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Providing Clarity, Promoting Intelligence

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Issue #220

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Great to have you back again for another dose of *Uncommon Sense*.

Want to lose some weight? The **Self-Development** column will help with that. Painlessly.

Ever wonder if the Secular Left is, shall we say, fibbing? This issue's **Elephant in the Room** column spells it out. Candidly.

Ever come across a hyper-sensitive person? You know, the kind that frets and does a lot of hand-wringing, berating others for making them feel "uncomfortable"? The **From Ara's Journal** column explores that.

Do you want to instantly build the power of your expression? Want to sound articulate? Good. Read **The World of Words** column. You'll get your wish.

OK, let's get started.

Ara Norwood



Self-Development

The Keto Diet Works

A lot of us need to lose weight, myself included. So when two different friends talked with me independently about the Keto diet, I was intrigued.

One of the things about the Keto diet is that, unlike most diets, it doesn't track calories.



The other thing I can say about the Keto diet is that, unlike most diets, the food is fantastic!

With the Keto diet, you don't purchase food from a company and you don't pay for a membership. You just get familiar with what foods qualify as "Keto-friendly" and you make your own foods, avoiding foods that are not Keto-friendly.

Here's the thing: you can find a website (and there are many out there) that provide recipes you can use. Don't waste your time with the ones that wish to charge you for their information. Here's one that I turn to: Delish.com. They have lots of very [delicious recipes](#). I've used their recipes several times and have never been disappointed, and I am positively stunned by the wide variety of food types they offer.

And the results? I dropped 15 pounds in a very short amount of time by staying focused. And to the degree I continue to stay on my Keto-friendly process, I will undoubtedly lose a bit more weight. Trust me, it works.

The Elephant in the Room

The Many Lies of the Left

One of the noteworthy characteristics of the Left is their penchant for lying. And I don't mean their penchant for making statements that turn out to be untrue. All of us have uttered falsehoods at one time or another that were not lies. To tell a lie one must *knowingly* tell an untruth. An inadvertent slip of the tongue (such as the time I said in this publication that *e pluribus unum* translates to "from the one, many" – the precise opposite of what it actually means) could be thought of as a mental blunder, not a lie. I knew full well what *e pluribus unum* meant when I wrote that, but I had a brain freeze of sorts and goofed up big time. Or, someone may make a statement that they sincerely believe is the truth, but they are wrong; it's not the truth. Only when a person *knows* something is not the truth, and then proffers it as the truth, is someone telling a deliberate lie.



To the Left, with their ends-justifies-the-means paradigm, coupled with their notion of winning at all costs no matter what, truth-telling is inconvenient and an obstacle to their objectives. Thus, it shouldn't surprise anyone when they discover the Left has lied.

This became crystal clear to me a few years ago when a Left-Leaning colleague of mine, Dr. J, sent me a catalog of purported lies uttered by Donald Trump starting at the time he took the oath of office in January 2017. This list was compiled by David Leonhardt and Stuart A. Thompson of the *New York Times*. The first lie they listed has President Trump saying "I wasn't a fan of Iraq. I didn't want to go into Iraq." Then they provide a link purporting to show that Mr. Trump was in favor of an invasion before he was against it. I look at such an example as flimsy at best. Why? Because they didn't quote President Trump as saying he was *never* in favor of an invasion into Iraq. I understand, unlike the Leftists at the FAKE NEWS *New York Times*, that people are complex and that people might change their minds and that people may later on make reference to a subsequent, more evolved position they held rather than an earlier, unevolved position, and that such references don't equate to lying. So that first one I considered tenuous and unpersuasive.

But their second statement of an alleged lie I felt was pretty close to iron-clad. They quoted President Trump as follows: "A reporter for *Time* magazine – and I have been on their cover 14 or 15 times. . ." The Leftist *NY Times* compilers then made this claim: "Trump was on the cover 11 times." Leaving aside for the moment that it was evident and obvious that Donald Trump was speaking off-the-cuff and was in his usual mode of self-aggrandizement, while I wouldn't necessarily hold President Trump's feet to the fire, I did see that the *NY Times* reporters were contradicting the President with an iron-clad assertion as to the number of times he had actually been on the cover of *Time*. Clearly it sounded like the reporters had done their homework and knew what they were talking about. And they felt they had caught the President in yet another lie.

