



Just in case it matters to you:

CLIENT / CONTACT BULLETIN 10-02

- THE ECONOMIC OUTLOOK FOR 2010 IS PRETTY 'IFFY' – mostly due to America's two-year political cycle. "Whether the fiscal outlook improves or worsens from its current abysmal state lies predominantly in the hands of politicians...who have the luxury of changing their minds. Individuals and firms must deal with the consequences of these changes... As large spending bills go through, such as emergency stimulus packages and bail-out programs, each future spending bill (like healthcare or cap-and-trade) becomes more difficult to support to the fiscally astute. Yet, the urge for politicians *to show results in terms of jobs* is overwhelming. What makes today's fiscal policy context so different is that...U.S. domestic fiscal policy carries global economic implications which are likely to fall back on our economy with significant risks of inflation, higher interest rates and dollar depreciation." For California, the prognosis is mixed: On one hand, the stats show an improving trend based on factors like increased Asian exports (result of the weak U.S. dollar) and core retail sales growth (result of improved buying power for those still employed, thanks to relatively declining food, energy and housing costs). However, higher business costs (17% above the national average), higher taxes, and continuous slowing population growth means much less likelihood for recovery of either the million-plus jobs already lost or the roughly 50%-dropped housing values since the start of this recession. "While California is no longer staring into the abyss, it is likely to remain a relative underperformer economically over the forecast horizon...and bound to leave lasting scars."
[WELLS FARGO SECURITIES – ECONOMIC OUTLOOK 2010]
- TODAY'S YOUTH, THE MILLENNIAL GENERATION BORN AFTER 1980, "are growing up in the midst of radical social and economic transformations which greatly challenge their *ability to think* realistically, creatively and hopefully about the future...beyond hedonism and consumerism... In today's highly mobile mass society, many young people roam the world and can choose among thousands of potential careers and mates in countless locations...simply focusing on immediate circumstances and drifting into the future without thinking much about it at all... In principle, the abundance of choice offers wonderful opportunities, but can pose a baffling conundrum for an emerging adult with little experience of the world...and little foresight (a function of the brain's prefrontal cortex which does not reach maturity until about age 25)... Since successful self-management requires understanding and giving appropriate value to the likely consequences of your actions... these kids may drift into financial or other kinds of trouble... Making matters worse, technological advances have eliminated most of the jobs that could be learned quickly and paid enough for a kid to live on and support a family." Psychologists and sociologists define the problem as 'futurephobia' and suggest that societal emphasis on developing 'foresight' in this generation is a critical priority for our future.
[THE FUTURIST – Jan/Feb 10]
- STILL TRYING TO BURN OFF HOLIDAY WEIGHT? Try 'interval exercise' – which purportedly burns fat up to "nine times higher" than aerobic exercise "with effects continued for 24 hours," according to studies reported in *Metabolism Journal*. A program of "two minutes at 97% of maximum heart rate followed by a recovery period of three minutes at low intensity... is also better for conditioning the heart and improving overall circulation than lower-intensity, long-duration exercise like walking and jogging... because with interval training you transition back and forth between aerobic and anaerobic states, using fuel... As muscles require more oxygen than is available, muscle cells must rely on other reactions to continue contractions." Then, because interval training also "helps reset your body's temperature thermostat higher, it continues to burn more fuel even after you stop the exercise."
[ALTERNATIVES – Jan 10]
- AND ANOTHER WEIGHT-LOSS STRATEGY: A 17-MINUTE DAILY NAP. According to Eastern Virginia Med School research, "thin people sleep an average of two hours per week more than overweight people." This lack of sleep apparently lowers levels of an 'appetite-suppressing' hormone while increasing levels of an 'appetite-boosting' hormone – resulting in net changes "that can make you gain weight." If it were only that easy...
[PREVENTION – Dec 09]
- THOUGHTS FOR THE WEEK: "**Great leaders don't think less of themselves; they think of themselves less often.**"

"If people spent as much time doing the things they worry about getting done as they spend worrying about doing them, they wouldn't have anything much to worry about."

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