



Just in case it matters to you:

- "GREATNESS IS OFTEN PAIRED WITH THEATRICALITY... A requisite leap into the unknown – accepting the risk of failure – is the first step in becoming a leader. That adaptive capacity is the most important attribute in determining who will become a leader and is also the defining trait of the best actors... In fact, leadership may be the greatest performing art of all – the only one that creates institutions of lasting value that can endure long after the stars who envisioned them have left the theater... A star succeeds by engaging audiences. Similarly, a leader succeeds only when followers share his or her vision... Inhabiting roles other than the one most of us think of as 'self' is essential to both, as is the empathy needed to project oneself into someone else's skin... Like great actors, great leaders create and sell an alternative vision of the world, a better one in which their followers are an essential part." DCG coaching helps develop leaders. [BUSINESSWEEK – Sep 14, 09]
- "OVER THE NEXT 40 YEARS, THE GLOBAL FLEET OF PASSENGER CARS IS EXPECTED TO QUADRUPLE to nearly three billion... China, alone, may have as many cars on its roads in 2050 as are on the planet today, and India's fleet may have multiplied fifty-fold." With traffic already gridlocked in most developed countries, economic and political forces likely to forever manipulate the price and availability of oil, and given the fact that car exhaust fumes contribute strongly to health-threatening air pollution as well as climate change, this forecast is pretty discouraging. At least technology is helping to the extent that battery-powered vehicles will finally be available by the end of next year, with reasonable forecasts are that some 10% of new cars bought will be electric by 2020, and perhaps one-third by 2025. First available will be Chevrolet's *Volt* and Nissan's *Leaf* – "medium-sized cars offering decent performance, practicality and safety...and neither looks off-puttingly weird... but will be expensive, costing around twice as much as comparable petro-engined cars because of the high cost of batteries." Drivers may at least rationalize this cost with the fact that acceleration is superior; "unlike internal combustion engines, electric motors have full torque from zero revs and "thus predisposed to go like a bat out of hell without the aid of a gearbox." (The Tesla Roadster can supposedly hit 100mph in 3.7seconds and travel 250 between charges). [THE ECONOMIST – Sep 5, 09]
- HEALTH TIPS FOR FALL: (1) "*The more you sleep, the more you increase your speed, reflexes and power in competition,*" according to a Stanford University study which tested football, basketball & soccer players, swimmers, and sprinters (who increased 8%) after getting up to ten hours of sleep at night. (2) *Avoid sugary drinks, including sodas and undiluted fruit juices.* Beyond rotting your teeth and helping your gut expand, they "may increase your risk of heart disease, especially if you're heavy." Research at Univ. of California – Davis showed levels of triglyceride (fats in blood) spiking three times higher than glucose-sweetened beverages. (3) *Caution on Veggie Burgers.* Healthier in some ways but, according to the American Diabetic Ass'n, they contain five times more sodium, on average, than a beef burger. [MEN'S HEALTH – Oct 09]
- THE DEFICITS ARE COMING. The proposed federal deficit for this year of \$1.8 trillion amounts to "\$3.4 million per minute, \$200 million an hour, \$5 billion a day... Our \$56 trillion in unfunded obligations associated with social Security and Medicare amount to \$483,000 per household – ten times the median household income – is as if everyone had a second or third mortgage on a house equal to ten times their income but no house they can lay claim to." [WALL STREET JRNL – Sep 4, 09]
- THOUGHTS FOR THE WEEK: **"Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way – that's not easy."** – Aristotle