Out of curiosity, I decided to do my own research, not that it matters how many times Donald Trump has been on the cover of *Time*, but it does matter if the *NY Times* reporters call that a lie and then provide the definitive number. I wanted to see if they were correct. They were not. Donald Trump was correct. He had, at that point in time, been on the cover of *Time* magazine precisely 14 times. Trump did not lie. The *NY Times* did lie. And lying, as far as the Left is concerned, is not a moral crime at all, for they are doing it to advance the cause of justice as they understand such things.

What are some other examples of where the Left lies? Try these on for size:

Tolerance

Because those on the Left has always fancied themselves as victims, and have always embraced identity politics (e.g., I'm a victim because I'm gay; I'm a victim because I'm black; I'm a victim because I'm trans; I'm a victim because I'm a woman; I'm a victim because I'm a gay, black, trans woman, etc.) they have turned to the notion of tolerance in an attempt to bolster their claims to legitimacy. The message is, "If you straight, white, male Christians do not engage in an unconditional surrender and forsake your deeply held religious beliefs, then you are intolerant, and you must be obliterated."

Of course, the whole thing is a charade. Those who engage in identity politics do not believe in toleration at all. They are among the least tolerant of the species. Further, they are not even seeking toleration; they are seeking turning all of us into champions and advocates of whatever their agenda happens to be. True toleration does not entail support. True toleration is more about adopting a "Live and let live" mentality. But such a mentality is simply not enough for the Left. They will "tolerate" nothing less than full, unbridled acceptance. Thus, Christian ministers and Bible scholars must disavow the teachings of the Bible. People who innately feel uneasy about teenage girls having their breasts removed so they can become "boys" must suppress such misgivings and celebrate the transformation, pretending that it's normal for a teenage girl of 14 to deface and mutilate her own body.

In sum, Leftists claim they believe in the principle of tolerance. It is a lie. They believe in coercive, strong-arm tactics, posing as victims while they victimize others.

Civility

The so-called "progressive" Left often issue clarion calls for civility from their political opponents. Inasmuch as the Left are drawn to the Democratic Party, their calls for civility are aimed at Republicans. One would justifiably assume that a call for civility presupposes the caller is also prepared to behave with civility. But should we search for civility among the Left, we shall search in vain. And the examples of incivility coming from the Left are legion. Consider the following:

- MSNBC Anchor Craig Melvin (who is black), during an interview with Georgia Congressman Vernon Jones (who is also black, and is a rare Democrat that supports President Donald Trump), [asked Congressman Jones](#) if he was being paid by the Trump campaign for his support. The question was more of an accusation. But it was false in every way. That question is an example of *incivility*.

- At a recent hearing on Capital Hill, Attorney General Bill Barr was grilled by Jerry Nadler. However, Mr. Nadler would ask questions [larded with insinuation](#), and then refuse to allow AG Barr to answer the questions, cutting him off throughout the hearing, and even denying him a 5 minute recess to use the restroom. That's *incivility*.
- Former Bernie Sanders campaign chair, Nina Turner, said that voting for Joe Biden would be tantamount to being forced to eat a [bowl of human excrement](#). Can you imagine what she would liken a Trump vote to? She is not only uncivil, she is unseemly.
- A UK Ministry became the target of [LGBT wrath](#). One text message they received from LGBT radicals read as follows: "Kill yourself. You old boomer [expletive]. You're the biggest piece of [expletive] and I hope you drop dead. I hope you and your family are raped and killed. Do it. Kill yourself. Just do it." This is what passes for civility from the Left.
- In Alabama, employees at a Five Guys hamburger joint simply [turned their backs](#) on three police officers who patronized the restaurant. One of the employees could be heard saying "I'm not serving them." The cops left and went to a different eating establishment. But these anti-Law Enforcement workers probably considered themselves virtuous. The same could be said of a New Jersey Starbucks employee by the name of Kevin Trejo, age 21. Mr. Trejo also does not like law enforcement officers. So he rewards them by [spitting in their drinks](#). To the Left, that is both heroic and an example of civility.
- Democratic strategist and former National Field Director for the Democratic National Committee Adam Parkhomenko felt it necessary to respond to Republican Senator Marsha Blackburn for comments she made about the founders of Black Lives Matter, wherein she called them "trained Marxists" (which is verbatim what they called themselves). What did Mr. Parkomenko [say to Senator Blackburn](#)? "You are inbred racist trash. Please f*ck off." That not only passes for sound, erudite intelligence for the Left, but passes as examples of the highest levels of civility they can muster.

