

The newsletter for Baby Boomers who haven't lost their curiosity. Inspired by the  
*Out Of My Mind* podcast and, now, the blog as well.



## Out of My Mind Newsletter

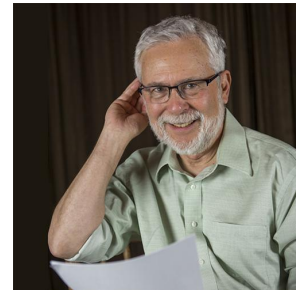
### April, 2016

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Greetings!

Yes, it's the April Fool's edition of the newsletter. But, unlike some other, less-reputable publications, everything here is the real deal. No silly fluff you invest in only to be embarrassed at the end with a cry of, "April Fool."

Unless, of course, I'm fooling.



If you need a legitimate chuckle today, or a little something to turn into water-cooler talk (yes, newsletter readers know what that means) in between blog posts, you're in luck. I publish a shareable story or two every weekday on Facebook. [Like my page](#) to find them in your Facebook feed every morning.

Speaking of shareable stories, ahead in this very newsletter read about the industry that's taking over for big tobacco when it comes to getting you hooked. You'll want to share this with your friends and family. Plus, Jason Thomas, from Holistic Tattoo, talks about tattoo safety. Don't have a tattoo? You might find yourself giving advice to a friend or relative's kid. You never know. And, say hello to some humor that requires a very special audience. (That's all I'm going to say. You'll have to read it for yourself.)

Apropos to saying hello, the newsletter wraps up with a new feature, "Get to Know Your Fellow Charter Subscribers." Readers of this blog form a diverse and interesting group. See what great company you're in.

In the blog this month, I interview the Comma Queen about changes to our language in this era of Instagram, YouTube, and GIF files galore...what? Yes, there really is a Comma Queen. She's Mary Norris of *The New Yorker*. May I continue? Thank you. There's a story about Joseph Weizenbaum, who, I believe, was the first person to lose his job because of artificial intelligence.

In the meantime, have an April with the right amount of foolishness.

--jay

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## Keeping You Ahead of the Game

Way back in January, Matt Keegan gave us the lowdown on the dangers of smart cars and their vulnerability to hackers ("[Brain Damage](#)"). Now the FBI and the National Highway Safety Administration are chiming in. In mid-March they issued guidelines for---get this---keeping your car hacker-safe. Their four tips: ensuring your vehicle's software is up to date, avoiding making unauthorized software modifications to your vehicle's OS and apps, be discreet when choosing which third-party devices to connect to your vehicle, and be aware of who has physical access to your vehicle. Welcome to the party, guys.

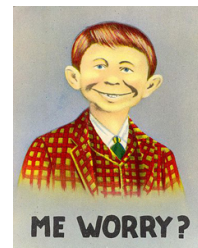


(Image courtesy of Matt Keegan)

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## The Jokes are on Me

Strange things cross my desk in the course of a month, but few of them make me laugh this hard. Here are a couple of jokes you can share, though they come with a warning. Supposedly, only smart people will get them. I have no worries about you, but please, please, please share them wisely. Don't embarrass your friends or your spouse.



#1

"A-B-C-D-E-F-G-H-I-J-K-phosphorous-Q-R-S-T-U-V-W-X-Y-Z."

"Um, why did you say phosphorous?"

"Because it's the EL-EM-ENT-AL P."

#2

A Roman walks into a bar, holds up two fingers and says, "Five beers, please."

I'll be here all week. Don't forget to tip your waitress.

(Image via Wikipedia)

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## An Out Of My Mind Blog Extra

"Jay, why are you devoting so much space to tattoos. They're not exactly a Baby Boomer thing.?" (That's you thinking about whether or not to read any further.)

Indulge me for a moment.



Those tattoos your kids or grandkids get when they're 18 may not be all that cool when they're 45. Jason Thomas, whom I interviewed in March ("[Skin in the Game](#)"), has this advice for anyone getting a tattoo. Use vegan inks.

"The older inks, the kind you associate with the stereotypical tattoo parlor glamorized in movies, contain heavy metals," Thomas told me. "Laser removal breaks down the inks and, having nowhere else to go, they circulate through your body. Autopsies have found heavy metals from these inks in heart and brain tissue.

"Health-conscious tattoo artists now use vegan inks. They have no heavy metals, no acrylics and no animal bone fragments. If you have a tattoo removed they won't send carcinogens into your internal organs."

What do you do if your kid, for whatever reason, winds up with a tattoo created with dangerous inks?

"In that case," said Thomas, "it's best to cover up the old tattoo with a new one. That doesn't remove the tattoo, but it can convert a piece of art into something more suitable that matches the wearer's self-image."

Why all this tattoo talk? For years, I looked askance at tattoo wearers. That line in my post, about raising a deviant, criminal, or future marine came directly from those feelings. Thomas completely changed my perspective on tattoos and the people who wear them. If you haven't read ["Skin in the Game"](#) yet, please do. It might change your mind, too.

(Image courtesy of Jason Thomas)

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## Roses are Red, Violets are Blue, Sugar is Sweet, And It's Hooking You

According to Robert Lustig, a researcher at the University of California, San Francisco, Americans consume 22 teaspoons of added sugar per day. His data indicate the average safe dose is six to nine teaspoons daily.



Safe? Dose?

It sounds more like he's describing a drug than a diet staple.

And, so he is. Lustig wants us to think about sugar as an addictive substance. It's not PR propaganda. There are four criteria for addiction and sugar meets them all: it's ubiquitous; it has a dose threshold; it's abused (we are above the dose threshold); and its consumption affects others who do not abuse it (employers pay thousands of dollars per employee for obesity management and its effects on job performance and health).

"The definition of addicted is that you know it's bad for you and you can't stop anyway, like heroin, cocaine, alcohol, and nicotine. You know it will kill you but you can't stop because the biochemical drive to consume is greater than any cognitive ability to restrain oneself," he said.

Here's something to share: Lustig would like to see sugar treated as a controlled substance.

"For other drugs of abuse, we limit them in various ways," he argued. "If they're legal drugs of abuse, we make them expensive and we have all sorts of restrictions on access. But for sugar we have nothing. We give it to newborns, we give it to two-year-olds, we have it at birthday parties and at school, etc. So we have a nation of childhood addicts; just walk into any supermarket and watch these kids nag their parents for the stuff. That's why we should regulate it."

What would you argue to your friends?

Source: <http://www.vox.com/2014/6/2/5771008/the-case-for-treating-sugar-like-a-drug>

(Image via [stevepb/Pixabay](#))

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## Get to Know Your Fellow Charter Subscribers

Charter subscriber Dick Taylor, professor at Western Kentucky University and a veteran radio station manager, recently celebrated his first year of blogging. If, like me, you are at all curious about the future of AM radio, the radio that introduced us to the Beatles, the Rolling Stones and pimple cream, Dick has much to say on the topic. Give him a read at [DickTaylorBlog](#).



(Want to share your story? Let me know at [jdouglas@thetheaterofyourmind.com](mailto:jdouglas@thetheaterofyourmind.com))

(Image courtesy of Dick Taylor)

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