Tweets from the Office or #ursobusted

- **A Panel Discussion**
  - Jeff Fromm
  - Ed McNally
  - Bill Martucci
    - Moderated by Karen R. Glickstein
Forgive me Father. It’s been three days since I texted my confession.
Facebook Statistics—from the source itself

- **People on Facebook**
  - More than 750 million active users
  - 50% of our active users log on to Facebook in any given day
  - Average user has 130 friends
  - People spend over 700 billion minutes per month on Facebook

- **Activity on Facebook**
  - There are over 900 million objects that people interact with (pages, groups, events and community pages)
  - Average user is connected to 80 community pages, groups and events
  - Average user creates 90 pieces of content each month
  - More than 30 billion pieces of content (web links, news stories, blog posts, notes, photo albums, etc.) shared each month.
An Example

Oregon mayor recalled after posting bikini photo on MySpace

The female mayor of Arlington, Oregon, Carmen Kontur-Gronquist gets recalled after posting her underwear photo on MySpace.

Finding racy photos of yourselves on the Internet could be devastating, but jeopardizing yourself by uploading your own bikini pictures on MySpace is down right stupid, especially if you are a mayor. Carmen Kontur-Gronquist, the female mayor of Arlington, Oregon did exactly that - posted a picture of her in bikini, next to a fire truck in a black bra and panties, after she became mayor. The Oregon mayor claims that the picture was taken by a relative of hers in order to “improve the image of a single mother”; Carmen Kontur-Gronquist restricted access to the picture page, after the picture became an issue.

The picture is all over the net now and the voters in Arlington were far from happy that Carmen Kontur-Gronquist was peaceably elected mayor. She narrowly affirmed her position in the election, and voters were unhappy that she allowed racy photos online and voted to recall her from office. She lost her job by only ten votes.

A picture paints a thousand words . . . and maybe a few hundred lawsuits.
OMG I HATE MY JOB!! My boss is a total pervy wanker always making me do shit stuff just to piss me off!! WANKER!

Yesterday at 18:03 · Comment · Like

Hi, i guess you forgot about adding me on here?
Firstly, don't flatter yourself. Secondly, you've worked here 5 months and didn't work out that i'm gay? I know i don't prance around the office like a queen, but it's not exactly a secret. Thirdly, that 'shit stuff' is called your 'job', you know, what i pay you to do. But the fact that you seem able to f**k-up the simplest of tasks might contribute to how you feel about it. And lastly, you also seem to have forgotten that you have 2 weeks left on your 6 month trial period. Don't bother coming in tomorrow. I'll pop your P45 in the post, and you can come in whenever you like to pick up any stuff you've left here. And yes, i'm serious.

Yesterday at 22:53
Group for current and past employees of Farmboy Inc. to share experiences, discuss topics and express opinions.

Closed: Limited public content. Members can see all content.

January 13th - Several employees were fired from Farm Boy stores as a result of comments made in this group. Other employees who posted were pressured by management to leave the group.

January 17th - The Ottawa Sun and The Ottawa Citizen reported on the terminations.

January 21st - 28th - Employees were issued, and made to sign, forms prohibiting them from engaging in “unacceptable personal blogging activities” including, but not limited to, disparaging statements about Farm Boy, third party partners and customers (with no specification that such statements must be false to merit disciplinary action) and “posting on anything that can be construed as harassment or discrimination” (apparently regardless of whether or not such posts have anything to do with the company). According to the form, blogging is “not a place for venting [or] emotional outbursts.” Employees should also “expect that anything they post as a blog on any internet site will be read by the company and should expect consequences.” Failure to adhere to the policy will “result in disciplinary measures up to and including dismissal.”
Boycott Whole Foods

Common Interest - Politics

John Mackey, CEO and co-founder of Whole Foods wrote an op-ed in the Wall Street Journal on August 12, 2009 quoting Margaret Thatcher and suggesting that healthcare is a commodity that only the rich, like him, deserve.

http://online.wsj.com/article/SB20001424052970204251404574342170072865070.html

Whole Foods has built its brand with the dollars of deceived progressives. Let them know your money will no longer go to support Whole Foods' anti-union, anti-health insurance reform, right-wing activities.

How to Contact Whole Foods

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Discussion forums: http://www.wholefoodsmarket.com/forums
Your local store: http://www.wholefoodsmarket.com/stores/all/index.php
Customer service: http://www.wholefoodsmarket.com/company/service.php

Remember! Products/companies owned by Whole Foods include the following: Allegro Coffee, Amrion, Bread of Life, Bread & Circus, Food for Thought, Fresh & Wild, Fresh Fields, Harry's Farmers Market, Merchant of Vino, Mrs. Gooch's, Nature's Heartland, Select Fish, Wellspring Grocery, Whole Foods Market, Wild Oats Markets