No one is above the law

During Stephen Colbert's late night show on October 31, 2019, his guest, Speaker of the House Nancy Pelosi, who said, "No one is above the law," referring to President Trump, whom she was trying to impeach. Almost a year earlier, House Intelligence Committee Chairman Adam Schiff said the same thing. Hillary Clinton spouted off the same glib line in June of last year. And every Left-wing news organization (which means almost every single news organization) chanted the same mantra: "No one is above the law – not even the President of the United States."

But while it is true that no one is above the law, it is a lie that Leftist Democrats or the Leftist Media believe that. They believe illegal immigrants are above the law. That's why they have created Sanctuary Cities, places of refuge for those who violate the law. It's another lie of the Left – stating that no one is above the law all the while placing all illegal immigrants above the law.

Black Lives Matter

The organization known as Black Lives Matter is an interesting phenomenon in deception. Of course black lives matter, as do all lives. However, the movement this organization has spawned is dripping with subterfuge. The people running Black Lives Matter do not give a damn about black lives. They do care about black transgender

women (meaning black men who insist they are women). But the organization has nothing to offer the black-on-black violence and murders that take place in Chicago and elsewhere. That alone exposes them for their disingenuousness.

Racism is not Woke

The Left is obsessed with the topic of race. The Left feels that skin color really does matter. The Left believes if you are white, you are privileged by definition (and are a racist by definition) and therefore you are bad, whereas to the Left, there are no black racists. In this, the Left has far more in common with the KKK than they do with Martin Luther King, since the former felt that race was important and the latter felt that character, not race, was. Here are some examples of the rampant racism permeating the Left:

- The *NY Times*, among the most Leftist of today's newspapers, produced a podcast called "Nice White Parents," [a racist diatribe](#) against white people that the *NY Times* believes are responsible for why black students under-perform in school.
- The Associated Press decided it will capitalize the word "Black" but not the word "white" when writing about race. Why? Because they fear that by capitalizing the word "White" they will be [legitimizing white supremacy](#). You can't make this stuff up, folks.
- The woke English Department at Rutgers University has decided that using [correct grammar is racist](#). Thus, black students no longer have to learn to use correct grammar. I can't think of anything more racist than such a policy.
- Leftist journalists Karen Attiah from the *Washington Post* and Keith Boykin from CNN recently defended disgraced racist Jemele Hill, a black woman who was ousted from ESPN for her racist rants, after Ms. Hill declared that [anyone who votes for Donald Trump](#) in the upcoming election is, by definition, a racist, by which she means such voters hate blacks, even if the voters themselves are black. That's right: any black voters who vote for Donald Trump hate all black people, presumably including themselves.
- The Senior Curator at the San Francisco Museum of Modern Art was [fired from his job](#). Why? Because he assured his constituency that the museum would continue to display artwork created by white male artists rather than discriminate against them. That was too much to the "Woke Left" so they had him fired.
- Black director, Jordan Peele, who has directed such movies as *Get Out*, and *Us*, recently [was quoted as saying](#), "I don't see myself casting a white dude as the lead in my movie. Not that I don't like white dudes. But I've seen that movie." I would simply ask the black community to think of how they would viscerally react if Martin Scorsese were to say "I don't see myself casting a black dude as the lead in my movie. Not that I don't like black dudes. But I've seen that movie." They would scream "racism!" loud and long, and they would be justified for doing so. However, when a black Leftist like Jordan Peele does it, virtually no one on the left utters a peep.
- Of course, the insane labeling of all "un-woke" things as "racist" can easily get out of control, and not just in the United States. In Denmark is a statue of a mermaid which stands as a tribute to Hans Christian Anderson. Known as *The Little Mermaid*, it is one of Copenhagen's biggest tourist attractions. But alas, some social justice warrior, [who is obsessed with racism](#), actually defaced the statue, spray painting the words "racist fish" on the base of the statue. The tagger is apparently of the opinion that mythological creatures such as mermaids can, themselves, have racist proclivities. That speaks to the pathological contagions that infect the minds of today's Leftist Social Justice Warriors. (And besides, being bronze, the statue is mostly black in appearance.)

