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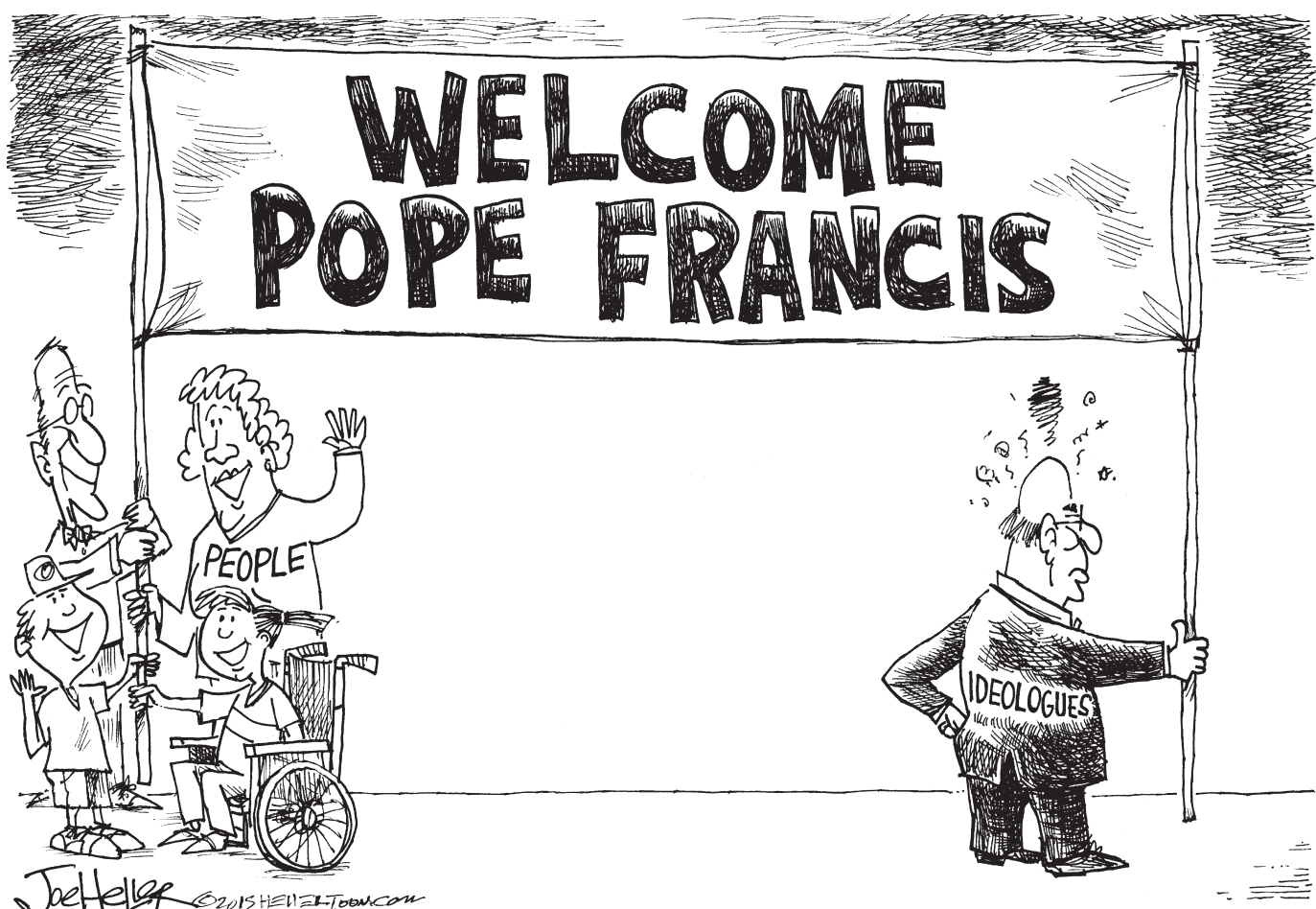
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Why a big ego could be your downfall

Not so long ago, our culture really (really) admired people with big egos. We called them rugged individualists, fearless leaders, MVPs, visionaries, and go-getters. We respected these confident and successful folks for (seemingly) having all the answers. They were all too happy to stand their ground and argue their point, and we saw this as a sign of strength and leadership.

