition of muscle or the reduction of body fat after you work out; consume proper nutrition and get some rest. Your body repairs itself by releasing the body's natural growth hormone while you sleep.

10. Weight train before Cardio if performing both at the same exercise session

Resistance training uses glucose and stored glycogen (the body's stored form of carbohydrates) as energy. Cardiovascular exercise uses predominantly fat stores as energy. Performing weight training first, will deplete all glucose and glycogen stores and enable your body to use a larger percentage of fat stores to produce energy while performing your cardiovascular exercise.

11. Visualize

Half the battle is visualizing your success. What the mind can conceive the body will achieve. The most important battle to win the war on fat is the battle in your mind. Don't focus on previous failed attempts at weight loss or long forgotten training programs. You will succeed this time; you will become that person you've always wanted to be. No longer will you dread buying clothes or looking in a mirror. Your poor body image is a thing of the past. See it, believe it, and in 12 weeks you will achieve it!

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And as far as the accessories, they are as follows: Danko Reproductions "MoPower" Shaker System; Sideview flashing emergency lighting; chrome pinstriping; Street Glow NEO Blue strobe light; Street Glow Red Strobe light; Stainless finish dash bezel.

It is stealth, it is custom and it is bad as hell... It is a 2006 Dodge Charger with an attitude... The vehicle proudly belongs to the Ross Township Police Department! This totally customized mean crime fighting machine was customized by Audio One. And let me tell you....its decked out....they definitely pimped this ride making it one serious kick ass criminal/speeder catching machine. "What you gonna do when they come for you?" Well, let us give you a piece of

advice... "Don't run!" it can and will definitely catch you... every time.

This unmarked police car sports a 5.7 Hemi V8 and easily breezes to 148 mph with its 340 hp @5000 rpm. So if your in Ross Township and you do the crime, you will definitely pay the time!

Here is a breakdown of all the bells, whistles and gingerbread that went into making this unmarked police car being one of the most awesome police vehicles around.

The following are the components the make up the Audio system: Power Bass ASA 300-2 600 watt amplifier; Power Bass S-12 12" subwoofer (insert color painted to match car); Metra 99-6507 Dash kit; Metra 70-6502 wiring harness; Metra



The guys at Audio One located in Ross Twp at 2988 Babcock Boulevard (next to the Dairy Queen) generously donated all the equipment, the expertise and their time and talent to make this customized unmarked police car one bad ass vehicle. When it comes to customizing and pimping your ride...no one does it better than Audio One!!



MUSIC

All Good... Better than Bonnaroo

by: Trish Imbrogno



An Aerial Shot of All Good

After only six years, Bonnaroo Music and Arts Festival has left loyal attendants disappointed. Littered by corporate sponsors, the 2007 festival was more of an Indie Rock weekend than a Jamband Music Festival. Billing acts such as Tool, Clutch, and the White Stripes, last year's event drew crowds and attitudes from outside of the traditional Festival scene, painting a very different picture than in years past. A record number of weapons and drugs were confiscated; a press photographer had his equipment ripped off of his shoulder in the crowd during the Tool set, and all he could do was watch it disappear into a sea of 80,000 people. Bonnaroo has become an opportunists' market, and not for those flipping grilled cheese and slinging t-shirts. The 2008 line-up promises more of the same, leaving those who attend for great music, kindness and community at a loss for where to hear the best performers in the scene.

All is not lost for traditionalists in the Jamband world. In its twelfth year, the All Good Music Festival and Campout is reminiscent of the early days of Bonnaroo. Sitting high atop Marvin's Mountaintop in Masontown, West Virginia, the 660-acre festival spatially rivals Bonnaroo. The big difference: instead of a flat, dusty field, you'll be surrounded by rolling green hills, trees and a beautiful view of the Cheat River below. You can also find some shade, allowing you to sleep in a bit or take an afternoon nap, after a long night of music.

You'll find minimal corporations waving their marketing flags at All Good. Those present are an integral part of the

Jamband community, including Magic Hat Brewing Company, JamBase, Relix Magazine, and Music Today. HeadCount is also on the scene, registering people to vote, and Conscience Alliance is giving back to the local area with a food drive to benefit the Saint Ursula Food Pantry in Morgantown, WV. The Rex Foundation will also have presence at All Good, hosting a Saturday afternoon jam session (featuring The Bridge) to raise money for local arts and music programs.

There is no shortage of music, talent, and activities at All Good; and the offerings are manageable, making it possible to actually spend time experiencing all the festival has to offer. Three stages of music will keep you busy, but only one stage overlaps other performances. This stage (located away from the main festival area) proves to offer secret shows, unique collaborations by artists, and special acoustic performances by musicians you'll also see plugged in on the main stages. Even with the overlaying sets, the schedule is arranged so you'll be able to see music here and make it back to the main stages for those performances.

The main stages transition seamlessly to keep the music flowing all day and night. With nearly 40 bands performing -- including Phil Lesh and Friends; Widespread Panic; Government Mule; Michael Franti and Spearhead; Medeski, Scofield, Martin, and

Wood; Mike Gordon (of Phish); Dark Star Orchestra; Grace Potter and the Nocturnals; Keller Williams with Moseley, Droll and Sipe; The Avett Brothers; and Railroad Earth -- you will find it difficult to leave the main concert area. The other great thing, the main stages are situated right next to each other; just turn around for the next band!

If you are able to tear yourself away, yoga, drumming workshops, hemp jewelry making sessions and other extras are offered throughout the day. You may leave the concert area, but you'll be able to hear the music while you participate in something else.

It is all good, all around. Kind people, kind staff, good (reasonably priced!) beer, and great music make ALL GOOD a hard festival to miss. If you like crowds, attitude, theft, and constantly running to see music, then stick with Bonnaroo. Those of us who are there to relax and enjoy the experience will spend our hard earned money at ALL GOOD!

All Good Music Festival and Campout will be held July 11-13, 2008 on Marvin's Mountaintop in Masontown, WV. Arrive early for the Thursday Night All Good Festival Pre-Party with The Join, Brazilian Girls and Perpetual Groove. Tickets range in price from \$109 to \$379 (VIP). RV camping is available for a small fee.

For more information about All Good Music Festival and Campout, visit www.allgoodfestival.com.

Don't forget to make them your friends on Myspace -- www.myspace.com/allgoodmusicfestival.

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High gas prices and flight delays make the summer travel season difficult, and costly New York, WABC-TV/DT

A new report found that airline delays cost the U.S. economy \$41 billion last year. Time is money, and a new government report finds the growing number of airline delays is costing passengers a fortune. Airlines plan to cut back the number of seats available and charge extra for things that were once free, like a first checked bag.

American Airlines announced it will start charging \$15 for the first checked bag, cut domestic flights and lay off workers as it grapples with record-high fuel prices. The nation's largest carrier said the fee for the first checked bag starts June 15 and that it would raise other fees for services ranging from reservation help to oversized bags.

Airline officials think new charges are going to force passengers to try and fit bags that are too big in the carry on compartment of the plane, causing chaos and delays.

Also creating delays are congested flight patterns in large airports like in New York, Washington, Atlanta and Chicago. The congressional Joint Economic Committee, in a report released Thursday, found that the total cost of domestic air traffic delays to the American economy in 2007 was almost \$41 billion. That included \$19 billion in extra operating costs for the airlines, \$12 billion in costs to passengers from reduced productivity and lost business and leisure opportunities and almost \$10 billion in indirect costs, particularly to food and lodging industries that rely on air traffic.

"Passengers, airlines and our economy felt a \$41 billion punch in the gut from flight delays," said Sen. Charles Schumer, D-N.Y., chairman of the committee. "With the summer travel season being kicked off with Memorial Day, delays and the costs of those delays will only go up." Missed connections, disrupted ground travel plans, lost pre-paid hotel reservations and missed meetings were among the factors considered for passenger costs.

The FAA said that it is taking several steps to reduce delays during the summer travel season. It will increase capacity along the East Coast over the Atlantic by reducing lateral separation from 90 miles to 50 miles for aircraft with avionics that provide an appropriate level of accuracy. It said that new routes will be in place to provide other options during periods of severe weather and it will use a program launched last year that automatically identifies unused arrival slots at airports affected by delays.

Summer Delays 2008 - Reducing delays is one of the

biggest challenges facing the FAA. Commercial airline passenger delays in the U.S. amount to approximately \$10 billion in delay costs each year. In 2007, 765 million people flew in the U.S. That number is expected to increase to one billion by 2016. Bad weather causes 70 percent of all delays. The situation is worse during the summer: unlike winter storms, which take time to develop and move slowly, summer storms can form quickly, stretch for hundreds of miles and travel rapidly over large portions of the country, grounding flights and sending chain reaction delays throughout the nation's airspace system.

In 1998 the FAA began Collaborative Decision Making (CDM), which represented a sea-change in how the FAA communicates with the airlines in order to reduce delays. Prior to CDM, airlines were hesitant to share certain information for competitive reasons. Airlines now share schedule information with the FAA's Command Center in Herndon, VA, including flight delays, cancellations and newly created flights.

