JOKTS

Florence, Coolidge and Anthem



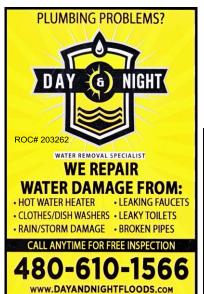
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Stone Cold



Two men, stumbling home after a Halloween party, decided to take a shortcut through the cemetery.

When they reached the middle, they heard a tap -tap-tap noise coming from the misty shadows.

Trembling with fear, they walked through the low fog to find an old man covered is ragged,

decaying clothing. He was using a chisel to chip away at a headstone.

"We thought you were a ghost! What are you doing to that tombstone in the middle of the night?"

"My wife misspelled my name!"

That Sucks

A vampire bat came flapping in from the night covered in fresh blood and parked himself on the roof of the cave to get some sleep.

The other bats smelled the blood and began hassling him about where he got it. He told them to knock it off and let him get some sleep but they persisted until finally he gave in.

"OK, follow me," he said and flew out of the cave with hundreds of bats behind him. Down through a valley they went, across a river and into a forest full of trees.

Finally he slowed down and all the other bats excitedly milled around him. "Do you see that tree over there?" he asked.

"Yes, yes, yes!" the bats all screamed. "Well," the bloodied bat said,

" I SURE DIDN'T!"





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EVEN OUR FUTURE IS OUR PAST TO GOD





Moments in time THE HISTORY CHANNEL

* On Nov. 3, 1883, California bandit and stagecoach robber Black Bart, born Charles E. Boles and famous for his daring as well as his habit of occasionally leaving short poems at the scenes of his crimes, held up his last stagecoach. While he initially made a quick getaway, he was done in by the handkerchief with a laundry mark he'd inadvertently

dropped and spent four years in San Quentin prison.

* On Nov. 5, 2024, former President Donald Trump was elected to a second term in office, becoming the first president to serve nonconsecutive terms since 1892

* On Nov. 4, 1928, Arnold Rothstein, a legendary New York



gambler with a fortune estimated at about \$50 million, was shot during a poker game at Manhattan's Park Central Hotel. He died in the hospital two days later without revealing the name of his assassin, though the fellow gambler who'd invited him to the game was tried for the crime, and acquitted.

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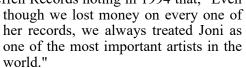
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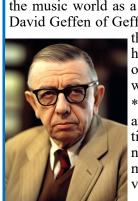
WE ALL COME TO PLACES IN OUR LIVES WHEN THERE IS NO ACCEPTABLE SOLUTION APART FROM GOD

- * On Nov. 8, 1970, Tom Dempsey, a professional football kicker, though he was born with no toes on his right foot, launched a 63-yard field goal in his custom shoe and set a new NFL record, beating the previous record by seven yards.
- * On Nov. 6, 1977, the Toccoa Falls Dam in Georgia collapsed just hours after a volunteer fireman inspected it and found everything in order, with 39 people dying in the resulting flood.
- * On Nov. 7, 1943, Roberta Joan Anderson, now known to the world as Joni Mitchell and dubbed the greatest female guitarist of all time by Rolling Stone magazine, was born in Fort MacLeod, Alberta, Canada. She cemented her status in the music world as a composer rather than performer, with David Geffen of Geffen Records noting in 1994 that, "Even



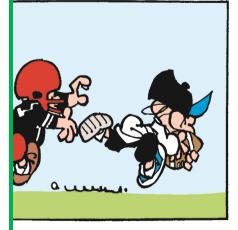
* On Nov. 9, 1956, French philosopher and author Jean-Paul Sartre, a long-time admirer of the Soviet Union, denounced both the USSR and its communist system following the Soviet invasion of Hungary.

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by BUD BLAKE















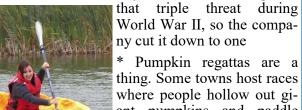


WHEN I TOLD MY MOTHER-IN-LAW THAT MY HOUSE WAS HER HOUSE SHE TOLD ME TO GET OUT



I DIDN'T KNOW THAT!

