



# WHUZZUPDATE®

## THE NEWSLETTER

### MANtana Polar Plunge 2010

January 20, 2010

Here is the website she is discussing:  
<http://haitisurvival.org/>

SoApBoX: Rantz & Raves "Dropping an ANVIL on Andrew Mattock (while he's still here)" (October 18th, 2009)- Andrew Mattock, one of the creepiest and most hated people on MySpace. Does dying give anyone the right to be a verbally abusive jerk? <http://www.ericbrooks.com/soapbox/?p=243>"Got low self esteem? Don't date ugly chicks (and other male survival tips)" (September 23rd, 2009)- WTF Radio has issued a blog challenge: Blog about men vs. Women, Relationships, or Hormones.  
<http://www.ericbrooks.com/soapbox/?p=237>"10 Tips to Become a Blogging Superstar on MySpace" (August 24th, 2009)- Want to rank high and get noticed? Follow these 10 simple tips.  
<http://www.ericbrooks.com/soapbox/?p=234>

5 in the spotlight: Surf Picks - categories on SoApBoX - Spotlighting some cool sites I come across. I think you'll like them too!...  
-<http://www.ericbrooks.com/soapbox/category/surf-picks>Download the Starburst font - , as well as 2,134 other free and shareware True Type Fonts in the Fonts Section! -<http://www.ericbrooks.com/fonts/?id=1921>Download the Lovitz font - , as well as 2,134 other free and shareware True Type Fonts in the Fonts Section! -<http://www.ericbrooks.com/fonts/?id=1267>Download the discotech font - , as well as 2,134 other free and shareware True Type Fonts in the Fonts Section! -<http://www.ericbrooks.com/fonts/?id=777>Download the Gubernaculum font - , as well as 2,134 other free and shareware True Type Fonts in the Fonts Section! -<http://www.ericbrooks.com/fonts/?id=1020>

So if cooks have "Cook offs", and people who dance have "Dance offs", what should us jerks name OUR contest?

YourCyberPal,

EricBrooks - <http://www.ericbrooks.com>

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