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Part 2 -

"Have your gains in the gym come to a screeching halt?"

Even though it is virtually impossible to spot reduce, you can however do several things to speed up the process in changing the body, or in the alternative, all but halt body composition change.

Low To Moderate Intensity Cardio For Long Duration:

1. Walking. Walking is more of a skeletal or structural movement. There is little to no flexion of the hips and knees, thus meaning less overall muscle being used. This, alone, simply won't work for long-term fat loss results. It may work at first for somebody who is extremely obese and has been sedentary, but not for most people. While I strongly believe in the benefits of walking for stress relief, personal time, reflection with movement, blood pressure and cholesterol modification, etc., I do not consider it a good method to lose body fat.

Losing fat is about shocking your body and stimulating a repair process. Giving your body the chance to adapt to a demand over time doesn't help you lose fat quickly. Sure, you can see some initial results, often masked as 'toning', but in the end you're turning your Type IIa muscle fibers (oxidative-glycolytic, or medium speed fibers) to Type I (oxidative, or slow muscle fibers that have great endurance). The only trouble is that the Type II muscle fibers do a much better job of getting you lean.

By stimulating muscular strength (not necessarily "bulking") you are enhancing your metabolism. It takes energy to build and restore lean muscle tissue. Allowing it to grow consumes a bit more energy, but you don't have to bulk up to see great results. Rather, just create a muscle repair process while stimulating your metabolism with fat-burning foods and you'll see your results go wild.

After a full-body resistance-based alternation-style workout session, you'll spike your metabolism for 2-3 days as your body re-uptakes the lactic acid from your bloodstream, restores oxygen to the muscle tissue you've worked, and repairs the micro-tears that took place in your muscles. Supersets or circuits in full body workouts are one example of this and interval training accomplishes this too, but what if we take things a step further and get you off a machine?

I suggest that we alternate body parts, directions, speeds, intensities, and muscle synergies, or pairs. Alternation in any form, even when the intensity is a bit lower, is still a rapid fat loss signal to your body. You're sure to see wild fat-burning results once you start thinking about fat loss as "shocking the fat away".

2. Caloric Restriction: Caloric restriction = muscle starvation = fat loss grinds to a halt.

Remember this one thing : Dieting alone (major calorie restriction) is the BEST way to lose lean body tissue (muscle,) making your body a less efficient fat burner throughout the course of your day. Remember, the more muscle you have the more calories you burn throughout the course of your day.

Muscle requires calories to grow. Without some degree of muscle growth, it will atrophy under duress. If you're exercising intensely, which you should be, your muscle will be eating itself to survive.

It's really important that you feed your system so it can grow and maintain its level of function. Your body requires food for muscle repair, concentration, heart health, and digestive health. Regular meals are best. There are 2 schools of

thought with eating for fat loss:

1. Eat 3 meals per day and up to 2 snacks.

2. Eat 5-6 small meals per day.

Normally, I recommend #2, because I find this is a great way to ensure you are not snacking on things that are bad for you, because you are eating healthy small meals often enough. Also, I tend to never feel hungry when I'm eating on this schedule. That's very helpful for fat loss.

Contrarily, eating 3 meals per day seems like it should also allow you ample time to digest and re-spike your metabolism. I believe there should be a small bout of exercise in between each meal if you choose this approach. If that's the goal, let's go at it.

Again, my recommendation is 5-6 meals/day, where you pre-plan your week's meals over the weekend, cook many meals at once, and prepare yourself for fat loss.

Most importantly, make sure you are getting enough calories. Yes, you do need a caloric deficit to lose fat over a certain time period, but taking your daily calories too low can reduce your metabolism and halt your fat loss. Restricting calories too much will result in your body perceiving it as a famine, and your body will do whatever it can to spare fat stores to have sufficient energy to last out the famine. In extreme cases, the body will metabolize, muscle, and even organ tissue in lieu of fat stores.

Under no circumstance should an active female eat less than 1300 calories or an active male eat less than 1500 calories when trying to lose weight. Within a few months of coaching, most of my female clients are eating 1800 - 2000 calories, and my male clients are eating 2100 - 2800 calories. ...and they keep losing fat faster and faster. The goal should be to stimulate your metabolism to be able to eat more, not less.

In summary, there are 3 major fat loss mistakes you absolutely want to avoid:

Low to moderate intensity cardio for long duration - great way for your body to adapt to exercise and stop burning fat. Plus, you're converting your muscle fibers to the wrong type.

1. Abs-specific training - 3000 sit ups and no result? That's just depressing. Train for full body systemic fat loss.

You'll be glad you did.

2. Caloric restriction = starving muscle = no more fat loss; instead, make the goal to eat more and build more fat-burning muscle to ramp up your metabolism, permanently.

Remember, we have helped thousands of people meet and exceed their fat loss and body composition goals. Give us a call at 412.481.FITT (3488) to schedule your complimentary trial session. Check out some of our other success stories at www.pittsburghfitnesstrainer.com and to receive some great information check out www.pittsburghfatloss.com Scott Hayward is an exercise physiologist and owner of bodyXchange personal fitness training center located in Pittsburgh, Pa. Hayward has trained sports stars from the NFL, NCAA, MLB, Hollywood Movie Stars and Rock Music Icons. Hayward can be reached in his Pittsburgh, PA gym or by emailing him for consultations through his web sites www.getfitllc.com and www.pittsburghfitnesstrainer.com



Sea Food Fritters



Whole Fish

Dining - Royal Caribbean

By: Suz Pisano

Photos by: Man Nguyen

Nightwire loves ethnic cooking & travel. We have not yet been to Jamaica but in the meantime, we found the next best thing right here in Pittsburgh! Royal Caribbean, located in East Liberty, or East Side to all you newcomers at 128 South Highland Ave. 15206. Nightwire was treated to some of the most amazing Caribbean food that is unquestionably worth a try. I could sum this review up in just one word, SPICES. The moment we walked in our palettes were tantalized with a variety of spices emanating in the air, I could not wait to try this Caribbean fare!

Proprietor, Ben Crownie absolutely loves bringing his island heritage of rich island cuisine straight to the Burgh. He has been in the current location for the past 5 years and has flown under the radar with the East Side building up all around him. The décor is simple and the clientele diverse. The night we visited, a veritable melting pot of people graced the dining room. Royal Caribbean really is for everyone! Ben makes everything from scratch using only the best spices and ingredients. The jerk seasoning is the best I've ever had and Ben brags that people who travel to Jamaica have come back to compliment his food as more delicious & authentic. I'm sure all the Jamaicans in town eat here, it's that good. Ben told a story about sending his nephew to Jamaica just to bring back 50 lbs. of spices for the notorious "jerk". His offerings tend to sell out because his establishment maintains a thriving "take-out" business. Everyone who seems to be in the know- knows about Royal Caribbean.

We started off trying Ben's own creation of seafood fritters (\$4.75) created from shrimp, flaked fish, & scallops. Crispy on the outside & moist and delicious on the inside, I loved them and could tell this was quality seafood. The Jerk Shrimp with Mango Slices (\$7.99) as an appetizer is such a teaser because it's offered in other variations- as an entrée (\$14.25), or as a salad with homemade cucumber dressing (\$12.99). The jerk has a kick but with a warm pleasurable taste, definitely give it a try! We were also served Fried Ripe Plantains (\$2.99), but Royal Caribbean also offers Fried Green Plantains (\$2.99). In my opinion the ripe plantain is much sweeter. I'm certainly going to think more about plantains when I see them in the Strip District during my weekly shopping trips.

Our entrees included Brown Stew Chicken (\$11.75) Chicken browned then simmered with an array of fresh garden seasonings and rich gravy. This dish was very reminiscent of "comfort food" and I would try it again. Of course we had to try the Jerk Chicken (\$13.75), the pride of Jamaica, dating back to the first inhabitants of the island; the Arawak Indians., served with a slice of mango to cleanse the palette is not only traditional but spicy and delicious. This is exactly the dish that sells out on a regular basis and after a few bites- you'll know why. This is authenticity at its best and you'll realize why I was so adamant about the spices! Next we tried the Curried Goat (\$13.50) and all I could think was, "I'm trying goat for the first time!" It was most definitely not what I expected when I tell you that it was succulent, tender, fall apart done stewed in a mild curry sauce. This is NOT Indian curry. I don't particularly care for that kind of curry, but this creation was absolutely delicious. Again, Ben talked about the spices that he uses to create this curry. Goat is a special occasion type of dish in the Islands so treat yourself to this delectable dish. We also had a gorgeous Escovitch Fish (Market price)- a vinegar-cured



Chicken Trio

fish sautéed and topped with a mildly tangy, but not sweet, vinaigrette and lightly sautéed onions and tomatoes. We had a Porgy but this specialty of the house is also available with Red Snapper and Tilapia. The Porgy was served whole and when I realized that I'd be eating fish bone-in, I asked for the polite way to dissect such a dish. I was told by one of our guests not to talk and Ben even chimed in to say that you will know if you have a bone by taking small bites and eating slow. I think it was his way of telling us to sit, savor & enjoy. I quickly adopted both suggestions and quietly and slowly enjoyed each and every bite. I was sad to share this fish! I was a little scared of the vinegar in the recipe but again with fine ingredients down to the vinegar- you'll know the difference. This is not Heinz white vinegar! I'm sure I'll be having my own Escovitch Fish next time.

Royal Caribbean also offers vegetarian dishes with tofu and vegetables. Seafood offerings even include Fried Fish (\$12.75) dry rubbed & fried to a golden brown, so if you're not feeling too adventurous you have options. Royal Caribbean serves Ox Tails (\$12.50) and BBQ Beef Ribs (\$12.99) as well Trios of Shrimp, Fish or Chicken. Intensities can be requested on a 1 to 10 scale but I recommend letting the kitchen do what they do best. Ben showed us his stash of home grown peppers and let us taste his famous Royal Sauce made from a mix of peppers and seasonings. His experience with these peppers and knowledge of spice combinations certainly translate well through his cooking. Royal Caribbean is definitely a treat for the taste buds!

Royal Caribbean is BYOB with a minimal corkage fee (\$2.50 per bottle), but they serve a mean Homemade Ginger Beer and a Homemade Mango Pineapple Carrot Juice also Pineapple Sodas & Coconut Water. Feel free to bring your own Island cocktails, which are perfectly acceptable.

Although Closed on Mondays, Royal Caribbean is open Tuesday, Wednesday & Thursday from 11:00 am to 10:00 pm, Friday & Saturday from 11:00 am to 11:00 pm, and Sunday from 3:00pm to 9:00 pm. Conveniently located on South Highland Avenue in an up & coming neighborhood.....get there!

Check out the website for full menu details www.royalpgh.com. And as always.....tell 'em your friends at Nightwire sent you



Jerk Chicken



Brown Stew Chicken



Escovitch Fish (Porgy)



Curried Goat

Wine and Spirits

Armand De Brignac Brut Gold Champagne



The world's most respected wine critics and sommeliers conducted a rigorous blind-tasting of more than 1,000 brands. The results were published in *Fine Champagne Magazine*, the only internationally publication devoted to Champagne and an authority on the industry. Each Champagne was rated on a 100-point scale. The process was so strict that, if judges' scores were more than four points apart, the Champagne would be re-tested and re-assessed. When the results were weighted, Armand de Brignac ranked No. 1 among the world's best Champagnes. In 2006 Armand de Brignac unveiled its stunning gold bottle originally developed by Cattier for the André Courrèges fashion house. Cattier's gold bottle also made an appearance at Queen

Elizabeth II of England's Golden Jubilee celebration. All labels for each bottle of Armand de Brignac are made of real pewter, polished and applied by hand. Each bottle is packaged in a black embroidered velvet bag, and encased in a glossy black hard shelled collector's box, which completes a package that speaks to the quality of the Armand de Brignac Champagne and the care taken with each step of its realization.

From its elegant packaging to the gold hand-dipped metalized bottle with four hand-applied and polished pewter labels truly make this champagne not only the best in world in taste, but the best in the world for presentation.. truly setting the gold standard for Champagne making it in our opinion "the very best of the best!"

