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Uncommon Sense

Providing Clarity, Promoting Intelligence

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Issue: # 059

September 10, 2013

Greetings!

I hope this finds you well.

It is the wee hours of the morning as I type this quick note. This issue of *Uncommon Sense* is set to be delivered to you in about 5 hours. I hope you read it carefully and pass it on to friends or colleagues who may benefit from reading any one of the items found herein.



If you are one of the 80 or so new subscribers since last issue, I welcome you and hope you enjoy reading what I have to say. If you are a returning subscriber, thanks for your loyalty.

Tomorrow is what we now call Patriot Day. I hope none of us will ever become complacent and forgets what happened on September 11th.

OK, let's get started.

Warm regards,

Ara Norwood

Self-Development

Cholesterol and Heart Disease

I'm no scientist, but I do recognize that one segment of self-development involves the physical dimension. There

are so many aspects of our physical side, or, if you prefer, our health side, that it is difficult to regularly give each of them the attention they deserve. Just as we have to try to maintain our cars with regular oil changes, tire rotations, or tune ups, our physical selves demand that we pay attention to things like:

- Sleep
- Nutrition
- Diet
- Flexibility
- Strength
- Cardio-vascular
- Regular check-ups with a competent physician
- Etc

[According to the CDC](#), the leading cause of death among Americans is Heart Disease. Even people who are not overweight can suffer from this killer.

Many of you who are over the age of 40 may be getting cholesterol checks and may even be taking medication to get your cholesterol and triglycerides under control.

That's smart, but it's woefully insufficient. You need to measure something in addition to cholesterol in order to detect potential threats to your health.



Here's a helpful analogy to make my point: imagine that your arteries are the freeway system in Southern California (or anywhere else.) That freeway system is loaded with cars. As far as traffic jams go (i.e., clogged arteries) does it matter at all how many passengers are in those cars?

No, of course not. Whether all the cars have only one occupant inside -- the driver -- or whether all the cars have 4 occupants inside, the result is the same: clogged freeways.

The typical cholesterol test measures the occupants of those cars -- and they don't really matter as much, frankly. Those same tests fail to measure the number of cars on the road, and that is what counts.

And while many physicians do not really understand what I just said, I do know of a first-rate cardiologist based out of Southern California that conducts precisely the right kind of test (Advanced Lipoprotein testing) *that measures the cars*. His name is Dr. Michael Richman. I swear by him. If you are over 40, you should pay him a visit if you are in Southern California, and even if you are not, you would do well to see if he can work with you from a distance. Chances are he can.

[Click here](#) to visit his website.

The Elephant in the Room **Leftism in the College Classroom**

I am an adjunct professor at two institutions of higher learning. It's a fun gig but one that only occupies a small segment of my professional work.

I am well aware that, as a conservative, I am a minority in the college teaching world. Most all of my colleagues are liberals who are clearly Left of center. They see the world through that particular prism, and they live in a bubble, as they are mostly unfamiliar with conservative ideas and certainly are not used to debating conservatives. Almost none of them have even a single friend in their life who could be called a conservative.

And what I am saying is true generally of almost all colleges and universities, as the Left has taken over these institutions. Dennis Prager, a highly intelligent thought-leader and ethicist, believes that today's American University is actually a Leftist Seminary whose goal is not to teach but to produce committed Leftists. Sometimes I think Prager's negative views of the university go a bit too far.

That is, until I read stories like the one I am about to share with you.

It appears that on August 29th, the first day of class at Michigan State University, an English Professor by the name of William Penn decided to really let loose with his Leftist dogmatism and just sort of let it all hang out. Remember, he is not a PolySci professor. His academic discipline is English, and he had about 400 students in his lecture hall that first day. Here are some of the things Professor Penn offered in his effort to teach his students English (along with some brief parenthetical responses

from me):

- He made it known that he was a liberal Democrat, though he facetiously claimed he was actually a conservative. (Fine, but why that would be important knowledge for the students to have in a Creative Writing class is a mystery.)



- He opined that Republicans have raped this country. (Incendiary and foolish rhetoric.)
- He declared that Republicans are dead (or dying) white people. (Are there no white Democrats? Are there no non-white Republicans?)
- He claimed Republicans do not want to pay taxes. (Totally misleading statement.)
- He claimed Republicans are cheap. (False. The latest studies demonstrate conclusively that "Red States" give more to charity than do "Blue States". [Click here](#) for those results.)
- He claimed that Republicans do not want to pay for the students' tuition. (He is correct. But note the presumption: he believes Republicans, not the students and/or their families, should be responsible for their tuition. It's a very revealing insight into how his Leftist mind works. I wonder if Democrats would like to be stuck with the tuition costs of the student population at Michigan State.)
- He suggested that Republicans are (A) racist and (B)

do not want blacks to vote because (C) blacks tend to vote Democrat. (Incorrect on both A and B. If Republicans were racist, then Senator Elbert Guillory, who is black, and who was a life-long Democrat, would not have switched parties recently and become a Republican. [Click here](#) to listen to his own explanation for this change.)

