

CLIENT / CONTACT BULLETIN 8-14

Just in case it matters to you:

- “LACK OF INTERNAL CONTROLS IS THE MAIN CULPRIT BEHIND FRAUD INCIDENTS” in their companies, according to 42% of senior executives surveyed by Robert Half. DCG has been helping clients in this area for decades, generally by reorganizing functions without increasing personnel or business overhead. [CALIFORNIA CPA – Mar/Apr 08]

- “FEELING COMPASSION TOWARDS OTHER PEOPLE” motivates Americans to donate over \$300 billion yearly to charities. Around 1/3 goes to religious congregations, 1/6th to education, 10% to Foundations and another 10% to human services organizations. Some 65 million Americans also donate their personal time to charitable causes. What ‘drives’ this phenomenon of being charitable to strangers, according to researchers at Claremont Graduate University, may be the hormone *oxytocin*, which “plays a role in regulating such generous behavior... by promoting the ability to empathize with others... stemming from consumption of larger amounts of plant-based estrogens (found in foods such as nuts, soy products and legumes)” which increases “trust levels.” [DISCOVER – Apr 08]

- AND SPEAKING OF COMPASSION, the Roman Catholic Church has added seven new “sins” to the original list of Seven Sins (pride, envy, gluttony, greed, lust, wrath, and sloth). While the original Sins group are “self-oriented, the new ones concentrate on actions that affect others... and violate the basic rights of human nature,” according to the Apostolic Penitentiary which is in charge of ‘absolution.’ Ready?? (1) Polluting (2) Genetic Engineering (3) Taking Drugs (4) Abortion (5) Causing Social Injustices (6) Pedophilia (about time) and (7) (our favorite) “Being Obscenely Wealthy.” [THE WEEK – Mar 21, 08]

- MISCELLANEOUS HEALTH STUFF:

“50% LESS LIKELY TO DIE IN THE NEXT 7 YEARS” is the benefit of “vigorous exercise – breaking a sweat for 20 minutes at least 3 times a week.” According to a Nat’l Cancer Institute study of over 250,000 people, even “moderate exercise for 30 minutes daily” is hugely beneficial – a 27% “less likely to die” scenario. BUT AVOID SOFT DRINKS AFTER THE WORKOUT since sugar-sweetened beverages may promote Alzheimer’s. Research by the American Society for Biochemistry & Molecular Biology found that “learning and memory retention declined and amyloid plaque deposit (a hallmark of Alzheimer’s) in the brains of rats doubled” after ingesting 10% sugar water for six months. [BEST LIFE – Apr 08]

NEARLY 8 MILLION PEOPLE WILL DIE FROM SMOKING in the next two decades, if global trends continue. 80% of deaths are projected to occur in the ‘developing world,’ since over half the world’s remaining smokers today are in China, Russia, Indonesia, or India – where cigarettes only cost ½-cent and where one in five men are expected to perish! [TIME – Mar 10, 08]

ALONG WITH NON-SMOKING AND PHYSICAL ACTIVITY, just two more behaviors can increase lifespan by up to 14 years, and can decrease the likelihood of dying along the way by up to four times. Results of a 20,000 person survey over an average of 11 years found that people who also consume alcohol in moderation and who “maintain a plasma vitamin C level consistent with five daily servings of fruit or vegetables” had significantly greater longevity. [LIFE EXTENSION – Apr 08]

“MEN WHO CARRY MOBILE PHONES IN THEIR FRONT POCKET MAY BE MESSING WITH FERTILITY,” due to heat or electromagnetic radiation which somehow impacts sperm cell quality. Lab research in Cleveland has found that “sperm start to degrade after sitting next to an active phone for just an hour” – more collateral damage from technology. [THE WEEK – Mar 14, 08]

- THOUGHTS FOR THE WEEK: **WANT TO STOP SPAM AND JUNK EMAIL? dmaconsumers.org claims they will remove your name from mailing, e-mail and telemarketing lists; optoutprescreen.com says they’ll shut off all credit and insurance solicitations; and catalogchoice.org offers to stop the catalogs you don’t want. Believe it or not!**

AT&T now offers a tutorial that ‘decodes’ the acronyms which kids use when texting or instant messaging. Among those meant to alert friends about prying parental eyes: POS – “parent over shoulder”; PRW – “parents are watching”; and KPC – “keeping parents clueless.”