It has been praised by critic, Jose Penin (who scored it 98 points, the highest ever awarded to a Champagne). *Nightwire* was absolutely blown away with this Champagne.. truly a nectar from the gods! A rare treat and everyone agreed that this was indeed the finest Champagne we had ever had. What a rare and special treat!

Armand De Brignac Champagne is made by the family estate in Chigny-les-Roses, France (owned by the same family since 1763) by house patriarch and head winemaker Jen-Jacques Cattier and a staff of just eight craftspeople. Crafted one bottle at a time, entirely by hand, including use of a traditional Coquart press and labor-intensive hand remuage (riddling) process. Each release is a blend of three distinct vintages from only outstanding harvest years. All the grapes used are rated Grand Cru or Premier Cru and come from three emblematic terroirs of Champagne: The Montagne de Reims, Cote des Blancs, and Vallee de la Marne. Armand De Brignac includes a special liqueur de dosage aged nine months in Champagne oak barrels – the only Champagne in the world to do so. Armand De Brignac is aged in one of the deepest cellars in Champagne, enabling slow, cool aging.

Winemaker's Notes:

Armand de Brignac is marvelously complex and full-bodied, with a bouquet that is both fresh and lively. Its sumptuous, racy fruit character is perfectly integrated with the wine's subtle brioche accents. Its texture is deliciously creamy and the palate has great depth and impact with a long and silky finish. A superb and singular example of a Prestige Champagne.

Critical Acclaim:

"The refinement of the bubbles and impeccable pale color brought James Bond to mind for one taster, "the new Bond, the blond Bond." The comment generated a flurry of critical reviews from the panelists: "This is more Timothy Dalton: polished, looks good, but doesn't have a lot to say." "This is more like Gregory Peck: It has nothing to prove." "Burt Lancaster in *A Wild Thing*." "Clooney on *ER* before he got



polished..." This is a bold and powerful wine that holds its balance. Driven by scents of brioche and chalk, along with intense acidity, it should develop well with several years of bottle age."

94 Points Wine & Spirits

"Bright gold with a strong bead. Highly perfumed bouquet displays pear, nectarine, honeysuckle and sweet butter, plus

an undercurrent of spice, ginger and lemon pith adding energy. Fleshy pit fruit and soft citrus flavors provide very good palate coverage and offer pungent spice and candied floral qualities on the back end. Nervy minerality adds lift and cut to the long, gently smoky and subtly sweet finish, which leaves candied orange peel and floral notes behind."

91 Points International Wine Cellar



Steel City Goes To Music City... Nashville Country Music Hall Of Fame

Letter from the Editor-

We realize that featuring travel, dining & humor touches so many of our readers in so many ways. We love to tell you about our travels, make you laugh and hopefully get you to try new restaurants and travel destinations. This month we visited Nashville and in this issue, we are giving you just a teaser about the city that "music calls home". We absolutely fell in love with Nashville, the music, the people and we even found some of our own personal history there. Nashville is authentic, genuine and unpretentious! We definitely fit right in! There is just so much more to tell you about Music City - but for this month, we hope you enjoy just a little taste of Nashville with our feature on the Country Music Hall of Fame & Museum and are looking forward to more. Y'all, come back now... till next month!!



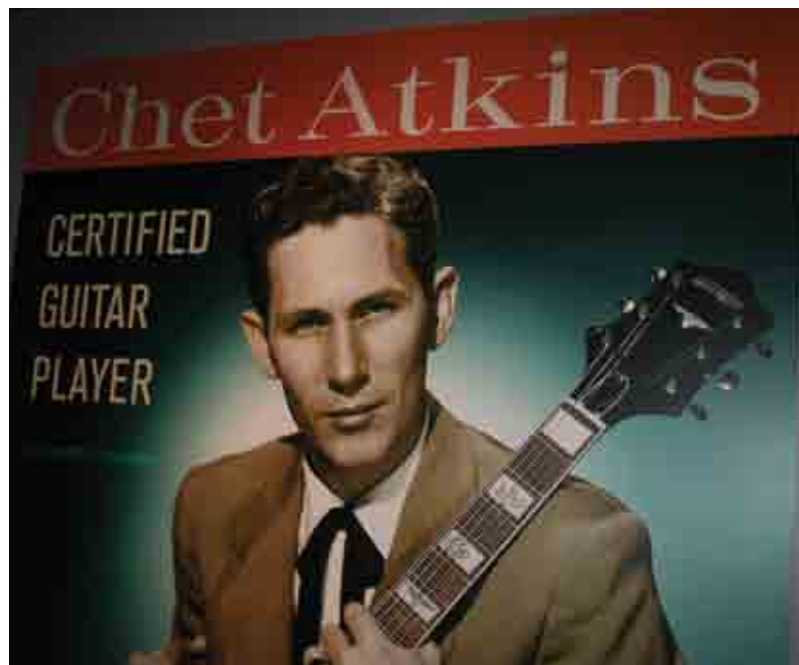
some of her first music videos and there's even an NFL display highlighting the Country music connection to almost every football fan.

You know us, we LOVE Dolly Parton and when I saw photographs of her & Porter Waggoner, I thought "this is history!" Dolly was a regular on the Porter Waggoner Show for 6 years, when she decided to leave to pursue her own career. She faced much adversity when she was told over & over again that she was making a big mistake and would never be able to make it on her own. The story goes that she went to Porter, told him that she was leaving his show and went home to pen the words to the song "I Will Always Love You". That one song has made over 25 million dollars! In Tennessee, they call that "mailbox money"! With many number one hits, movies and theme park later- Dolly Parton is certainly a success and has earned her spot in this magnificent building.

The Country Music Hall of Fame and Museum in Nashville is the largest popular music museum in the world. You'll experience the history of America's music through exciting exhibits, entertaining films, interactive displays and an incredible array of costumes and instruments. We loved the black & white films of historic performances. I actually loved the history here!

Election to the Country Music Hall of Fame is the highest honor in country music. The award recognizes persons who

Nightwire went Country this month & during our amazing visit to Nashville, Tennessee, we toured the Country Music Hall of Fame & Museum (CMHF). I'm compelled to tell you why I was so excited to visit this beautiful museum and it wasn't just to see Elvis' gold cadillac! Yes, it's there & it's really cool, but on a more personal level, The Country Music Hall of Fame & Museum helped me find my history. As a young girl, I wasn't interested in American history, listening to stories of wars or presidents from decades ago. I know on some level that must sound terrible, but I'm a creative person and very involved in popular culture, arts and creating new things. When I visited the CMHF I experienced things that took me right back to my childhood- the original set of the Hee- Haw television show is housed there complete with Junior Samples overalls. I saw Minnie Pearl's outfit and cowboy boots belonging to Roy Rogers, and it really gave me a sense of a different kind of history- my own personal history. These things were a part of me while I was growing up. The costumes from so many beloved Country music performers stand like ghosts from the past, but there's plenty of the now & even the future there. Taylor Swift is represented with her old laptop computer where she created





have made outstanding contributions to country music over the lengths of their careers. The CMHF honors performers, musicians, songwriters, promoters, music publishing and recording leaders, broadcasters and others in the music industry, reflecting country music's stature as both art and enterprise. The first Country Music Hall of Fame members - Jimmie Rodgers, Fred Rose, and Hank Williams, were elected in 1961 and the legends continue today. With giant walls covered in Hatch show prints- you'll find show posters from your favorite performers through the ages. Parts of this museum are mesmerizing for sure. I'd be remiss if I didn't mention the gift shop where there's a large collection of Elvis memorabilia but also great t-shirts, coffee mugs & hats with the phrase "Honor Thy Music". You can even buy a guitar shaped fly-swatter!

Again, I never thought of history in terms of music but this visit certainly made it real. This is American history and I loved it. I left there thinking about the progression of the music and how much I love Bluegrass. "Will the Circle be Unbroken" has so much meaning in the contributions made by the Hall of fame performers showcased in the rotunda.

While in Nashville you should plan to visit RCA's Studio B where over 1000 hits were recorded. Studio B is still located in Music Row a just short ride from the CMHF. Tours are given daily and this part is something you definitely don't want to miss! Even though there is not a lot of memorabilia inside Studio B, there are tons of old photos on the walls and you'll be able to hear snippets from those artists. You'll experience what it was like to record inside the actual studio, recording on tapes, live with all the band members presents, not like the digital productions we can do today. If you're an Elvis fan, you'll get to stand in the spot where he stood or even touch the piano that he played. The tour guides are very knowledgeable and will really give you an education and give a sense of what it was like if you could have been a "fly on the wall" at this historic recording studio.

Check out their website for Current exhibit information and tickets. <http://countrymusichalloffame.org>



Gray Line Tours Nashville

by: Suz Pisano

If you've never been to Nashville, let us suggest that on your first day you take a Gray Line tour! It really helped us in getting our bearings on this fantastic city, plus we got to sightsee Centennial Park a true Nashville gem rich with history and reverence. With a great tour guide, we got to understand the historical significance of each and every aspect of this beautiful urban park. You'll go by the Parthenon, an actual representation of the great Greek artifact. Honky-Tonks are just not the same in the daytime but it's nice to see them in full view without crowds of patrons waiting to get in! Broadway is full of shops as well as honky-tonks and you'll get to see where you might just want to pick up that new pair of cowboy boots you've been saving up for! The Downtown area of Nashville is rapidly expanding to include areas like the Gulch or S. 12 Street. Let Gray Line give you a taste of areas you'd like to further explore. Gray Line offers 12 daily tours highlighting the best of Nashville's attractions. They pick-up from Downtown hotels and can accommodate groups or special events.

Here's a sample of some of the tours offered: Homes of the Stars, Historic Tennessee, Nashville Nights & Lights, and even Jack Daniels Country! Gray Line operates very popular Lunch & Dinner Cruises on the General Jackson- an authentic 300 foot showboat featuring live music. They claim it's the largest showboat in the world!

Check out their website <http://graylinenashville.com>

Terror Town

An Extraordinary Haunted Attraction!

Terror Town a new Strip District haunted-house attraction opened its doors to the public and will operate on select days during the month of October. Rightfully named, Terror Town features a cast of cannibals living in their underground world. The building housing Terror Town is almost a century-old building where paranormal investigators and business owners in this building truly have reported paranormal activity inside this massive structure. The Pennsylvania Department of Paranormal Investigations (not a state agency) explored the building in February.

"This building is loaded with entities," says founder Barb King, 52, of the North Side. "This place is charged." King and three members of her group say they heard footsteps on upper floors, knocks on walls and watched a shadow dart from behind a tall shelf. Something knocked over a rack of poster paper in the front of the building during their investigation, which also included video documented of an elevator opening and closing twice without being prompted. "This whole building is connected paranormally," King says. "Everybody hears voices. Everybody hears footsteps, and there's no one in the building," says Bernie Firman, who owns Club Zoo in the building on Smallman Street between 16th and 17th streets. He and his brother, Sam Firman, opened Terror Town after six months of hard intense work. "The truth is, this building is spooky," says Sam Firman, who owns Sammy's Famous Corned Beef, Downtown.

The basement that houses this haunted attraction, is 30,000 square feet and former home to grocer KML. Be prepared to face some of your greatest fears. Trust us....it's really scary! "It just oozes creep," says Schneider, 32, a Garfield resident and filmmaker-actor who has worked at haunted houses for a decade, including Gateway Clipper's former U.S.S. Nightmare at Station Square.



Julian Smith needs no convincing when it comes to the building being haunted. "There is definitely some paranormal activity there. I'm sure of it," says Smith, 57, of Shaler, who owned a paintball business on the third floor from 1997 to 2002. Chairs moved at night. Locked doors unlocked. An unplugged speaker mysteriously caught fire in 2001, and neither the fire department nor other experts could explain how it started, Smith says. He told us a manager once saw a group of people in the observation deck as he exited the dark playing field at closing time. A few seconds later, he discovered the building was empty except for himself. He left and never returned, Smith says. "I used to have some serious nightmares about being there," Smith says. "I would wake up in cold sweats. So, do I ever really want to go back in that building? No, not really."