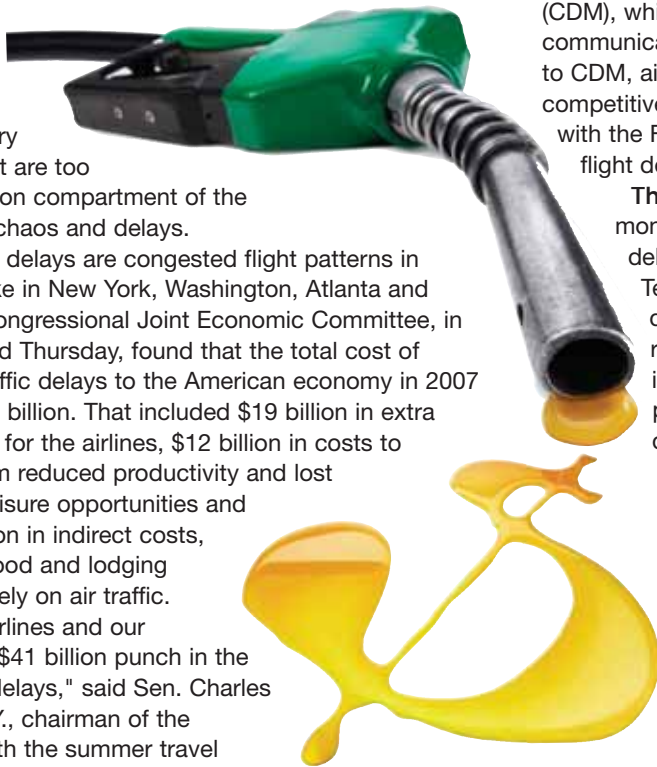
The Command Center uses this information to monitor airport arrival demand and take steps to reduce delays caused by heavy traffic and severe weather. Telecoms are held every two hours throughout the day between FAA air traffic managers and representatives from the aviation community, including the airlines and general aviation, to discuss problems affecting capacity in the system and decide the most efficient way to handle them.

What's New for 2008? Western Atlantic Route System - This initiative will increase capacity along the East Coast over the Atlantic this summer by reducing lateral separation from 90 miles to 50 miles for aircraft with avionics that provide an appropriate level of accuracy. The area includes parts of Miami and New York high altitude airspace, as well as the San Juan Center Radar Approach Control airspace. In the past, lateral separation in oceanic airspace has been set at 90 miles between aircraft to maintain safe separation. This initiative takes advantage of more precise aircraft position technology to allow for more Atlantic routes, 20 more transition route fixes and ultimately more access to the available airspace. The FAA began using the new procedures on April 1, 2008 and they are scheduled to be fully operational on June 5, 2008.

New Playbook Routes - New playbook routes will be in place this summer to provide alternate route options during periods of severe weather. Playbook routes are pre-coordinated routes that are developed to route aircraft around convective weather. Nineteen new playbook routes will be available, including four Virginia Capes Area (VACAPES) routes designed for use in military airspace when it is available.

Integrated Collaborative Rerouting Tool - This is a new automated tool that depicts constrained airspace to airlines

continued on page 22



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The Stanley Cup - Facts, Antidotes and Superstitions About the Greatest Prize in Sports Today! by Daniel Arouchian

- The Stanley Cup is the oldest professional sports trophy in North America.
- The Stanley Cup was first purchased for \$48.67 in 1892.
- The original bowl was made of silver and was 7.28 inches in height and 11.42 inches in diameter. The current Stanley Cup is made of silver and nickel alloy. It has a height of 35.25 inches and weighs 34.5 lbs.
- It is the only trophy in professional sports that has the name of the winning players, coaches, management, and club staff engraved on it.
- In 1919, the Spanish Influenza epidemic forced the Montreal Canadiens and the Seattle Metropolitans to cancel their series, marking the first time the Stanley Cup was not awarded. The series was tied at 2–2–1, but the final game was never played because Montreal players Joe Hall, Billy Coutu, Jack McDonald, Edouard Lalonde, and Manager George Kennedy, were hospitalized with influenza. Hall died four days after the canceled game, and the series was abandoned.
- There are several misspellings and illegitimate names on the Cup. Many of them have never been corrected. Examples include: Jacques Plante's name has been misspelled five times, Bob Gainey was spelled "Gainy" when he was a player for Montreal, Toronto Maple Leafs was spelled "Leaes" in 1963, One name was later scratched out: Peter Pocklington, a former Edmonton Oilers owner, put his father's name, Basil, on the Stanley Cup in 1984; today, there is a series of "X's" over Basil's name.
- No one name appears on the Stanley Cup more than Jean Beliveau. He appears 17 times: 10 as a player and seven as management. Henri Richard has won the most Stanley Cups as a player, with 11.
- Thirteen women have had their names engraved on the Stanley Cup.
- Currently, in order for a player to have his name engraved on the Cup, he must have appeared in a minimum of 41 regular season games or at least one game in the Stanley Cup final. The NHL does bend this rule at times, on a case by case basis.
- There are actually three Stanley Cups: the original bowl, the authenticated Cup, and the replica at the Hall of Fame. The original bowl purchased by Lord Stanley is currently displayed at the Hockey Hall of Fame in Toronto, Ontario. A duplicate, made by Montreal silversmith Carl Peterson, is the one most seen, as it is awarded to the champions and used in promotions. When the duplicate is not on display at the Hall, it is replaced by a third replica in the Hall while the other one travels.
- In 1907, the victorious Montreal Wanderers gathered for a team photo with the cup at a photographer's house. They left the Cup behind and the photographer's mother turned it into a flower pot. It wasn't claimed for several months.
- Several members of the 1924 Canadiens team left it by the roadside after repairing a flat tire en route to celebrate their win at owner Leo Dandurand's home. The Cup was recovered exactly where they left it on the snow bank.
- In 1979 Guy Lafleur borrowed it for the weekend without telling anyone to show his friends back home in Thurso, Quebec where he set it out on his front lawn for all his neighbors to see.
- New York Islanders' Bryan Trottier admitted not only to sleeping with (as have, apparently, dozens of players).
- Martin Brodeur drove around Montreal when New Jersey won the Cup 1995 with the Cup in the passenger seat—wearing a seat belt
- The Stanley Cup served as an engagement ring bearer when André Roy of the Tampa Bay Lightning proposed to his fiancée.
- On May 2, 2007, the Stanley Cup arrived in Kandahar on a Canadian Forces C-130 Hercules transport aircraft.
- Seventeen former players played a ball hockey game versus Canadian soldiers on a concrete rink in the Afghan desert
- During the 1940-41 NHL season, the mortgage on the Madison Square Garden was paid. The management publicly celebrated by burning the mortgage in the Cup.
- Some fans claimed this act "desecrated" the Cup, leading to the alleged Curse of 1940, which "caused" the Rangers to wait 54 years for another win.
- In 1957, Maurice "Rocket" Richard chipped both of his front teeth while drinking from the Stanley Cup. In the Chicago Stadium, in the spring of 1961, the Montreal Canadiens were losing the final game of a Playoff series to the Chicago Blackhawks. A Montreal fan in the stands was upset, so he left his seat, ran down to the front lobby and broke into the



glass showcase where the Stanley Cup was on display. He grabbed the Cup, hoisted it over his shoulders and made for the exit before he was arrested. In court, he explained his behaviour to the judge: "Your Honour, I was simply bringing the Cup back to Montreal where it belongs." In 1962, the Toronto Maple Leafs won the Stanley Cup. During a party after the win, the trophy was dropped in a bonfire and badly damaged. It was repaired at the expense of the team. In 1964, Red Kelly of the Toronto Maple Leafs posed for a photo with his infant son sitting in the Cup, only to find the child had urinated in it. Kelly was quoted years later as saying it has always since made him laugh to see players drinking out of the Cup. The New York Islanders' Bryan Trottier admitted to sleeping with the Cup (as have, apparently, dozens of players).

- In 1987, the Edmonton Oilers' Mark Messier took it to his favorite club in his hometown of St. Albert, Alberta and let fans drink out of it. It wound up slightly bent in various places for unknown reasons. It was repaired at a local automotive shop, and shipped back to the Hockey Hall of Fame.
- The 1991 Pittsburgh Penguins and 1993 Montreal Canadiens decided to test its buoyancy by tossing it into Mario Lemieux's and Patrick Roy's respective pools ("The Stanley Cup" — noted then-Canadiens captain Guy Carbonneau — "does not float."). Dominik Hasek had his visit with the Cup cut short for doing the same.
- In 1994, several New York Rangers took the Cup to Belmont Park, filled it with oats, and let Kentucky Derby winner Go for Gin eat out of it.
- The 1999 Dallas Stars' Stanley Cup party was hosted at the house of Stars defenseman Craig Ludwig and Pantera drummer Vinnie Paul. At the party, Stars forward Guy Carbonneau allegedly attempted to throw the Cup from the upstairs deck into the house's Crown Royal shaped pool below. The Cup caught the lip of the pool, producing a large dent. Mike Bolt, one of the "Keepers of the Cup" for the NHL, stated that this never happened. "What happened was that one of the players was posing with it next to the pool when someone pushed him into the water, and it went in with him. It was in the water maybe two seconds," Mr. Bolt said. "It was a real good party from what I understand." The trophy was dented the previous day, when a player dropped it during a locker room celebration, Mr. Bolt said.
- In 1999 and 2003, the cup made a trip to Joe Nieuwendyk's alma mater, Cornell University, both times visiting a local college bar. In 2003, Martin Brodeur ate popcorn out of the Cup, and had butter stains and salt damage for the next 8 days before Jamie Langenbrunner cleaned it. In 2003, the Cup was slated to make its first-ever visit to Slovakia with New Jersey Devils' Jiri Bicek, but was left behind in Canada; it was on the next flight out of Toronto. Finally, on August 22, 2004, Walter Neubrand, keeper of the Cup, boarded a plane to Fort St. John, British Columbia to deliver it to Tampa Bay Lightning head scout Jake Goertzen. However, Air Canada officials at Vancouver International Airport removed it before takeoff because of weight restrictions. The Cup spent the

night in the luggage area, (750 miles) away. It was flown to Fort St. John the following day.