Now, everything has changed. Larger-than-life egos are fast becoming liabilities. Indeed, in what may first appear to be a paradox, Professor Edward Hess says that ego's mortal enemy—humility—is one of the traits most likely to guarantee success in the 21st century workplace.

"In the tech tsunami of the next few decades, robots and smart machines are projected

to take over more than half of U.S. jobs," says Hess, a professor at the University of Virginia's Darden Graduate School of Business and author of "Learn or Die: Using Science to Build a Leading-Edge Learning Organization" (Columbia Business School Publishing, 2014, ISBN: 978-0-231-17024-6, \$29.95, www.EDHLTD.com).

"The jobs that will still be 'safe' involve higher-order cog-

nitive and emotional skills that technology can't replicate, like critical thinking, innovation, creativity and emotionally engaging with other humans," he explains. "All of those skills have one thing in common: They are enabled by humility."

Skeptical? Ask yourself this: Have you ever met someone with a big ego who was really good at being open-minded? Really good at reflectively lis-

tening? At putting himself in another's shoes? At playing well with others? At saying, "I don't know," "Your idea is better than mine," or, "You're right"? Didn't think so.

Clearly, if you want to be an effective leader (or even a successful employee) in our brave new workplace, you are going to have to rein in your ego and become more team-oriented. And make no mistake, says Hess: It

won't be easy. "We're talking about self-work that's never finished," he says. "For one thing, ego-based thinking is our brain's default position—we naturally seek to reinforce what we already think we know. Also, we have to overcome a lifetime of cultural and behavioral big-ego conditioning. But if we're to stay competitive in the Smart Machine Age, it has to happen!"

Offbeat Oregon History

Murder of policeman turned Portland against Unwritten Law

BY FINN J.D. JOHN
For the Sentinel

The Unwritten Law Files

This column is one of a series of case studies of the early-20th-century mania for honor killings in Oregon. It was popularly known as "The Unwritten Law," and it was a social convention that permitted and/or obligated a man to murder anyone whom he knew to be working to seduce his wife or sister. Unwritten Law cases arose around the country in the 1890s and were alarmingly common until around the time of the First World War. Today's column discusses one such case, which took place in Portland in 1907, and which may actually be the case that ended what had been widespread public approval of Unwritten Law killings.

When the story first hit the newspapers, it all seemed very clear and simple:

An Albina man got drunk and beat up his wife. Her brother went looking for him to teach him a lesson and brought along a friend who happened to be a police officer. The wifebeater, tracked down at a local saloon, came out shooting, and moments later the innocent, luckless policeman lay dying on the sidewalk as the wife-beating murderer fled into the night.

For newspaper readers on the morning of Dec. 19, 1907, it was like a Vaudeville stage tragedy come to life. There was a good guy – brave, valiant Joseph P. Sivener, on a mission to deliver a much-deserved thrashing to his no-good, wife-beating brother-in-law; a bad guy – Melville Bradley, the afore-

mentioned brother-in-law, whose surly, shifty-eyed mugshot appeared next to the story in the paper; the fair damsel – poor, battered Mrs. Bradley; and an innocent victim: the poor policeman, who was just doing his job when sudden and undesired death came and bore him away from his devastated wife and four tiny children.

But those newspaper readers would have just one day in which to savor that comforting familiar storyline. The very next day, the first of a series of revelations started peeling away layers that eventually revealed a drama that seemed to take every convention of the clean-cut crime-story genre and turn it inside out. When all was revealed to the increasingly appalled and jaded readers, there was not a single adult in the entire story that most Portlanders could respect or relate to in any way – except, perhaps, in some small way, the murderer.

But the greatest loser in the whole affair seems to have been Portland's growing infatuation with "The Unwritten Law."

Here's the story police got on the night of the murder:

Melville Bradley had gotten into a fight with his wife, Kate, earlier in the

day – a fight that ripened into "a beating administered to Mrs. Bradley by her husband in a fit of drunken jealousy," according to the Morning Oregonian's report.

After that, Bradley stormed off to a saloon, where he apparently had several more drinks. Meanwhile, Kate had gone to her brother, Joseph Sivener, and told him what had happened. Sivener, as brothers are wont to do when such news reaches their ears, rolled up his sleeves, stuck out his chin and stormed off to the saloon, intending to serve his brother-in-law a few hand-crafted knuckle sandwiches.