Behind the Scenes of Terror Town

Nightmare staff and a few family members were excited to get a sneak peek at Pittsburgh's newest Halloween haunt- Terror Town. As scary, creepy & disturbing as it was, I couldn't help but think "who dreams up this stuff?". I got my answer at the chilling end when I got to meet the lead designer Michael Todd Schneider aka Michael magGot. Some of you may know this name from his deeply disturbing independent horror films or his 10 years designing haunted attractions.

Michael is quite notorious and cites haunted houses as his second love next



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to filmmaking. He's proud to have been awarded Best Cinematography and Best Horror Short shockedA Tribute to Sanity to New York International Independent Film Festival screens. His films are notorious and confrontational August Underground's Mordum was hailed an instant classic. He's excited to be included in an upcoming international anthology called "The Profane Exhibit". The first words on Schneider's work by Rue Morgue Magazine was regarding his debut feature, My Crepusculum/I Never Left The White Room. They classified a style that would evolve over time, some have called it: surrealist psychological retro-gore. Check them out if you're a fan of the genre. www.maggotfilms.com

So there you have it- surrealist psychological retro-gore is the backdrop for Terror Town. That just sounds scary! Parental discretion is advised if you're planning a family outing. (Nightwire suggests that children 14 & under be accompanied by an adult.) This haunt takes a bare minimum of 45 minutes to an hour or more to tour so plan accordingly. Check out the website @ <http://terrortown.com>



Draft House

1811 E. Carson Street • South Side



Music

New Found Glory Appearing at Club Zoo October 31



New found energy, new found purpose: that's what "Not Without A Fight" is all about. The first New Found Glory album to bear the Epitaph logo brims with fresh promise, showcasing a band comfortable in their own skin and eager to get back to basics and present it all to the world. "Not Without A Fight" is arguably the strongest addition to an impressive catalog with no less than three gold records and ...some of the most memorable songs of the past decade.

Album opener "Right Where We Left Off" is an instant reminder of the keen self-awareness that endeared New Found Glory to millions of fans worldwide in the first place. And naming their album *Not Without A Fight*? That's a nod to that other side of the group Epitaph owner Brett Gurewitz called "the greatest pop-punk band in history," the side that is scrappy, that's from the do-it-yourself scene. The side of a band who probably never should have been lumped in with some of the more teeny-bop friendly fare they've often shared the rock radio and TRL charts with.

Lead single "Listen to Your Friends" flips the script by rocking a verse even catchier than its chorus; "I'll Never Love Again" boasts a killer sing-along. "47" has a hooky scream that breaks new ground for the Florida-bred five-some while "Truck Stop Blues" summons the potent urgency of the burgeoning scene that New Found Glory arose from, recalling a bygone era when they shared small stages with their friends in Get Up Kids, Piebald and Saves The Day.

Not Without A Fight packs together the best elements of fan favorite albums like *Sticks and Stones* (2002) and *Catalyst* (2004) with a reinvigorated drive making for a declaration that's fresh and timely. There's pop, there's punk, there's crunch, there's those irrepressible melodies and Jordan Pundik's instantly recognizable voice is in fine form.

"Nobody in New Found Glory loves anything as much as this

band," says guitarist Chad Gilbert, by way of explanation as to how they have managed to maintain the same lineup - Pundik, Gilbert, Steven Klein (guitar), Ian Grushka (bass) and Cyrus Bolooki (drums) - for over ten years. "You fight with your mom. You don't hang out with her all the time. But you love her! You're never going to hate her. We're family. It might sound cliché, but that's what it is."

That family first came together in Coral Springs, Florida in 1997. Nothing Gold Can Stay (1999) and New Found Glory (2000) became classics thanks to hard-touring and good natured relationship building the world over, which ensured the next two albums (*Sticks and Stones* and *Catalyst*) would both debut in the Top 5 on the Billboard 200 chart.

As happens all too often, the uber-successful and beloved band found themselves delivering *Coming Home* to a group of relative strangers who lacked the same investment in them as before. By 2006, many of the folks who worked with the band at the label had been replaced by new faces, from the president on down. "At major labels, people are always losing their jobs," Gilbert points out. "Someone can love your band one week and the next week that person is fired."

With their recording contract fulfilled and in between management, New Found Glory seized the opportunity to have some fun while weighing their options, releasing *From the Screen to Your Stereo Part II* (something their most ardent supporters had demanded for years) and a split EP with their alter-ego, International Superheroes Of Hardcore.

"It brought this different attention to our band that we hadn't had in a while," Gilbert says. "Through the major label years, some of those lines got blurred because of some of the things the label did representing our band. With the release on Bridge 9 Records, we were able to do things how we wanted to do them. It was awesome."



In the midst of all of this, the band continued to write their next album, which they ultimately decided to record before choosing a new label. That's where +44 / Blink 182's Mark Hoppus came in, agreeing to produce Not Without A Fight at the studio he co-owns with Travis Barker. "He's an old friend of ours," Gilbert explains. "We had no money to make the record so we wanted someone with the confidence to do the album for free and get reimbursed later."

Eventually, of course, the label situation needed sorted out, as the guys in New Found Glory have no desire to be in any kind of "business" other than the business of writing great songs, recording them and playing them live. "When we announced that we were no longer signed to Geffen two years ago, Brett Gurewitz was the first one to call me," Gilbert remembers. "People at Epitaph are all music fans and have their shit together."

And as for that spectacular accolade from the man running their new record label home? "It's crazy!" Chad says, laughing. "The Descendents could take that crown way before we could, or Screeching Weasel, or Green Day. I don't know why he said that! He's crazy. It's flattering. It's really flattering. But I don't know what to say!"

New Found Glory's first Epitaph album has no guest appearances, no frills, nothing but fantastic songs and powerful performances. "If you really listen to our music, you can't pigeonhole it. We play music that we love." Not Without A Fight is alternately the band's most streamlined and direct but powerful and broad album thus far.

"New Found Glory is back to where we want it to be: we tour, we play music and it's from the heart." They will be appearing in Pittsburgh on Monday, October 31 at Club Zoo Complex in the Strip.

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Steelers - Mike Wallace - Fastest in the NFL?

By David Mayle

Photos by Mike Fabus, Pittsburgh Steeler Photographer



In football there are many things that are impossible such as the Cleveland Browns winning the Super Bowl. Another impossibility is overthrowing Pittsburgh Steeler wide receiver Mike Wallace. With blazing 4.3 speed in the 40-yard dash, Wallace is one of the fastest players in the NFL. The NFL has had its' share of fast wide receivers but add in a pair of soft hands that rarely drop a ball and you have a special receiver. Going back to last season, Wallace has now racked up 6 straight 100 yard games and once again leads the NFL in catches over 50 yards, is second in receiving yardage, and second in yards per catch. Wallace's forte is the big play. Over the last 3 years no wide receiver in the NFL has made more big

plays than Mike Wallace.

Born in New Orleans, LA, Wallace had a stellar high school career and was one of the top prospects in Louisiana. Mike signed on with University of Mississippi and looked to be on his way to stardom as he started his university career with 3 solid seasons. Unfortunately for Mike, he was limited to just 6 games his senior season causing him to slide to the third round of the draft.

Mike's misfortune was the Steelers gain, however, since they were able to "steal" one of the games biggest impact players in the third round of the draft. He was the 11th wide receiver chosen behind such luminaries as Darrius Heyward-Bey, Brian Robiskie, and Brandon Tate. Of that draft class, Wallace leads all of the receivers taken that year in yards, catches, and yards per catch. Not bad for the 84th player selected in the draft.

After a solid rookie season Wallace really established himself among the games elite receivers in 2010. After Santonio Holmes was traded to the New York Jets Wallace became the Steelers number 2 receiver behind Hines Ward. He responded to the challenge by posting 1257 receiving yards (third most in the AFC) and making 10 touchdown grabs. He also led the NFL in 100-yard receiving games. His 21 yard per catch average led the AFC. In Super Bowl XLV he hauled in nine catches for 89 yards and 1 touchdown.

The 2011 season has seen Wallace get off to the same fast start as the 2010 one did. Currently he is second in the NFL in receiving yards and is once again near the leaders in yards per catch. The future is bright for this speedy young man.





The Bus Stops Here Foundation Honors Charles Sanders

Photos by Emma Alaquiva



Charles (Chuck) Sanders



Charles (Chuck) Sanders and Jerome Bettis

Charles (Chuck) Sanders, CEO of Urban Lending Solutions, was presented with the Jerome Bettis Humanitarian Award at the Jerome Bettis Bus Stops Here Foundation's "Caring For Kids Event" on Thursday, September 22, 2011 in the East Club at Heinz Field. Our heartfelt congratulations to you, Chuck.... you truly deserve this award!!

Charles Sanders, a Pittsburgh native and graduate of Slippery Rock University, was drafted in 1986 by the San Diego Charger. He played two seasons with the Pittsburgh Steelers. Chuck and his wife, Elisa, founded the Chuck Sanders Charities in 2009 to help fund and support existing Christian charities, churches and organizations. They are also dedicated to promoting educational and physical fitness programs for Pittsburgh's youth and young adults.

In May, 2011, Chuck and Elisa opened SAVOY Restaurant in the Strip District. SAVOY provides Pittsburgh with first class food, service, energy and an amazing night life experience.

The event featured a live and silent auction, cocktails, dinner and entertainment by COL Jazz. COL Jazz is a program of the Center of Life, which is a faith-based, community empowerment organization that serves to strengthen families,

create opportunities for micro-enterprise and encourage homeownership. Center of Life is an outgrowth of the Keystone Church of Hazelwood; a community-based Mission that has aided members of the Greater Hazelwood community for over 20 years.

The Jerome Bettis Caring for Kids Event benefits The Bus Stops Here Foundation (thebus36.com), which was founded in 1997 to help improve the overall quality of life for troubled and underprivileged children by offering opportunities to help them succeed. The Foundation's initiatives include the "Cyber Bus" Computer Engineering Program which helps expose middle and high school youth to technology, scholarship programs, an annual book drive and neighborhood initiatives to foster individual success with a strong moral foundation.

The evening began with a reception and auction preview followed by dinner. Alby Oxenreiter, Sports Director for WPXI-TV, served as the evening's emcee.

All proceeds benefit the Pittsburgh programs for The Bus Stops Here Foundation which seeks to improve the overall quality of life for troubled and underprivileged children.





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Brewing Up A Cure



The Members of The Three Rivers Underground Brewers (TRUB) will be hosting their Fifth Annual "Brewing Up A Cure" benefitting Cystic Fibrosis on Saturday, October 8, 2011 at the Pittsburgh Athletic Association (PAA) in Oakland from 7:00-10:00PM.

The night will be filled with drinks, food and entertainment, including, but not limited to the following:

- Musical entertainment by Highway 13, Blue Grass Band and DJ John Doran
- Appetizers and desserts by local area restaurants such as Subway, Jimmy Johns, Bob Evans, Sweethouse Bake Shop, Angelo's Pizza Bloomfield, Monroeville Italian Club, Piper's Pub, Beer Nutz, Bob's Deli, Rivertown Pourhouse, Chipotle, Buffalo Wild Wings, Sausalito, Pittsburgh Marshmallow Company and Bella Frutteto and more
- More than 50 samplings of craft beer available for tasting
- Sponsors for our event are The Pittsburgh Beer MeetUp, Smokin' Joes, Davison Design & Development, Inc., Premier Medical Associates, Intelligence, Inc., Frank Fuhrer Wholesale Company, Henry Teichmann, Inc. and Pediatric Alliance.
- Commerical breweries will be Full Pint, Dogfish Head, East End Brewing, Laurel Highlands Meadery, Arsenal Cider House, Frank Fuhrer Wholesale Company and Lancaster

In addition to the night's festivities, a special VIP session will be held in advance of the main event, from 6:00-7:00PM. The VIP session is now sold out featuring special home-brewed beers and exclusive foods only offered during this hour.