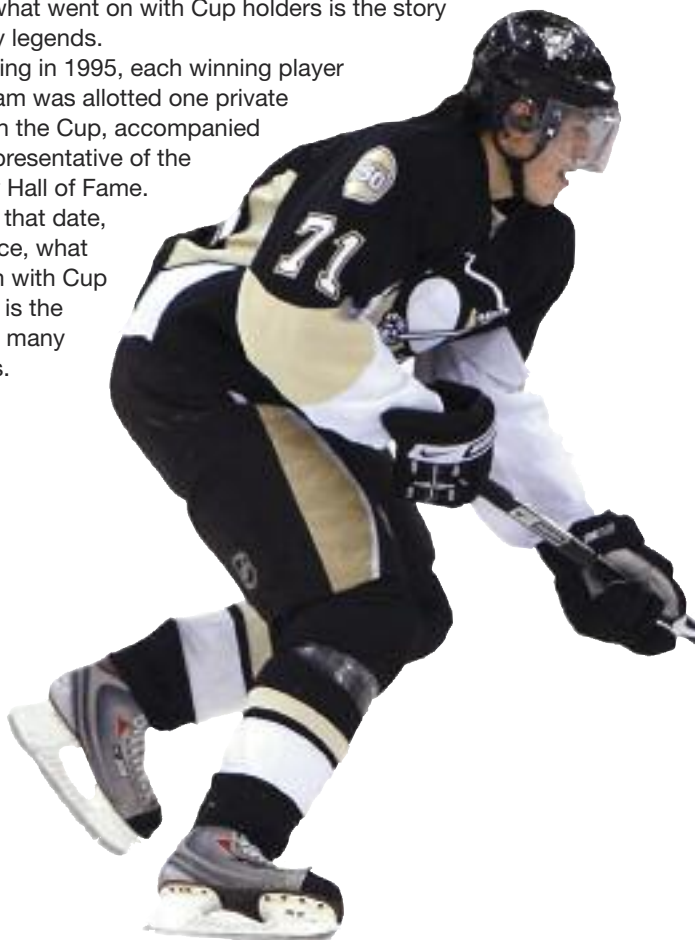
- In 2007, a photo shoot on the set of the NBC television series *Heroes* showed actors Milo Ventimiglia and Hayden Panettiere 'goofing off' with the cup, including worshipping, walking with, and Hayden licking and kissing the trophy.

Many superstitions about the Cup revolve around touching the sacred mug before it has rightfully been won. While there are many tales of players who have touched it and lost, Stephane Matteau of the 1994 New York Rangers, claims that he tapped it gently with his stick before game 7 of that years Eastern Conference final. Matteau, an unlikely hero, scored that games overtime goal that pushed the Rangers to the final and eventually to Stanley Cup glory.

Another superstition involves the touching or raising of the Prince of Wales and the Clarence S. Campbell Bowl. Many have told of the jinx incurred of celebrating anything secondary to the Stanley Cup. Mario Lemieux, of the 1991 and 1992 Pittsburgh Penguins, is the last known celebrant of the Wales trophy to go on and win the Cup. Ever since, each team captain who has dared to touch a conference title trophy, has gone on to lose.

Starting in 1995, each winning player on a team was allotted one private day with the Cup, accompanied by a representative of the Hockey Hall of Fame. Prior to that date, and since, what went on with Cup holders is the story of many legends.

Starting in 1995, each winning player on a team was allotted one private day with the Cup, accompanied by a representative of the Hockey Hall of Fame. Prior to that date, and since, what went on with Cup holders is the story of many legends.



TRAVEL

High gas prices and flight delays make the summer travel season difficult, and costly New York, WABC-TV/DT

continued from page 18

and other users of the nation's airspace system. The tool is valuable because it allows pilots to provide early intent of their preferred routing around constrained areas like storms. This alleviates the need for the FAA to implement required reroutes, which may be less favorable to the users. It gives the airlines scheduling options and a more efficient utilization of the available airspace.

Adaptive Airspace Flow Programs (AFPs) - This program was implemented as an enhancement to the Airspace Flow Program that was deployed in June 2006 that enabled the FAA to adjust to changing weather patterns, which is crucial during the summer convective weather season when storms grow rapidly and move across large swaths of the country. This summer, the FAA can adjust the parameters of an AFP based on changing weather intensity, providing a more effective way to manage traffic during severe summer storms that will minimize delays. Using AFPs, the FAA is able to target only those flights that are expected to encounter severe weather. The targeted flights are issued an Expect Departure Clearance Time (EDCT), giving the airlines the option to accept a delayed, but predictable departure time, to take a longer route to fly around the weather or to make alternate

plans. Those using the EDCT will be safely metered through the constrained airspace. Last summer - the period from May 2 through August 30, 2007 - a total of 58 AFPs were used, saving approximately \$68 million for the airlines. Before the FAA developed the technology to implement AFPs, the FAA's primary tool to manage delays was to use ground delay programs to prevent aircraft from taking off if they were headed for a delayed airport from any direction. Ground delay programs remain valuable under appropriate circumstances, but sometimes have the unintended consequence of delaying flights that would otherwise not encounter severe weather. AFPs, which focus on particular areas in the sky where severe weather is expected, generally are a more equitable and efficient way of handling flights during severe weather.

Adaptive Compression - This program, launched in March 2007, automatically identifies unused arrival slots at airports affected by AFP or ground delays and moves other flights into those slots. This means that maximum arrival rates will be maintained, easing congestion and delays. Adaptive Compression saved \$27 million for the airlines and 1.1 million delay minutes for the airlines and the flying public in its first year of operation.

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- New shoes don't cut, blister, or mangle your feet.
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- Not liking a person does not preclude having great sex with them.
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Comebacks To Pickup Lines

Man: Haven't I seen you someplace before?

Woman: Yes, that's why I don't go there anymore.

Man: Is this seat empty?

Woman: Yes, and this one will be if you sit down.

Man: Your place or mine?

Woman: Both. You go to yours, and I'll go to mine.

Man: So, what do you do for a living?

Woman: I'm a female impersonator.

Man: Hey baby, what's your sign?

Woman: Do not enter.

Man: How do you like your eggs in the morning?

Woman: Unfertilized.

Man: Your body is like a temple.

Woman: Sorry, there are no services today.

Man: I would go to the end of the world for you.

Woman: But would you stay there?

Man: If I could see you naked, I'd die happy.

Woman: If I saw you naked, I'd probably die laughing.

Manisms

1. Under no circumstances may two men share an umbrella.
2. It is OK for a man to cry ONLY under the following circumstances:
 - (a) When a heroic dog dies to save its master.
 - (b) The moment Angelina Jolie starts unbuttoning her blouse.
 - (c) After wrecking your boss's car.
 - (d) One hour, 12 minutes, 37 seconds into "The Crying Game".
 - (e) When she is using her teeth.
3. Any Man who brings a camera to a bachelor party may be legally killed and eaten by his buddies.
4. Unless he murdered someone in your family, you must bail a friend out of jail within 12 hours.
5. If you've known a guy for more than 24 hours, his sister is off limits forever unless you actually marry her.
6. Moaning about the brand of free beer in a buddy's fridge is forbidden. However complain at will if the temperature is unsuitable.
7. No man shall ever be required to buy a birthday present for another man. In fact, even remembering your buddy's birthday is strictly optional. At that point, you must celebrate at a strip

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bar of the birthday boy's choice.

8. On a road trip, the strongest bladder determines pit stops, not the weakest.

9. When stumbling upon other guys watching a sporting event, you may ask the score of the game in progress, but you may never ask who's playing.

10. You may flatulate in front of a woman only after you have brought her to climax. If you trap her head under the covers for the purpose of flatulent entertainment, she's officially your girlfriend.

11. It is permissible to drink a fruity alcohol drink only when you're sunning on a tropical beach... and it's delivered by a topless model and only when it's free.

12. Only in situations of moral and/or physical peril are you allowed to kick another guy in the nuts.

13. Unless you're in prison, never fight naked.

14. Friends don't let friends wear Speedos. Ever. Issue closed.

15. If a man's fly is down, that's his problem, you didn't see anything.

16. Women who claim they "love to watch sports" must be treated as spies until they demonstrate knowledge of the game and the ability to drink as much as the other sports watchers.

17. A man in the company of a hot, suggestively dressed woman must remain sober enough to fight.

18. Never hesitate to reach for the last beer or the last slice of pizza, but not both, that's just greedy.

19. If you compliment a guy on his six-pack, you'd better be talking about his choice of beer.

20. Never join your girlfriend or wife in discussing a friend of yours, except if she's withholding sex pending your response.

21. Phrases that may NOT be uttered to another man while lifting weights: a) Yeah, Baby, Push it! b) C'mon, give me one more! Harder! c) Another set and we can hit the showers!

22. Never talk to a man in a bathroom unless you are on equal footing: i.e., both urinating, both waiting in line, etc. For all other situations, an almost imperceptible nod is all the conversation you need.

23. Never allow a telephone conversation with a woman to go on longer than you are able to have sex with her. Keep a stopwatch by the phone. Hang up if necessary.

24. The morning after you and a girl who was formerly "just a friend" have carnal, drunken monkey sex, the fact that you're feeling weird and guilty is no reason for you not to nail each other again before the discussion occurs about what a big mistake it was.

25. It is acceptable for you to drive her car. It is not acceptable for her to drive yours.

26. Thou shall not buy a car in the colors of brown, pink, lime green, orange or sky blue.

27. The girl who replies to the question "What do you want for Christmas?" with "If you loved me, you'd know what I want!" gets an Xbox. End of story.

28. There is no reason for guys to watch Ice Skating or Men's Gymnastics. Ever!

How to use Your IRS Rebate check

As you may have heard, the Bush Administration said each of us would get a rebate check to stimulate the economy. If we spend that money at Wal-Mart, all the money will go to China. If we spend it on gasoline it will go to the Arabs, if we purchase a computer it will go to India, if we purchase fruit and vegetables it will go to Mexico, Honduras, and Guatemala, if we purchase a good car it will go to Japan, if we purchase useless crap it will go to Taiwan and none of it will help the American economy. We need to keep that money here in America. The only way to keep that money here at home is to spend it at yard sales, since those are the only businesses still in the US.

Congressman's Money

A thief stuck a pistol in a man's ribs and said, "Give me your money." The gentleman, shocked by the sudden attack, said "You cannot do this, I'm a United States congressman!" The thief said, "In that case, give me my money!"

One-Liners

A magician was driving down the road..then he turned into a drive way...



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W(h)ine!