- * Flamingos don't bend their legs at the knee - they bend at the ankle. What looks like their knee is actually their ankle. Their real knees are hidden under feathers closer to their bodies
- * People in the 1840s thought that a big, possibly cheesy, smile was childish, so a photographer in London told people to keep their mouths shut by saying "prunes."
- * In 1939, Hitler was nominated for the Noble Peace Prize. It was not a 'real' nomination as it was meant it to be ironic and it was later taken back. Even more ironic, Hitler had forbidden Germans from taking the awards four years before his own name was put in the hat.
- * In the 1930s, the first 3 Musketeers bars came in packs of three. Each pack had a different nougat flavor, such as vanilla, chocolate, or strawberry. Costs were too high for



Pumpkin regattas are a thing. Some towns host races where people hollow out giant pumpkins and paddle them like boats across lakes

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"Halloween is not only about putting on a costume, but it's about finding the imagination and costume within ourselves."

— Elvis Duran

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- **1. COMICS:** What is Thor's home planet?
- **2. LITERATURE:** Which of Charles Dickens' novels has a character named Miss Havisham?
- **3. ANATOMY:** What is the largest muscle in the human body?
- **4. MOVIES:** In the movie "Zombieland," what sweet treat is Woody Harrelson's character searching for?
- **5. ASTRONOMY:** What is the largest moon of Jupiter?
- **6. TELEVISION:** How does George Costanza's fiancee die on "Seinfeld"?
- **7. ANIMAL KINGDOM:** What is a quahog?
- **8. GEOGRAPHY:** How many countries does the Amazon River and its tributaries flow through?
- **9. ENTERTAINERS:** Where is Elvis Presley's home, Graceland?
- **10. SCIENCE:** What is the study of clouds called?

Y. Iype of clam.
8. Vine (Peru, Colombia, Brazil, Ecuador, Bolivia, Venezuela, Guyana, Suriname and French Guiana).
9. Memphis, Tennessee.
10. Nephology.
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Poisoned by licking cheap wedding invitation envelopes.

5. Ganymede.

4. Twinkies.

2. "Great Expectations." 3. Gluteus maximus.

I. Asgard. 7. "Great Expectation

Answers



BATCH, BAKE AND BE READY: STRESS-FREE BREAKFAST BISCUITS FOR BUSY DAYS

October is here, and if your calendar is anything like mine, it's already buzzing with activities and events. The holidays are just around the corner, which means now is the perfect time to get ahead in the kitchen -- so you can enjoy a little peace (and dare I say quiet?) later.

One of my favorite strategies? Making a few batches of breakfast biscuits that are freezer-friendly and easy to grab and go when mornings get hectic. Bake them on a weekend, stash them in the fridge or freezer, and suddenly those rushed mornings or surprise weekend guests are stress-free.

Starting your day with protein helps keep your energy steady and hunger at bay, which is especially important on busy mornings. Each of these breakfast biscuits packs about 13 grams of protein from eggs, sausage and cheese, giving you a hearty, satisfying start. The addition of sweet potatoes adds fiber, vitamin A and antioxidants, making these biscuits not just tasty, but nourishing too.

You can enjoy these biscuits straight from the fridge, warmed in the oven, air fryer or microwave. Store them in a sealed container in the refrigerator for up to five days or freeze for up to three months. To reheat, bake or air fry from the fridge at 325 F for about five minutes. From the freezer, either defrost in the fridge for eight hours before baking or air frying at 325 F for five minutes, or bake/air fry frozen for 10-12 minutes.

SWEET POTATO MAPLE SAUSAGE BREAKFAST BISCUITS

Yield: 15 biscuits
Total Time: 50 minutes
1 tablespoon coconut oil or olive oil
1 1/2 cups grated sweet potato (grated using the large holes of a box grater)
1 medium sweet onion, finely diced
16 ounces ground maple sausage, pork or chicken
1 tablespoon maple syrup

6 eggs
1 1/2 cups blanched almond flour
1 1/4 cups whole wheat flour
2 teaspoons baking powder
1 cup grated sharp cheddar cheese, divided

Preheat oven to 400 F and line a baking sheet with parchment paper. In a skillet over medium heat, cook the grated sweet potato and onion in coconut oil for about seven minutes, until softened. Push veggies to the side, add ground pork and cook, stirring, until fully cooked, about seven minutes. Transfer to a large bowl, drizzle with maple syrup and let cool for 15 minutes.

Whisk eggs and stir into the cooled pork mixture.

