**Glass Ceiling???

Maybe not, according to a recent study...

“The analysis was prepared by Andrew A. Beveridge, a demographer at Queens College, who first reported... that women of all educational levels from 21 to 30 living in New York City and working full time made 117 percent of men’s wages, and even more in Dallas, 120 percent.”

– Sam Roberts, 

**TOUGH GUY WISDOM:**

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Teddy Roosevelt, 
26th President of The United States

“The Man In the Arena”

“On a long enough timeline, the survival rate for everyone drops to zero.”

Fight Club

**Did You Know...??

The Barrett .50 Caliber sniper rifle has an effective range of 2000 meters?**

**LABORS OF LOVE**

**Standing Wheelbarrow**

This athletic variation is about the only position you literally can do on the run. Enter her as you would in standing rear entry, but lift her up by the pelvis and have her grip your waist with her legs. You’ll be in a position similar to the “wheelbarrow” races you played in school—which were never this much fun. Because she’ll be supporting her weight on her arms, she’ll need to be strong. And although you’ll both be able to stroll around the house in this position, it isn’t something you’ll want to do for an extended length of time.

Men’s Health.com

**Food For Thought: Female Violence and Abuse are...**

Any behaviour which is adopted by a woman to control you, which causes physical, sexual or psychological damage or causes you to live in fear. Physical and sexual violence are the most obvious forms of violence. Pushing, biting, hitting, punching and using a weapon are all forms of violence. Forcing you to participate in sex is violence. Threats are a form of violence.

Other forms of abuse include: Unsafe driving, destroying your possessions, insulting or humiliating you publicly, lying, making you think you’re crazy or stupid, controlling your money, isolating you from friends or family, hurting your children or pets, blackmail, treating you like a servant, threatening murder or suicide, drugging you, creating a sense of impending punishment.

www.batteredmen.com