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True meaning of Male statements

Statement..... I'm a Romantic
 True Meaning.....I'm poor
 Statement.....You're the only girl I've ever cared about
 True Meaning.....You are the only girl who hasn't rejected me
 Statement..... I really want to get to know you better
 True meaning.....So I can tell my friends about it.
 Statement.....She's kinda cute
 True meaning.....I wouldn't kick her out of bed but a pillow over the head might be necessary
 Statement.....I don't know if I like her
 True meaning.....She wont sleep with me
 Statement.....Was it good for you?
 True meaning.....I'm insecure about my manhood
 Statement.....I had a wonderful time last night
 True meaning.....who are you?
 Statement.....Do you love me?
 True meaning.....I've done something stupid and you might find out
 Statement.....Do you love me?
 True meaning.....I've done something stupid and you might find out
 Statement.....I have something to tell you
 True meaning.....Get tested
 Statement.....I've been thinking a lot.

True meaning.....Your not as attractive as when I was drink.
 Statement.....I think we should just be friends
 True meaning.....You're ugly
 Statement.....I've learned a lot from you
 True statement.....Next

Sex & Gas

A gas station owner in Mississippi was trying to increase his sales. So he put up a sign that read, "FREE SEX WITH FILL-UP." Soon a local redneck pulled in, filled his tank and asked for his free sex. The owner told him to pick a number from 1 to 10. If he guessed correctly he would get his free sex. The redneck guessed 8, and the proprietor said, "Oh, too bad, you were close. The number was 7. Sorry- No sex this time." A week later, the same redneck, along with a buddy, Bubba, pulled in for another fill-up. Again he asked for his free sex. The proprietor again gave him the same story and asked him to guess the correct number. The redneck guessed 2 this time. The proprietor said, "Sorry, it was 3. You were close but no free sex this time." As they were driving away, the redneck said to his buddy, "I think that game is rigged! He doesn't really give away free sex at all!" Bubba replied, "No it ain't rigged, Billy Ray. My wife won twice last week."

Breast

This 65 year old women is naked, jumping up and down in her bed laughing and singing. Her husband walks into the bedroom and sees her. He watches her awhile when says, "you look ridiculous, what on earth are you doing?" She says, "I just got me check-up and my doctor says I have the breasts of an eighteen year old." She starts laughing and jumping again. He says, "Yeah, right. And what did he say about your 65 year old ass?" She says, "Well, your name never came up."

Doggy Style

Two buddies were sharing drinks while discussing their wives. "Do you and your wife ever do it doggie style?" asked the one. "Well, not exactly." his friend replied, "she's more into the trick dog aspect of it." "Oh , I see, kinky, huh?" "Well, not exactly-I sit up and beg and she rolls over and plays dead."

Driving with Grandma

A friend, who worked away from home all week, always made a special effort with his family on the weekends. Every Sunday he would take his 7-year old granddaughter out for a drive in the car for some bonding time. One particular Sunday however, he had a bad cold and didn't really feel up to it. Luckily, his wife came to the rescue and said that she would take their granddaughter out. When they returned, the little girl anxiously ran upstairs to see her grandfather. He asked her, 'Well, did you enjoy your ride with grandma?' 'Oh yes, Grandpa', the girl replied, 'and do you know what? We didn't see a single dumb bastard or lousy shithead the whole time we were out!' Kind of brings a tear to your eye, doesn't it?!

Some things were made-for each-other...



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Apples and Wine

Women are like apples on trees. The best ones are at the top of the tree. Most men don't want to reach for the good ones because they are afraid of falling and getting hurt. Instead, they sometimes take the apples from the ground that aren't as good, but easy. The apples at the top think something is wrong with them, when in reality, they're amazing. They just have to wait for the right man to come along, the one who is brave enough to climb all the way to the top of the tree. Now Men.... Men are like a fine wine. They begin as grapes, and it's up to women to stomp the shit out of them until they turn into something acceptable to have dinner with.

Younger Sister

I was a very happy man. My wonderful girlfriend and I had been dating for over a year, and so we decided to get married. There was only one little thing bothering me...It was her beautiful younger sister. My prospective sister-in-law was twenty-two, wore very tight miniskirts, and generally was bra-less. She would regularly bend down when she was near me, and I always got more than a nice view. It had to be deliberate. Because she never did it when she was near anyone else. One day her 'little' sister called and asked me to come over to check the wedding invitations. She was alone when I arrived, and she whispered to me that she had feelings and desires for me that she couldn't overcome. She told me that she wanted me just once before I got married and committed my life to her sister. Well, I was in total shock, and couldn't say a word. She said, 'I'm going upstairs to my bedroom, and if you want one last wild fling, just come up and get me.' I was stunned and frozen in shock as I watched her go up the stairs. I stood there for a moment, then turned and made a beeline straight to the front door. I opened the door, and headed straight towards my car. Lo and behold, my entire future family was standing outside, all clapping! With tears in his eyes, my father-in-law hugged me and said, 'We are very happy that you have passed our little test. We couldn't ask for a better man for our daughter. Welcome to the family.' And the moral of this story is: Always keep your condoms in your car.

Sister Mary Katherine entered the Monastery of Silence

The Priest said, 'Sister, this is a silent monastery. You are welcome here as long as you like, but you may not speak until directed to do so.' Sister Mary Katherine lived in the monastery for 5 years before the Priest said to her, 'Sister Mary Katherine, you have been here for 5 years. You may speak two words.' Sister Mary Katherine said, 'Hard bed.' 'I'm sorry to hear that,' the Priest said, 'We will get you a better bed.' After another 5 years, Sister Mary Katherine was summoned by the Priest. 'You may say another two words,

Sister Mary Katherine.' 'Cold food,' said Sister Mary Katherine, and the Priest assured her that the food would be better in the future. On her 15th anniversary at the monastery, the Priest again called Sister Mary Katherine in to his office. 'You may say two words today. 'I quit,' said Sister Mary Katherine. 'It's probably best,' said the Priest, 'You've done nothing but bitch since you got here.'

Husband had just finished reading a new book

The husband had just finished reading a new book entitled, 'YOU CAN BE THE MAN OF YOUR HOUSE'. He stormed to his wife in the kitchen and announced, 'From now on, you need to know that I am the man of this house and my word is Law. You will prepare me a gourmet meal tonight, and when I'm finished eating my meal, you will serve me a sumptuous dessert. After dinner, you are going to go upstairs with me and we will have the kind of sex that I want. Afterwards, you are going to draw me a bath so I can relax. You will wash my back and towel me dry and bring me my robe. Then, you will massage my feet and hands. Then tomorrow, guess who's going to dress me and comb my hair?' The wife replied, 'The funeral director would be my first guess!'

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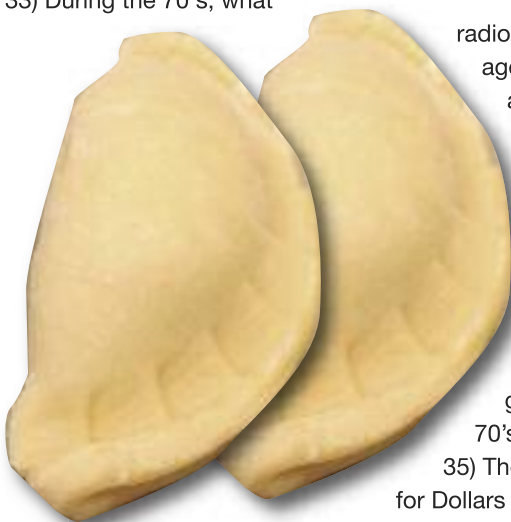
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Pittsburgh Quiz: (answers on next page)

- 1) Newscaster Bill Burns used to end his newscasts with this phrase:
- 2) Name 2 members of the Rooney family.
- 3) Pgh once had a bridge to _____
- 4) What was Ricki Wertz dog's name?
- 5) Captain Jim sailed on which ship?
- 6) Famous Pgh DJ Clark
- 7) What was Bill Cardille's nickname?
- 8) What pro wrestling champ was from Pgh?
- 9) Paul Long's news partner was Don
- 10) "It's 11 pm. Do you know where _____"?
- 11) Name the parts of a Primanti sandwich.
- 12) Bob Prince's nickname was:
- 13) Myron Cope invented the Terrible _____
- 14) What tunnels are on the Parkway West?
- 15) What tunnels are on the Parkway East?
- 16) Former call letters of WPXI Channel 11:
- 17) What is the Pgh Subway System called?
- 18) Paul Shannon hosted:
- 19) Nosmo King was played by:
- 20) What was Bob Prince's call after a Bucco's win?
- 21) What famous Market Square Restaurant can a street person eat at the same table as a business executive?
- 22) What part of Pgh was Forbes Field in?
- 23) Where is Forbes Field home plate now?
- 24) What part of Pgh was Three Rivers Stadium in?
- 25) Name the 3 Rivers in Pgh.
- 26) Popular hamburger joint in Pgh prior to McDonald's?
- 27) What number did Roberto Clemente wear?
- 28) What number did Joe Greene wear?
- 29) If you go up the incline, where will it take you?
- 30) What state park is located in downtown Pgh?
- 31) Name of local 11:30 pm Saturday show in 60's & 70's?
- 32) Name the 1st radio station in Pgh?
- 33) During the 70's, what radio station encouraged listeners to answer their phones with, "I listen to the new sound of _____"
- 34) Nick-name of KQV during the groovy 60's & 70's?
- 35) The host of Dialing for Dollars was Del
- 36) The host of Bowling for Dollars was Nick
- 37) What would you receive if you answered a question wrong on Dialing/Bowling for Dollars?
- 38) Late night KDKA radio talk show host:
- 39) The host of Popeye and Knish was Hank
- 40) Jack Lambert said quarterbacks should wear
- 41) A Saturday morning Tarzan Theater was hosted by Don
- 42) The minor league hockey team in Pgh was the
- 43) The 2 ABA franchises in Pgh were the
- 44) Chicken on the Hill with _____
- 45) Who had to "leave town" in April after advising Pittsburgher's to remove their snow tires the same week Pgh received a 12" snowfall?
- 46) Name the show that was on every Sunday at 1 pm with Ricki Wertz and competing students?
- 47) Name of the "Castle Prankster" on Chiller Theatre?
- 48) Where could you send your letters to Santa where they would be loaded on a rocket ship and sent to the North Pole?
- 49) Name the tart sold by KDKA radio morning DJ's during Christmas season.
- 50) Who was Bill Burn's co-host before his daughter Patty
- 51) Who can?
- 52) Ring-a-ling-a-ling give _____ a ring.
- 53) Century Three Chevrolet
- 54) Eat and Park the place for
- 55) What cabaret type showroom was located in Monroeville?
- 56) Name 4 quarter backs from the Pgh area that played in the Super Bowl (there are more than 4).
- 57) Who played Handy Man Negri on Mister Rogers neighborhood?
- 58) What section of Pgh would you go to buy fruits and vegetables?
- 59) The Civic Arena is located just below what area of Pgh?
- 60) What 3 Pgh Colleges play Division 1 basketball?
- 61) Wholey's is known for
- 62) What hotel is famous for it's dancers?
- 63) The 1st owner of the Steelers was:
- 64) The paddle boats of the rivers are the? _____ Fleet.
- 65) The Pgh US Football League team was the
- 66) Pgh railroad workers did a dance while they worked. It became known as the _____
- 67) John Naretto _____
- 68) Name two famous "bends"
- 69) Who made Fudge on Chiller Theater?
- 70) Name the "girl with faraway eyes" on Chiller Theater?
- 71) What was going to save Pittsburgh?
- 72) Name three movies filmed in Pittsburgh.