Seven-year-old Sadie Terrick, daughter to TRUB member Shane Terrick, was diagnosed with Cystic Fibrosis at the age of 8 days old. As a result, this event has evolved into an annual

event in an effort to raise funds and awareness for Cystic Fibrosis as the members share their love of craft beers and raise money for research.

Brewing Up A Cure has raised over \$88,000 in the past four years, and has gained popularity as a marquee event in the City of Pittsburgh. The bar has been raised, and TRUB in partnership with Brewing Up A Cure has high hopes to raise a total of \$100,000 at the end of this year's event.

Tickets for the event are \$35 in advance and \$50 at the door. For more information on TRUB, Brewing Up A Cure, or to buy tickets online, please visit the events website at: www.brewingupacure.org



Freedom Fast Bail Bonds

Many people don't understand the concept of a Bail bond until it hits them head-on. A bail bond is a financial lien against an individual when they are arrested. The bail system was designed and is based on the level of risk associated with future crimes being committed upon release by the person who was arrested. This includes the likelihood of the person arrested returning back to the court for an appointed time to address the criminal charges lodged against them.

After a suspect has been arrested and before that individual can be released someone has to fill out forms stating they acknowledge the fact that they are assuming liability for arrested person. The person assuming the liability requires that they put up all the money required (cash) for bail and any fees related to ensuring the person arrested and in custody (jail) meets all of conditions of bail including assuring that the suspect will appear at court on the date and time required.

A bail bonds man, is your key to release, because he only charges a percentage of the full bail amount. That is amount that must be paid before the individual can be released. The judge has the ability to set the bail where he deems appropriate for the alleged crime and charges and places a dollar value (bail) upon the arrested individual. Family members or friends usually come forth and post the bail. The easiest solution for anyone is to contact a bail bonds company. Freedom Fast is always there to assist, 24/7 with trained professional, who will assist in handling bail and all the associated paperwork. They are knowledgeable, friendly and willing to help 24 hours a day, 7 days a week. So, if you or someone that you know needs help fast.... your first call for help should be Freedom Fast Bail, Inc – 412-368-5188.

The following are some humorous stories from employees at Freedom Fast Bail...

From James..... My third day on the job is one I will never forget, for privacy reasons we will call this person "Frank", well Frank was given a bail amount of \$25,000 for alleged drug infractions. Frank's mother wanted her son out of jail like most mothers would. The problem was, Alice was having a hard time coming up with the 5% of \$25,000 (\$1250.00) needed to get Frank out. So she presented myself with a slew of proposals, starting with selling me her 50" flat screen television, then offering to providing me with services most commonly found in the adult sections of newspapers. I was in shock and awe. Alice went so far as to say, she could provide me with references for her performance in bed, needless to say, I declined.

Once a father called Freedom Fast to get his son out of jail. The father was not willing to use his savings accumulated to attend a Steeler game, but offered to sell me his grandchild.

Then there was the day when rather wealthy parents found out the hard way, that just because you have \$600,000 dollars in the bank and their son's bail was set at \$100,000 bail, that they could not just walk into their bank and say "I need to withdraw \$100,000." So what is your freedom worth, when the judge says" \$50,000 bail for DUI" priceless? Call Freedom Fast Bail....they know exactly what to do and will get you out of jail FAST!!

Freedom Fast Bail Bonds: 412-368-5188

Freedom Fast Bail Inc.



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Flu Season... Get Your Flu Shot



Kristi Yamaguchi and Mom
Carol Yamaguchi

The Flu Season is Upon Us.. Get Your Flu Shot Now!! Olympic Gold Medalist, New York Times best-selling author and fitness enthusiast, Kristi Yamaguchi, is a long-time advocate for influenza vaccination as part of the American Lung Association's Faces of Influenza campaign.

This year, Kristi is joined on the campaign by her own mother, Carole Yamaguchi, who wants to let older adults like herself know that their age group is at higher risk for developing influenza-related complications and that there are specific vaccination options for them. In fact, people 65 years of age and older have the highest rates of hospitalization and death from influenza and its complications despite having the highest immunization rates in the U.S.

About Influenza

Influenza is a serious respiratory illness. Each year in the U.S., on average, influenza and its related complications result in approximately 226,000 hospitalizations. Depending on virus severity during the influenza season, deaths can range from 3,000 to a high of about 49,000 people. Combined with pneumonia, influenza is the eighth leading cause of death in the nation.

The American Lung Association's Faces of Influenza campaign is made possible through a collaboration with Sanofi Pasteur.

The Centers for Disease Control and Prevention (CDC), with the support of leading health experts, recommends that everyone 6 months of age and older be immunized.

Vaccination is safe and effective, and the best way to help prevent influenza and its complications.¹ The American Lung Association urges you and your loved ones to get a flu shot every influenza season. You should get your flu shot as soon as it becomes available in the late summer or early fall. Even if you didn't get vaccinated early in the influenza season,

immunization into the spring or as long as the influenza virus is in circulation can be beneficial. This is because in many seasons, influenza activity doesn't peak until winter or early spring. In fact, as long as influenza viruses are in circulation, it's a good idea to get a flu shot. For most adults, the vaccine can help protect against influenza within 2 weeks.¹ Talk to your health-care provider for more information about the importance of influenza immunization.

Unfortunately influenza immunization rates fall far short of public health goals every year – even among those at highest risk. The CDC recommends annual influenza immunization for everyone 6 months of age and older. Getting vaccinated against the flu each year is one of the most important steps people can take to help protect themselves from flu and its complications. Even healthy people need a flu shot – to help stay healthy and to help prevent the spread of flu to others. Groups at higher risk of developing influenza-related complications include:

- People 50 years of age and older
- Children 6 months-18 years of age
- Pregnant women

People of any age with certain chronic medical conditions, such as asthma, chronic obstructive pulmonary disease (COPD), heart disease, diabetes, and others

Residents of long-term care facilities and nursing homes
Additionally, those who come into close contact with high-risk groups should get a flu shot, not only to help protect themselves against influenza, but also to help avoid spreading the disease to more vulnerable populations. They include:

Household contacts and caregivers of anyone in a high-risk group, including contacts such as parents, siblings, grandparents, babysitters, and child-care providers or Health-care personnel

Note: Children younger than 9 years of age may need 2 doses approximately 1 month apart, depending on their influenza vaccination history.

Some people should not get the vaccine or should first talk with their health-care provider. These include:

- People with severe allergies to eggs
- People who have had a severe allergic reaction to a past influenza vaccination
- Children younger than 6 months of age, because no vaccination is licensed yet for this age group
- Don't Wait....Be Wise... Get Immunized!



Kristi Yamaguchi and
Carol Yamaguchi

The Nun in Hooters

A nun, badly needing to use to the restroom, walked into a local Hooters. The place was hopping with music and loud conversation and every once in a while "the lights would turn off." Each time the lights would go out, the place would erupt into cheers. However, when the revelers saw the nun, the room went dead silent. She walked up to the bartender, and asked, "May I please use the restroom? The bartender replied, "OK, but I should warn you that there is a statue of a naked man in there wearing only a fig leaf." "Well, in that case, I'll just look the other way," said the nun. So the bartender showed the nun to the back of the restaurant. After a few minutes, she came back out, and the whole place stopped just long enough to give the nun a loud round of applause. She went to the bartender and said, "Sir, I don't understand. Why did they applaud for me just because I went to the restroom?" "Well, now they know you're one of us," said the bartender, "Would you like a drink?" "No thank you, but, I still don't understand," said the puzzled nun. "You see," laughed the bartender, "every time someone lifts the fig leaf on that statue, the lights go out. Now, how about that drink?"

A Bounced Check...

An actual letter that was sent to a bank by an 86 year old woman. The bank manager thought it amusing enough to have it published in the New York Times.

Dear Sir:

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting the check and the arrival in my account of the funds needed to honor it. I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place for only eight years. You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank. My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, --- when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become. From now on, I, like you, choose only to deal with a flesh- and-blood person. My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank whom you must nominate. Be aware that it is an offense under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact, which I require your chosen employee to complete. I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative. Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof. In due

course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service. As they say, imitation is the sincerest form of flattery. Let me level the playing field even further. When you call me, press buttons as follows:

Immediately After Dialing, Press The Star (*) Button For English

- #1. To make an appointment to see me
- #2. To query a missing payment
- #3. To transfer the call to my living room in case I am there
- #4. To transfer the call to my bedroom in case I am sleeping
- #5. To transfer the call to my toilet in case I am attending to nature
- #6. To transfer the call to my mobile phone if I am not at home
- #7. To leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.
- #8 To return to the main menu and to listen to options 1 through 7.
- #9. To make a general complaint or inquiry. The contact will then be put on hold, pending the attention of my automated answering service.
- #10. This is a second reminder to press* for English

While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call. Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement. May I wish you a happy, if ever so slightly less prosperous New Year?

Your Humble Client

(Remember: This was written by a 86 year old woman) 'YA JUST GOTTA LOVE "US SENIORS" !!!!!

Retirement is different for everyone...

One day, while going to the store, I passed by a nursing home. On the front lawn were six old ladies lying naked on the grass. I thought this was a bit unusual, but continued on my way to the store. On my return trip, I passed the same nursing home with the same six old ladies lying naked on the lawn. This time my curiosity got the best of me, and I went inside to talk to the Nursing Home Administrator. "Do you know there are six ladies lying naked on your front lawn?" "Yes," she said. "They're retired prostitutes, and they're having a yard sale."

Seven Kinds of Sex

The 1st kind of sex is called: Smurf Sex. This kind of sex happens when you first meet someone and you both have sex until you are blue in the face.

The 2nd kind of sex is called: Kitchen Sex. This is when you have been with your partner for a short time and you are so excited you will have sex anywhere even in the kitchen.

The 3rd kind of sex is called: Bedroom Sex. This is when you have been with your partner for a long time. Your sex has gotten routine and you usually have sex only in your bedroom.

The 4th kind of sex is called: Hallway Sex. This is when you have been with your partner for too long. When you pass each other in the hallway you both say "screw you."

The 5th kind of sex is called: Religious Sex. Which means you get Nun in the morning, Nun in the afternoon and Nun at night.

The 6th kind is called Courtroom Sex. This is when you cannot stand your wife any more. She takes you to court and screws you in front everyone. And last, but not least,

The 7th kind of sex is called: Social Security Sex. You get a little each month, but not enough to live on.

Economy and Politics for Dummies

DEMOCRAT

You have two cows.

Your neighbor has none.

You feel guilty for being successful.

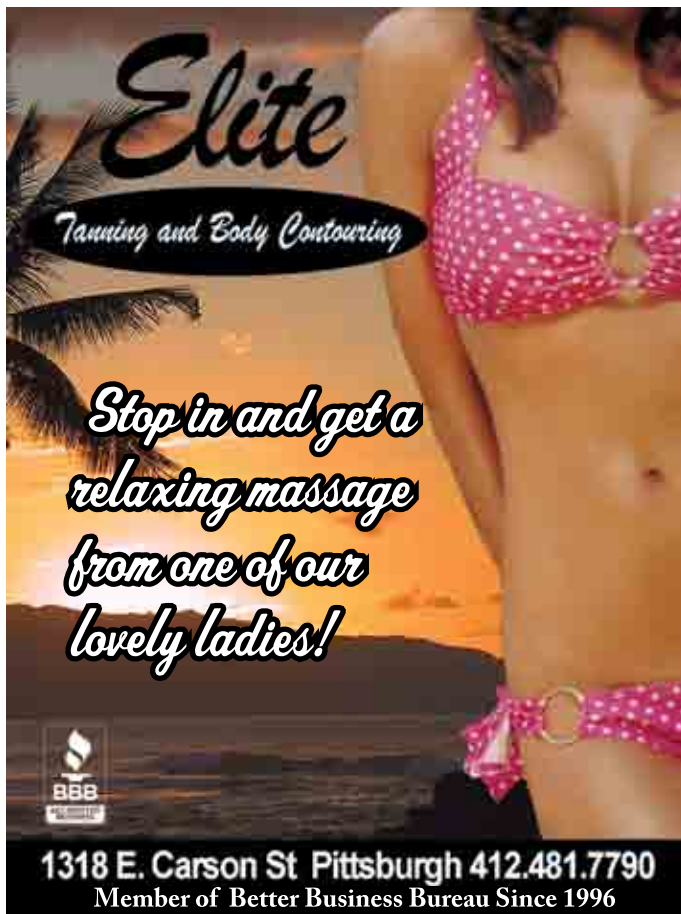
Barbara Streisand sings for you.

