**Saying "No"**

**The best advice yet given is that you don't have to take it. *(Libbie Fudim)***

**The Students Aid of the small west-coast college which I attend recently published a booklet of advice for girls on fraternity-house dates, titled: "What Every Young Lady Should No." *(Patty Greer, in Reader's Digest)***

**An alleged bank robber is contending he didn't commit a crime because he politely asked the teller for $150,000. Dominyk Antonio Alfonseca used a note to rob a Virginia Beach bank, asking for money and saying he would "appreciate" if the teller didn't sound the alarm. The 23-year-old aspiring rapper was quickly arrested after leaving the bank, but now insists that there was no robbery, since he didn't use a weapon and didn't threaten the teller. "She could have said 'no,'" Alfonseca said, "and I could have left." *(The Week magazine, May 22, 2015)***

**Good week for: Play selection, after New England Patriots coach Bill Belichick canceled plans to receive the Presidential Medal of Freedom from President Trump at the White House. Formerly a Trump supporter, Belichick, 68, said he could not accept a medal from this president while "remaining true to the people, team, and country I love." *(The Week magazine, January 22, 2021)***

**The difference between successful people and very successful people is that very successful people say “no” to almost everything. *(Warren Buffett)***

**When the Articles of Confederation were adopted as the governing instrument of the former British colonies after the Revolutionary War, the British colony of Canada was invited to become a member of the Confederation, the only colony outside the original thirteen that was invited to do so. She decided not to become a part of the new nation. *(Isaac Asimov’s Book of Facts, p. 20)***

**Cancel culture has come for any conservative who supported Donald Trump, said Rachel Bucchino in NationalInterest.com. After Twitter, Facebook, and You Tube "booted" the former president, liberals saw an opportunity to establish a "blacklist" and "expunge the Right" from the public square. They convinced Google and Amazon to banish Parler, the alternative to Twitter for conservatives, and dozens of blue-chip companies -- including AT&T, Amazon, Disney, and American Express -- announced they were ending donations to 147 Republican lawmakers who voted to decertify last year's Electoral College vote count. Liberals are demanding that book publishers "blacklist" former Trump officials, and a Forbes editor said any company that hires a Trump administration official will lose all credibility. *(The Week magazine, February 12, 2021)***

**The word no carries a lot more meaning when spoken by a parent who also knows how to say yes. *(Joyce Maynard, in Parenting)***

**Grandpa: “Stupid cat! You’ve got paw prints all over my windshield again! I’ve told you a hundred times, no walking on my car! Do you know what the word ‘no’ means?” Cat: “Yes. It means ‘not while you’re looking’.” *(Brian Crane, in Pickles comic strip)***

**In July 1975, an unexpected frost killed a large portion of Brazil’s coffee trees. Experts predicted that by 1976, the price of a cup of coffee in a restaurant would be as high as fifty cents due to the Brazilian disaster. By April 1976, the retail price for a pound of coffee had increased to $2 (approximately $6.75 in today’s dollars), so consumers took action. Upscale restaurants in New York City offered free tea or liqueurs to consumers who said “no” to coffee. Several supermarket chains stopped stocking coffee on their shelves. The mini-boycott had the desired result: vast coffee “reserves” were quickly found, and consumer prices retreated. *(Victoria Westlane, in Tidbits)***

**I teach a course on assertive behavior. At the conclusion of one session, I was heartened to hear many of the men say they’d found the courage to ask someone for a date. But my satisfaction was undermined when five men told me privately that they should not have wasted their time in my workshop. I was puzzled until I ran into a female class member later that day. “Thank you for teaching such a worthwhile class,” she told me. “Five men have asked me out recently, and thanks to your advice, I had the courage to say no!” *(Lisa Shasha, in Reader’s Digest)***

**The city of Denver was chosen to host and then refused the 1976 Winter Olympics. (Noel Botham, in *The Book of Useless Information, p. 182)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**I am thankful for all those who said NO to me. It's because of them I'm doing it myself. *(Albert Einstein)***

**Albert Einstein, one of the most brilliant minds in history, was approached to become the president of the newly formed state of Israel in 1952 following the death of Israel’s president, Chaim Weizmann. The offer was made by Abba Eban, Israel’s Ambassador to the USA at the time. Einstein, however, politely declined. Despite his strong support for Zionism, he felt he lacked the skills in dealing with people and in everyday decision-making that such a position would require. *(2024 Mind-Bending Facts for Curious People, p. 6)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The years between 50 and 70 are the hardest. You are always being asked to do things, an yet you are not decrepit enough to turn them down. *(T. S. Eliot)***

**Elvis Presley never gave an encore. *(L. M. Boyd)***

**The British government asked Michael Faraday if there was any possibility of preparing quantities of poison gas for use on the battlefield in its Crimean War (1853-56) with Russia and, if it were feasible, would he direct the project to perform the task. Faraday’s answer was immediate and unequivocal. The project was feasible – and he would have absolutely nothing to do with it. *(Isaac Asimov’s Book of Facts, p. 265)***

**Former Trump administration officials have faced an uphill fight in searching for new jobs after the January 6 riot. Fortune 500 corporations haven't been offering the highly paid positions that often go to former White House officials, fearing those hires would signal approval of Trump and the insurrection, recruiters say. *(TheHill.com, as it appeared in The Week magazine, February 12, 2021)***

