



Which came first?

Caffeine has been scientifically proven to temporarily increase alertness, comprehension, memory, reflexes, and even the rate of learning. It also helps increase clarity of thought.

The average American drinks 210 milligrams of caffeine a day. That's equal to two or three cups of coffee, depending on how strong it is.

Instant coffee contains 65 milligrams of caffeine per serving; coffee brewed in a percolator has 80 milligrams; and coffee made using the drip method has 155 milligrams.

Top four sources of caffeine in the American diet: coffee, soft drinks, tea and chocolate, in that order. The average American gets 75 percent of their caffeine from coffee.

Pound for pound, kids often get as much caffeine from chocolate and soft drinks as their parents get from coffee, tea and other sources.

Widely varying the amount of caffeine you ingest can put a strain on your liver, pancreas, heart and nervous system.

Lawsuit: Dad declared 'unfit' for refusing to take son to McDonald's

NEW YORK (UPI) -- A defamation lawsuit in New York alleges a court-appointed psychiatrist told a judge a man who refused to take his son to McDonald's was an unfit parent.

David Schorr, 43, a Manhattan attorney, filed a lawsuit in city Supreme Court alleging court-appointed psychiatrist Marilyn Schiller filed a report in his custody battle saying he was "wholly incapable of taking care of his son" and should be denied weekend visitation rights for refusing to take his 4-year-old son to the fast-food restaurant, the New York Post reported Friday.

Schorr said the incident in question involved his son throwing a temper tantrum during a Tuesday night visitation last week when he refused to take him to McDonald's.

Schorr said he told the boy they could go to any restaurant other than McDonald's, but if his son would not consent to another restaurant, there would be no dinner. "The child, stubborn as a mule, chose the 'no dinner' option," Schorr said in the lawsuit. "It was just a standoff. I'm kicking myself mightily.

"I wish I had taken him to McDonalds, but you get nervous about rewarding bad behavior. I was concerned. I think it was a 1950s equivalent of sending your child to bed without dinner. That's maybe the worst thing you can say about it," he said. Schorr said the child's mother made sure he did not learn any lessons from the incident.

"My wife immediately took him to McDonalds," Schorr said.



Pelly Coffee Pot



With every passing hour our solar system comes forty-three thousand miles closer to globular cluster 13 in the constellation Hercules, and still there are some misfits who continue to insist that there is no such thing as progress.

One fierce winter in Northern Saskatchewan, a boss took pity on his foreman and bought him a pair of earmuffs. The foreman wore them exactly one day and then never wore them again. The boss asked him, "Don't you like the earmuffs I gave you?" "Oh, yeah. They kept my ears nice and warm." "Then why aren't you wearing them?" "Well, I wore them that first day, but someone offered me a drink -- and I didn't hear him!"

RANDOM TIDBITS

How do you know when you're playing with an Italian deck of cards? There are no queens.

The ancient Greeks played cards. In those days aces were known as "dogs."

The spots on dice and dominoes are called pips.

The game Simon Says was originally called Do This, Do That.

In a standard deck of cards, the king of hearts is the only king without a moustache.

Most frequently landed-on squares in Monopoly: Illinois Ave., GO, B&O Railroad.

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it."

-A congressional candidate in Texas

Events - 2013

- Nov 21 - garbage day
- Nov 22 - grade 1-9 report cards
- Nov 23 - Dried fruit & Nut sale at Bredenbury.
- Nov 24 - Grey Cup in Regina
- Nov 26-27 Parent-Teacher interviews
- Dec 5 - garbage day
- Dec 20 - last day of school
- Dec 25 is a wednesday

2014

- Jan 6 - school begins
- Only 37days to Christmas*

"I can picture in my mind a world without war, a world without hate. And I can picture us attacking that world, because they'd never expect it." --Deep Thoughts by Jack Handy

"I was recently on a tour of Latin America, and the only regret I have was that I didn't study Latin harder in school so I could converse with those people."
-Former U.S. Vice-President Dan Quayle

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so.

-- Douglas Adams, Last Chance to See

A fifth generation farmer has determined that his son will be the first in their family to go to college. So he and the wife save every penny for years and when the big day comes for junior to leave for school, the old man is the proudest he's ever been.