REPUBLICAN

You have two cows.

Your neighbor has none.

So what?



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SOCIALIST

You have two cows.

The government takes one and gives it to your neighbor.

You form a cooperative to tell him how to manage his cow.

COMMUNIST

You have two cows.

The government seizes both and provides you with milk.

You wait in line for hours to get it.

It is expensive and sour.

CAPITALISM, AMERICAN STYLE

You have two cows.

You sell one, buy a bull, and build a herd of cows.

BUREAUCRACY, AMERICAN STYLE

You have two cows.

Under the new farm program the government pays you to shoot one, milk the other, and then pours the milk down the drain.

AMERICAN CORPORATION

You have two cows.

You sell one, lease it back to yourself and do an IPO on the 2nd one.

You force the two cows to produce the milk of four cows.

You are surprised when one cow drops dead. You spin an announcement to the analysts stating you have downsized and are reducing expenses. Your stock goes up.

FRENCH CORPORATION

You have two cows.

You go on strike because you want three cows.

You go to lunch and drink wine.

Life is good.

JAPANESE CORPORATION

You have two cows.

You redesign them so they are one-tenth the size of an ordinary cow and produce twenty times the milk.

They learn to travel on unbelievably crowded trains.

Most are at the top of their class at cow school.

GERMAN CORPORATION

You have two cows.

You engineer them so they are all blond, drink lots of beer, give excellent quality milk, and run a hundred miles an hour.

Unfortunately they also demand 13 weeks of vacation per year.

ITALIAN CORPORATION

You have two cows but you don't know where they are.

While ambling around, you see a beautiful woman.

You break for lunch.

Life is good.

RUSSIAN CORPORATION

You have two cows.

You have some vodka.

You count them and learn you have five cows.
 You have some more vodka.
 You count them again and learn you have 42 cows.
 The Mafia shows up and takes over however many cows you really have.

TALIBAN CORPORATION

You have all the cows in Afghanistan, which are two.
 You don't milk them because you cannot touch any creature's private parts.
 You get a \$40 million grant from the US government to find alternatives to milk production but use the money to buy weapons.

IRAQI CORPORATION

You have two cows.
 They go into hiding.
 They send radio tapes of their mooing.

POLISH CORPORATION

You have two bulls.
 Employees are regularly maimed and killed attempting to milk them.

BELGIAN CORPORATION

You have one cow. The cow is schizophrenic.
 Sometimes the cow thinks he's French, other times he's Flemish.
 The Flemish cow won't share with the French cow.
 The French cow wants control of the Flemish cow's milk.
 The cow asks permission to be cut in half.
 The cow dies happy.

FLORIDA CORPORATION

You have a black cow and a brown cow.
 Everyone votes for the best looking one.
 Some of the people who actually like the brown one best accidentally vote for the black one.
 Some people vote for both. Some people vote for neither.
 Some people can't figure out how to vote at all.
 Finally, a bunch of guys from out-of-state tell you which one you think is the best-looking cow.

CALIFORNIA CORPORATION

You have millions of cows. They make real California cheese.
 Only five speak English. Most are illegal.
 Arnold likes the ones with the big udders.

The Pet Fish:

A Minnesota man was stopped by a game warden near Winona recently with two ice chests full of live fish in water, leaving a river well known for its fishing. The game warden asked the man, "Do you have a license to catch those fish?" "Naw, my friend, I ain't got no license. These here are my pet fish." "Pet fish?" "Yep. Every night I take these fish down to the river and let 'em swim around for a while. Then I whistle and they jump right back into this ice chest and I take 'em home." "That's

a bunch of BS! Fish can't do that!" The man looked at the game warden for a moment and then said, "It's the truth. I'll show you. It really works." "Okay, I've GOT to see this!" The man poured the fish into the river and stood and waited. After several minutes, the game warden turned to him and said, "Well?" "Well, what?" asked the man. "When are you going to call them back?" "Call who back?" "The FISH!" "What fish?" We in Minnesota may not be as smart as some, but we ain't dumb either.

What Starts with F and ends with K

A first-grade teacher, Ms. Brooks, was having trouble with one of her students. The teacher asked, "Harry, what's your problem? Harry answered, "I'm too smart for the 1st grade. My sister is in the 3rd grade and I'm smarter than she is! I think I should be in the 3rd grade too! "Ms. Brooks had had enough. She took Harry to the principal's office. While Harry waited in the outer office, the teacher explained to the principal what the situation was. The principal told Ms. Brooks he would give the boy a test. If he failed to answer any of his questions he was to go back to the 1st grade and behave. She agreed. Harry was brought in and the conditions were explained to him and he agreed to take the test. Principal: "What is 3 x 3?" Harry: "9." Principal: "What is 6 x 6?" Harry: "36." And so it went with every question the principal thought a 3rd grader should know. The principal looks at Ms. Brooks and tells her, "I think Harry can go to the 3rd grade." Ms. Brooks says to the principal, "Let me ask him some questions." The principal and Harry both agreed. Ms. Brooks asks, "What does a cow

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have four of that I have only two of?" Harry, after a moment: "Legs." Ms. Brooks: "What is in your pants that you have but I do not have?" The principal wondered why would she ask such a question! Harry replied: "Pockets." Ms. Brooks: "What does a dog do that a man steps into?" Harry: "Pants." Ms. Brooks: "What starts with a C, ends with a T, is hairy, oval, delicious and contains thin, whitish liquid?" Harry: "Coconut." The principal sat forward with his mouth hanging open. Ms. Brooks: "What goes in hard and pink then comes out soft and sticky?" The principal 's eyes opened really wide and before he could stop the answer, Harry replied, "Bubble gum." Ms. Brooks: "What does a man do standing up, a woman does sitting down and a dog does on three legs?" Harry: "Shake hands." The principal was trembling. Ms. Brooks: "What word starts with an 'F' and ends in 'K' that means a lot of heat and excitement?" Harry: "Fire truck." The principal breathed a sigh of relief and told the teacher, "Put Harry in the fifth-grade, I got the last seven questions wrong....."

Doctor's Day Off

A doctor in Ireland wanted to get off work and go hunting, so he approached his assistant. "Garge, I am goin huntin tomorrow and don't want to close the clinic. I want you to take care of the clinic and take care of all me patients". "Yes, sir!" answers Garge. The doctor goes hunting and returns the following day and asks: "So, Garge, how was your day?" Garge told him that he took care of three patients. "The first one had a headache so I gave him TYLENOL." "Bravo, Mate, and the

second one?" asks the doctor. "The second one had stomach burning and I gave him MAALOX, sir," says Garge. "Bravo, bravo! You're good at this and what about the third one?" asks the doctor. "Sir, I was sitting here and suddenly the door opens and a woman enters. Like a flame, she undresses herself, taking off everything including her bra and her panties and lies down on the table. She spreads her legs and shouts: 'HELP ME! For five years I have not seen any man!'" "Tunderin' Lard Jayzus, Garge, what did you do?" asks the doctor. "I put drops in her eyes."

All Grandpas, Heed This Warning!

Do NOT lose your Grand kids in the Mall! A small boy was lost at a large shopping mall. He approached a uniformed policeman and said, "I've lost my grandpa!" The cop asked, "What's he like?" The little boy hesitated for a moment and then replied, "Crown Royal whiskey and women with big boobs. "

The Stuttering Cat

A teacher is explaining biology to her 4th grade students. "Human beings are the only animals that stutter", she says. A little girl raises her hand. "I had a kitty-cat who stuttered", she volunteered. The teacher, knowing how precious some of these stories could become, asked the girl to describe the incident. "Well", she began, "I was in the back yard with my kitty and the Rottweiler that lives next door got a running start and before we knew it, he jumped over the fence into our yard! "That must've been scary", said the teacher. "It sure was", said the little girl. "My kitty raised his back, went 'Fffff, Fffff, Fffff' ... And before he could say "f**k," the Rottweiler ate him!"

10 Year Old Blues

A father asked his 10-year old son if he knew about the birds and the bees. "I don't want to know," the child said, bursting into tears. "Promise me you won't tell me." Confused, the father asked what was wrong. The boy sobbed, "When I was six, I got the 'There's no Easter Bunny' speech. At seven, I got the 'There's no Tooth Fairy' speech. When I was eight, you hit me with the 'There's no Santa' speech. If you're going to tell me that grown-ups don't really get laid, I'll have nothing left to live for."

Catholic Politics

There were two Catholic boys, Timothy Murphy and Antonio Secola, whose lives parallel each other in amazing ways. In the same year Timothy was born in Ireland, Antonio was born in Italy. Faithfully they attended parochial School from kindergarten through their senior year in high school. They took their vows to enter the priesthood early in college, and upon Graduation, became priests. Their careers had come to amaze the world, but it was generally acknowledged that Antonio Secola was just a cut above Timothy Murphy in all respects. Their rise through the ranks of Bishop, Archbishop and finally Cardinal was swift to say the least, and the Catholic world knew that when the present Pope died, it would be one of the two who would become the Next Pope. In time the Pope did die, and the College of Cardinals went to work. In less time





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than anyone had expected, white smoke rose from the chimney and the world waited to see whom they had chosen. The world, Catholic, Protestant and secular, was surprised to learn that Timothy Murphy had been elected Pope! Antonio Secola was beyond surprise. He was devastated, because even with all of Timothy's gifts, Antonio knew he was the better qualified. With gall that shocked the Cardinals, Antonio Secola asked for a private session with them in which he candidly asked, 'Why Timothy?' After a long silence, an old Cardinal took pity on the bewildered man and rose to reply. 'We knew you were the better of the two, but we just could not bear the thought of the leader of the Roman Catholic Church being called ' Pope Secola'.

20 Things In Football That Sound Dirty

20. The hole closed on him before he could penetrate it.
19. He came at his blind side and got him from behind.
18. He's off to the sidelines for a quick blow.
17. It's a game of inches.
16. That hole was so big, you could drive a truck through it.
15. When you get down in this area, you just gotta start pounding.
14. He's gonna feel that one tomorrow.
13. He found his tight end.
12. End around.
11. He had to stretch to get it in.
10. He gets penetration into the backfield.
9. He blows them off (at the line).

8. He bangs it in.
7. He could go all the way.
6. He gets it off just in time.
5. He goes deep.
4. He found a hole and slid through it.
3. He pounds it in.
2. He beats them off (the line)
1. He's got great hands.

Yearly Dementia Test

It's that time of year to take our annual senior citizen test. Exercise of the brain is as important as exercise of the muscles. As we grow older, it's important to keep mentally alert. If you don't use it, you lose it! Below is a very private way to gauge your loss or non-loss of intelligence. Take the test presented here to determine if you're losing it or not. OK, relax, clear your mind and begin.