In another bowl, combine almond flour, whole wheat flour and baking powder; add to pork mixture and stir until combined. Mix in 1/2 cup shredded cheese.

S*coop* 1/4 cup portions onto the baking sheet, gently flatten with wet fingertips, and sprinkle remaining cheese on top.

Bake for 14 minutes, until firm and lightly browned. Cool before serving.

Flour Swap: If you don't have almond flour or prefer not to use it, you can substitute all-purpose flour 1:1 (use a glutenfree 1:1 blend if needed). You can also swap the whole wheat flour 1:1 with all-purpose flour for a milder flavor and lighter texture.

Freezing Tips: Wrap each cooled biscuit individually in parchment or wax paper, then place them in a sealed freezer -safe container or bag. This prevents sticking and makes it easy to grab just one or two at a time. Freeze for up to three months.

Just look at you! Smart, satisfied and stress-free, no scrambling, no extra dishes and plenty of time for that first glorious sip of coffee.

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Hearty, protein-packed breakfast biscuits that are perfect for busy mornings or cozy weekend brunches PHOTO CREDIT: www.JasonCoblentz.com

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website
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Crossword

ACROSS

- Animation frame
- Literary rep
- Viewed
- Daring Knievel
- 13 Singer Lipa
- 14 Noggin
- 15 Flintstones' pet
- 16 Doo follower 17 Gumbo veg-
- gie 18 Šerengeti
- grazer 20 Coconut fiber
- 22 Leg, in slang
- 24 Tempt
- 28 Frosty, for one
- 32 Martin
- 33 Had on
- 34 Thumbs-up
- 36 Theater award
- Rainbowshaped
- 39 Country star Judd
- Sealing ring 43 German arti-
- cle
- 44 Online auction site
- 46 River of Rome
- 50 Pottery oven 53 Ref
- 55 Gospel singer Franklin
- 56 On the rocks

- 13 15 16 17 26 48 51 53 57 58 60
 - 57 Mac alterna-
- tives
- 58 Ninny 59 Little lice
- 60 Consume
- 61 Helium, for one

DOWN

- 1 Yield
- Satan's forte 3 Sultry Horne
- 4 Annex
- 5 Avocado dip, 26 Didi of for short
- 6 Sierra Nevada 27 New Age lake
- Writings by Kate Chopin
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WHEN I CARELESSLY THREW A BOOMERANG AT A GHOST, I KNEW IT WOULD COME BACK TO HAUNT ME



	9	6				7		
	9	8		2	3			5 3
			6	9			2	3
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	1		3	4	2			
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					9	2		
9	8			6	5			

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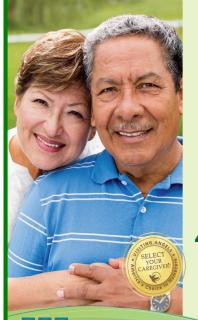
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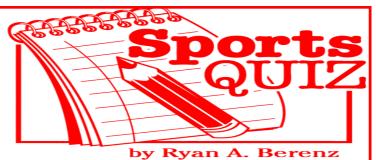
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f 8+



1. The length of the original Olympic stadium in ancient Greece was based on the stadion, a unit

of measurement said to equal 600 feet of

which mythical hero?

2. What boxing tournament, organized by promoter Don King and airing on ABC TV in the 1970s, was canceled midway through after the discovery that fighters' records and rankings were falsified?

- 3. The Indianapolis Hoosiers (1913-14) and Chicago Whales (1915) were the only champions of what shortlived "third major league" baseball organization?
- 4. With a capacity of 45,000 spectators, a stadium in Lahore, Pakistan, is the largest facility in the world built for what sport?
- 5. Name the NFL cornerback who became the first Black sports analyst to work on national TV when he joined CBS in 1971.

6. What figure skater was the lone gold medal winner for the United States at the 1968 Grenoble Winter Olympics?

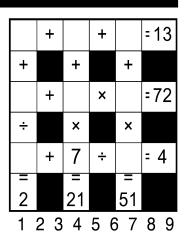
> 7. What Nacogdoches, Texas, university's athletic teams are nicknamed the Lumberjacks (men) and Ladyjacks (women)?

7. Stephen F. Austin State University. 6. Peggy Fleming. 5. Irv Cross. 4. Field hockey. 3. The Federal League of Base Ball Clubs. 2. The 1977 United States Boxing Championship Se-1. Hereules. Answers

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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.



