

BABY, IT'S COLD OUTSIDE LYRICS - Marilyn Maxwell & Dean Martin

I really can't stay (*But, baby, it's cold outside*)
I've got to away (*But, baby, it's cold outside*)
This evening has been (*Been hoping that you'd drop in*)
So very nice (*I'll hold your hands, they're just like ice*)
My mother will start worry (*Beautiful, what's your hurry?*)
My father will be pacing the floor (*Listen to the fireplace roar*)
So really I'd better scurry (*Beautiful, please don't hurry*)
But maybe just a half a drink more (*Put some records on while I pour*)
The neighbors might think (*Baby, it's bad out there*)
Say, what's in this drink? (*No cab's to be had out there*)
I wish I knew how (*Your eyes are like starlight now*)
To break this spell (*I'll take your hat, your hair looks swell*)
I ought to say "No, no, no, sir" (*Mind if I move in closer?*)
At least I'm gonna say that I tried (*What's the sense in hurtin' my pride?*)

I really can't stay
(*Oh, baby, don't hold out*)
Baby, it's cold outside

I simply must go (*But, baby, it's cold outside*)
The answer is no (*But, baby, it's cold outside*)
Your welcome has been (*How lucky that you dropped in*)
So nice and warm (*Look out the window at the storm*)
My sister will be suspicious (*Gosh your lips look delicious*)
My brother will be there at the door (*Waves upon the tropical shore*)
My maiden aunt's mind is vicious (*Gosh your lips are delicious*)
But maybe just a cigarette more (*Never such a blizzard before*)
I've gotta get home (*But, baby, you'd freeze out there*)
Say, lend me a coat (*It's up to your knees out there*)
You've really been grand (*I thrill when you touch my hand*)
But don't you see? (*How can you do this thing to me?*)
There's bound to be talk tomorrow (*Think of my lifelong sorrow*)
At least there will be plenty implied (*If you got pneumonia and died*)

I really can't stay
(*Get over that old out*)
Baby, it's cold
Baby, it's cold outside

Read This Before You Make Your New Year's Resolutions

by Shelcy V. Joseph



Woman thinking (Photo by Shutterstock)

With 2018 around the corner, you'll hear people say "new year, new me" in multiple occasions. This points to resolutions they're making to bring about some major changes in their lives; things like eating healthier, paying off debt or traveling more. Whether or not we believe in resolutions, this time of the year inspires us all to reflect and figure out ways to improve.

While there's nothing wrong with setting goals, the thought process that goes into this saying does a disservice in that it doesn't acknowledge the progress made previously. You don't become a new person overnight. Your story carries over to the new year. Only this time, you're wiser and you're working to bring to life a better version of yourself.

So if I could rephrase, I would change it so that it reflects what actually happens. I would say, "New year, same me but better."

For the new year, I'd like to invite you to think about goal-setting differently.

Build On What You've Already Started

In order to reach a goal, you must first develop the habit that will guide you to the right actions. As such, building on your previous work and already-existing habits is a more effective way to achieve your end result. What has worked well? What needs to be changed? Look at the past for insight into what you can improve.

In [Psychology Today](#), a behavioral psychologist tells us the three things we must do to create a new habit:

1. You **MUST** pick a small action. "Get more exercise" is not small. "Eat healthier" is not small. This is a big reason why new year's resolutions don't work. For example, instead of "Get more exercise," choose "Walk 1/3 more than I usually do" or "Take the stairs each morning to get to my office, not the elevator."
2. You **MUST** attach the new action to a previous habit. Figure out a habit you already have that is well established, for example, if you already go for a brisk walk three times a week, then adding on 10 more minutes to the existing walk connects the new habit to an existing one. The existing habit "Go for walk" now becomes the "cue" for the new habit: "Walk 10 more minutes." Your new "stimulus-response" is Go For Walk (Stimulus) followed by "Add 10 minutes."
3. You **MUST** make the new action **EASY** to do for at least the first week. Because you are trying to establish a conditioned response, you need to practice the new habit from the existing stimulus 3 to 7 times before it will "stick" on its own.

The new year doesn't have to bring about new goals. You can build on what you've already started and refine it.

Check In Regularly

Don't wait for January or December to set or revisit your goals. If you make a plan and take action, you will receive feedback at every step along the way. Create the habit of reviewing your goals regularly. This will help you stay on the right track.

