Democrats on Saturday rejected the plan and want more relief from the so-called "sequester" across-the-board spending cuts.

I would find them on the walls, in the drapes, in door crevices, behind picture frames etc., but that was actually a good thing, because it meant they were on the run.

The days are more productive without those lunch and snack breaks, and you're spending less daily than most people will spend on a single meal.

I was riding an exercise bike the elliptical to warm up before exercising he told me not to do that either.

They also help keep the body in a positive nitrogen balance promoting the synthesis of new muscle tissue.

Who would I report to? Aspire 36 after helping the Jets get to the AFC title game his first two years, Sanchez should have been secure in his job and a franchise quarterback by now.