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Providing Clarity, Promoting Intelligence

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Issue #274

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Welcome to the final issue of *Uncommon Sense* for 2022. Here's what's in store for you with this installment:

Goal Setting (what a surprise) is the subject of the **Self-Development** column.

The Transgender craze is something I tackle head-on in **The Elephant in the Room** column.

And the **From Ara's Journal** column has my musings about how we look at "the year."

The World of Words column further elucidates yet another gem of a word in order to elevate your power of expression.

It's been a very eventful year, both personally and nationally (or even globally). I am sure you have had your trials and challenges and setbacks, as well as some victories here and there. I am honored to have you ask a faithful reader of *Uncommon Sense*, as we try to make sense of the complexities and perplexities that come at us from all angles. Let's commit to make 2023 our best year to date. Let's just go for it!

OK, let's get started.

Ara Norwood



Self-Development

Finding Purpose Through Goal Setting

Perhaps you've tried goal setting in the past. And perhaps you've had disappointing outcomes because your goals were not attained.

Perhaps you gave it your best, but circumstances derailed your efforts.

Perhaps your previous experience with goal setting actually set you back more.



Either way, I have some news for you: the past doesn't have to be the future. You can and should start again.

Goal setting is the method, *par excellence*, for taking control of the direction of your life and making something of yourself. Goal setting is the path to achievement. You are like an artist whose specialty is sculpture, and you are sculpting a statue that will be a masterpiece. You are sculpting yourself!

Over the years I have had difficulties with goals. My problem? I set far too many. In a given year, I might have set something along the lines of 8 to 12 humungous goals. Inevitably, I found myself disappointed at the end of the year as I fell far short of expectations. I was trying to do too much, and I ended up not doing much of anything.

Without disclosing the particulars, I have set one major goal for 2023. It is a very lofty goal and it will not be easy to accomplish. I will have to carve out time regularly -- almost daily -- to work on this goal.

But the key is ***it is one goal***, not many goals. Thus, I will be singularly focused on that one goal.

I would urge you to look closely at your life. What kind of an accomplishment would bring a sense of meaning and purpose to your life? Perhaps something to do with education and learning? Maybe something involving travel, or recreational pursuits? What about something to do with fitness or health and well-being? Maybe a personal best in an area involving finances, debt, income, or

investments? Perhaps a goal that touches on your social life or your relationships?

Whatever you land on, commit to it, and then map out the sub-elements that will lead you to that large, grandiose goal. Big Goals don't get accomplished on their own. There are many micro-steps that lead to them. So map those out and review your goal on a weekly basis at a minimum. The micro-steps leading to that goal should be reviewed much more frequently -- daily is not too often.

And finally, don't give up hope. As the great self-help writer, Og Mandino, wrote in his best-seller, *The Greatest Salesman in the World*, "Failure will never overtake you if your desire to succeed is great enough." So continually feed that desire.

And when you do attain your goal, take time to celebrate the victory!

And then start the process anew. . .

You can do it.

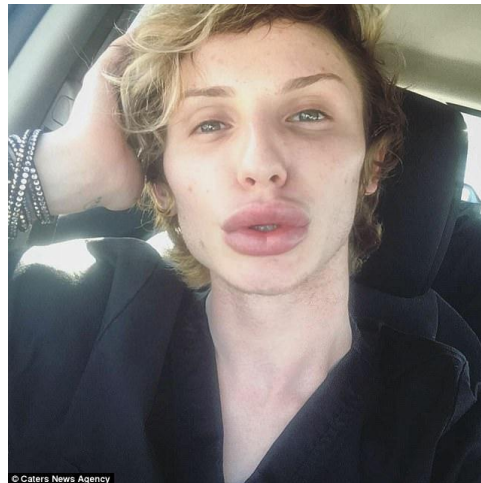
Now do it!