(Answers on next page)



ANSWERS For Pittsburgh Quiz from previous page

- 1) Goodnight, Good Luck & Good News.
- 2) Dan & Art
- 3) Nowhere
- 4) Copper
- 5) Nancy Bee
- 6) Race
- 7) Chilly Billy
- 8) Bruno Samartino
- 9) Cannon
- 10) Your children are?
- 11) Italian bread, meat, cheese, tomato, coleslaw & french fries.
- 12) The Gunner
- 13) Towel
- 14) Fort Pitt
- 15) Squirrel Hill
- 16) WIIC
- 17) T
- 18) Adventure Time
- 19) Paul Shannon
- 20) We had 'em all the way!
- 21) The Oyster House
- 22) Oakland
- 23) Forbes Quad - Univ of Pgh
- 24) North Side
- 25) Allegheny, Monongahela & Ohio
- 26) Winky's
- 27) 21
- 28) 75
- 29) Mt Washington
- 30) Point State Park
- 31) Chiller Theater
- 32) KDKA
- 33) 13Q
- 34) 14K
- 35) Del Taylor
- 36) Nick Perry
- 37) =BD gallon Islay's Ice Cream
- 38) Perry Marshall
- 39) Hank Stohl
- 40) Skirts
- 41) Don Riggs
- 42) Hornets
- 43) Pipers & Condors
- 44) Will...Stargell
- 45) Bob Kudzma
- 46) Junior High Quiz
- 47) Stefan
- 48) Paul Shannon at Adventure Time

- 49) Farkleberry Frump
- 50) Marie Torre
- 51) Ameri-can (Heating Company...spokesman Pie Traynor)
- 52) Roth
- 53) Lebanon Church Road
- 54) Smiles
- 55) Holiday House
- 56) John Unitas, Joe Montana, Terry Hanratty, Jim Kelly, George Blanda, Scott Zolak, Joe Namath, Dan Marino, Charlie Batch
- 57) Joe Negri
- 58) The Strip
- 59) Hill District
- 60) Pitt, Duquesne & Robert Morris
- 61) Seafood
- 62) Edison
- 63) Art Rooney
- 64) Gateway Clipper Fleet
- 65) Maulers
- 66) Gandy Dancer
- 67) Cares
- 68) J & L Parkway East and Mae West [Etna]
- 69) Georgette
- 70) Terminal Stare
- 71) Fish
- 72) the Fish that saved Pittsburgh, Night of the Living dead, Sophia's choice, Hoffa, Sudden Death, Striking Distance, Flash Dance, King Pin



Julie Andrews Turns 69

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was "My Favorite Things" from the legendary movie "Sound Of Music". Here are the lyrics she used: (Sing It!) - If you sing it, its especially hysterical!!!

Maalox and nose drops and needles for knitting, walkers and handrails and new dental fittings, bundles of magazines tied up in string, these are a few of my favorite things. Cadillacs and cataracts, and hearing aids and glasses, Polident and Fixodent and false teeth in glasses, pacemakers, golf carts and porches with swings, these are a few of my favorite things. When the pipes leak, When the bones creak, when the knees go bad, I simply remember my favorite things, and then I don't feel so bad. Hot tea and crumpets and corn pads for bunions, no spicy hot food or food cooked with onions, bathrobes and heating pads and hot meals they bring, these are a few of my favorite things. Back pain, confused brains and no need for sinnin', thin bones and fractures and hair that is thinnin', and we won't mention our short shrunken frames, when we remember our favorite things. When the joints ache, When the hips break, when the eyes grow dim, then I remember the great life I've had, and then I don't feel so bad.

The Coat Hanger

A woman was at when she received a phone call that her small daughter was very sick with a fever. She left work and stopped by the pharmacy to get some medication. She got back to her car and found that she had locked her keys in the car. She didn't know what to do, so she called home and told the babysitter what had happened. The babysitter told her that the fever was getting worse. She said, "you might find a coat hanger and use that to open the door." The woman looked around and an old rusty coat hanger had been left on the ground, possibly by someone else who at some time had locked their keys in their car. She looked at the hanger and said, "I don't know how to use this." She bowed her head and asked God to send her help. Within five minutes a beat up old motorcycle pulled up, with a dirty, greasy, bearded man who was wearing an old biker skull rag on his head. The woman thought, "This is what you sent to help me?" But, she was desperate, so she was also very thankful. The man got off of his cycle and asked if he could help. She said, "Yes, my daughter is very sick. I stopped to get her some medication and I locked my keys in my car. I must get home to her.

Please, can you use this hanger to unlock my car? He said, "Sure." He walked over to the car, and in less than a minute the car was opened. She hugged the man and through her tears she said, "Thank You So Much! You are a very nice man." The man replied, "Lady, I am not a nice man. I just got out of prison today. I was in prison for car theft and have only been out for about an hour." The woman hugged the man again and with sobbing tears cried out loud, "Oh, thank you God! You even sent me a Professional!"

Learning Something New Everyday!

I had to go into the kitchen and check this out for myself. Who ever looks at the end of your aluminum foil box? Go look.....What a fantastic idea. Now, if someone would just make plastic wrap that didn't stick to itself. I've been using aluminum foil for more years than I care to remember. Great stuff, but sometimes it can be a pain. You know, like when you are in the middle of doing something and you try to pull some foil out and the roll comes out of the box. Then you have to put the roll back in the box and start over. The darn roll always comes out at the wrong time. Well, I would like to share this with you. Yesterday I went to throw out an empty Reynolds foil box and for some reason I turned it and looked at the end of the box. And written on the end it said, "Press here to lock end". Right there on the end of the box is a tab to lock the roll in place. How long has this little locking tab been there? I then looked at a generic brand of aluminum foil and it had one, too. I then looked at a box of Saran wrap and it had one too! I can't count the number of times the Saran wrap roll has jumped out when I was trying to cover something up. I'm sharing this with all my friends that did not know this. If you all ready know this, great....go ahead make me feel dumber! If you didn't know this, share it with all your friends, and then you won't feel so dumb either. I hope we're not the only ones that didn't know about this. Now.. go push all those tabs in!!



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The Spoiled Under-30 Crowd!

If you are 30 or older you will think this is hilarious!!!! When I was a kid, adults used to bore me to tears with their tedious diatribes about how hard things were when they were growing up; what with walking twenty-five miles to school every morning ... Uphill BOTH ways

Yadda, yadda, yadda...And I remember promising myself that when I grew up, There was no way in hell I was going to lay a bunch of crap like that on kids about how hard I had it And how easy they've got it! But now that... I'm over the ripe old age of thirty, I can't help but look around and notice the youth of today. You've got it so easy! I mean, compared to my childhood, you live in a damn utopia! And I hate to say it but you kids today you don't know how good you've got it! I mean, when I was a kid we didn't have the internet If we wanted to know something, we had to go to the damn library and look it up ourselves, in the card catalog!! There was no email!! We had to actually write somebody a letter...with a pen! Then you had to walk all the way across the street and put it in the mailbox and it would take like a week to get there! There were no MP3's or Napsters! You wanted to steal music, you had to hitchhike to the damn record store and shoplift it yourself! Or you had to wait around all day to tape it off the radio and the DJ's usually talk over the beginning and @#*% it all up!

We didn't have fancy crap like call waiting! If you were on the phone and somebody else called they got a busy signal, that's it! And we didn't have fancy caller ID boxes either!

When the phone rang, you had no idea who it was! It could be your school, your mom, your boss, your bookie, your drug dealer, a collections agent, you just didn't know!!! You had to pick it up and take your chances, mister! We didn't have any fancy Sony Playstation video games with high-resolution 3-D graphics! We had the Atari 2600! With games Like 'Space Invaders' and 'Asteroids'. Your guy was a little square! You actually had to use your imagination!! And there were no multiple levels or screens, it was just one screen forever! And you could never win. The game just kept getting harder and harder and faster and faster until you died! Just like LIFE! When you went to the movie theater there no such thing as stadium seating! All the seats were the same height! If a tall guy or some old broad with a hat sat in front of you and you couldn't see, you were just screwed! Sure, we had cable television, but back then that was only like 15 channels and there was no on screen menu and no remote control! You had to use a little book called a TV Guide to find out what was on! You were screwed when it came to channel surfing! You had to get off your ass and walk over to the TV to change the channel and there was no Cartoon Network either! You could only get cartoons On Saturday morning. Do you hear what I'm saying!?! We had to wait ALL WEEK For cartoons, you spoiled

little brats! And we didn't have microwaves, if we wanted to heat something up we had to use the stove or go build a frigging fire.. Imagine that! If we wanted popcorn, we had to use that stupid Jiffy Pop thing and shake it over the stove forever like an idiot. That's exactly what I'm talking about! You kids today have got it too easy. You're spoiled. You guys wouldn't have lasted five minutes back in 1980!