Global Warming is an existential threat

I won't spend a lot of time on this one, except to say that while many Leftists claim they believe Global Warming spells imminent doom for all of civilization, and that they are science-driven in their beliefs, they actually are hysteria-driven, not science-driven. Science does not support their views of cataclysmic destruction or rising sea levels. And besides, Barack Obama himself recently [purchased oceanfront property](#) on Martha's Vineyard. Does anyone imagine Mr. Obama really believes the tides are rising? Or think of all the [outspoken celebrities](#) who speak out against carbon emissions while they fly around on private jets, spewing such emissions throughout the atmosphere. And let's not forget the time that Al Gore was speaking in Sweden back in 2010 on the topic of the environment and sustainable development, and that he instructed his audience in advance to take public transportation to the event in order to minimize CO2 emissions – and then instructed his own driver, of his private car, to [leave the engine running](#) the duration of his hour-long speech. . . Does anyone really imagine that Al Gore truly believes it is important to cut CO2 emissions?

One does not need to memorize all of the above examples to have a handle on reality. But one does need to remember this: ***the Left lies with the ease with which you breathe.***

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

Shameless Plug Want to Succeed at your Next Job Interview?

With the COVID-19 pandemic going into its 6th month, many people have become displaced in their jobs. You may have lost your job, or perhaps you may be vulnerable to losing your job in the near future.

While you will be scrambling to start interviewing with prospective employers, it may have been some time since your last interview, and you may be rusty.

You may well benefit from my Special Report, [Your Interview Roadmap](#).



Let's face it: if you hired me to coach you through the process of an effective interview, the fee would run into the hundreds of dollars. And spending hundreds of dollars when you are unemployed (or about to become unemployed) is a difficult thing to do. I wrote this Special Report so that for less than \$100, ***in fact, less than \$50***, you would have access to the golden nuggets that, if followed, would greatly put the odds in your favor that you'll perform brilliantly at your next interview. And every interview after that.

Just ask D. Smith of Santa Clarita who bought my Interview Guide and successfully landed a job soon thereafter:

"I purchased Norwood's interview guide last month and it's amazing! He goes through the processes step-by-step and you end up with not only the skills that will get you that interview, but the strategies necessary to be confident so you succeed in your interviews resulting in you receiving job offers (yes, offers)."

At over 12,000 words and with six appendices, this guide book will open your eyes to what really goes on in the world of interviewing from both sides of the table, and will prepare job seekers to hit it out of the park 80% of the time. (OK, more like 90%, but I prefer to be understated.)

If you've done poorly in job interviews in the past, you can turn it around. The answers are there. Take action! [Click here to get started](#). You won't regret it!

From Ara's Journal

On Hypersensitivity

Let's face it: a lot of people, certainly not everyone, are a bit more amped-up than normal. Perhaps it's due to COVID-19. Perhaps it's due to the shut-down. Perhaps it's due to the looting and rioting done by the riff-raff that wish to overthrow our country.

Whatever the reason, it's evident that some people are a bit more sensitive than they might normally be.



Thus, it wasn't a surprise to me to have received an email message from a colleague following an online meeting I had conducted. The message from my colleague consisted of 3 distinct complaints. These complaints were directed at me. The first complaint had to do with the way I run my meetings. I often use these meetings as a team-building exercise, and I am fond of having us engage in various ice-breaker activities or other types of games to lessen the boredom of such meetings, as well as build rapport with each other. My colleague's complaint was that my team-building events often involve the team in disclosing information from their personal life (e.g., What is a significant event that took place in your life in the year 2014?) Or perhaps the oft-used favorite called "Two Truths and a Lie" where each person shares three things about themselves, one of which is a lie, and the rest of us have to guess which item is the lie.

So this colleague felt very uncomfortable sharing anything with the team that wasn't work-related. Fair enough. I told her to couch her future participation in the context of her work-related activities.