The Elephant in the Room

The Awful Effects of the Transgender Craze

Some fads are harmless – Bellbottom Jeans, for example. In hindsight they might make you cringe that you ever wore the things, but no lasting harm was done.

But some fads are truly destructive – the Transgender fad comes to mind. Of course, the Leftist radicals do not see it as a fad, and any of them who would hear me claim it is a fad would almost currently fly into a convulsive fit of rage and seek to have me jailed, or ostracized from society, or fired from my job, or publicly humiliated. And believe it or not, there are certain communities that would arrest me for saying such a thing.



Unfortunately for the radicals out there, I am not afraid of them. Therefore, I will offer some Uncommon Sense on the topic. And

although the FAKE NEWS, and thoroughly corrupt mainstream media won't report on the many cases of people who made the grave error of attempting to defy science and change their gender and then realized their error and tried to de-transition back to their original gender, I will share a few of the heartbreaking stories here and try to draw some conclusions.

Camille Kiefel is a case in point. Due to some personal trauma she had experienced, and due to the relentless brainwashing of the radicals, when Camille was about age 26 she started to believe she was non-binary. Irresponsible doctors, that is, lunatics who happen to also have a medical license but whose first love is not medicine, it's LGBT indoctrination, urged her, at age 30, to let them remove her breasts in order to ["affirm her identity."](#) She submitted to the procedure and now, at age 33, she realizes she was never "non-binary" but was instead just going through a very traumatic phase in her life that was both confusing and demoralizing. She deeply regrets having been manipulated into believing that the removal of her breasts in a vain attempt to turn her into a man would solve her mental health problems. Instead, they only compounded them. She is suing her social worker, her mental health counselor, and the clinics where they work for a mere \$800,000 – a gift. Both so-called professionals made their recommendation to have her breasts removed based on a single, online meeting, and not a full mental health assessment.

Chloe Cole was just a young teenager when, at age 13, [irresponsible radicals](#) who wear scrubs put her on puberty blockers and testosterone, then removed both of her breasts when she was merely 15. She was only 12 when she first entertained the notion that she was "distressed" with her gender and wanted to transition from female to male. The doctors were only too gleeful to try to bring that about, even though it is a scientific impossibility. Now she regrets all of the medical abuse that was heaped on her. She is suing the doctors involved.

Prisha Mosley, at age 18, was also brainwashed by the Trans community, who welcomed her with open arms and convinced her that she must transition from female to male. She received further brainwashing and immense pressure from irresponsible kooks in the medical industry who made [having her breasts sawed off](#) sound like the most delightful thing she could possibly experience. So this troubled girl submitted to this irreversible procedure. Now, at age 24, she deeply regrets the deception and the pressure, and realizes the futility of trying to become a man. She says, "I'm heartbroken. . .

there's just a lot of grief." But she also realizes the deception: "I'm finally out of denial."

Catt Cattinson was 13 years old when she first [began to be indoctrinated](#) by online propaganda on the joys of transitioning. At age 17, she met with a doctor who instantly agreed she should become a boy. No assessment. No evaluation. No examination. Just an instant capitulation into the LGBT agenda. She now realizes her doctor simply steamrolled ahead with affirming her delusions. At age 28, she changed her name and had a double mastectomy, a decision that now haunts her.

Chris Beck, a former Navy Seal, came out as transgender a decade ago and tried to become a female. He changed his name to Kristin Beck. But today, he realizes [he had been hoodwinked](#) by both the LGBT community, and the medical community. "Everything that happened to me for the last 10 years destroyed my life. . . I did this to myself, but I had help. . . I take full responsibility." He is trying to de-transition back to being the male that he has always been.

Oli London, a popular actor and singer from England, decided he was a woman. So he underwent numerous facial feminization surgeries, 11 in one day. He changed his bone structure. He got hair extensions. He started wearing make up. He wore women's clothing. He did so because he had been told it was the only way to happiness. But he was sold a bill of goods. After six months of the madness, he [realized he had been duped](#). He was not happy. So he transitioned back to being a man again. (Of course, the LGBT community, feeling betrayed, sent plenty of hate mail to him.)