A Portland policeman named John W. Gittings accompanied Sivener to the saloon and stood on the sidewalk nearby as Sivener entered. Once inside, Sivener found his man. "Come outside," he growled. "I want to see you."

"You do, do you?" Bradley shot back. "Well, I can't see you any too damned quick!" And he followed his brother-in-law to the door.

Sivener wasted no time. As soon they were both out the door, he hauled off and punched Bradley in the face. Bradley's response was to pull a revolver out of his pocket and fire point-blank at Sive-

ner. It was a clean miss, as was a second follow-up shot. Sivener turned and tried to flee but tripped and fell into the mud by the street. There he lay, petrified with fear.

Meanwhile, Bradley had seen Gittings, and Gittings was probably already drawing his service revolver. Bradley turned his pistol on the policeman and fired his other four shots straight into the officer. Gittings managed to get off five shots of his own before collapsing to the sidewalk. None of Gittings' shots, apparently, touched Bradley.

Bradley immediately took to his heels. After a few moments, Sivener picked himself up out of the mud and went to see to Gittings, who was still alive – but barely.

"I'm afraid I'm done for," the fallen policeman said. "Send for a doctor at once. Here is my gun. There is only one shot left in it. Take it and get him if you can."

He then struggled to his feet, tottered a few steps, then collapsed into Sivener's arms and died.

Meanwhile, Bradley was running for home, where he got his hat and van-

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The effects of soda and low-nutrient foods on children's behavior

BY JOEL FUHRMAN, MD
For the Sentinel

The standard American diet, chock full of soda and other sugary drinks, fast foods and other low-nutrient foods, can have a major impact on the

health and lives of our children. Rising rates of childhood obesity driven by this way



of eating have received much attention; however, low-nutrient foods are still having negative effects on the physical and mental health of children who are not overweight. Children are not immune to the damaging health effects of the standard American diet, which can set them up for a lifetime of poor health ranging from heart disease to behavior problems and lower cognitive performance.

On average, U.S. children and teens consume over 200 calories a day from soda and other sugary drinks, and it is estimated that about 14 percent of their calories come from fast food. As a result of the poor diets of American children, more than one-third of normal-weight teenagers (and about half of overweight teenagers) have at least one diet-related risk factor for heart disease. These dietary patterns have the potential to dramatically affect not only

public health but the productivity of our future adult population; studies have implicated poor diet in limiting intelligence and academic performance, and also have drawn parallels between consumption of sweets during childhood and violence in adulthood.

A study on soda consumption found an increase in behavior and attention problems in five-year-old children (as assessed by their mothers) with increasing daily consumption of soda. Forty-three percent of the five-year-olds in the study drank soda at least once a day. The authors adjusted their results for potential confounding factors that might affect behavior, such as hours of television and a stressful home environment, and still found a significant association between soda consumption and aggression, withdrawn behavior and poor attention. They proposed that caffeine and/or fluctuations

in blood sugar might be responsible for the association between soda and behavior problems. Blood glucose levels do affect the workings of the brain, and habitual high sugar intake has been shown to impair cognitive function. Several previous studies on high school students have also associated soda consumption with aggressive behavior, as well as depression and self-harm. Plus, higher sugar sweetened beverage consumption is linked to diabetes, cardiovascular disease and cancers.

In addition to soda, higher fast food consumption in fifth grade (four or more times per week) has been associated with poorer academic progress in math, reading and science between fifth grade and eighth grade. Children who ate fast food one to three times per week—a common level of intake—compared to those who ate no fast food had lower scores in math. These

results suggest that children eating fast food frequently could slow their academic progress.

The food habits children develop in their early years have a substantial impact on their physical health and mental well-being throughout the rest of our lives. Parents need to know this information, so that they can help their children to live healthfully, maintain a positive mindset and reach their full cognitive potential.

Dr. Fuhrman is a #1 New York Times best-selling author and a family physician specializing in lifestyle and nutritional medicine. Visit his informative website at DrFuhrman.com. Submit your questions and comments about this column directly to newsquestions@drfuhrman.com. The full reference list for this article can be found at DrFuhrman.com.

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