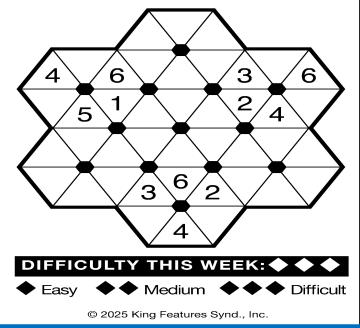
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BREAD PUNS HAPPEN WHEN YOU YEAST EXPECT THEM

ZHOMTFUME

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



GOD'S WILL IS IRRESISTABLE, UNCHANGEABLE AND UNCONDITIONAL



Stickelers Answer

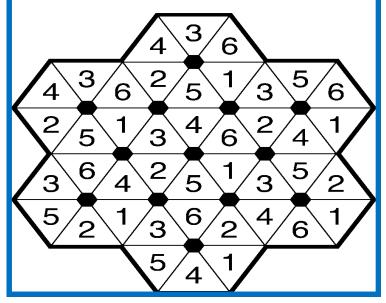
1-h, 2-g, 3-e, 4-b, 5-d, 6-a, 7-c (The unused study term was f. land measurement.)

——— Go Figure! ———											
answers											
4	+	1	+	8	= 13						
+		+		+							
6	+	2	×	9	= 72						
÷		×		×							
5	+	7	÷	3	= 4						
2		21		51							

GOD HAS A PLAN FOR ALL OF US

ZNOMŁſŦĸĘ

solution



SHREDDED CHEESE - THE KEY TO GRATE-NESS



Match the words on the left, which indicate the study of something. with their meanings. (There's one extra meaning on the right as an additional challenge.)

1. vexillology 2. enology

a. mountains

3. pomology

b. nutrition

4. sitology

c. caves

5. campanology

d. bell ringing

6. orology 7. speleology e. fruits f. land measurement

g. wine making

h. flags

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SENIOR NEWS LINE

by Matilda Charles

FOOD RECALLS

It's impossible to say exactly what's going on, but lately there are problems with our food supply, one after the other. Listeria and salmonella are at the top of the list.

Listeria shows up in water, waste and the soil and ends up in our meat, fresh produce and dairy products.

Some say the rising number of cases of listeria are because we're eager to grab ready-to-eat foods like deli meats. Others point to better detection methods that find listeria during inspections. One big concern, however, is that cold doesn't kill listeria. Even if it's stored in the cold (or even frozen), it doesn't die.

When it comes to salmonella, expert fingers want to point to climate change because warm temperatures help salmonella grow. But there is also the problem of large farming facilities where a single sick animal can infect the rest.

But no matter the reason for the increases and their sources, we seniors need to be especially careful. A bad case of listeria or salmonella can put us in the hospital.

What can we do to avoid problems with food contamination?

With salmonella, wash your fruit and vegetables. Cook foods to the correct temperature, especially eggs, meat and poultry. Invest in a thermometer to keep an eye on the temperature in the refrigerator.

Listeria is tougher. Unfortunately, hygiene is part of the problem. The contamination can start at the location where the food is produced -- and spread around the deli counter if slicers aren't washed correctly. Once we have that lunch meat at home, we need to heat it to a high enough temperature. Which means it's not safe to just grab a few slices of cold lunch meat to make a sandwich.

Besides being cautious, pay attention to food recalls. You can sign up for email alerts at www.FoodSafety.gov, www.recalls.gov, www.fda.gov and www.fsis.usda.gov.

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AT THE INSOMNIA OLYMPICS YOU SNOOZE, YOU LOSE



Al in Everyday Life: How Artificial Intelligence is Quietly Making Your World Better

Artificial intelligence (AI) is no longer a futuristic dream. It's here, it's everywhere, and it's woven into the routines of everyday people. You may not see it, but AI is working behind the scenes—from the moment you wake up to the moment you go to bed—making life easier, safer, and more personalized.

When your smartphone suggests the best route to work based on current traffic, **that's AI.** When your virtual assistant plays your favorite news briefing or turns on the kitchen lights with a voice command, **that's AI.** Even the alarm that woke you up may have used machine learning to determine the most natural time to wake you during a light phase of sleep.