After the first semester junior comes home for Christmas break and the old man sits him down for a talk. "Well, boy, you been at school for three months now, I want you to tell me some of that fancy book learnin'."

So junior says, "My favourite class is math, pa. Just last week we learned a new formula...Pi r squared."

At hearing this the old man screws up his eyes and smacks his forehead, "Dog gone-it! I spent all that money on schooling and all you can tell me is Pi r squared? Why everybody knows pie are round...CORNBREAD are squared!"

"I've always thought that underpopulated countries in Africa are vastly under-polluted."
 ---- Lawrence Summers, chief economist of the World Bank, explaining why we should export toxic wastes to Third World countries.

Sometimes I lie awake at night, and I ask, "Where have I gone wrong?"
 Then a voice says to me, "This is going to take more than one night."
 -- Charlie Brown

Ho, Ho, Ho

I was taking a shower when my 2-year-old son came into the bathroom and wrapped himself in toilet paper. Although he made a mess, he looked adorable, so I ran for my camera and took a few shots. They came out so well that I had copies made and included one with each of our Christmas cards.

Days later, a relative called about the picture, laughing hysterically, and suggesting I take a closer look. Puzzled, I stared at the photo and was shocked to discover that in addition to my son, I had captured my reflection in the mirror - wearing nothing but a camera!

A blonde was standing in front of a soda machine outside of a local store. After putting in sixty cents, a root beer pops out of the machine. She set it on the ground, puts sixty more cents into the machine, and pushes another button; suddenly, a coke comes out the machine!

She continued to do this until a man waiting to use the machine became impatient. "Excuse me, can I get my soda and then you can go back to whatever stupid thing you are doing?"

The blonde turns around and says, "Yeah right! I'm not giving up this machine while I'm still winning!"

Firm Grasp of the Obvious (Headlines)

Study Finds Sex, Pregnancy Link
 - Cornell Daily Sun, December 7, 1995

Whatever Their motives, Moms Who Kill Kids still Shock Us
 - Holland Sentinal, date unknown.

Survey Finds Dirtier Subways After Cleaning Jobs Were Cut
 - The New York Times, November 22

Larger Kangaroos Leap Farther, Researchers Find
 - The Los Angeles Times, November 2

'Light' meals are lower in fat, calories
 - Huntington Herald-Dispatch, November 30

Alcohol ads promote drinking
 - The Hartford Courant, November 18

Malls try to attract shoppers
 - The Baltimore Sun, October 22

Official: Only rain will cure drought
 - The Herald-News, Westpost, Massachusetts

Teen-age girls often have babies fathered by men
 - The Sunday Oregonian, September 24

Low Wages Said Key to Poverty
 - Newsday, July 11

Too bad that all the people who know how to run this country are busy driving taxis and cutting hair.
 -- George Burns

Movie wisdom

- There is a difference between knowing the path and walking the path.
- Life moves pretty fast. If you don't stop and look around once in a while you could miss it.
- The wise speak only of what they know.
- As a matter of cosmic history, it has always been easier to destroy than to create.
- Stupid is as stupid does.
- Man who catch fly with chopsticks can accomplish anything.
- You see, flying takes three things: hard work, perseverance and ... hard work

May the forces of evil become confused on the way to your house.

In 1918, a woman in Georgia named Moina Belle Michael read a John McCrae poem called "In Flanders Fields" and it inspired her to wear red poppies as a way of remembering the veterans.

A homeowner was delighted with the way the painter had done all the work on his house. "You did a great job." he said and handed the man a check. "Also, as a bonus, here's an extra \$100 to take the missus out to dinner and a movie."

Later that night, the doorbell rang and it was the painter. "What's the matter," asked the homeowner, "did you forget something?"

"Nope." replied the painter. "I'm just here to take your missus out to dinner and a movie like you asked."

I once wanted to become an atheist but I gave up. They have no holidays.

Madness takes its toll. Please have exact change.

I think animal testing is a terrible idea; they get all nervous and give the wrong answers.



Sign outside a muffler shop: "No appointment necessary. We heard you coming."

There's so much comedy on television. Does that cause comedy in the streets?
 -- Dick Cavett, mocking the TV-violence debate