1. What do you put in a toaster?
Answer: "bread." If you said "toast," give up now and do something else. Try not to hurt yourself. If you said, bread, go to Question.
2. Say "silk" five times. Now spell "silk." What do cows drink? Answer: Cows drink water. If you said "milk," don't attempt the next question. Your brain is over-stressed and may even overheat. Content yourself with reading a more appropriate literature such as Auto World. However, if you said "water", proceed to question
3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a green house made from? Answer: Greenhouses are made from glass. If you said "green bricks," why are you still reading these??? If you said "glass," go on to Question 4.
4. It's twenty years ago, and a plane is flying at 20,000 feet over Germany (If you will recall, Germany at the time was politically divided into West Germany and East Germany.) Anyway, during the flight, two engines fail. The pilot, realizing that the last remaining engine is also failing, decides on a crash landing procedure. Unfortunately, the engine fails before he can do so and the plane fatally crashes smack in the middle of "no man's land" between East Germany and West Germany. Where would you bury the survivors? East Germany, West Germany, or no man's land"? Answer: You don't bury survivors. If you said ANYTHING else, you're a dunce and you must stop. If you said, "You don't bury survivors", proceed to the next question.
5. Without using a calculator - You are driving a bus from London to Milford Haven in Wales . In London, 17 people get on the bus. In Reading, 6 people get off the bus and 9 people get on. In Swindon , two people get off and 4 get on. In Cardiff , 11 people get off and 16 people get on. In Swansea , 3 people get off and five people get on . In Carmathen, six people get off and three get on. You then arrive at Milford Haven. What was the name of the bus driver? Answer: Oh, for crying out loud! Don't you



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remember your own name? It was YOU!!
PS: 95% of people fail most of the questions!!

Why Hockey Is Better Than Sex

- It's legal to earn money playing hockey.
- Many people play hockey even after they're married.
- The puck's always hard.
- The protective equipment is reusable.
- It lasts at least an hour.
- A two-on-one or a three-on-one is not uncommon.
- You always know how big the stick is.
- You can clean your stick in public without anyone minding.
- You can change players on the fly.
- You don't have to be embarrassed if you don't get the puck up.
- Everyone is finished when the buzzer sounds.
- Your parents cheer when you score.
- Periods last only 20 minutes.
- You're sure to get it at least twice a week.

You can tell your friends about it afterward.

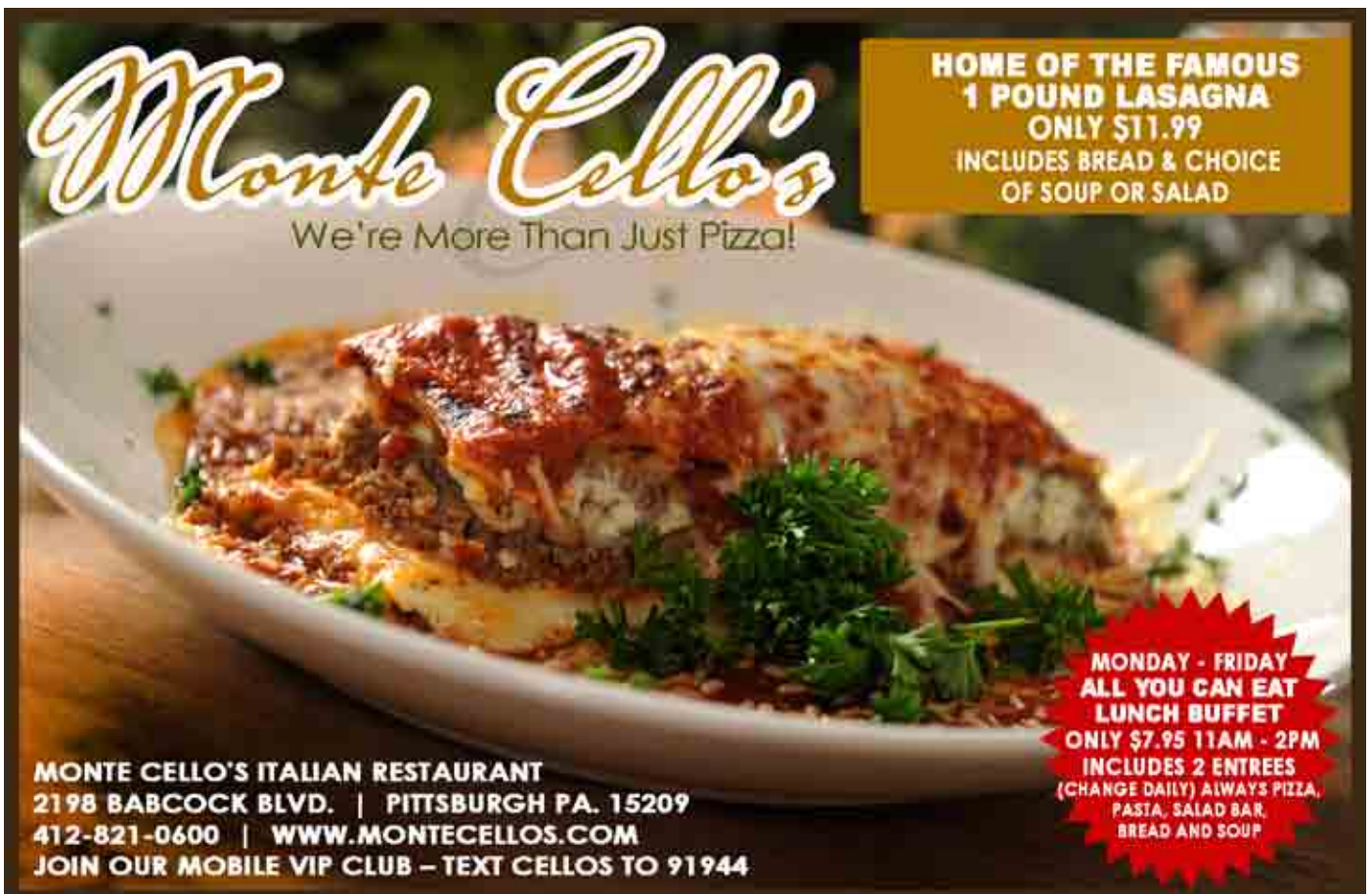
Ah, Face Lifts.....

A woman decides to have a facelift for her 50th birthday. She spent \$15,000 and feels pretty good about the results. On her way home, she stops at a newsstand to buy a newspaper. Before leaving, she says to the clerk, "I hope you don't mind my asking, but how old do you think I am?" "About 32," is the reply. "Nope! I'm exactly 50," the woman says happily. A little while later she goes into McDonald's and asks the counter girl the very same question. The girl replies, "I'd guess about

29." The woman replies with a big smile, "Nope, I'm 50." Now she's feeling really good about herself. She stops in a drug store on her way down the street. She goes up to the counter to get some mints and asks the clerk this burning question. The clerk responds, "Oh, I'd say 30." Again she proudly responds, "I'm 50, but thank you!" While waiting for the bus to go home, she asks an old man waiting next to her the same question. He replies, "Lady, I'm 78 and my eyesight is going. Although, when I was young, there was a sure-fire way to tell how old a woman was. And this may sound very forward, but it requires you to let me put my hands under your bra. Then and only then can I tell you EXACTLY how old you are." They wait in silence on the empty street until her curiosity gets the best of her. She finally blurts out, "What the hell, go ahead." He slips both of his hands under her blouse and begins to feel around very slowly and carefully. He bounces and weighs each breast and he gently pinches each nipple. He pushes her breasts together and rubs them against each other. After a couple of minutes of this, she says, "Okay, okay. How old am I?" He completes one last squeeze of her breasts, removes his hands, and says, "Madam, you are 50." Stunned and amazed, the woman says, "That was incredible, how could you tell?" The old man says, "Promise you won't get mad?" "I promise I won't" she says. "I was behind you in line at McDonald's."

New Work Rules:

Sickness and related leave: We will no longer accept a doctor statement as proof of sickness. If you are able to go to the doctor, you are able to come to work.



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Surgery: Operations are now banned. As long as you are an employee here, you need all your organs. You should not consider removing anything. We hired you intact. To have something removed constitutes a breach of employment.

Bereavement leave: This is no excuse for missing work. There is nothing you can do for dead friends, relatives or co-workers. Every effort should be made to have non-employees attend to the arrangements. In rare cases, where employee involvement is necessary, the funeral should be scheduled in the late afternoon. We will be glad to allow you to work through your lunch hour and subsequently leave one hour early, provided your share of the work is done.

Your own death: This will be accepted as an excuse. However, we require at least two weeks notice, as it is your duty to train your own replacement.

Restroom use: Too much time is being spent in the restroom. In the future, we will follow the practice of going in alphabetical order. For instance, all employees whose names begin with "A" will go from 8:00 to 8:10, employees whose names begin with "B" will go from 8:10 to 8:20, and so on. If you're unable to go at your allotted time, it will be necessary to wait until the next day when your turn comes again. In extreme emergencies, employees may swap their time with a co-worker. Both employees' supervisors must approve this exchange in writing.

In addition, there is now a strict three-minute time limit in the stalls. At the end of three minutes, an alarm will sound, the toilet paper roll will retract, and the stall door will open.

Paycheck guide:

The following helpful guide has been prepared to help our employees better understand their paychecks:

Item Amount Gross = \$1,222.02 Income tax = \$244.40 State tax = \$11.61 Interstate tax = \$61.10 County tax = \$6.11 City tax = \$12.22 Rural tax = \$4.44 Back tax = \$1.11 Front tax = \$1.16 Side tax = \$1.61 Up tax = \$1.08 Down tax = \$1.14 Tic-Tacs = \$1.98 = Thumbtacks \$3.93 = Carpet tacks = \$0.98 Stadium tax = \$0.69 Flat tax = \$8.32 Surtax = \$2.23 Corporate tax = \$2.60 Parking fee = \$5.00 F.I.C.A. = \$81.88 T.G.I.F. Fund = \$9.95 Life insurance = \$5.85 Health insurance = \$16.23 Dental insurance = \$4.50 Mental insurance = \$4.33 Disability = \$2.50 Ability = \$0.25 Liability = \$3.41 Coffee = \$6.85 Coffee cups = \$66.51 Floor rental = \$16.85 Chair rental = \$0.32 Desk rental = \$4.32 Union dues = \$5.85 Union donuts = \$3.77 Cash advance = \$0.69 Cash retreats = \$121.35 Overtime = \$1.26 Under time = \$54.83 Eastern time = \$9.00 Central time = \$8.00 Mountain time = \$7.00 Pacific time = \$6.00 Time Out = \$12.21 Oxygen = \$10.02 Water = \$16.54 Heat = \$51.42 Cool air = \$26.83 Hot air = \$20.00 Miscellaneous = \$113.29 Various = \$8.01 Net Take Home Pay = \$0.02

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questions, comments, concerns, complaints, frustrations, irritations, aggravations, insinuations, allegations, accusations, contemplations, consternations, or input should be directed elsewhere.

Have a nice week,
The Management

Spaghetti

For several years, a man was having an affair with an Italian woman. One night, she confided in him that she was pregnant. Not wanting to ruin his reputation or his marriage, he paid her a large sum of money so she would go to Italy to secretly have the child. If she stayed in Italy to raise the child, he would also provide child support until the child turned 18. She agreed, but asked how he would know when the baby was born. To keep it discrete, he told her to simply mail him a post card, and write "Spaghetti" on the back. He would then arrange for the child support payments to begin. One day, about 9 months later, he came home to his confused wife. "Honey," she said, "you received a very strange post card today." The wife handed over the postcard and watched as her husband read the card, turned white and fainted. On the card it was written..."Spaghetti, Spaghetti, Spaghetti, Spaghetti, Spaghetti. Three with meatballs, two without. Send extra sauce."

Biker in Hell...

One day a biker dies and finds himself in hell. As he is wallowing in despair, he has his first meeting with the devil...
Satan: "Why so glum?"

Biker: "What do you think? I'm in hell!"

Satan: "Hell's not so bad. We actually have a lot of fun down here. You a drinking man?"

Biker: "Sure, I love to drink."

Satan: "Well, you're gonna love Mondays then. On Mondays, that's all we do is drink. Whiskey, Tequila, Guinness, Wine coolers, Tab, and Fresca. We drink 'til we throw up, and then we drink some more! And you don't have to worry about getting a hangover, because you're dead anyway."

Biker: "Gee that sounds great!"

Satan: "You a smoker?"

Biker: "You better believe it" Satan: "All right! You're gonna love Tuesdays We get the finest cigars from all over the world, and smoke our lungs out. If you get cancer - no biggie, you're already dead, remember?"

Biker: "Wow...that's awesome!"