- Even George Washington was not spared his Leftist barbs, offering that Washington was a great man *except for one thing: he owned slaves*. (While it is true that Washington was a slave owner, the issues are more complicated and nuanced than Professor Penn let's on, and I would love to debate him on the matter.)
- And the real clincher: he is alleged to have said that the students had every right to disagree with him, but doing so could impact their grade in the class. (If this is true, this is, in my considered judgment, the single most egregious thing he said. If true, he should be terminated as an instructor, for he is essentially urging his students not to think critically or carefully, but to just swallow the Leftist Kool-aid or risk getting a lower grade. If true, he is the antithesis of what an educator should be.)

Conservatives can only shake their head and say, "But of course."

Democrats on the other hand should have a very visceral reaction. This diatribe should enrage every committed member of the Democratic Party and the professor should be ostracized by them - not by Republicans - for expressing himself in this manner.

But it won't happen. Far too many on the Left see Professor Penn as progressive, courageous, bold, and genuine.

Well, he is genuine. He's a genuine bigot who is doing what comes natural for that particular point of view - promoting hate and misunderstanding, and spreading misinformation in a forum that is quite out of place, or

should be. ([Click here](#) to learn more and to watch the video of this professor in action.)

Kudos to Michigan State administrators for pulling him out of the classroom for this semester. That was an unexpected but welcome move on their part, and credit must be given where credit is due.

And that, my friends, is the latest elephant in the room.

Shameless Plug

Résumé Guide

You may be gainfully employed, you may be unemployed, or you may (knowingly or unknowingly) be heading for a layoff. Having an impressive résumé can set you apart from the competition and position you for your next job.



Don't wait for the crisis. Get ahead of the game by whipping your résumé into shape now!

If you are in need of a quantum improvement of your résumé, you will benefit from my eBook, **Crafting a Winning Résumé**, which you can order by [clicking here](#)

Your résumé is your marketing brochure, and you do not get a second chance to make a first impression. Make an investment in yourself!

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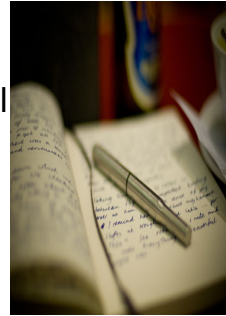
"I could not have gotten my first job without your expertise. Thank you so much! I learned that I had to reword and improve my resume in order to be taken seriously in the workforce. I had been given tips from my professors in Health Science and other professionals but your advice was just what I needed. It took weeks of frustration waiting for interview calls when I happened to stumble across your website and discovered that I needed help. Your publication enlightened me with your knowledge on the wording and format needed to attract an employer. Furthermore, your booklet helped me recognize certain skills and work experience that I would have never considered important until you got me thinking about it. Thanks for a great product!" R. Johnson, Valencia,

From Ara's Journal

Types of Pain

Pain.

It's part of the human condition. And it's all around us. We experience it to varying degrees with regularity.



I just sent one of my daughters off to a University. She will spend the next little while studying in Hawaii. We were texting each other this evening. She has been with her mother (my wife) for almost a week now, but she expressed to me the growing sadness she is starting to feel with the realization that she will have to say goodbye to her mom tomorrow. That is love, and love can have a singular sort of pain all its own.

Sometimes we experience physical pain to some degree. Many people experience this pain from unfortunate accidents and mishaps, or through recklessness on their part. Sometimes the pain is relatively small, other times moderate, and in certain situations, unbearable. I know a good man who is in the hospital as I write this, having just gone through yet another surgery to try to help him overcome severe pain due to severe injuries he suffered. His level of pain is vast, but he is a tough and brave man of enormous courage.

His wife experiences a distinctly different kind of pain. Hers is not directly physical, but it is no less real. Her pain could be described as emotional pain. Watching the one you love, the one you depend on for comfort and stability, endure excruciating pain and be unable to do anything to relieve that pain, is a horror all its own. This pain brings on all sorts of psychological angst and the lack of relief can seem unending.

Many people experience the pain of feeling mistreated, mocked, or betrayed. Such let-downs can be heart-wrenching and cause one to question the human condition.

Others feel the pain of sickness, hunger, loss or loneliness.

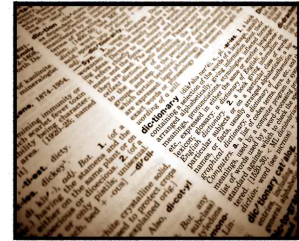
But all of these types of pain can be impacted for the better when we reach out and hold someone's hand, or offer a word of encouragement, or seek someone's forgiveness, or just sit silently with them and let them know they are not alone.

I pledge an effort to do just that with greater regularity.

The World of Words

Temerity

Building Your Power of Expression



Temerity, n

Pronunciation: tə'meritē

Meaning:

Temerity is another word for audacity, or boldness, or excessive confidence. It's a kind of rash daring, or what the Jews might refer to as *chutzpah*.

Usage:

- *This student actually had the temerity to publicly tell the professor that her calculations were incorrect.*
- *Saddam Hussein's temerity in invading Kuwait was met with an almost immediate and stiff rebuke from a dozen coalition nations.*
- *Yes, I admit it: I actually have the temerity to dare stand up and speak out against modern-day corporate bullies.*

New subscribers, the Special Report "11 Ways to Beat the Odds" should have been sent out to you already. If you have not received it, please communicate that to me via email (ara@aranorwood.com).

For more information on my work, follow me on Twitter ("Ara Norwood"), or on Facebook (keyword "Leadership Development Systems") or via my website: www.aranorwood.com

Sincerely,

Ara Norwood
Leadership Development Systems