



Food Thoughts

None of the popular **antioxidant waters** have shown any health benefits.

A glass of **fruit juice** equals a soft drink of 110-180 calories and has been linked in the U.S., Australia and Spain to increased calorie intake and higher risks of diabetes and heart disease.
--Barry Popkin

Kosher merely means there is no pork or lobster in the food. Not necessarily better quality meat. --Larry Bain

Our stomach takes about 20 minutes to tell our brain we're full, **if** we are consciously aware of what we are eating. --Brian Wansink

Most **grass-fed beef** tastes worse than its corn-fed rivals, and tends to be dry, chewy, flavorless. The majority of grass-fed animals are raised in South America, where they are one of the culprits behind rain-forest erosion.
--Josh Ozersky

Last year, mandatory spending on farm subsidies was \$7.5 Billion, compared with \$15 Million for programs for organic and local foods.
--House Appropriations Comm.

POTPOURRI

"We descend into hell by tiny steps." --Charles Baudelaire

Featured Quote:

"At the heart of the sustainable-food movement is a belief that America has become efficient at producing cheap, abundant food that profits corporations and agribusiness, but is unhealthy and bad for the environment.
--Andrew Martin

BIG Q #77 :

Is Mary the Mother of God or the Mother of Christ--or does it matter?

FACTOID:

The OED says **quid** has been slang for a unit of currency (first a sovereign, later a guinea, currently one pound sterling) since at least 1661.

HUMOR [?]:

‡ *Carl* explains that a **transvestite** is a guy who likes to eat, drink and be Mary.

‡ *Fred B* found **Jesus**...he was sleeping in his trunk when he got back from Tijuana.

‡ *Philip* says a **smile** is a curve that can set a lot of things straight.

‡ *Carl* says a **smile** is the second best thing you can do with your lips.

Now ya know:

In the 1930s 7 million Ukrainians died of starvation under Stalin.

Only in the modern scientific period have people interpreted the Bible **literally**.

A fun Hallelujah

Chorus from *Elizabeth G:*
www.scdfa.org/les-freres-de-st-francis-de-la-sissies-hallelujah

Arugula, the libeled salad green of the supposedly clueless, cultural elite, has long grown wild as a weed in Mediterranean countries. During and between the World Wars it was often subsistence food for an impoverished, foraging citizenry. Today it is in every supermarket and in the "spring mix" of McDonald's premium salads.
--David Kamp

Clean your computer screen from inside, from *Mary M:*
www.raincitystory.com/flash/screenclean.swf

The Church considered the **crossbow** too terrible for general use, so it declared it only to be used against Saracens, NOT Christians.

Bela Lugosi was buried dressed in a vampire cloak.

KWIKWIZ:

741. What percentage of elected officials in the U.S. are African-American?
742. Where is the oldest animal hospital in the world?
743. How many U.S. presidents owned slaves?
744. What was the 2nd most widely read book in the 19th c. in the world?
745. Which country is the biggest importer of gold?

Tranches of Time: The ancient **Romans** counted backwards from three fixed points each month: the *Nones*, the *Ides* and the *Calends* of the following month. The **calends** [first day of the month, gives us 'calendar'], the **ides** [the middle of the month], **nones** [the 9th day before the Ides].

Model T footage from *Carla*:
www.youtube.com/watch?v=S4KrIMZpwCY

Marcus Aurelius was stopped by a poor peasant woman who had a sign saying she wanted to talk with him. He dismissed her saying he didn't have time. She replied: "Then stop being Emperor."

Super-successful politician from *John E.*:

www.youtube.com/watch?v=fY79KbCptTo&feature=dir

Valence comes from the Latin meaning "strength," or "to be strong." It's the quality that indicates sufficient force to draw things, like atoms, together. Combine it with *ambi-* "both," and you get "ambivalence" and "ambivalent," indicating such strong feelings on two sides of a matter that it's almost impossible to make a decision. Attach *equi-*, "equal," and you get two co-equally powerful, valuable, forceful, meaningful, or significant entities. "Prevalent" comes from the Latin *praevalere*, "to prevail": that is, to be first in strength, or so powerful as to be everywhere one might look. Now it just means common, current, general, or extensive.

LED Sheep Art from *Jeanie*:
www.wikio.co.uk/video/936351

The U.S. has more than 25,000 inmates in *isolation* in **supermax** prisons...at the cost of \$25,000/year per inmate. Mississippi has over 1,800 in supermax, 12% of its prison population.

The **magician** called Chung Ling Soo [William Robinson] had a London volunteer help do "The Bullet Catch," and was shot and died.

The **online poker** business made \$3.8 Billion profit last year. --H2 Gambling Capital

If the *racial gap* is mostly **genetic**, then blacks with more European genes ought to have higher I.Q.s on average. **They don't.** --Richard E. Nisbett

If you understand why an airplane wing makes a plane fly, then why can planes fly upside down?

Under Christian emperors, martyrdom was not possible, so some became *ascetics* [from Greek meaning *to exercise*].

"In matters of style swim with the current...in matters of principle stand like a rock."
--Thomas Jefferson

People with **blue eyes** are considered more intelligent, attractive and sociable; they are better planners and strategic thinkers--superior at things like golf, cross-country running and exam prep; people with **brown eyes** had better reflexes, making them good at hockey and football.

--U. of Louisville

One gallon of gas provides 30,000 calories.

Budgeting is managing expectations.

The **Golgotha Fun Park** [an **oxymoron?**] in Kentucky has a Bible-theme miniature golf course starting with creation at the first hole and ending with the Resurrection at the 18th.

KWIKWIZ answers:

741. less than 2%--while they are 13% of the population

742. India...since the 3rd century BCE

743. 12 owned slaves; 8 while in office

744. Uncle Tom's Cabin

745. India...for personal jewelry

CHALLENGE #165 was:

He was rescued from the German trenches of WWI, earned up to \$6,000/week and had a chef, valet and private limo, and an orchestra to get him ready for work. He saved the company that hired him. Who? **Answer:** Rin-Tin-Tin [Jerry got it.]

CHALLENGE #166:

His grandfather founded the eponymous company. He attended a prep school with his family name [unrelated] and first published in a magazine with the same name [a coincidence]. An opiate addict, he sold heroin in 'the village,' and was a lifelong homosexual, but married and had two children. He deliberately cut off his left little finger to impress a man with whom he was infatuated [and based a story on it]. He fled to Mexico to avoid prison where he killed his wife playing "William Tell," and was jailed until his brother bribed him out, and he left the country. Then he wrote full time.