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Dear Kambiz,

Thank you for being a loyal reader. Whatever traditions you celebrate, please be safe and have a wonderful holiday season.

Our **top four** research updates are listed below.



1. **[Is There Really a Santa Claus?](#)** - He's jolly and generous, but is he real? Our new holiday-themed site explores the legend of Santa Claus. Read the arguments from both sides and then decide for yourself: Is Santa Claus man or myth?



2. **[Teachers' Corner](#)** - Check out our new and improved Teachers' Corner for free lesson plan ideas, critical thinking resources, info on Common Core, and examples of how to use ProCon.org from more than 5,000 educators around the world.

Educators, if you have not already done so, please take our [2-minute survey](#) and let us know how YOU use ProCon.org. As a thank you, you can choose a ProCon.org hat or a chance at a \$100 Amazon gift card.



3. **[President Obama Announces Restoration of Diplomatic Relations with Cuba](#)** - The United States will open an embassy in Havana, release three Cuban spies, and ease travel and remittance restrictions. Cuba has agreed to free 53 political prisoners, American contractor Alan Gross, and an unnamed intelligence agent who had been imprisoned for nearly 20 years.



4. **[First Ever Study of Former Vegetarians and Vegans Finds 84% Who Adopt the Diet Return to Eating Meat](#)** - A new study by the Humane Research Council, the first ever to estimate the number of former vegetarians and vegans in the United States, found that 84% of people who adopt a vegetarian or vegan diet end up abandoning it and returning to meat.



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Please forward these updates to others who may be interested. Thank you.

Sincerely,

Kamy Akhavan  
President & Managing Editor, ProCon.org

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