Satan: "I bet you like to gamble."

Biker: "Why, yes, as a matter of fact I do."

Satan: "Good, 'cause Wednesdays you can gamble all you want. Craps, blackjack, roulette, poker, slots, whatever. If you go bankrupt, it doesn't matter, you're dead anyhow."

Biker: "Cool!"

Satan: "What about Drugs?"

Biker: "Are you kidding? Love drugs! You don't mean...?"

Satan: "That's right! Thursday is drug day. Help yourself to a great big bowl of crack or smack. Smoke a doobie the size of a submarine. You can do all the drugs you want. You're dead so who cares."

Biker: "Wow! I never realized Hell was such a cool place!"

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Satan: "You gay?"

Biker : "No..." Satan: "Ooooh, Fridays are gonna be tough..."

Smart Mouth

Mike was going to be married to Karen, So his father sat him down for a little chat. He said, "Mike, let me tell you something. On my wedding night in our honeymoon suite I took off my pants, handed them to your mother and said 'Here - try these on.' She did and said, 'These are too big, I can't wear them.' I replied, 'Exactly, I wear the pants in this family and I always will.' Ever since that night we never had any problems." "Hmmm," said Mike. He thought that might be a good thing to try. On his honeymoon, Mike took off his pants and said to Karen, "Here - try these on." She tried them on and said, "These are too large. They don't fit me." Mike said, "Exactly. I wear the pants in this family and I always will. I don't want you to ever forget that." Then Karen took off her pants and handed them to Mike. She said, "Here-you try on mine." He did and said, "I can't get into your pants." Karen said, "Exactly. And if you don't change your smart ass attitude, you never will."

New math..

What Makes 100%? What does it mean to give MORE than 100%? Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants you to give over 100%. How about achieving 103%? What makes up 100% in life? Here's a little mathematical formula that might help you answer

these questions:

If: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
is represented as: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
19 20 21 22 23 24 25 26.

Then: H-A-R-D-W-O-R-K = $8+1+18+4+23+15+18+11 = 98\%$
And

K-N-O-W-L-E-D-G-E = $11+14+15+23+12+5+4+7+5 = 96\%$

But, A-T-T-I-T-U-D-E = $1+20+20+9+20+21+4+5 = 100\%$

And:

B-U-L-L-S-H-I-T = $2+21+12+12+19+8+9+20 = 103\%$

AND: Look how far ass kissing will take you.

A-S-S-K-I-S-S-I-N-G = $1+19+19+11+9+19+19+9+14+7 = 118\%$

So, one can conclude with mathematical certainty that While Hard work and Knowledge will get you close, and Attitude will get you there, it's the bullshit and ass kissing that will put you over the top.

Amazingly Simple Home Remedies

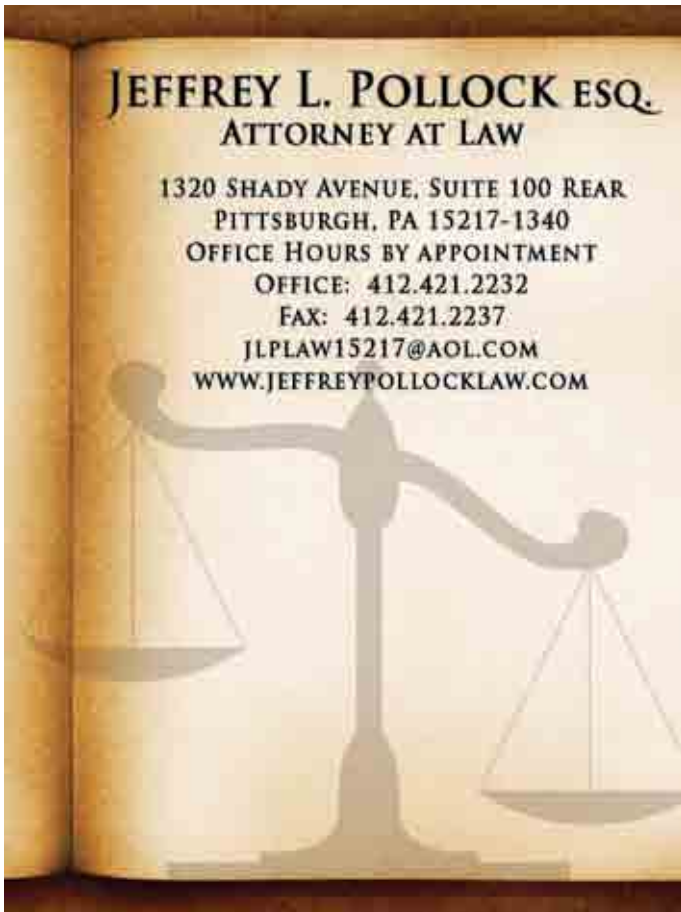
1. If you are choking on an ice cube, don't panic! Simply pour a cup of boiling water down your throat and presto, the blockage will be almost instantly removed.
2. Clumsy? Avoid cutting yourself while slicing vegetables by getting someone else to hold them while you chop away.
3. You can avoid arguments with the Mrs. about lifting the toilet seat just by using the sink.
4. For high blood pressure sufferers: simply cut yourself and bleed for a few minutes, thus reducing the reassurance in your veins. Remember to use an egg timer.
5. A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.
6. If you have a bad cough, take a large dose of laxatives. Then you will be afraid to cough.
7. Have a bad toothache? Smash your thumb with a hammer and you will forget all about the toothache.
8. Sometimes, we just need to remember what the rules of life really are:
In life, you only need two tools - WD-40 and Duct Tape. If it doesn't move but should, use the WD-40. If it should not move and does, use the duct tape.
9. Remember: Everyone seems normal until you get to know them.
10. Never pass up an opportunity to go to the bathroom.

Thought for the Day:

Some people are like slinkies They are not really good for anything ... But they still bring a smile to your face when you push them down a flight of stairs.

It's a 2007 Corvette

A man goes out and buys a new Vette convertible. One night he takes it out for a spin, and stops at a red light. An old man pulls up next to him riding a moped. The old man looks over the Vette and says, "What kind of car ya got there sonny?" The man replies, "It's a 2007 Corvette, the best sports car in the USA; it cost me over \$50,000." "That's a lot of money" says the old man. Why do they cost so much?" The man answers,



"Because they can go 170 miles an hour!" The old man pokes his head in the window and looks around. Leaning back on his moped, the old man says, "That's a pretty nice car all right!" Just then the light changes, so the guy decides to show the old man what the car can do. He floors it, and in a few seconds the speed reads 120 MPH. Suddenly he notices a dot in his rear view mirror that seems to be catching up to him. Afraid it might be a cop, he slows down to 65 and suddenly hhhooooosshh! Something whips by him going much faster! "What on earth could be going faster than this Vette?" the man asks himself. Then, ahead of him, he sees a dot coming towards him. Whhhooooosshh! It goes by again, heading the opposite direction! And it sorta looked like the old man on the moped! "Couldn't be," thinks the guy. "How could a moped outrun a Vette?" Then again he sees a dot in his rear view mirror! Whhhooooosshh - Blam! It plows into the back of the Vette! The man jumps out. It IS the old man! Of course, the moped and the old man are in a world of hurt. The guy runs up to the old man and cries, "You're hurt bad! Is there anything I can do for you?" The old man groans and replies, "Yes, could you please unhook my suspenders from your side mirror?"

Useless Facts...

- Rubber bands last longer when refrigerated.
- Peanuts are one of the ingredients of dynamite.
- There are 293 ways to make change for a dollar.
- The average person's left hand does 56% of the typing.
- A shark is the only fish that can blink with both eyes.
- There are more chickens than people in the world.

- 2/3 of the world's eggplant is grown in New Jersey.
- The longest one-syllable word in the English language is "screeched."
- On a Canadian two-dollar bill, the flag flying over the Parliament building is an American flag.
- All of the clocks in the movie "Pulp Fiction" are stuck on 4:20.
- No word in the English language rhymes with month, orange, silver or purple.
- "Dreamt" is the only English word that ends in the letters "mt."
- All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5.00 bill.
- Almonds are a member of the peach family.
- Winston Churchill was born in a ladies' room during a dance.
- Maine is the only state whose name is just one syllable.
- There are only 4 words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.
- A cat has 32 muscles in each ear.
- An ostrich's eye is bigger than its brain.
- Tigers have striped skin, not just striped fur.
- In most advertisements, the time displayed on a watch is 10:10.
- Al Capone's business card said he was a used furniture dealer.
- The characters Bert & Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's





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- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of 3 seconds.
- A dime has 118 ridges around the edge.
- It's impossible to sneeze with your eyes open. (DON'T try this at work!)
- The giant squid has the largest eyes in the world.
- In England, the Speaker of the House is not allowed to speak.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- Mr. Rogers was an ordained minister. (Presbyterian)
- The average person falls asleep in seven minutes.
- There are 336 dimples on a regulation golf ball.
- The average human eats 8 spiders in their lifetime at night.
- A cockroach can live nine days without its head before it starves to death.
- A polar bear's skin is black. Its fur is not white, but actually clear.
- Donald Duck comics were banned in Finland because he doesn't wear pants.
- More people are killed by donkeys annually than are killed in plane crashes.
- Stewardesses is the longest word typed with only the left hand.
- Shakespeare invented the words "assassination" and "bump."
- Marilyn Monroe had 6 toes on one foot.
- If you keep a goldfish in a dark room, it will eventually turn white..
- Women blink nearly twice as much as men.

- Right-handed people live, on average, nine years longer than left-handed people do.
- The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English language.
- The names of the continents all end with the same letter with which they start.
- TYPEWRITER is the longest word that can be made using the letters on only one row of the keyboard.
- The words racecar and kayak are the same whether they are read left to right or right to left.
- A snail can sleep for 3 years.
- American Airlines saved \$40,000 in 1987 by eliminating one olive from each salad served in first-class.
- The electric chair was invented by a dentist. (Does that one really surprise any of us?)
- Vatican City is the smallest country in the world with a population of 1000 & a size of 108.7 acres.
- "I am." is the shortest complete sentence in the English language.
- No president of the United States was an only child. And last and definitely most important:
- The average chocolate bar has 8 insects' legs in it.

Rookie Priest

A new priest, born and raised in Texas, is nervous about hearing confessions, so he asks the older priest to sit in on his sessions. The new priest hears a couple of confessions, then the old priest asks him to step out of the confessional for a few suggestions. The old priest suggests, "Cross your arms over



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your chest, and rub your chin with one hand and try saying things like 'Yes, I see,' and 'Yes, go on,' and 'I understand.' The new priest crosses his arms, rubs his chin with one hand and repeats all the suggested remarks to the old priest. The old priest says,"Now, don't you think that's a little better than slapping your knee and saying, "No shit... what happened next?"

Have a Laugh

A young man at his first day on the job sees a customer in the produce department needing help. The customer asks the new employee about getting a half head of lettuce, the employee says, let me check with my supervisor and walks toward his boss not realizing the customer follows him. The young man tells his boss, some guy is looking for a half head of lettuce, then realizing the customer is hearing the conversation adds, and this gentleman would like the other half. After this situation is dealt with the boss tells the employee, I like the way you can think on your feet and you might be the guy I'm looking for to manage my new store in Canada; the young man replies, Canada! all they have in Canada is prostitutes and hockey players. The boss, a little stunned, says my wife is from Canada. The young man says really, what team did she play for?

Psychiatrist Visit:

A man walks into a psychiatrist's office wearing only underwear made of Saran Wrap. The psychiatrist says, "Well...I can clearly see your nuts."

Bee Joke:

A man was driving down the road and ran out of gas. Just at that moment, a bee flew in his window. The bee said, "What seems to be the problem?" "I'm out of gas," the man replied. The bee told the man to wait right there and flew away. Minutes later, the man watched as an entire swarm of bees flew to his car and into his gas tank. After a few minutes, the bees flew out. "Try it now," said one bee. The man turned the ignition key and the car started right up. "Wow!" the man exclaimed, "what did you put in my gas tank"? The bee answered..... BP!