Regards,
The Over 30 Crowd

Ya Gotta Love The Irish

A Muslim was seated next to an Irishman on a flight from London. After the plane was airborne, drink orders were taken. The Irishman asked for a whiskey, which was promptly brought and placed before him. The flight attendant then asked the Muslim if he would like a drink? He replied in disgust, 'I'd rather be savagely raped by a dozen whores than let liquor touch my lips'. The Irishman then handed his drink back to the attendant and said, 'Me, too, I didn't know we had a choice'.

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How To Save The Airlines

Dump the male flight attendants. No one wanted them in the first place. Replace all the female flight attendants with good-looking strippers! What the hell -- They don't even serve food anymore, so what's the loss? The strippers would at least triple the alcohol sales and get a 'party atmosphere' going in the cabin. And, of course, every Republican businessman in this country would be less paranoid about terrorists and start flying again, hoping to see naked women. Because of the tips, female flight attendants wouldn't need a salary, thus saving even more money. I suspect tips would be so good that we could charge the women for working the plane and have them kick back 20% of the tips, including lap dances and 'special services.' Muslims would be afraid to get on the planes for fear of seeing naked women. Hijackings would come to a screeching halt, and the airline industry would see record revenues. This is definitely a win-win situation if we handle it right -- a golden opportunity to turn a liability into an asset. Why didn't Bush think of this? Why do I still have to do everything myself?

One-Liners

What do you call a fish with no eyes?
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New Drugs For Women

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Suppository that eliminates melancholy and loneliness by reminding you of how awful they were as teenagers and how you couldn't wait till they moved out!

ST. MOMMA'S WORT

Plant extract that treats mom's depression by rendering preschoolers unconscious for up to two days.

PEPTOBIMBO

Liquid silicone drink for single women. Two full cups swallowed before an evening out increases breast size, decreases intelligence, and prevents conception.

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FLIPITOR

Increases life expectancy of commuters by controlling road rage and the urge to flip off other drivers.

MEN ICILLIN

Potent anti-boy-otic for older women. Increases resistance to such lethal lines as, 'You make me want to be a better person.'

BUYAGRA

Injectable stimulant taken prior to shopping. Increases potency, duration, and credit limit of spending spree.

JACKASSPIRIN

Relieves headache caused by a man who can't remember your birthday, anniversary, phone number, or to lift the toilet seat

ANTI-TALKSIDENT

A spray carried in a purse or wallet to be used on anyone too eager to share their life stories with total strangers in elevators.

NAGAMENT

When administered to a boyfriend or husband, provides the same irritation level as nagging him, without opening your mouth.

Aunt Karen

The teacher gave her fifth grade class an assignment: Get their parents to tell them a story with a moral at the end of it. The next day the kids came back and one by one began to tell their stories. 'Tony, do you have a story to share?' 'Yes ma'am. My daddy told a story about my Aunt Karen. She was a pilot in Desert Storm and her plane got hit. She had to bail out over enemy territory and all she had was a flask of whiskey, a pistol and a survival knife. She drank the whiskey on the way down so it wouldn't break and then her parachute landed right in the middle of twenty enemy troops. She shot fifteen of them with the gun until she ran out of bullets, killed four more with the knife, till the blade broke, and then she killed the last Iraqi with her bare hands.' 'Good Heavens' said the horrified teacher. 'What kind of moral did your daddy tell you from this horrible story?' 'Stay the f... away from Aunt Karen when she's drinking

From: 60 Minutes Correspondent Andy Rooney (CBS)

As I grow in age, I value women over 40 most of all. Here are just a few reasons why:

A woman over 40 will never wake you in the middle of the night and ask, "What are you thinking?" She doesn't care what you think. If a woman over 40 doesn't want to watch the game, she doesn't sit around whining about it. She does something she wants to do, and it's usually more interesting. Women over 40 are dignified. They seldom have a screaming match with you at the opera or in the middle of an expensive restaurant. Of course, if you deserve it, they won't hesitate to shoot you if they think they can get away with it. Older women are generous with praise, often undeserved. They know what it's like to be unappreciated. Women get psychic as they age. You never have to confess your sins to a woman over 40. Once you get past a wrinkle or two, a woman over 40 is far sexier than her younger counterpart. Older women are forthright and honest. They'll tell you right off you are a jerk if you are acting like one. You don't ever have to wonder where you stand with her. Yes, we praise women over 40 for a multitude of reasons. Unfortunately, it's not reciprocal. For

every stunning, smart, well-coiffed, hot woman over 40, there is a bald, paunchy relic in yellow pants making a fool of himself with some 22-year old waitress. Ladies, I apologize. For all those men who say, "Why buy the cow when you can get the milk for free?", here's an update for you. Nowadays 80% of women are against marriage. Why? Because women realize it's not worth buying an entire pig just to get a little sausage! Andy Rooney is a really smart guy!

Bullfight Buffet

A man goes to Spain and attends a bullfight. Afterwards he goes to a nearby restaurant and orders the specialty of the day. The waiter brings him two very big balls on a huge plate, which the tourist eats with relish. The next day he goes to the same restaurant again, once again orders the specialty of the day, and he is brought two very big balls on a huge plate. It tastes even more scrumptious. The third day he does the same and the fourth, but on the fifth day he goes to the restaurant and orders the specialty of the day, and they bring him two very small balls on a big plate. The man asks, "What gives?" And the waiter says, "Senor, the bullfighter doesn't always win!"

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They Walk Among Us

They Walk Among Us and Many Work Retail

I was at the checkout of a K-Mart. The clerk rang up \$46.64 charge. I gave her a fifty dollar bill. She gave me back \$46.64. I gave the money back to her and told her that she had made a mistake in MY favor. She became indignant and informed me she was educated and knew what she was doing, and returned the money again. I gave her the money back. Same scenario! I departed the store with the \$46.64.

They Walk Among Us and Many Work in Coffee Shops

I walked into a Starbucks with a buy-one-get-one-free coupon for a Grande Latte. I handed it to the girl and she looked over at a little chalkboard that said 'buy one-get one free.' 'They're already buy-one- get-one-free,' she said, 'so I guess they're both free!'. She handed me my free Lattes and I walked out the door.

They Walk Among Us!

One day I was walking down the beach with some Friends when one of them shouted, 'Look at that dead bird!' Someone looked up at the sky and said, 'Where?'

They Walk Among Us!

While looking at a house, my brother asked the real estate agent which direction was north because, he explained, he didn't want the sun waking him up every morning. She asked, 'Does the sun rise in the North?' When my brother explained that the sun rises in the East, and has for sometime, she shook her head and said, 'Oh I don't keep up with all that stuff.'

They Walk Among Us!!

I used to work in technical support for a 24/7 call center. One day I got a call from an individual who asked what hours the call center was open. I told him, 'The number you dialed is open 24 hours a day, 7 days a week.' He responded, 'Is that Eastern or Pacific time?' Wanting to end the call quickly, I said, 'Uh, Pacific.'

They Walk Among Us!

My sister has a lifesaving tool in her car designed to cut through a seat belt if she gets trapped. She keeps it in the trunk.

They Walk Among Us!

My friends and I were on a beer run and noticed that the cases were discounted 10%. Since it was a big party, we bought 2 cases. The cashier multiplied 2 times 10% and gave us a 20% discount.

They Walk Among Us!

I couldn't find my luggage at the airport baggage area, so I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional and I was in good hands. 'Now,' she asked me, has your plane arrived yet?'

They Walk Among Us!

While working at a pizza parlor I observed a man ordering a small pizza to go. He appeared to be alone and the cook asked him if he would like it cut into 4 pieces or 6. He thought about it for some time before responding. 'Just cut it into 4 pieces; I don't think I'm hungry enough to eat 6 pieces.'

Yep, They Walk Among Us!

They Walk Among Us, and they Reproduce, and Worst of all.....they Vote!

Enough...

Recently I overheard a mother and daughter in their last moments together at the airport. They had announced the departure. Standing near the security gate, they hugged and the mother said, "I love you and I wish you enough". The daughter replied, "Mom, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Mom". They kissed and the daughter left. The mother walked over to the window where I was seated. Standing there I could see she wanted and needed to cry. I tried not to intrude on her privacy but she welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?". Yes, I have," I replied. "Forgive me for asking, but why is this a forever good-bye?". "I am old and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral," she said. "When you were saying good-bye, I heard you say, 'I wish you enough'. May I ask what that means?". She began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone". She paused a moment and looked up as if trying to remember it in detail and she smiled even more. "When we said , 'I wish you enough', we were wanting the other person to have a life filled with just enough good things to sustain them". Then turning toward me, she shared the following as if she were reciting it from memory.

I wish you enough sun to keep your attitude bright no matter how gray the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep y our spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.

Dear Tide

Dear Tide,

I am writing to say what an excellent product you have! I've used it all of my married life, as my Mom always told me it was the best. Now that I am in my fifties I find it even better! In fact, about a month ago, I spilled some red wine on my new white blouse. My inconsiderate and uncaring husband started to belittle me about how clumsy I was, and generally started becoming a pain in the neck. One thing led to another and somehow I ended up wit h his blood on my new white blouse! I grabbed my bottle of Tide with bleach alternative, and to my surprise and satisfaction, all of the stains came out! In fact, the stains came out so well the detectives who came by yesterday told me that the DNA tests on my blouse were negative and then my attorney called and said that I was no longer considered a suspect in the disappearance of my husband. What a relief! Going through menopause is bad enough without being a murder suspect! I thank you, once again, for having a great product.

