



Just in case it matters to you:

- "MOST BEHAVIORS ARE SHAPED BY THE AGE OF TEN, the cues and clues coming from parents, friends, teachers, coaches, movies, the internet, social networks, chat rooms, TV sitcoms, etc. The patterns we copy can create high blood pressure, heart disease, stress that leads to overeating, nervous disorders, misplaced aggressions, hostilities, learning dysfunctions, premature boredom, premature death, drug use, low energy, poor libido, etc. But those behaviors can also change by a single decision to create ourselves as we choose, as *if* we'd had other, different influences before that tender age... It is our perspective, our choice, of...what we choose to believe and what we select as our action that determines if pain becomes suffering or not... Pain happens – our opportunity is to decide how we want to act with that pain. Suffering is an option – whether we choose to see the pain as a wall...or as a door, through which we move and from which we can look back... It's easy to feel great when all is easy; it's a measure of character to choose to feel great and grateful when the challenges mount... We have the power to pick a new view, replace the pain, and thereby instantaneously change our world...in a heartbeat."
[BARRYEISEN.COM NWSLTR – Oct 29, 09]
- AT LEAST ONE BENEFIT APPARENTLY STEMS FROM OUR SICK ECONOMY: A HEALTHIER POPULATION. "When times are tough economically, mortality actually decreases and physical health improves." Based on a decade of research at Univ. of No. Carolina, the current rise in unemployment should result in 15% fewer 'acute health problems,' deaths from heart disease dropping by 3%, and a decrease in total mortality by over 2% – including 11% lower traffic fatalities. Why? Beyond the fact that "being relieved of a job cuts the daily stress of a commute and a screaming boss, bad times spur everyone (not just the unemployed) to live healthier lives. We drink and smoke less and stay more active." Statistics show that during a recession, 6% more people exercise and obesity decreases by 1.6% ("severe" obesity by 5.6%). Less money for consumption and leisure simply pushes people to healthier lifestyle. So thanks to Wall Street, the world will be healthier.
[MEN'S HEALTH – Nov 09]
- AND HEALTHIER BEHAVIOR DOES APPARENTLY EXTEND LIFESPAN: the earth's fastest growing population turns out to be adults aged 100+. "Most industrialized countries now average one centenarian per 10,000 residents, but the figure is moving toward one in 5000." Gerontologists have identified the globally common characteristics: "they exercised regularly, ate breakfast daily, consumed carotenoids and Vitamin A in large amounts, and didn't smoke."
[THE FUTURIST – Nov/Dec 09]
- UPDATE ON THE 'NET GENERATION' PROFESSIONAL: Within three years, it's projected that 87% of recruitment will be conducted through social media networking (Facebook, MySpace, YouTube, etc) which young professionals believe is a 'right.' "By age 27, high performers will have migrated to their fifth job," and nearly all will communicate through mobile phone internet access, averaging some 450 internet messages per workday. Additionally, over 90% will be 'multi-tasking' since "value will be defined by results, not hours." For a fascinating video on the Net Generation (focused on CPAs but applicable to all), see <http://link.brightcove.com/services/player/bcpid47829888001?bctid=43980240001>.
- HOLIDAY PARTY HOST REMINDER: (1) "A social host can be held liable to victims of a drunken guest" if he/she provides the alcohol and/or 'negligently entrusts' a vehicle for a drunken guest to drive home; best to "keep the keys and call a cab." (2) When the host is an Employer and the party is on 'company time,' liability for damages relating to an intoxicated guest is greater, "based on the theory that a principal is responsible for actions of its agents, and no legal immunity exists"; (3) Under California law, furnishing alcohol to a person under 21 is a misdemeanor, but punishable by jail time. Also, if any guest is furnished alcohol who the host knows "has some exceptional physical or mental susceptibility," or if alcohol is sold to an "obviously intoxicated" minor, the host can also be held civilly liable for damages from injury.
[SIEFFLAW.COM NWSLTR – Nov 09]
- THOUGHTS FOR THE WEEK: **"He who truly knows has no occasion to shout."** – Leonardo da Vinci

"Opportunities are never lost. The other fellow takes those you miss."

"There are risks and costs to a program of action. But they are far less than the long-range risks and costs of comfortable inaction." – John F. Kennedy