Brain Replacement:

In the hospital the relatives gathered in the waiting room, where their family member lay gravely ill. Finally, the doctor came in looking tired and somber. "I'm afraid I'm the bearer of bad news," he said as he surveyed the worried faces. "The only hope left for your loved one at this time is a brain transplant. It's an experimental procedure, very risky but it is the only hope. Insurance will cover the procedure, but you will have to pay for the brain yourselves." The family members sat silent as they absorbed the news. After a great length of time, someone asked, "Well, how much does a brain cost?" The doctor quickly responded, "\$5,000 for a male brain, and \$200 for a female brain." The moment turned awkward. Men in the room tried not to smile, avoiding eye contact with the women, but some actually smirked. A man unable to control his curiosity, blurted out the question everyone wanted to ask, "Why is the male brain so much more?" The doctor smiled at the childish innocence and explained to the entire group, "It's just standard

pricing procedure. We have to mark down the price of the female brains, because they've actually been used."

Football Humor - The Browns:

A guy walks into a bar wearing a Browns jersey and carrying a cat that also has a Browns jersey on with a little Browns helmet on his head, too. The guy says to the bartender, "Can me and my cat watch the Browns game here? My TV is broke and my cat and I always watch the game together." The bartender replies, "Normally, cats wouldn't be allowed in the bar, but it's not very busy in here right now, so you and the cat can have a seat at the end of the bar. But, if there's any trouble with you or the cat, I'll have to ask you to leave." The guy agrees, and he and his cat start watching the game. Pretty soon the Browns kick a field goal and the excited cat jumps up on the bar and walks down the bar and gives everyone a high five. The bartender says, "Hey, that's pretty cool! What does he do for a touchdown?" The guys answers, "I don't know, I've only had him for 3 years."

Twenty Nine Lines To Make You Smile

1. My husband and I divorced over religious differences. He thought he was God and I didn't.
2. I don't suffer from insanity; I enjoy every minute of it.
3. Some people are alive only because it's illegal to kill them.
4. I used to have a handle on life, but it broke.
5. Don't take life too seriously; No one gets out alive.
6. You're just jealous because the voices only talk to me.
7. Beauty is in the eye of the beer holder.
8. Earth is the insane asylum for the universe.

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9. I'm not a complete idiot – Some parts are just missing.
10. Out of my mind. Back in five minutes.
11. NyQuil, the stuffy, sneezy, why-the-heck-is-the-room-spinning medicine.
12. God must love stupid people; He made so many.
13. The gene pool could use a little chlorine.
14. Consciousness: That annoying time between naps.
15. Ever stop to think, and forget to start again?
16. Being "over the hill" is much better than being under it!
17. Wrinkled Was Not One of the Things I Wanted to Be When I Grew up.
18. Procrastinate Now!
19. I Have a Degree in Liberal Arts; Do You Want Fries With That?
20. A hangover is the wrath of grapes.
21. A journey of a thousand miles begins with a cash advance
22. Stupidity is not a handicap. Park elsewhere!
23. They call it PMS because Mad Cow Disease was already taken.
24. He who dies with the most toys is nonetheless DEAD.
25. A picture is worth a thousand words, but it uses up three thousand times the memory.
26. Ham and eggs. A day's work for a chicken, a lifetime commitment for a pig.
27. The trouble with life is there's no background music.
28. The original point and click interface was a Smith & Wesson.

29. I smile because I don't know what the hell is going on.

Senior Moments

At 85 years of age, Wally married Lou Anne, a lovely 25 year old. Since her new husband is so old, Lou Anne decides that after their wedding she and Wally should have separate bedrooms, because she is concerned that her new but aged husband may overexert himself if they spend the entire night together. After the wedding festivities Lou Anne prepares herself for bed and the expected "knock" on the door. Sure enough the knock comes, the door opens and there is Wally, her 85 year old groom, ready for action. They unite as one. All goes well, Wally takes leave of his bride, and she prepares to go to sleep. After a few minutes, Lou Anne hears another knock on her bedroom door, and it's Wally. Again he is ready for more "action". Somewhat surprised, Lou Anne consents for more coupling. When the newlyweds are done, Wally kisses his bride, bids her a fond goodnight and leaves. She is set to go to sleep again, but, aha, you guessed it - Wally is back again, rapping on the door, and is as fresh as a 25-year-old, ready for more "action". And, once again they enjoy each other. But as Wally gets set to leave again, his young bride says to him, "I am thoroughly impressed that at your age you can perform so well and so often.? I have been with guys less than a third of your age who were only good once. You are truly a great lover, Wally." Wally, somewhat embarrassed, turns to Lou Anne and says: "You mean I was here already?" The moral of the story: Senior moments have their advantages!

Will Rogers:

Will Rogers, who died in a plane crash with Wylie Post in 1935, was probably the greatest political sage this country has ever known. Enjoy the following:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are 2 theories to arguing with a woman...neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back in your pocket.
8. There are three kinds of men: The ones that learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut.

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About Growing Older...

First ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second ~ The older we get, the fewer things seem worth waiting in line for.

Third ~ Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

Fourth ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth ~ You know you are getting old when everything either dries up or leaks.

Sixth ~ I don't know how I got over the hill without getting to the top.

Seventh ~ One of the many things no one tells you about aging is that it is such a nice change from being young.

Eighth ~ One must wait until evening to see how splendid the day has been.

Ninth ~ Being young is beautiful, but being old is comfortable.

Tenth ~ Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf

And finally ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old. '

The Pill

Grandma and Grandpa were driving from Washington to Florida to attend their granddaughter's graduation from medical school. Halfway through their trip, they stopped to visit one of their sons in Kansas for a night. Grandpa found a bottle of Viagra in the Medicine cabinet. He asked his son about using one of the pills. The son said, "I don't think you should take one Dad, they're very strong and very expensive." "How much?" asked Grandpa. "Around \$10.00 a pill," answered the son. "I don't care," said Grandpa, "I'd still like to try one, we'll be leaving early in the morning, so I'll put the money under the pillow." Later the next morning, the son found \$110.00 under the pillow. He immediately called Grandpa on his cell phone and said, "I told you each pill was \$10.00, not \$110.00." "I know," said Grandpa. "The hundred is from Grandma"....

Morris And Esther:

Morris and his wife Esther went to the state fair every year, and every year Morris would say, "Esther, I'd like to ride in that helicopter". Esther always replied, "I know Morris, butt hat helicopter ride is 50 dollars and 50 dollars is 50 dollars". One year Esther and Morris went to the fair, and Morris said, "Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance." Esther replied, "Morris that helicopter is 50 dollars and 50 dollars is 50 dollars". The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word I won't charge you! But if you say one word, it's 50 dollars." Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over



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again, but still not a word. When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!" Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know -- 50 dollars is 50 dollars."

Welfare

A guy walked into the local welfare office to pick up his check. He marched straight up to the counter and said, "Hi. You know...., I Just HATE drawing welfare. I'd really rather have a job." The social worker behind the counter said, "Your timing is excellent. We just got a job opening from a very wealthy old man who wants a Chauffeur And Bodyguard for his beautiful daughter. You'll have to drive around in His 2011 Mercedes-Benz CL, and he will supply all of your clothes. "Because of the long hours, meals will be provided. You'll also be expected to escort the daughter on her overseas holiday trips. This is rather awkward to say but you will also have, as part of your Job, the assignment to satisfy her sexual urges as the daughter is in Her mid-20's and has a rather strong sex drive." The guy, just plain wide-eyed, said, "You're bullshittin' me!" The social worker said, "Yeah, well ... You started it."

I Wish You Enough

Recently I overheard a Father and daughter in their last moments together at the airport. They had announced the

departure. Standing near the security gate, they hugged and the Father said, 'I love you, and I wish you enough.' The daughter replied, 'Dad, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Dad.' They kissed and the daughter left. The Father walked over to the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he 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,' he said. 'When you were saying good-bye, I heard you say, 'I wish you enough.' May I ask what that means?' He began to smile. 'That's a wish that has been handed down from other generations. My parents used to say it to everyone.' He paused a moment and looked up as if trying to remember it in detail, and he 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, he shared the following as if he were reciting it from memory. I wish you enough sun to keep your attitude bright no matter how grey the day may appear. I wish you enough rain to appreciate the sun even more. I wish you enough happiness to keep your spirit alive and everlasting. I wish you enough pain so that even the smallest of joys in life

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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. He then began to cry and walked away. They say it takes a minute to find a special person, an hour to appreciate them, a day to love them; but then an entire life to forget them.

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Daniel Tosh On Tattoo's

I think if you're gonna get a tattoo, just get one with the words, 'I'm dumb.' That's it. That way in 10 years, when you go, 'Why did I get this?,' you can be like, 'Oh, I'm dumb!'

Brides vs. Wives

If all Brides are beautiful, where do ugly wives come from?

Marriage

I'm thinking about getting married. I looked up the word "engaged" in the dictionary. It said, "To do battle with the enemy." Then I looked up mother-in-law. It said, "See engaged."

Sammy vs. The Teacher

TEACHER: In this box, I have a 10-foot snake.

SAMMY: You can't fool me, Teacher... snakes don't have feet.

Only In America

- Only in America.....are there handicap parking places in front of a skating rink.
- Only in America.....do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.
- Only in America.....do people order double cheeseburgers, large fries, and a diet coke.
- Only in America.....do banks leave both doors open and then chain the pens to the counters.
- Only in America.....do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
- Only in America.....do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.
- Only in America.....do we buy hot dogs in packages of ten and buns in packages of eight.
- Only in America.....do we use the word 'politics' to describe the process so well: 'Poli' in Latin meaning 'many' and 'tics' meaning 'bloodsucking creatures'.
- Only in America.....do they have drive-up ATM machines with Braille lettering.

Redneck Nativity Scene

In a small Texas town there was a "Nativity Scene" that showed great skill and talent had gone into creating it. But one small feature bothered me: the three wise men were wearing firemen's helmets. Totally unable to come up with a reason or explanation, I left. At a "Quik Stop" on the edge of town, I asked the lady behind the counter about the helmets. She exploded into a rage, yelling at me, "You darn Yankees never read your Bibles!" I assured her that I did, but simply couldn't recall anything about firemen in the Bible. She jerked her Bible from behind the counter and riffled through some pages, and finally jabbed her finger at a passage. Sticking it in my face she said, "See, it says right here, 'The three wise men came from afar.'"

The Big City Counterfeiter

A big-city counterfeiter decided the best place to pass off his phony \$18 bills would be in some small hick Texas town. So, he got into his new wheels and off he went. He found a tiny town with a single store. He entered the store and handed one of the bogus bills to the man behind the counter. "Can you change this for me, please?" he said. The store clerk looked at the \$18 bill a short time, then smiled and told the man, "Ah reckon so, Mister. Ya want 2 nines or 3 sixes?"

Last Words of a Redneck

Question: What are the last words of a redneck?

Answer: "Hey y'all check this out!"

Lawyers

A man walks into a lawyers office and sits himself down. "How much?" "\$150 for three questions." "That's quite expensive. Are you any good?" "The best there is. Now then, what's your third question?"

Lawyers and Clients

Why does the law society prohibit sex between lawyers and their clients? To prevent clients from being billed twice for essentially the same service.

Bullies

- How long does it take for a workplace bully to come up with a patentable new invention? It depends: If the designer's desk drawer is locked, about 5 minutes, otherwise, under a minute.
- How can you tell when a bully is lying? You can hear them speaking.
- Workplaces are like septic tanks: All the biggest lumps eventually rise to the top.
- I wouldn't say that my bullying boss was unpopular as a child, but her parents had to tie a lamb chop to her leg just so's the dog would play with her.

One More Bully Joke

Q: How many bullies does it take to screw in a light bulb?

A. At least 4, plus a victim. One to hire the victim to screw it in for them, a second to supervise the victim, a third to start nit-picking about the way the bulb is being screwed, and a fourth to screw the victim by firing him. They take the credit though none of them actually touched the light bulb.

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MARK MADDEN

LIVE

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