Well, gotta go, have to write to the Hefty bag people.

Hangover Rating

*1 star hangover

No pain. no real feeling of illness. You slept in your own bed and when you woke up there were no traffic cones in there with you. You are still able to function relatively well on the energy stored up from all those vodka Redbulls. However, you can drink 10 bottles of water and still feel as parched as the Sahara. Even vegetarians are craving a Cheeseburger and a bag of fries.

** 2 star hangover

No pain, but something is definitely amiss. You may look okay but you have the attention span and mental capacity of a stapler. The coffee you hug to try and remain focused is only exacerbating your rumbling gut, which is craving a full English breakfast. Although you have a nice demeanor about the office, you are costing your employer valuable money because all you really can handle is some light filing, followed by aimlessly surfing the net and writing junk e-mails.

*** 3 star hangover

Slight headache. stomach feels crap. You are definitely a space cadet and not so productive. Anytime a girl or lad walks by you gag because the perfume/aftershave reminds you of the random gin shots you did with your alcoholic friends after the bouncer kicked you out at 1:45 am. Life would be better right now if you were in your bed with a dozen doughnuts and a liter of coke watching daytime TV. You've had 4 cups of coffee, a gallon of water, 2 Sausage Rolls and a liter of diet coke yet you haven't peed once.

**** 4 star hangover

You have lost the will to live. Your head is throbbing and you can't speak too quickly or else you might spew. Your boss has already lambasted you for being late and has given you a lecture for reeking of booze. You wore nice clothes, but you smell of socks, and you can't hide the fact that you either missed an oh-so crucial spot shaving or it looks like you put your make-up on while riding the dodgems (depending on your gender). Your teeth have their own individual sweaters. Your eyes look like one big vein and your hairstyle makes you look like a reject from a second-grade class circa 1976. You would give a weeks pay for one of the following - home time, a doughnut and somewhere to be alone, or a Time Machine so you could go back and NOT have gone out the night before. You scare small children in the street just by walking past them.

**** 5 star hangover

You have a second heartbeat in your head, which is actually annoying the employee who sits next to you. Vodka vapor is seeping out of every pore and making you dizzy. You still have toothpaste crust in the corners of your mouth from brushing your teeth. Your body has lost the ability to generate saliva, so your tongue is suffocating you. You'd cry but that would take the last drop of moisture left in your body. Death seems pretty good right now. Your boss doesn't even

get mad at you and your co-workers think that your dog just died because you look so pathetic. You should have called in sick because, let's face it, all you can manage to do is breathe..... very gently.

***** 6 star hangover

You arrive home and climb into bed. Sleep comes instantly, as you were fighting it all the way home in the taxi. You get about 2 hours sleep until the noises inside your head wake you up. You notice that your bed has been cleared for take off and is flying relentlessly around the room. No matter what you do you now, you're going to chuck. You stumble out of bed and now find that your room is in a yacht under full sail.

After walking along the skirting boards on alternating walls knocking off all the pictures, you find the toilet. If you are lucky you will remember to lift the lid before you spontaneously explode and wake the whole house up with your impersonation of walrus mating calls. You sit there on the floor in your undies, cuddling the only friend in the world you have left (the toilet), randomly continuing to make the walrus noises, spitting, and farting. Help usually comes at this stage, even if it is short lived. Tears stream down your face and your abdomen hurts. Help now turns into abuse and he/she usually goes back to bed leaving you there in the dark. With your stomach totally empty, your spontaneous eruptions have died back to 15-minute intervals, but your body won't relent. You are convinced that you are starting to turn yourself inside out and swear that you saw your tonsils shoot out of your mouth on the last occasion. It is now dawn and you pass your disgusted partner getting up for the day as you try to climb into bed. She/he abuses you again for trying to get into bed with lumpy bits of dried vomit in your hair. You reluctantly accept their advice and have a shower in exchange for them driving you to the hospital. Work is not an option. The whole day is spent trying to avoid anything that might make you sick again, like moving. You vow never to touch a drop again and who knows for the next two or three hours at least you might even succeed.

Haunted Husband

A couple had been married for a long time, but could never get along very well. Many times, late at night, there would be screams and shouts from their house. The old man often screamed these words at her in public, "I'm sick and tired of you! When I die, I will come out of my grave to haunt you!" The old guy started practicing black magic. All the disappearances in the neighborhood of cats, dogs and people were blamed on him. At the age of 80 the old guy died, and his wife put him in a casket. Later that night, she went to a bar and partied as if there was no tomorrow. Her neighbor asked her, "Aren't you scared that the old guy will dig up and haunt you?" The old lady calmly replied, "Eh, let him keep digging. I put the casket in the other way around."

Drive-Thru Tellers

A sign in the Bank Lobby reads: "Please note that this Bank is installing new Drive-through ATM machines enabling customers to withdraw cash without leaving their vehicles. Customers using this new facility are requested to use the procedures outlined below when accessing their accounts. After months of careful research, MALE & FEMALE procedures have been developed. Please follow the appropriate steps for your gender."

Male Procedure:

1. Drive up to the cash machine.
2. Put down your car window.
3. Insert card into machine and enter PIN.
4. Enter amount of cash required and withdraw.
5. Retrieve card, cash and receipt.
6. Put window up.
7. Drive off.

Female Procedure:

Unfortunately, most of this part is the truth.

1. Drive up to cash machine.
2. Reverse and back up the required amount to align car window with the machine.
3. Set parking brake, put the window down.
4. Find handbag, remove all contents on to passenger seat to locate card.
5. Tell person on cell phone you will call them back and hang up.
6. Attempt to insert card into machine.
7. Open car door to allow easier access to machine due to its excessive distance from the car.
8. Insert card.
9. Re-insert card the right way.
10. Dig through handbag to find diary with your PIN written on the inside back page.
11. Enter P! IN.
12. Press cancel and re-enter correct PIN.
13. Enter amount of cash required.
14. Check makeup in rear view mirror.
15. Retrieve cash and receipt.
16. Empty handbag again to locate wallet and place cash inside.
17. Write debit amount in check register and place receipt in back of checkbook.
18. Re-check makeup.
19. Drive forward 2 feet.
20. Reverse back to cash machine.
21. Retrieve card.
22. Re-empty handbag, locate card holder, and place card into the slot provided.
23. Give dirty look to irate male driver waiting behind you.
24. Restart stalled engine and pull off.
25. Redial person on cell phone.
26. Drive for 2 to 3 miles.
27. Release Parking Brake.

Where Are We?

Driving through Wisconsin on their vacation, a couple drove into the town of Oconomowoc. They immediately began to argue about its pronunciation. Since it was lunch time, they pulled into a fast-food restaurant for a bite to eat. Standing at the counter, they asked the blonde girl behind the counter, 'Before we order, would you please settle an argument for us? Would you very slowly pronounce where we are?' The blonde leaned over the counter and slowly said, 'Bur ...grrr ... King!'

Why Geeks Never Get Laid!!

A man was crossing a road one day when a frog called out to him and said, 'If you kiss me, I'll turn into a beautiful princess.' He bent over, picked up the frog, and put it in his pocket. The frog spoke up again and said, 'If you kiss me and turn me back into a beautiful princess, I will tell everyone how smart and brave you are and how you are my hero.' The man took the frog out of his pocket, smiled at it, and returned it to his pocket. The frog spoke up again and said, 'If you kiss me and turn me back into a beautiful princess, I will be your loving companion for an entire week.' The man took the frog out of his pocket, smiled at it, and returned it to his pocket. The frog then cried out, 'If you kiss me and turn me back into a princess, I'll stay with you for a year and do ANYTHING you want.' Again the man took the frog out, smiled at it, and put it back into his pocket. Finally, the frog asked, 'What is the matter? I've told you I'm a beautiful princess, that I'll stay with you for a year and do anything you want. Why won't you kiss me?' The man said, 'Look, I'm a computer programmer. I don't have time for a girlfriend, but a talking frog is cool.'

Birds and the Bees

A mother is in the kitchen making dinner for her family when her daughter walks in. 'Mother, where do babies come from?' The mother thinks for a few seconds and says, 'Well dear, Mommy and Daddy fall in love and get married. One night they go into the bedroom, they kiss and hug and have sex. The daughter looks puzzled so the mother continues, 'That means the daddy puts his penis in the mommy's vagina. That's how you get a baby, honey. The child seems to comprehend. 'Oh , I see, but the other night when I came into your room you had daddy's penis in your mouth. What do you get when you do that?' 'Jewelry, my dear, Jewelry.'

Code word for Sex

A husband and wife decided they needed to use 'code' to indicate that they wanted to have sex without letting their children in on it. They decided on the word Typewriter. One day the husband told his five year old daughter, 'Go tell your mommy that daddy need to type a letter.' The child told her mother what her dad said, and her mom responded, 'Tell your daddy that he cant type a letter right now cause there is a red ribbon in the typewriter.' The child went back to the tell the father what mommy said. A few days later the mom told the daughter, 'Tell daddy that he can type that letter now.' The child told her father, returned to her mother and announced, 'Daddy said never mind with the typewriter, he already wrote the letter by hand.'

Gratitude

by: Suz Pisano

With tax time behind us, I was feeling a little reminiscent about money- money spent, money owed, bills and how we get through it all in tough economic times. The drink tax has affected almost everyone I know from bar owners, bartenders, servers and patrons. While the pinch of the burgeoning gas prices are affecting us all, it's with all of this in mind that I offer you my gratitude for this month-

My State Farm agents- Lynn & Lucy- these 2 women have saved me from cancellation, taken care of my scrapes and crashes, found me the best discounts from the best insurance, and they work for Darla Zeli, a woman owned insurance agency right here on the South Side. I actually like going in there to pay my bill. These ladies all are definitely my "good neighbor"!!

