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A legal immigrant's plea for understanding

By **Fareed Zakaria**

Opponents of **President Obama's recent action on immigration** — and of any kind of legalization policy for undocumented workers — often argue that these initiatives are not fair to America's legal immigrants. These people, it is said, played by the rules, followed the law, paid their taxes and are horrified to see people rewarded who did the opposite. I'm sure some legal immigrants feel this way, but not many. **A poll released this week** shows that 89 percent of registered Hispanic voters approve of Obama's action.

Why is this? I can only speak for myself. As a legal immigrant, I don't harbor any ill will toward those who came into this country illegally. To be clear, I don't approve of breaking the law. I think the stream of border crossings should be slowed to a trickle, and I favor immigration reform that would secure the borders, substantially reduce the numbers who come in via "family unification," substantially increase the quotas for skilled workers and allow a small guest worker program. My views on immigration are in the middle of the political spectrum. But I don't view illegal immigrants with any hostility.

Read the Washington Post column

Post by:
CNN's Jason Miks

Topics: **Fareed's Take • Immigration**

Source: <http://globalpublicsquare.blogs.cnn.com/>

NOV. 29 2014 7:00 AM

Goodnight, Moon

By Phil Plait



On Thanksgiving night (Nov. 27, 2014), I was getting ready to settle down and watch a movie with the family when I saw the waxing crescent Moon hanging outside a southwest window. The moonlight was reflecting off a still partially frozen lake, and it was so pretty I grabbed a few quick photos.



Photo by Phil Plait

I was having some camera trouble (it sometimes freaks out in low light conditions) so I only got off one good shot — the wide picture above was a two-second exposure at f/5.6 and 400 ISO. I took another at 1/160th of a second as well, hoping to just see the phase, and while it's not the best, I inset it here so you can see some surface features. Mind you, both of

these were shot hand-held, with the camera resting on a railing. If I had had more time (and inclination) I would've set it up a little better. Even so, you can see **Earthshine**; the faint glow of reflected light from our own planet illuminating the otherwise dark part of the Moon.

It's amazing what you can do with cameras these days. I would've killed for this ability back in high school, when I hand-rolled Tri-X film, then developed and printed it myself. What used to take hours now takes minutes, costs far less, and I can take a hundred pictures if I need to and not worry about the cost or effort needed to examine them.

The beauty the pictures display was always worth it. It's just a lot easier now. I love it.

Source:

http://www.slate.com/blogs/bad_astronomy/2014/11/29/astrophoto_moon_over_a_partially_frozen_lake.html

Mortals

By ADMIN | Published: OCTOBER 11, 2014

It's about these brothers- one is a priest, one is a rabbi, one is a Muslim. They all end up working for their other brother who's a scientist. Together they come up with a way to live forever. In order for it to work they need to have sex with a different woman every day. The rabbi goes home to his wife and says, From now on I'm going to need to study late at the Temple every night. The Muslim says to his wife, I'll have to pray late at the Mosque every night, and the Christian priest says, I'll need to stay at the church to prepare my sermons late every night. None of the wives believe them and after a few months they are all divorced.

But the scientist brother says to his wife, I'll have to sleep with a different woman every night in order to live forever. His wife, who happened to be a Buddhist, kills him.

So what's the punch line?

There is no punch line but the funny thing is the Buddhist wife ends up marrying each of the other brothers, one by one, and then later shooting them all to death, one by one.

That's not really funny. That's actually sick.

Not to me. That woman was my mother.

Your mother? (coughs) ...So which one was your father? Rest in peace.

None of them. My father was a surfer. He didn't have any strong religious or scientific conviction one way or the other. He was just mellow.

How about you? What do you believe?

I take after my mother.

Your mother? But wait—what is that? A GUN? STOP!!!

BANG BANG BANG!!

AEEEEEEEEEEEEEEEE!!!!

Source: <http://www.veryshortfiction.com/>

Heavy drinkers aren't necessarily alcoholics, but may be "almost alcoholics"

POSTED NOVEMBER 21, 2014, 3:17 PM

Patrick J. Skerrett, Executive Editor, *Harvard Health*

Nearly one-third of American adults are "excessive" drinkers, but only 10% of them have alcohol use disorder (alcoholism). Those numbers, **published yesterday in a national survey**, shine a new light on alcohol consumption in America.

"This study shows that, contrary to popular opinion, most people who drink too much are not alcohol dependent or alcoholics," said Dr. Robert Brewer, Alcohol Program Lead at the Centers for Disease Control and Prevention (CDC) and one of the report's authors, **in a press release**.



The term excessive drinking covers several different groups.

- Binge drinkers: men who have more than five drinks on one occasion or women who have more than four drinks
- Heavy drinkers: men who have more than 15 drinks in a week or women who have more than eight drinks
- Women who drink during pregnancy
- Anyone under age 21 who drinks

Alcoholism, now formally known as **alcohol use disorder**, is a medical condition that applies to individuals who have strong cravings for alcohol, can't control their drinking, show withdrawal symptoms if they stop drinking, and continue to drink despite health or other alcohol-related problems.

The new study, done by researchers with the CDC and the **Substance Abuse and Mental Health Service Administration**, found that about 70% of all American adults drink alcohol at least now and then, about 30% report excessive drinking, and 3.5% have alcohol use disorder. It is higher among heavy drinkers (10%) and binge drinkers, ranging from 4% among those who report binge drinking once or twice a month to 30% among those who binge drink 10 times or more in a month.

(... continues)

Patterns matter

The National Institute on Alcohol Abuse and Alcoholism categories low-risk drinking as 14 or fewer drinks a week for men and 7 or fewer drinks a week for women. But how those drinks are spread out over the week matter. A woman who has a drink a day is different from one who has three drinks on Friday and four on Saturday.

A drink a day, especially with a meal, has been linked to lower risks for heart disease, diabetes, and a host of other conditions. But seven drinks in a day can lead to an inflammatory response that tips health in the other direction.

"This may be important as we approach the holiday season and festivities invite heavier alcohol consumption," says Doyle.

Source: <http://www.health.harvard.edu/blog/heavy-drinkers-arent-necessarily-alcoholics-may-almost-alcoholics-201411217539>