Focus On Progress

The truth is, those lofty goals we typically set at the beginning of each year can take more than 365 days to come to fruition. That doesn't mean we shouldn't work on them.

When it comes to reaching your goals, think about your progress. Don't worry if it's taking longer than you thought. Did you learn new things? Did you get closer to the big picture? It's not a zero sum game. Every step you take counts and, if you learn to track your actions and implement the feedback, you will get there faster.

What goals are you setting this year?

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Suicide rate is lower during holidays, but holiday-suicide myth persists

PHILADELPHIA – Nearly two-thirds of the newspaper stories linking the holidays and suicide over the 2016-17 holiday season supported a false connection between the two, the Annenberg Public Policy Center has found.

The annual analysis of newspaper stories in the Nexis database from the holiday season found that 64 percent of the stories on the topic last year recycled the myth that the suicide rate rises during the holidays, as compared with 36 percent that debunked it (Figure 1 below).

“It’s disappointing to see that this myth hasn’t gone away,” said [Dan Romer](#), research director of the Annenberg Public Policy Center (APPC) of the University of Pennsylvania. “After two years in which debunking stories dominated, we’ve seen a comeback in misinformation about the holiday-suicide myth.”

The holiday months usually have some of the lowest suicide rates. According to new information from the Centers for Disease Control and Prevention (CDC), in 2015 November and December were the two lowest months (12th and 11th, respectively) in average suicide deaths per day, and January was ninth. The average daily rates often peak in the spring and summer months. In 2015, the most recent year available, the months with the highest average daily suicide rates were May, July and March (see Figure 2 and Table 1).

APPC has tracked news coverage on this issue for 18 years, starting in 1999. In only two of those years have more than 60 percent of stories debunked the myth. In most of those years there have been more newspaper stories supporting the myth than debunking it.

The myth often goes uncorrected

The current analysis, from mid-November 2016 through January 2017, found that 12 stories debunked the holiday-suicide myth and 21 supported it. Some stories that repeated the myth contained unsupported claims, quotes or speculation that went unchallenged.

For instance, an Associated Press interview with rapper The-Dream, which ran in the Worcester (Mass.) Sunday Telegram, quoted him as saying: “This isn’t a good time of year for anyone who has lost someone. I lost my mom on the 23rd of December in 1992. Her birthday is on December 1st. That’s why people commit suicide around Thanksgiving and Christmas, because that’s the time when families come together...”

A Philadelphia Tribune article quotes a man portraying Santa Claus at a Christmas Village: “I use Community Claus as a way to meet people [and] reach people because around this time of year suicides are up, people are lonely...”

Although the analysis did not include online-only news sources, online stories obtained through Google searches from the same time period using the same search terms found a similar pattern of stories upholding and debunking the holiday-suicide myth.

“Feature writers and columnists as well as news reporters may mean well when they cite the suicide myth,” Romer said. “But it actually doesn’t help those who may be experiencing suicidal thoughts to tell them that this is the time of year that others are taking their lives. Research has shown that this kind of information can be harmful, and recommendations for reporting on suicide specifically argue against citing trends in suicide that are unsubstantiated or false.”

Recommendations for media coverage of suicide (see <http://www.reportingonsuicide.org>) note that reporters should consult reliable sources on suicide rates, such as those produced by the CDC, and provide information about resources that can be helpful to people in need.

Other resources include the Suicide Prevention Resource Center (www.sprc.org) and the CDC (<http://www.cdc.gov/ViolencePrevention/suicide/holiday.html>). The U.S. Surgeon General’s strategy for the prevention of suicide encourages more accurate reporting on the causes (<http://www.samhsa.gov/prevention/suicide.aspx>). The U.S. National Suicide Prevention Lifeline can be reached at 800-273-TALK (8255).

Methodology

News and feature stories linking suicide with the holidays were identified through the Nexis database, with “suicide” and “Thanksgiving/Christmas/New Years” or “holidays” as search terms from November 15, 2016, through January 31, 2017. Researchers evaluated whether the stories supported the link, debunked it, or showed a coincidental link. Only domestic suicides were counted; overseas suicide bombings, for example, were excluded. Thanks go to Ilana Weitz, who collected and supervised the coding of the stories, to Sebastián Lemus-Camacho and Jaléssa Mungin for assistance in coding, and to Emily Maroni for assistance in charting the data. Thanks also go to Alex Crosby and colleagues at the CDC for assistance again in providing monthly rates of suicide in the United States.

