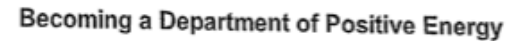


When it comes to measuring energy, it's done with *BTU's* which stands for *British Thermal Unit*. It takes 2,000 BTU's to heat up a pot of coffee. And a piece of bread and butter will give us ~~300~~ **300** BTU's enabling us to jog for 6 minutes, bike for 10 minutes, and briskly walk for 15 minutes.



Firing Up the BTU's

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

~ Anonymous