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And that's just the tip of the secrets iceberg when it comes to exactly how fast food is less than stellar for your health. Once you've learned the fast-food industries' secrets, there's a good ...

## 50 Secrets About Fast Food You Never Knew

A recently transitioned Soldier for Life shared his lessons learned during his last few months of service while preparing for his civilian career with Soldiers in Fort Stewart's Transition Assistance ...

## Secrets to success for transitioning service members

And this week, Millie Eisemann is 100. That's right, the woman known as "Mother to Millions," is marking a century of life. She was born near Lititz on July 13, 1921, the youngest of nine children of ...

## Ephrata's beloved Millie Eisemann turns 100: 'The secret to life is to be kind'

Donald J. Trump's Catastrophic Final Year." Rucker and Leonnig will discuss this book during a Live event on July 20. As the sun rose over Washington on Jan. 6, electricity hung in the air. The big ...

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'I Alone Can Fix It' book excerpt: The inside story of Trump's defiance and inaction on Jan. 6

XS Supply purchases and sells high-end surgery supplies to hospitals and surgery centers across the US.

Meet XS Supply, a 2021 Fast 50 honoree

There are the 42 or so years Julia Haart spent in an ultra-Orthodox Jewish community, playing the role of devout wife and mother and then there is the eight-year period "about what I've done," ...

She kept her ultra-Orthodox past secret. Now she's using Netflix to tell her story

If you're over 50 and struggle to sleep, trying one of these secret sleep tricks—from supplements to morning walks—which will help you.

Over 50? Try These Secret Tricks for Sleeping Better, Says Science

While Curtis had some insights from 50 Cent himself to play Kanan, the actor also watched co-star Epps in particular to learn about how he worked on set. "Just watching how he moves in between takes ...

'Power Book III: Raising Kanan': 50 Cent spills on prequel series and the character that looks like Eminem

And let's be honest, it's just easier to grab

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Fast Food sometimes for breakfast, lunch or dinner maybe and dinner if you're in my house and my kids want it all the time on the money front. It's pretty ...

## Rossen Reports: Fast food 'secrets' to get more for less

Rustic mixed with a modern flair is how we'd describe this one-bedroom West Village co-op. Exposed brick and wooden ceil ...

## \$785K West Village co-op overlooks the building's 'secret garden' courtyard

As one of the fastest-growing companies in the area, what's the secret to your growth ... Boomerang Transportation LLC Please join us virtually for our Fast 50 celebration where we'll recognize the 50 ...

## Meet Boomerang Transportation, a 2021 Fast 50 honoree

But most recreational swimmers probably spend more time swimming laps than Jamal Hill does. The six-foot-four, 185-pound Hill, 26, has a typical hard-driving-athlete regimen: five training days a week ...

## Paralympic Swimmer Jamal Hill's Mind and Body Secrets

To mark the 50th anniversary of former U.S. National Security Advisor and later Secretary of State Henry Kissinger's secret visit to China on July 9, 1971, we interviewed Winston Lord, senior aide to ...

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Kissinger's aide on Kissinger's visit 50  
years ago

If you'd like to change that—and to get that lean body after 50 with a dedicated training regimen—read on, because here are some lean-body secrets straight from some fitness pros who are over ...

Lean-Body Secrets from Exercise Experts Over  
50

That's why when Lettuce Entertain You, one of Chicago's most venerable restaurant groups, hit its 50 th year this June, I wanted to learn more ... what's the secret? When I caught LEYE ...

Rich Melman on the Secret to Lettuce  
Entertain You's 50 Years in Business

Real Housewives of Cheshire star Seema Malhotra is set to turn 50 in August ... Online, Seema shared just the beauty secrets behind her always beautiful appearance, admitting "having a positive ...

Real Housewives' Seema Malhotra shares  
secrets behind youthful appearance as she  
prepares to turn 50

San Francisco 49ers tight end George Kittle's voice echoed across the turf on a steamy 90-degree day at Lipscomb Academy field in Nashville as a crowd of 49 tight ends began to gather at the 50 ...

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Inside Tight End University: George Kittle & Co. are out to 'learn from the best in the country'

TL;DR: A lifetime subscription to ChordIQ Pro is on sale for £4.23 as of June 2, saving you 50% on list price ... But allow us to let you in on a little secret: if you use your time to get ...

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The moment that some of you have been waiting for is here – Robinhood's S-1 filing to go public has been revealed, laying bare the kind of secrets you ... have been about 50 class action ...

Robinhood's IPO filing reveals Dogecoin helped its revenue skyrocket in 2021

which is down from \$69.50 to \$34.99 in the Hearts Peach and leopard prints, saving you \$34.51. This floral cover-up has a 4.2-star rating from more than 60 Victoria's Secret shoppers, with many ...

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