

LAW OFFICES OF KIM MICHAEL CULLEN, P.A.  
PERSONAL INJURY - WRONGFUL DEATH

LIFE, LIBERTY,  
AND THE LAW

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## DO THE SAME OLD THINGS, GET THE SAME OLD RESULTS

“Give, and it will be given to you.” Luke 3:38

I'm putting out a challenge to our readers to go against the grain this holiday season, and do something that might seem counter-intuitive during these extremely difficult economic times. I know that several of our readers are out of work, and I know that others are worried that they might be next. I know that budgets are tight. What I'm asking you to do is going to require you reach farther than your comfort zone - perhaps until it hurts. I'm asking each of you to DIG DEEP -- and to be GENEROUS this holiday season. I'm not just asking for run-of-the-mill generosity. I'm asking you to be more generous than you ever have before.

The most simple thing about my request is this -- IT COSTS NO MONEY.

I'm asking for a different kind of generosity. I'm challenging each of you to be generous with your HEARTS this year, and I'm asking you to go beyond anything you have done in the past.

To me, generosity of the heart means several different things. It means to open your heart to love your family and friends more deeply than you ever have before. For some of you, this might mean to take a few minutes to admire a Christmas tree, soak in the smell of the pine needles, and give yourself permission to really get into the Christmas spirit. For others, being generous might mean spending some extra time in quiet, meditative prayer.

Another way to be generous of heart might be to take a moment to truly consider the point of view of someone you have differences with, or someone who believes something different than you believe -- and perhaps trying to put yourself temporarily in their shoes and understand them.

Generosity of the heart also mean being generous with your TIME and ATTENTION. This might mean spending time actually talking -- and listening to -- your children or grandchildren. Or, you might show your generosity by giving your time to serve a meal at a homeless shelter or food bank. You might give of your time (and yourself) checking in on an elderly relative or neighbor who is spending the holiday season alone.

I very rarely give guarantees in my personal or professional lives, but I would almost be willing to guarantee that if you respond to my challenge and practice -- REALLY practice -- generosity of the heart this holiday season, it will be one to remember, and your 2011 will start off better than ever.

FROM ALL OF US TO ALL OF YOU -- **HAPPY HOLIDAYS!!!**

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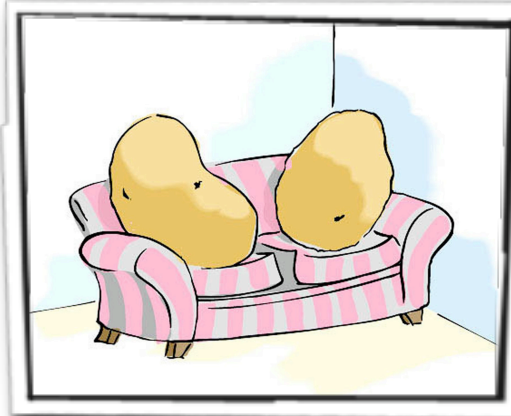
## Get Your Kids Off the Couch

Getting your kids off the couch is probably easier said than done. Many American kids today would rather sit for hours in front of the XBox playing football than organizing a game of it in the front yard. There are ways to fight this trend and many good reasons to do it. If you promote activity, and not exercise, you may have more success. Here are some ideas from the Mayo Clinic to get you started:

1. Set a good example for your children - Make sure you are physically active for a portion of the day yourself. Go for a walk, garden, walk your dog, etc. These small activities add up and show your kids that you are willing to be an active person.

2. Invite your kids to come along - When walking, have your kids walk with you or scooter along your side. Talk to them about the benefits of an active lifestyle from a young age. As they grow bigger, make the walks longer or quicken the pace.

3. Limit screen time - Watching screens is not a bad thing if they are limited. For instance, you can set a limit



that screens only come on after dinner, or when homework, chores and exercise are finished.

