

the simple list

Your monthly dose of useful tidbits, timely trivia, and catchy conversation starters



292

The approximate number of calories a 160-pound person burns in an hour of leisurely biking. Take a joyride in May, National Bike Month, when cities across the country celebrate wheel life. New York City will host a commuter competition, in which a bicyclist, a taxi passenger, and a subway rider race to Manhattan. Bet on the biker: Two wheels have cruised to first place for the last 10 years.

72

The number of lucky gals who say their boyfriends proposed shortly after they ate Engagement Chicken, a preternaturally seductive roast bird now featured in *Glamour* magazine's cookbook *100 Recipes Every Woman Should Know* (Hyperion, \$25). But you don't have to be a single lady to appreciate the book's allure: Try the Get Him to Clean the Apartment Burgers or the Bribe a Kid Brownies.

15:28

The duration of NASA's first manned spaceflight, which marks its 50th anniversary on May 5. Astronaut Alan Shepard Jr. spent two years training for those 15 minutes (and change) of fame. You can visit the craft that made the journey at the United States Naval Academy, in Annapolis, Maryland.



103

The number of stories in the Empire State Building, which was the world's tallest skyscraper when it opened, on May 1, 1931. Construction had begun only 13 months earlier, with floors erected at a breakneck speed of 4½ per week. So, yes, your kitchen renovation is taking way too long.

\$25

How much it costs to send a care package to a soldier overseas, courtesy of the USO. Consider giving one for Memorial Day, on May 30. Each package is filled with small but much appreciated items, like lip balm, toothpaste, shampoo, and playing cards. It may also hold a nonperishable treat that's hard to come by in Iraq and Afghanistan—chewing gum. For more details, go to uso.org.

69



The most children ever born to one mother, according to Guinness World Records. Between 1725 and 1765, a woman in Russia (her name was never recorded) gave birth to—deep breath—16 pairs of twins, seven sets of triplets, and four sets of quadruplets. (Now, *that* would have been a reality show.) Give the moms in your life a moment in the spotlight on Mother's Day, which falls on Sunday, May 8.