**I asked God to take away my pride, and God said, "No." He said it was not for Him to take away, but for me to give up. I asked God to make my handicapped child whole, and God said, "No." He said her spirit is whole, her body is only temporary. I asked God to grant me patience, and God said, "No." He said that patience is a by-product of tribulation, it isn't granted, it's earned. I asked God to give me happiness, and God said, "No." He said He gives blessings, happiness is up to me. I asked God to spare me pain, and God said, "No." He said, "Suffering draws you apart from worldly cares and brings you closer to Me." I asked God to make my spirit grow, and God said, "No." He said I must grow on my own, but He will prune me to make me fruitful.**

**I asked God to help me love others, as much as He loves me. And God said, "Ah, finally, you have the idea." *(Claudia Minden Weisz)***

**While my mother believes in the Golden Rule, she also advocates a second maxim, which she terms her Iron Rule: “Don’t do for others what they wouldn’t take the trouble to do for themselves.” *(Mrs. D. Fulton, in Reader’s Digest)***

**Misinformation on social media about election fraud plummeted after President Trump was banned from Facebook and Twitter. In the week after Trump's Twitter feed went dark on January 8, conversations about election fraud dropped 73 percent across a number of social media sites, from 2.5 million to 688,000 mentions, according to the analytics firm Zignal Labs. *(Washington Post, as it appeared in The Week magazine, January 29, 2021)***

**The effort to oust California Gov. Gavin Newsom ended in resounding failure this week, after the Democrat prevailed in a landslide. As The Week went to press, with some 70 percent of ballots counted, an insurmountable 64 percent of voters had said “no” to removing the governor from office. *(The Week magazine, September 24, 2021)***

**Walking downtown one day, I noticed that a music store had just opened. Inside the shop, my attention was caught by a huge Oriental gong, and I went up to take a closer look. The gong was four feet in diameter. On a rope next to it hung a two-foot-long mallet with a top the size of a softball. A piece of notebook paper bearing one word in large letters was taped to the center of the gong. The word was "NO!" *(Mike Grohs, in Reader's Digest)***

**Mother no’s best. *(Dorothy Parker)***

**No one can maintain more than three priorities. If you have a job you care about, that’s a priority. If you have a family, that’s is priority. Which leaves one more. Maybe it’s staying in shape, maybe it’s volunteering at your church. Most people understand this intuitively. But they keep over-committing themselves and overcomplicating their lives. So my advice is simple: figure out what your priorities are, and say no to everything else. *(Elaine St. James)***

**A number of major U.S. companies that sponsored the 2012 Republican National Convention in Tampa have announced they won't be attending this year's event in Cleveland, where Donald Trump is likely to be declared the party's presidential nominee. Among those declining to participate are Apple, Microsoft, Wells Fargo & Co., Ford Motor Co., UPS, Motorola, JPMorgan Chase and Co., Coca Cola, and Walgreens. *(Politico.com, as it appeared in The Week magazine, July 1, 2016)***

**Ever since Winston Churchill used the phrase “special relationship” to describe British-U.S. ties, said Nicholas Watt in The Guardian, it has been invoked by “prime ministers of all hues.” But this week, Parliament’s Foreign Affairs Committee declared the phrase “potentially misleading’ and recommended that it be scrapped. In a report on Anglo-American ties, the committee said the phrase had contributed to the “perception that the British government was a subservient poodle to the U.S.” in the run-up to the invasion of Iraq, when Prime Minister Tony Blair was widely seen as having supported President Bush’s ill-conceived war while getting nothing in return. From now on, the committee said, Britain should be “less deferential and more willing to say no to the U.S. on those issues where the two countries’ interests and values diverge.” *(The Week magazine, April 9, 2010)***

**Learn to say no. It will be of more use to you than to be able to read Latin. *(Charles Haddon Spurgeon)***

**Caption: “If people keep taking advantage of you, it might be time for you to ‘no’ better!” Man: “Hey, Zig, can you lend me another $20 ‘til pay day?” *(Tom Wilson, in Ziggy comic strip)***

**Western Union Telegraph Company had the opportunity – for $100,000 – to buy the rights to the invention of the telephone, but declined. By 1881, five years after he had invented the telephone, Alexander Graham Bell had sold off almost all of the shares of stock he held in the company he had formed, never realizing how profitable they would be. *(Isaac Asimov’s Book of Facts, p. 61)***

**Saying no can be the ultimate self-care. *(Claudia Black)***

**The U.S. now ranks 57th in the world fo*.*r the percentage of population vaccinated, Bloomberg’s vaccine tracker has found. One of the most highly vaccinated countries in the world five months ago, the U. S. now trails all of Western Europe except for Switzerland – mostly because of vaccine hesitancy and refusal. *(Vox.com, as it appeared in The Week magazine, September 24, 2021)***

**If I had been the Virgin Mary, I would have said “No.” *(Margaret “Stevie” Smith)***

**Sometimes we are asked in our hearts to do something and we have trouble understanding why. We have a choice. We can either skip that direction, or we can trust that the voice of our heart is a master designer of our life. *(Joyce & Barry Vissell, in Risk To Be Healed)***

**It doesn't matter how many people tell you no. *(Russell Wilson, of the Seattle Seahawks, after becoming the second African-American quarterback to lead a team to a Super Bowl win; the Seahawks crushed the Denver Broncos 43-8, as it appeared in Time magazine, February 17, 2014)***

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