4. Let your child choose the activity - For many kids organized sports or a game of basketball in the neighborhood is a great way to stay fit. But not all kids like organized sports so you need to find what your child likes so that they will be more likely to stick with the fitness schedule. If your child likes books, walk with him or her to the library. If your child likes art, let them take a dance class.

5. Establish a routine - Have your child make their physical activity a priority each day. Set time for it just as you would for homework or dinner. Start small - a walk with the dog after dinner - and build as your child becomes more physically fit.

6. Make it fun - Let your child be in charge. Let each child choose the activity of the day or week. Take them bowling or to the batting

cages, but let it be their choice. Give your kids activity-related rewards and gifts. For a birthday, give them sports equipment, or take them on a nature hike. Reward him or her with a swim party for a good report card.

The possibilities are endless and so are the benefits. Your kid and their waistline will thank you.

## Drinking H<sub>2</sub>O Sends Pounds Packing

Are you one of those people who puts on weight by just looking at a holiday buffet? Tired of working and working to get those extra pounds off? Here's a trick that just may do it for you and it's extremely easy -- drink water **before** you eat.

According to scientists in a new article in The New England Journal of Medicine, the average American gains a pound of weight in the gluttonous period between Thanksgiving and Christmas. Research also shows that most of us don't shed this weight in the post-holiday season, making the potential lifetime weight gain significant.

For years, dieters have been encouraged to drink a glass of water before each meal ostensibly to stave off hunger. Studies in recent years have proven that the consumption of water pre-meal actually works -- but perhaps for a different reason. The journal *Obesity* reported in February reported

about a randomized trial conducted on a group of overweight adults age 55 and up. Half of this group drank two cups of water before every meal. After three months of eating identical, healthy meals, the water drinkers lost an average of 15.5 pounds, while the non-water drinkers lost only 11 pounds.

Would this same theory hold true by drinking any beverage before eating?

In a different study performed by researchers at the University of North Carolina, adults drank sugar-sweetened beverages versus water before meals. In these comparisons, total energy intakes were 7.8% higher when sugar-sweetened beverages were consumed, meaning the sugary drinks actually boosted the appetite causing more weight gain.

Gaining a pound or two a year seems minimal, but over a lifetime this can obviously add up. Drinking water before meals is certainly an easy way of help keep the weight off.

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## Top Tech Gadgets of 2010

We've spent some time looking at reviews and lists across TV, magazines, and the Internet. Here are some of the items that showed up on several lists:

**Apple iPad** -- Was there are hotter tech item this year? With a new operating system release in time of the holidays, the iPad is sure to be a popular item under the tree. However, will shoppers wait until the release of the new iPad - scheduled for April 2011?

**Microsoft Kinect for Xbox** -- Already a hit product before Christmas Day, the Kinect uses a camera to record 49 different action points so that game players don't have to hold any controls.

**Humanscale Humanair Air Purifier** -- using new Swedish technology this desktop air purifier eliminates 99% of airborne contaminants, and makes the least noise of any purifier on the market.

**Samson Zoom Q3HD** -- several handheld camcorders shoot in 1080p high definition video, but this handheld - from a company known for producing concert-quality sound equipment - brings amazing stereo clarity to this market niche.

**Panasonic TC-P58VT25** -- several reviews call this a "future-proof" 3D television. With more and more content like movies and major sporting events being produced in 3D, it will be difficult to be without a 3d television in the future. Apparently, Panasonic is ahead of the curve on this technology.

## 5 Tips to Wow An Interviewer

With so many people looking for jobs right now, we thought it might be helpful to provide some tips for making a great first impression at a job interview. Here are some tips we found at [www.mindtools.com](http://www.mindtools.com).

**BE ON TIME.** In fact, why not arrive a few minutes early? You can almost guarantee you won't get the job, if you are late to your job interview.

**DRESS FOR SUCCESS.** Analyze the kind of job you are seeking, and dress for the interview as if you already have that position. Make sure that your clothes are not spotted or wrinkled, and that your skin, hair, and nails are all clean.