Fitness trackers and smartwatches collect data as you move through your morning routine. They analyze your steps, heart rate, and sleep quality,



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"Al Developments, Part 2" with Mike Lamb

then provide recommendations to improve your health. That connection between data and insights—powered by Al—is transforming personal wellness.

At Work: Al tools have become our digital teammates. From email spam filters to predictive text, Al reduces distractions and speeds up communication. Voice-to-text apps let you dictate messages while driving. Calendar apps can automatically schedule meetings at the most convenient times for everyone. Customer service chatbots help resolve common issues instantly, increasing satisfaction and freeing human employees to focus on higher-value work.

Creative professionals rely on AI design assistants to brainstorm layouts or choose eye-pleasing color

combinations. Marketers use AI to understand customer behavior and tailor campaigns. Analysts use machine learning to spot trends and make smarter business decisions. No matter your job, AI can support your work, reduce busywork, and increase efficiency.

At Home: As soon as you walk through your front door, Al is hard at work again. Smart thermostats learn your temperature preferences and adjust automatically to save money. Robotic vacuums memorize the layout of your home and clean while you relax. Al-powered security systems can recognize familiar faces and send alerts when something unusual happens.

And this is only the beginning. Next time: How you can interact with AI to make your life easier.

AT THE NAME OF JESUS, EVERY KNEE WILL BOW AND EVERY TONGUE CONFESS THAT JESUS CHRIST IS LORD - PHIL 2:10

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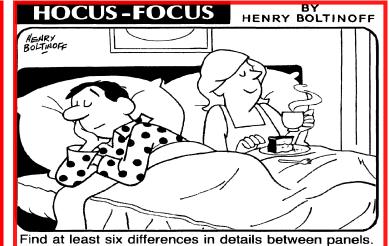


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Differences: 1. Cake slice is reversed. 2. Cup is a different shape. 3. Pillow is behind edge of other pillow. 4. Picture is moved. 5. Finger is moved. 6. Mightgown strap is moved.



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HALLOWEEN: WHEN COBWEBS BECOME DECORATIONS AND NOT CLEANING FAILURES



DON SMITH

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Monday - Friday 8:00 am - 4:30 pm

GOD ALONE KNOWS EXACTLY WHAT WE EACH NEED

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: M equals S

MYVTT PVZGJJQ MOSRZWRZJ

EWJ ZRVPWRM WAM YJMG

SJERZHOT HJZY AQ GWR HVTT

MRVMJQ: VOGOYQ VQG.

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WEIGHT LOSS ISN'T THE CAUSE BEHIND ODD GLOBUS SENSATION



DEAR DR. ROACH: I was recently diagnosed with diabetes and immediately changed my diet and exercise regimen. I was able to lose 17 pounds in about two months but have started to experience a feeling of something being stuck in my throat. Could the sudden weight loss have brought this on? I was sent to get an ultrasound on my thyroid, and it came back negative. -- V.J. **ANSWER:** A sensation of something stuck in the throat is common in clinical practice and can have many causes. It is referred to as a "globus" sensation. An ultrasound is a very reasonable test as a large thyroid mass (goiter) can cause a mechanical effect on the esophagus, which then leads to this sen-

sation. Similarly, abnormalities in the esophagus, oropharynx and larynx may also lead to this sensation. Most experts recommend an evaluation with an endoscopy and a laryngoscopy for people with a persistent globus sensation. Unintentional weight loss is a red flag in people with a globus sensation because if the cause behind the globus sensation is also leading people to lose weight, this means that it is more likely to be something serious. But this is not the case with you, so I can't think of how losing weight could have been the cause behind your globus sensation. If the sensation of something in your throat continues, I recommend further evaluation by an ENT physician.

DEAR DR. ROACH: My in-laws are being evaluated for infertility, and my brother-in-law has a varicocele. They say that he needs an operation. Is this necessary in order for them to have children? -- C.F. **ANSWER:** A varicocele is a common enlargement of the veins in the male scrotum. There is some evidence that a large varicocele could reduce fertility in men. However, the repair of a varicocele is usually indicated for fertility only when both the varicocele is large and the man has an abnormal semen analysis. The benefit in fertility is thought to be small; it is estimated that 17 men need to be operated on to produce one pregnancy, so there's roughly a 6% chance that the operation will help the couple conceive.

