

Sleeping Apes and Washing Dishes: What I Learned From Magazines This Week

by Roz Warren

Reading magazines this week, I learned that:

Every 34 seconds, someone in the U.S. has a heart attack.
(AARP Magazine 3/16)

Mike Love is considered one of the biggest assholes in the history of rock & roll.
(Rolling Stone, 2/26/16)

At least half a dozen people have tried to kill Michael Moore.
(Rolling Stone, 2/26/16)

Kirk Douglas and his pals have a betting game in which they try to guess the average age of death in the Sunday New York Times obituary column each week.
(AARP Magazine 3/16)

Apes never sleep in the same place two nights in a row.
(Real Simple, 1/16)

Last December, Lady Gaga's record label gave her a horse.
(Rolling Stone, 2/25/16)

Phil Collins used to own Davie Crockett's musket.

(Entertainment Weekly, 2/26/16)

Sumner Redstone, 92, attributes his longevity, in part, to eating blueberries every day.

(The New Yorker, 2/22/16)

Women cry two to five times a month. Men cry once every two months.

(Time, 3/7/16)

The most popular time for crying is from 7:00 to 10:00 in the evening.

(Time, 3/7/16)

A lock of John Lennon's hair is worth \$35,000.

(Time, 3/7/16)

Women who keep processed cereal on their countertops weigh 21 pounds more than women who keep it stored out of sight.

(Prevention, 1/16)

The fear of being without your phone is called Nomophobia.

(Prevention, 1/16)

Washing dishes can reduce your level of stress and anger by 27% if you do it mindfully, focusing on the scent of the soap, the warmth of the water and how the dishes feel.

(Prevention, 1/16)

Married people survive heart attacks more often than single people.

(Time, 3/7/16)

A 33-year old British man recently changed his name to Bacon Double Cheeseburger.

(Time, 3/7/16)

Roz Warren is the author of OUR BODIES, OUR SHELVES: A
COLLECTION OF LIBRARY HUMOR .)