The [Annenberg Public Policy Center](http://www.appcpenn.org) was established in 1994 to educate the public and policy makers about the media’s role in advancing public understanding of political, health and science issues at the local, state and federal levels. Follow APPC on Twitter ([@APPCPenn](https://twitter.com/APPCPenn)) and on Facebook (www.facebook.com/appc.org)

Figure 1. Percentage of stories supporting the myth vs. those debunking it. Excludes stories citing both in a coincidental manner (no causal association).

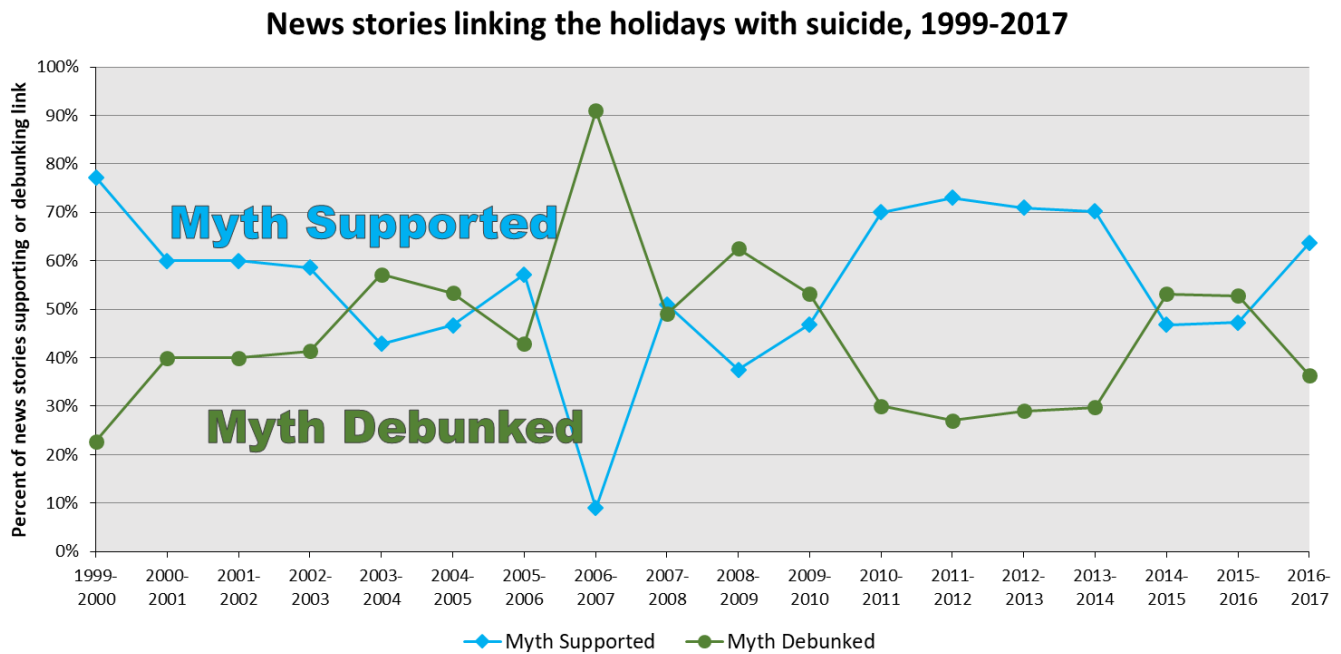
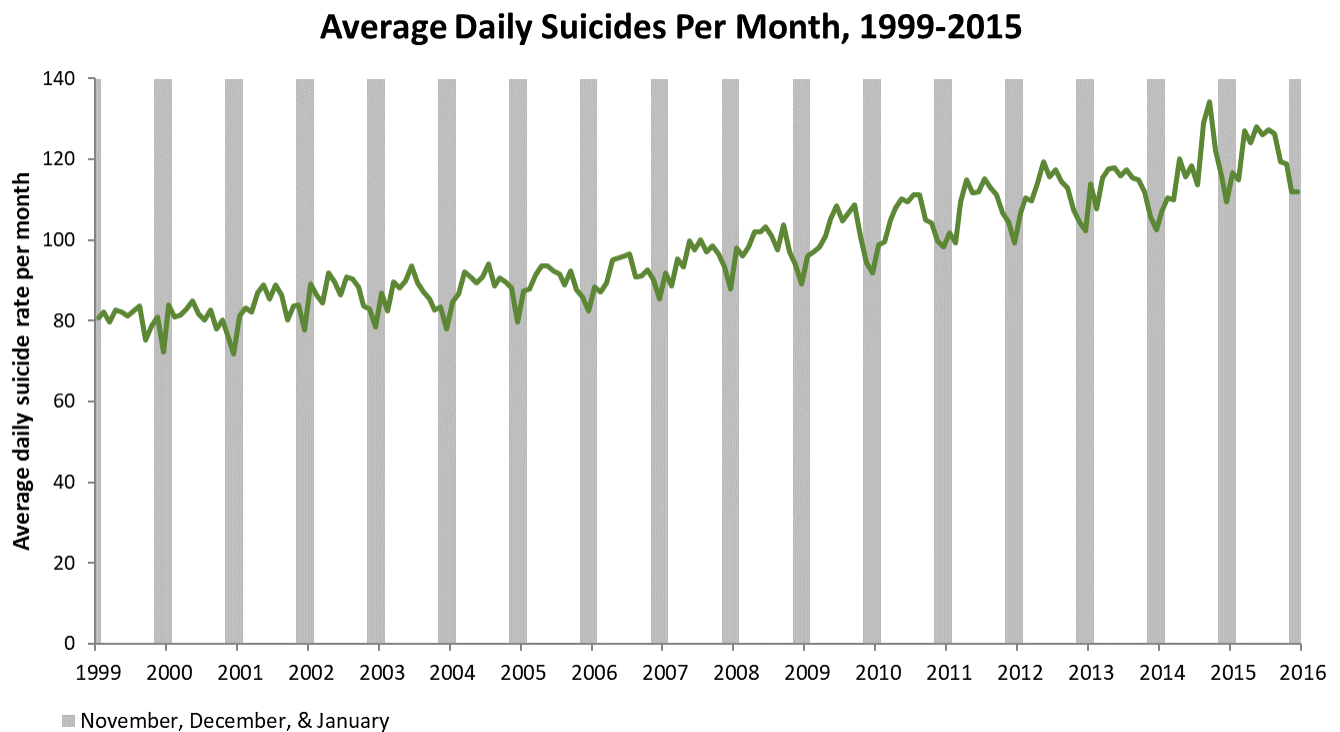


