



Just in case it matters to you:

- OVER HALF THE ANNUAL WEIGHT GAIN OF A 'TYPICAL AMERICAN' HAPPENS BETWEEN THANKSGIVING AND NEW YEARS DAY, according to *Nutrition Review*. One holiday dinner can take up to 72 hours to digest plus burn up to 15% of your caloric energy. Moreover, the digestive process involves stomach juice called hydrochloric acid which is "strong enough to dissolve metal... literally eating your tissues from within" (although, interestingly, that acid does not affect plastic, crayons, hair or chewing gum – which come out in the same condition they enter your body, just FYI). Last week's binge is over, but consider going easier for rest of this month, and you're likely to enter 2010 both healthier and lighter. [DISCOVER – Dec 09]
- "DON'T BOTHER LEAVING A VOICEMAIL WHEN CALLING SOMEONE UNDER 30 – THEY DON'T LISTEN TO THEM. And if you must send emails, make them short and sweet – no rambling missives... These days, the generational divide in the workplace isn't defined primarily by what you wear or the music you like, it's by how you communicate... Younger colleagues text, send instant messages, 'tweet,' have a gift for multitasking, and know how to get to the pithy essence of an issue – although they will still schedule a meeting or pick up the phone when it's necessary." [THE WEEK – Nov 27, 09]
- AMERICA'S LEADERS ARE LOSING THE CAPACITY TO "THINK LONG-TERM, address problems with optimal legislation and attract capable people into government... Our system, which was designed to have divided powers and to force compromises, is being pushed into paralysis. To get anything big done now, we have to generate so many compromises – couched in thousand-plus-page bills – with so many interest groups that the solutions are totally suboptimal... Factors have come together to fracture our public space and paralyze our ability to form optimal solutions: (a) Lawmakers spend most of their time raising money, selling their souls... (b) Politicians can now choose their own voters through gerrymandering of districts... (c) Cable TV culture encourages shouting and segregating people... (d) The internet provides a home for every extreme view and spawns digital lynch mobs... (e) A permanent presidential campaign leaves little time for governing... (f) The business community has become so globalized that it only lobbies for its own narrow interests, versus national interests... A great power that can only produce suboptimal responses to its biggest challenges – education, debt, financial regulation, health care, energy, environment – will, in time, fade from being a great power." [THOMAS L. FRIEDMAN – NEW YORK TIMES – Nov 22, 09]
- P.C. LITIGATION WINS ONE – SORTOF. The Washington Redskins football team has been embroiled in 17+ years of litigation hassle from Native Americans who "assert that the name Redskin is offensive, ...a derogatory term that sticks out like an anomaly... and should be denied Trademark status." Their argument eventually made it to the U.S. Supreme Court which has finally denied review, and the case is finally over. The not-so-great news is that since the prior Court of Appeals denial was based simply on statute-of-limitations issues, rather than a solid rejection of political-correctness absurdities, we'll likely see more cases of this type wasting the limited resources of our anyway-imperfect justice system. [NAT'L LAW JOURNAL – Nov 16, 09]
- U.S. CENSUS FRAUDS WASTED NO TIME – THEY'RE HAPPENING. Better Business Bureau recommendations include: (1) While census workers may contact by phone, mail or in person, they do NOT contact by email – never click a link or open any attachments supposedly from the U.S. Census Bureau; (2) While certain basic financial info is requested (like salary range), they do NOT request social security, bank account, credit card data, and never solicit donations – anyone who does is a fraud; (3) Home visit workers carry an identification card and badge which should be confirmed, and the interview should be conducted at the door – anyone asking to come inside is most likely a fraud. Use caution and common sense for safety.
- 3-YEAR EVOLUTION OF UNEMPLOYMENT IN 25 SECONDS: <http://cohort11.americanobserver.net/latovaegwuekwe/multimediafinal.html>
- THOUGHTS FOR THE WEEK: *In China, where 10th graders do double the homework of American kids (averaging four hours a day), literacy level is around 90% – now ranking four points higher than in the U.S.*

Localities that have banned smoking in public venues demonstrate substantial drops in heart attacks – 17% after one year and 36% after three years – according to thirteen research studies in Europe and North America.