

50 Years in Review

Interesting facts about Mark Lee Golden

In fifty years I have...

- Gone through 86 pairs of shoe laces.
- Worn out 75 pairs of shoes.
- Drank 18,250 gallons of liquid.
- Urinated 17,250 gallons (go figure!)
- Used enough toilet paper which, if put end to end would reach into the outer atmosphere of Mars.
- Blinked my eyes 17 billion, 165 million, 289,063 times.
- Inhaled 15 billion, 299 million, 233,469 times...
- Exhaled *same*.
- Attended church and synagogue 1,457 times.
- Switched lights on & off 365,000
- Blown through my nose 45 gallons of various kinds of mucous.
- Used enough tissues to cover 75 acres.
- Used 876 bars of soap.
- Used enough shampoo to fill one Olympic sized swimming pool.
- Flushed toilets 109,675 times
- Used enough roll on deodorant, if rolled in a line, would criss cross the state of Texas 7 times.
- Worn out 539 pairs of socks.
- Combed or brushed my hair 73,942 times.
- Driven enough miles to make one rotation of the planet Saturn.
- If had not ever trimmed beard, it would be the length of an average freeway "off ramp".
- If had not ever had a haircut, hair would be the length of an average freeway "on ramp".
- Made 87,101 phone calls.
- Been on hold for a total of 7 months, 3 weeks, 2 days, 3 hours and 14 minutes.

- Used enough gasoline to fill 17 swimming pools and one kiddie pool, laid side by side.
- Chewed food for a total of 32,759 hours.
- Spent 2,366 hours brushing my teeth.
- Sweated 38 gallons, 2 quarts, 1 cup and a teaspoon.
- Used up 387 pens or pencils; 3,200 paper clips; 7,008 feet of masking or Scotch tape; 9,328 Post It notes; enough sheets of paper if put end to end would span across Lake Erie.
- Spoken enough words to fill 7 sets of full volume encyclopedias with appendices.
- Stared at computer monitors as long as it would take to have crossed the Mojave Desert hopping on one bandaged foot in the heat of summer.
- Watched too much TV.
- Given the government too much money.
- Eaten 603 gallons of ice cream.
- Created 618 tons of garbage.
- Coughed 4,861 times.
- Looked in the mirror 59,744 times.
- Used 340 Band Aids.
- Changed TV channel 108,051 times.
- Used 18,357 Q-tips.
- Read 73,299 pages of books & magazines.
- Waited at red lights and Stop signs 4,562 hours & 17 minutes.
- Slept 146,009 hours and 22 minutes as of today.
- Gone through 132 tooth brushes.
- Opened up 37,324 pieces of mail.
- Eaten 54,750 meals (not counting snacks).
- Lived 18,250 days.
- Swallowed 78,840,153 times.
- Listened to 7,812,399,000 spoken words.
- **Had 50 birthdays!**