Figure 2. Average number of suicides per day in each month from January 1999 to December 2015. Data from November, December and January are shaded. Source: Centers for Disease Control and Prevention's National Center for Health Statistics.



Source: Centers for Disease Control and Prevention's National Center for Health Statistics.

Table 1. Average number of suicides per day in each month in 2015. Source: Centers for Disease Control and Prevention's National Center for Health Statistics.

Average Daily Suicides per Month, 2015

Month	Average # of suicide deaths per day	2015 rank
January	116.71	9
February	114.82	10
March	126.94	3
April	124.20	6
May	127.94	1
June	126.17	5
July	127.23	2
August	126.19	4
September	119.27	7
October	118.97	8
November	111.90	12
December	111.90	11
2015 Average	121.02	

Source: Centers for Disease Control and Prevention's National Center for Health Statistics.

THE MOST DANGEROUS JOB IN THE WORLD

Santa Claus



Based on population figures,
Santa will deliver gifts to

With an average of 2.5 kids per
household, that's 640 million stops

1.6 BILLION

children around the world
this Christmas



To reach all those houses, Mr. Claus' sleigh travels at

8,180,295 km p/hr



Visiting **5,556** homes every second

Santa enjoys some refreshment along the way.
His calorie consumption reaches

150 B

which is

56,075,766

times the recommended daily intake



And enough for more than **2,000** average human lifetimes



Santa's Christmas Eve snacks include...



Rice pudding
in Denmark



Traditional
cake in Chile



Coffee
in Sweden



Beer, cookies and
milk in Australia

With all those gifts
to deliver, Santa does
a lot of heavy lifting,
a common cause
of back muscle strain



In fact, one in three
injuries to Australian
workers are caused
by manual handling



We hope you, your family and Santa stay safe this Christmas!

 **Lifebroker**

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