**BE PREPARED.** Do your homework so that you know a little bit about the job you are interviewing for before you show up. Think of some intelligent questions that you can ask about the position.

**PROJECT POSITIVE CONFIDENCE.** Employers love employees who project a positive attitude because they know that it is contagious in a workforce. During the interview, demonstrate what you can contribute to your new employer.

**LISTEN FIRST, LISTEN OFTEN.** This is a skill that is slowly disappearing from our society. Demonstrate to your potential new employer that you can (and will) listen and understand what he is saying. Do not feel like you have to fill space by talking about yourself and your own likes and dislikes. Get the job first.

## 8 Ways To Beat Clutter (in less than 5 minutes)

Self-help author Gretchen Rubin has come up with some very easy and quick ideas for help getting your home life in order:

1. Make your bed.
2. Get rid of the newspaper each night (whether you have read it that day or not.)
3. Do any household chore that you can start and finish within one minute, immediately (ex. changing paper towel role, placing your clothes in the hamper, putting peanut butter jar back in cabinet).
4. Be careful about allowing yourself to "store" anything. For most of us Christmas decorations and winter clothes are the only items we will regularly use that have been "stored". Everything else we can sell or give away.
5. Get rid of things as they break down.
6. Beware of free items that you did not want in the first place. Just because something is free, doesn't mean you need it or will regularly use it.
7. Do not keep any paperwork unless you **know** that you will need. (This is especially true of receipts and invoices. If you really need them later, you can get them from the vendor.)
8. Tidy up before bed. Take five minutes to put things in order so you can wake up to an orderly home.

You can check out more of Ms. Rubin's ideas at [gretchenrubin.com](http://gretchenrubin.com).

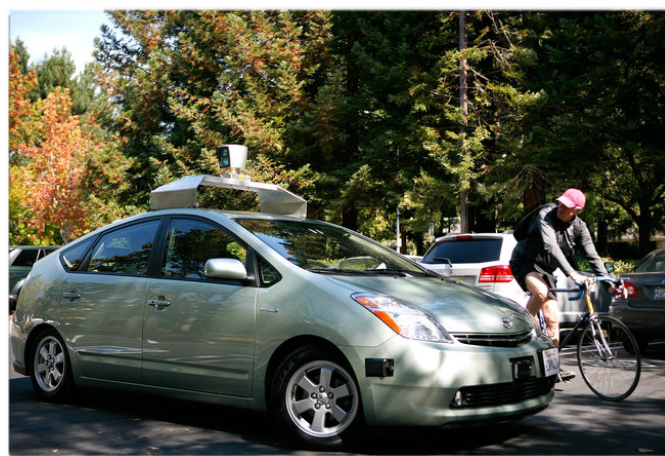
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## TRANSPORTATION NEWS

Folks in the San Francisco Bay area are getting used to seeing odd-looking Toyota Priuses driving around with an empty driver's seat. Google, the ubiquitous internet company, is busy at work on artificial intelligence computer programs that can actually drive a car.

Google currently has a fleet of seven Toyota Prius test cars that are outfitted with various sensors and on-board computers. These sensors and computers are loaded with data that allow the cars to actually drive themselves in traffic, and to mimic human driver actions. So far, the only accident involving a Google car occurred when a human driver rear-ended a Google car stopped at a traffic light.

Google believes that the benefits of computer-controlled cars far outweigh any dangers. First, Google scientist point out that computers and sensors never get distracted, or tired, or stop for a few beers at Happy Hour – so they are actually safer. Second, since computers can strictly control a vehicle's speed, Google argues that cars operating under



artificial intelligence will actually obey the speed limit, and get better gas mileage.

Google anticipates that it will be approximately eight years before these applications will be ready for the masses. It sounds like drivers who love to spend time behind the wheel should get all the cockpit time they can right now.

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