Her next complaint against me was that she thought I told a joke in our previous meeting that made her "uncomfortable." Actually, I didn't tell a joke. I told a true story of something that was so funny that you'd have to be void of having anything resembling a sense of humor not to see it for what it was and have a good laugh. We had been talking about our experiences with jury duty. I told the following true story:

Many years ago, as this involves a rather old legal trial, a woman had accused a male co-worker of making wanton sexual advances towards her. It was really blatant. He would quietly tell her of his fantasies and what he would like to do to her, etc. Really graphic stuff. She was horrified and traumatized by it. So when she was on the witness stand, the defense attorney asked her to tell the jury precisely what the accused had said to her. But this woman was so prim and proper, she could not bring herself to verbalize those shocking statements he had made. So the judge instructed her to write them down

in a note, which she did. The note was handed to Juror #1 with instructions to read it and then pass it on to the next juror until all the jurors had read the note, then the case could continue. Well, Juror #9 was a man who was completely bored by this trial. He hadn't been paying close attention to what was going on. He was the type of juror who would entertain himself by playing hangman on his notepad, etc. So when Juror #8, sitting to his right, finished reading the lurid note, she tried to hand it to Juror #9 who appeared to be lost in his thoughts. She had to get his attention by tapping him on the shoulder. He looked over at Juror #8 with a bit of surprise, and then she handed him the note. He read the note, his eyes got very big. He gave a quick glance again at Juror #8, who happened to be rather attractive, and then he folded up the note and put it in his shirt pocket, a slight smile gracing his countenance. The judge, seeing what happened, announced for all to hear, "Juror #9, if you will kindly take the evidence out of your pocket and pass it on to Juror #10, please!" The entire courthouse erupted in laughter and the judge, pounding on his gavel, had to restore order.

Now, you have to admit, that is a very funny story. But not to this colleague. It wreaked of salaciousness and bad taste.

Her third complaint against me had to do with something objectional I allegedly said in the meeting, which actually I did not say. Someone else said it. But the point is, my colleague thought it must have been me, since it was objectionable, and it followed on the heels of the two previous complaints. But I corrected my colleague, identified the person who actually had made the supposed objectionable comment, and my colleague acknowledged that she inadvertently made a misplaced accusation. (By the way, the comment in question was in no way objectionable in the least.)

How I handled this colleague's complaints, however, is very important. I let her know I was grateful for her having the courage to voice her concerns. I assured her she does not have to share anything personal in future team-building events I do, and she can bow out of them if she prefers. I let her know that she is reacting to what she imagines was a joke told in poor taste but was actually a true story that I felt was fair game to share since it had to do with the topic we were discussing, but that I understand not everyone has the same exact sense of humor, and that's OK, there is room in this world for everyone. And once again, I reiterated that she may well be in bounds for not appreciating what she deems is an objectionable comment, but it wasn't made by me as she imagined. And in coming across as understanding, and in validating her views to the degree that I was able to do so without sounding phony, this colleague relaxed and expressed appreciation for my allowing her to express herself.

In summary, do I think she was hypersensitive? Yes. But the conversation did not warrant my becoming defensive or argumentative. And by showing her as much respect as was possible, the situation was diffused. Nothing would have been gained by belittling her.

People are going to be hypersensitive, often times in a way that will make us want to roll our eyes in disbelief. But with a little grace and dignity, such exchanges can end well.

At least, that is what I learned this time around.

The World of Words

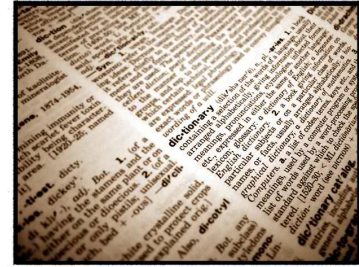
Triage

Building Your Power of Expression

Triage n., v.

Pronunciation: trĕăZH

Meaning: Although this term finds its origins in the field of medicine, I use it in a non-medical sense to refer to the process of determining the most important people or things from amongst a large number that require attention.



Usage:

- *I think our best approach, with so many competing priorities, and with deadlines looming, is to triage the entire apparatus.*
- *Meet me in my office at once; I've just come back from our client with new information and we are going to have to perform a kind of triage on their current situation.*
- *We can take our time with this one; we do not have to perform triage just yet. A more methodical approach would be in order.*

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