My best friend Tammie Miller- she'll listen to my rants, help when I need it the most, bring me a brownie when I desperately need it, lend me money for new scissors & fabric when I'm broke & JoAnn Fabrics is having a big sale, hand me the Kleenex in a bout of tears, share her wonderful children with me (on occasion, I'm a stand-in mom) and ask for nothing in return. I don't know how I could live without her support. Call your best friend right now & tell her or him how much you appreciate them!

Creativity- every day I'm thankful for my God given talents. (I make my living as an artist!) What's yours? I meet so many folks that say they aren't creative but indeed we all have some degree of creativity. Take some time this month to try something new and Be Creative!!

Kayak Pittsburgh- you may have seen those yellow boats on the river, but did you know that you can rent them? Kayak Pittsburgh is awesome! And they are soooo nice. Have no fear- they'll give you instructions & sea kayaks don't tip unless you're doing something really stupid. Take a nice paddle up to Washington's Landing, the back channel is ideal for relaxation and you can float back to the dock. You'll feel completely transported. The day I was out I saw a robin taking a bath in the river. He didn't seem to mind at all that I was there.

I'm always grateful for a good martini and Oliver Twist has the best! A while ago I told you about their food but their Happy Hour really rocks. Tell Sam the manager Suz sent you!

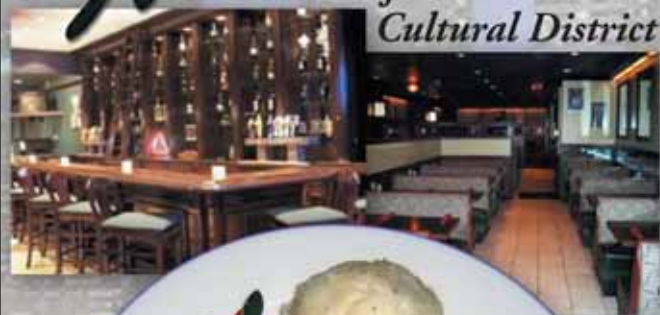
One last thing I'm grateful for this month- my two cats, Caramello & Bianca. They show me how to relax and enjoy everyday especially when someone pays attention to their needs. They're both Persian, so fur requirements include a lot of combing. They remind me to appreciate my surroundings and the attention that people in my life dedicate to my needs. Me-Owww.

Until next month, take a moment to reflect on your own gratitude and if you have any suggestions or would like to share your own gratitude- please feel free to e-mail me at bysuz@comcast.net.

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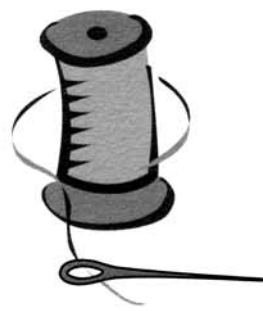
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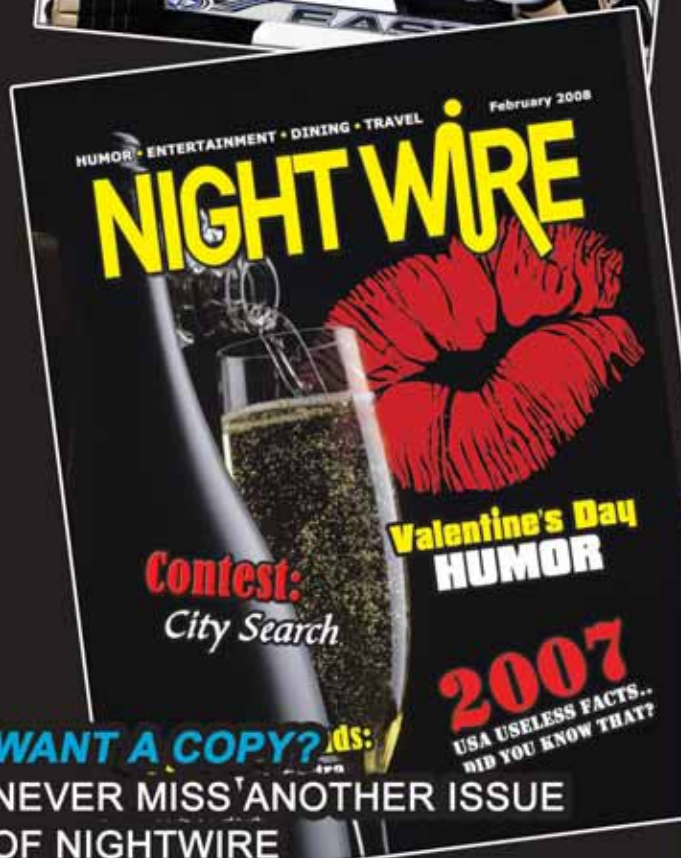
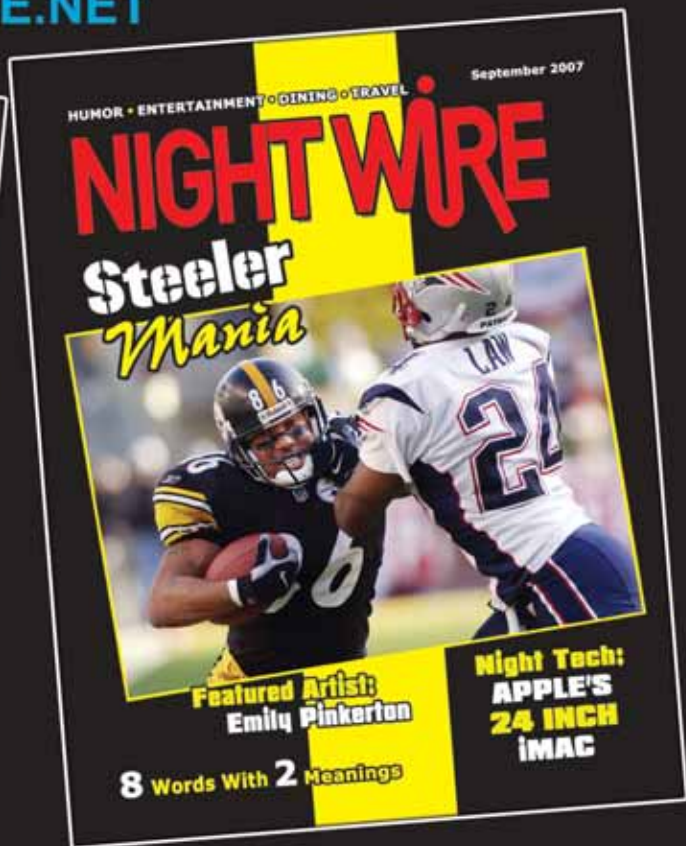
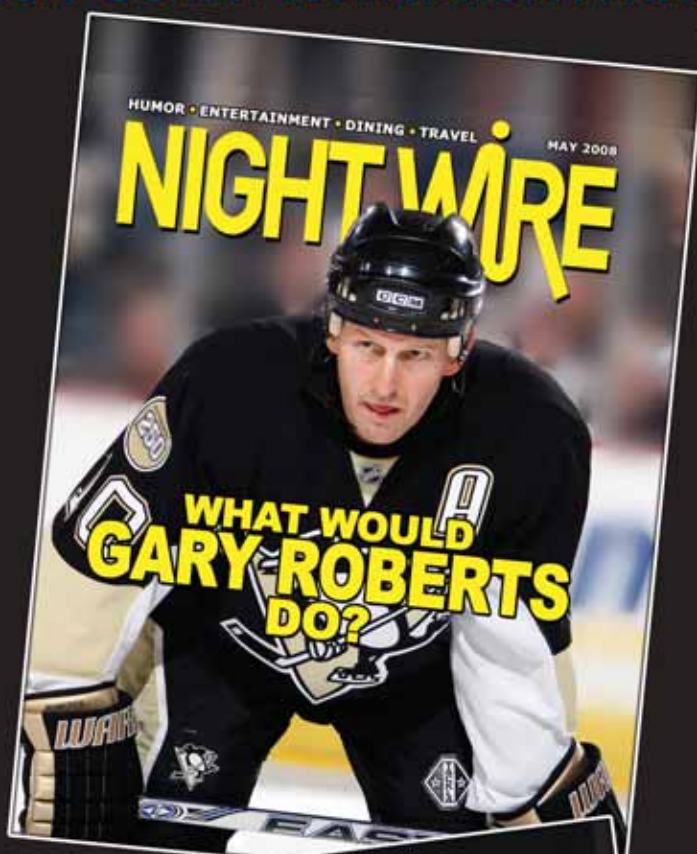
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Pizza is thought to have been first made in large brick-lined ovens in the Italian countryside. The intense heat of the ovens cooked the pizzas quickly, locking in the freshness and flavor while creating a light and crispy crust. At Marzoni's, we try to duplicate that old world style. We hope you enjoy the results of our efforts.



Our Famous Hand-Crafted Beers

Marzoni's beers are brewed on premise, utilizing the finest ingredients available.



Beers brewed at Marzoni's are dispensed directly from our chilled serving tanks to the tap stations on the bar for the freshest beer around! On any given day, there are at least 8 beers on tap, not to mention house-brewed root beer.

HAPPY HOUR: Monday thru Friday 4pm to 6pm
Food & Beer Specials • 64 oz. "Growlers" Available For Take-Out

Open Daily 11 a.m. to 11 p.m.

412.486.9291

4643 Route 8, Allison Park, PA 15101

Only 1.5 miles from the Comfort Inn on Route 8 South

HAL'S

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**SUNDAY BREAKFAST
BUFFET**

10AM – 1PM

\$9.95/adult

\$4.95/children

Hockey Playoff Specials

Live Entertainment on Weekends

NO COVER



HAPPY HOUR

\$1.00 Off All Bottles

\$5.00 House Martinis

\$5.00 House Wine

Taco Tuesdays - \$1.00 Tacos

Wing Wednesday – .40¢ Wings

Thursdays - \$1.00 Slider Nights

HOURS:

Tuesday – Wednesday – Thursday: 4PM – 1AM

Friday: 4PM – 2AM

Saturday: 1PM – 2AM

Sunday: 10AM – 10PM

LOCATED NEXT TO CHALKY'S • LEON PLAZA