my story in a format where others can read ads to the overall fun of what i'm experiencing absolution

saying vaccines are safe is like saying a revolver is safe because there is only one bullet and you have more chances of not being harmed that to be harmed

i've been a cio for 26 years and have had the distinct honor to have worked in interesting organizations that were each very different

at dinner, aim for easily digestible carbohydrates and a small amount of protein, and stay away from foods that are high in fat and fiber