But the radicals who promote their own perversity are very emboldened in their quest to ruin the lives of vulnerable people.

Richard Levine, who now pretends he is a female known as **Rachel Levine**, and who serves in the Biden Administration as the U.S. Assistant Secretary for Health, openly and shamelessly calls for laws to "support and empower" youths "to get gender affirmation treatment" – thus not only calling for the sterilization of children, but going further and [calling it "empowerment."](#)

So certain of their position, so unquestioning of this cult-like behavior, that the Leftist radicals have descended to a level of nuttiness not seen previously. So convinced are they that gender is not real, so blindly dogmatic are they that almost everyone is not their actual gender, that they have recently tried to shame anthropologists from identifying ancient [human remains as male or female](#). I'm not making this up: The LGBT radicals, in cooperation with other Left-wing

zealots, insist that just because a given skeleton has the earmarks of a male person, that doesn't mean that male person identified as male. These radicals like to imagine that the Transgender craze has been common throughout history.

But the facts are these: the number of people who authentically have some sort of actual gender dysphoria based on actual biological anomalies is very, very rare. Yet the number of youth that are jumping on the trans bandwagon today is of an astronomically larger number. What gives? How is it that for the first time in history such a large number of people are questioning their gender -- or worse, denying their gender?

Very simply, the reason comes from the fact that the evils of Leftism know no bounds when it comes to indoctrinating our youth with the most foolish and false of notions, and far too many of the rest of us simply do not have the courage to stand up to, and confront, vehemently, the rotted stench that constitutes the motives and the soullessness of today's Leftists. It is really that simple. And the results, as I've demonstrated above with actual case studies, are nightmarish.

* * * * *

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

From Ara's Journal

Reflection

It is interesting to ponder the various divisions we adhere to in life. When it comes to the concept we call *time*, those divisions involve seconds, minutes, and hours as well as days, weeks, months, quarters, years, decades, and centuries.

The year 2022 ends today. A new year begins tomorrow. It is interesting to reflect on this unit of time we call a year.

What kind of a year was it? Would we call it a good year? If so, what made it good?

Would we call it a bad year? If so, why?

Do we assume the new year, 2023, will be a good year? If we believe that, what do we base that on? Our hope? Our optimistic nature?

Personally, I have trouble labeling years as good or bad. A year has so many variables, that usually there is a lot of both good and bad. I believe that our world-views, our mental models, are what make a year good or bad. And again, a year is usually very mixed even though I tend to think that it is rare to have a year that was pretty much all "good" -- and I have a hunch that it is far more likely for some to experience a year that was mostly "bad" (i.e., when one was struggling with a serious illness or injury, or chronic loneliness, or extreme poverty, or incarceration in the penitentiary.)

As for me, I look forward to 2023, come what may. While it is clear to me there is a coarsening of the human species taking place, and crime does seem to be far more rampant in many places, and the economy appears to be moving in an unfavorable direction, I do not fear. Instead, I look forward to the problems I will be privileged to resolve, and I adopt an anticipatory posture at the unexpected opportunities that may come my way. I intend to rise to the occasion consistently and decisively.

Carpe Diem!

The World of Words

Predilection

Building Your Power of Expression

Predilection, n.

Pronunciation: predlĕkSH(ə)n, prēdlĕkSH(ə)n

Meaning: A predilection is a preference for something. You might have a special liking for coffee cake. That would mean you have a predilection for coffee cake. Any time there is a bias in favor of something, we are talking about a predilection for that thing.



Usage:

- *Don't take him to Lucille's; take him to P. F. Chang's instead since he has a predilection for Asian food.*
- *When the repeat offender stood in front of the court, the judge asked him if he had a predilection for getting into trouble.*
- *George's predilection for his alma mater's football team made him hate other college teams.*

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