DEAR DR. ROACH: I have high liver enzymes and bilirubin, most likely due to Gilbert syndrome. I've had elevated numbers since at least 2006 when I started to track them. I was recently prescribed a low-dose statin after receiving a slightly elevated coronary calcium score (49). The statin did great at lowering my cholesterol but seriously elevated my AST and ALT numbers. (My AST and ALT levels were 12 and 20 U/L respectively before treatment, then 41 and 32 U/L while on the statin. Normal is less than 35 U/L.) So, I discontinued its use. Are there any options other than statins to help reduce cholesterol? -- S.M. **ANSWER:** Gilbert syndrome is a relatively common liver condition caused by abnormal bilirubin metabolism. People with this condition can get recurrent jaundice and high bilirubin levels. Statin drugs are generally considered to be safe in people with Gilbert syndrome. Many people (with and without Gilbert's) will have elevations in their liver enzymes (ALT and AST levels) due to statin drugs. Most authorities recommend reducing the dose or stopping the statin treatment if the liver enzymes go over three times the upper limit of normal -- above about 100 U/L -- which yours didn't get close to. Since the risk to your liver from a statin is small, and the benefit of a statin in a person with even modest coronary calcium is relatively large, there is more benefit than harm for most people in your situation.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2025 North America Synd., Inc. All Rights Reserved

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- **1.** Is the book of Romans (KJV) in the Old or New Testament or neither?
- 2. From Exodus 34, who was frightened of a man who came down a mountain with a shining face? Laban, Stephen, Aaron, Cornelius
- **3.** During a famine, who set out with another man to find grass to feed his horses and mules? Abishag, Ahab, Abner, Agrippa
- **4.** From Esther 7, who met his death on the gallows he built for another man? Herod, Haman, Peter, Ezekiel
- **5.** What charioteer rode to Jezreel to find King Joram? Jehu, Omri, Naboth, Jethro
- **6.** From Acts 5, who fell dead after lying about a property deal? Nehemiah, Shimei, Levi, Ananias

ANSWERS:

- 1) New
- 2) Aaron
- 3) Ahab
- 4) Haman
- 5) Jehu
- 6) Ananias

Hardcore trivia fan?

Visit Wilson Casey's subscriber site at WWW.patreon.com/triviaguy.

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"Thev can't stand the drapes!"

BEHIND EVERY MASK IS A PERSON WHO JUST WANTS CANDY

CryptoQuip answer

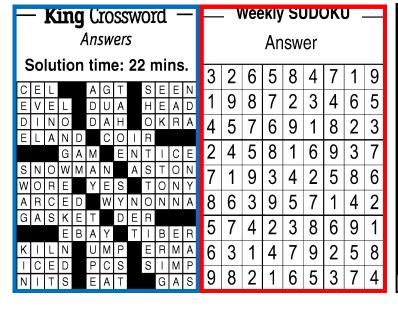
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Lucie Winbourne

Assembling the International Space Station took more than 200 spacewalks.

The average freediver can hold their breath for approximately 10 minutes, much longer than the average healthy, fit human but well short of \(\) the Guinness World Record time of 22 minutes.

* During the Middle Ages, the majority of western maps placed east rather than north at the top.

* Diamonds are the only gem made of a single element, at nearly 99.95% carbon, the most commonly found element on Earth.

* After the axle, the first wheels did not appear on any mode of transportation, but on a child's toy. Scholars estimate that it took another three centuries after wheels were used in pottery and toymaking for them to be applied to transportation.

* The Great Pyramid at Giza has over 2 million stone blocks, each with an average weight of more than 2 tons.

* Two days after Alexander Graham Bell died at his summer home in Nova Scotia on Aug. 2, 1922, all telephone service in the United States and Canada was suspended for a full minute at the precise moment when he was lowered into his grave.

* Just 10% of an incandescent light bulb's energy produces light. The remaining 90% produces heat.

> * At the 2007 French Open, Venus Williams' serve sent the ball flying at 129 miles per hour, the second fastest serve by a woman ever recorded. It was also

the fastest recorded in a) = main draw match at that

time.

* Most people think you gain 5 to 10 pounds over Thanksgiving, but you'll be glad to know the average amount is really just a single pound.

Thought for the Day: "I'd rather attempt to do something great and fail than to attempt to do nothing and succeed." --Robert H. Schuller

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