



## Feds Ban Texting By Truckers And Bus Drivers

The federal government recently banned texting on handheld devices while driving a commercial truck or a bus.

The legislation went into effect immediately and applies to interstate truckers and drivers of vehicles that carry at least eight passengers. Violators face penalties up to \$2,750.

Several senators want the government to ban texting by all drivers in every state. Senator Charles Schumer, D, N.Y., says the dangers are the same whether you are behind the wheel of an 18-wheeler or a four-door sedan.

At this time, 19 states and the District of Columbia prohibit texting while driving for all drivers, according to the Governors Highway Safety Commission. And 23 states are considering banning texting while driving for all drivers.

### Quote of the Month

**"Your imagination is your preview of life's coming attractions."**

Albert Einstein

## Rev Up Your Career During Slow Economy

There are several reasons why fewer promotions are available during slow economic times. One of them is decreased voluntary turnover.

Usually, for someone to get a promotion, somebody has to leave. But fewer people are retiring and fewer people are quitting. That means those who would likely get a promotion feel stuck.

The situation won't last forever. When it turns around, those who have the most to offer will be the first to move up. Some

suggestions for increasing your value with the company:

- \* Do volunteer work for nonprofits on the side. You'll learn, increase your network contacts and get a new point of view.

- \* Apply for a lateral promotion. Work at the same pay level, but get a more varied experience with the company. Be sure the new position would be something you would enjoy and something where you could supervise others. Talk with people in the department to

determine whether it would be a good fit for you.

- \* Offer to take on extra responsibilities that will allow you to develop a new skill or gain experience in a new area. If the extra work would overwhelm you, develop a plan to delegate some of your main duties to a colleague who would benefit in the same way.



## More Digital Textbooks To Become Available

Will iPad, or devices like it, transform the classroom? Will they reinvent books? Save newspapers? Some think so.

Textbook publishers are already making deals with software companies to digitize their texts. ScrollMotion is one example of a software company positioned to adapt books, create textbooks, texts and study guides for the tablet

computer market.

According to Compass Intelligence, a market research firm, investment in technology is expected to grow to \$61.9 billion in 2013, up from about \$48 million in 2008.

No one knows whether the revolutionizing product, one that would be embraced by students and teachers, will be the Apple iPad or something else. Contenders in the sector are netbooks, very small laptop computers, and the Kindle, an electronic reader that lets users instantly and seamlessly download books from Amazon.com.

Also unknown are the applications that will dominate digital education.

ScrollMotion's chief executive John Lema is sure of one thing. "This is the beginning of handheld education," Lema told the Wall Street Journal.

The iPad's entry level price of \$499 puts it well in range of investments for schools. But experts don't expect schools to adopt the device right away.

The iPad was expected to be available in March 2010.



# At Disney's 'Future World' in Epcot Theme Park

A gentle 14-minute boat ride is touted as one of Walt Disney World's premier Epcot attractions. It is an introduction into an imaginative and practical indoor growing experience.

This experiment with aquaculture and innovative ways to grow crops has coupled Disney with the United States Department of Agriculture (USDA) and NASA as they



probe ways to grow food in space and in different media such as without soil, in sand, in perlite and suspended in air.

The USDA has been working on disease resistant trees as well as developing fruit with a longer shelf life. NASA hydroponic growing units, developed for use on extended space voyages, include rosemary, basil, Swiss chard and lettuce.

Many of the fish, fruits and vegetables grown here are actually harvested for use in Disney's restaurants. Nine-pound lemons (actually a pummelo that is related to the grapefruit), huge cucumber-like gourds, the "World's Hottest Pepper" (Bhut Jolokia) and tomatoes grown on hangers that

resemble trees create a magical world while laying out the future of agronomy. Special molds allow plants, such as cucumbers and pumpkins, to grow in the shape of Mickey Mouse.

Catfish, tilapia, bass and the American eel fill up the fish tanks.

Some of the work is labor intensive. Much of the pollination is done by hand with soft-bristled brushes.

While the boat ride is relaxing and instructive, anyone interested can sign up for a walking tour through the greenhouses, which lasts about 45 minutes.

Titled "Behind the Scenes," the tour can include a sensory challenge with herbs and spices, fish feeding, the release of ladybugs and sprouting a seed in your pocket to take home.

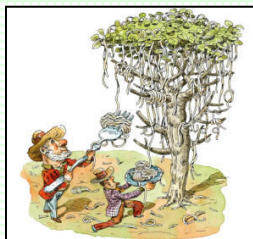
Cameras are welcome.



# April 1<sup>st</sup>—A Time of Tomfoolery For Everyone

Call it April Fools' Day or the Day of Tomfoolery, April 1 can bring out the prankster in most of us. The trick can be as small as changing the time on someone's clock, serving cereal that has been placed in the freezer, saying a snake is at their feet or making a crank call.

But hoaxes can also be elaborate and catch the world by surprise. Over the years, many have gained "elite" status.



\* In 1957, the BBC show Panorama announced that Swiss farmers were enjoying a bumper spaghetti crop from their spaghetti trees. Accompanying footage showed spaghetti strands being pulled out of the trees. Calls

flooded in asking where the viewers could obtain a "spaghetti tree." Callers were told to place a strand of spaghetti in tomato sauce and see what happened.

\* One year, Burger King ran an ad for a Left-Handed Whopper whose ingredients had been shifted so condiments would leak out the right side. Not only did people attempt to order the Left-Handed Whopper but some customers came in and specified they wanted a Right-Handed Whopper.

\* Comic strips often join in the April Fools' Day fun. Cartoonists of syndicated strips will draw each other's strips or incorporate "visiting" characters into their own. In one strip,

Garfield ate Dagwood's sandwich.

\* TV shows are not immune. In 1997, Alex Trebek, host of Jeopardy, traded places with Pat Sajak of Wheel of Fortune. Sajak and Vanna White then played as contestants on their own show.

\* In 2005, a news story was downloaded to the official NASA Web site announcing a picture of water on Mars. The photo consisted of a glass of water on a Mars candy bar.



## Drunk? Check With a Personal Breathalyzer or iPhone

You could go out to dinner, have a couple of drinks and think you're OK to drive home. It's hard to tell, but it's easy to go a tad over the legal limit. If so, you're considered a drunk driver.

If you don't want to take the chance for yourself or your friends, a personal breathalyzer could be the answer. At Akers Biosciences, sales of the BreathScan test have increased to about 500,000 units annually.

### Young drivers

The BreathScan is also often used to test high-schoolers before they enter a dance or school event. It is 99 percent as accurate as a blood draw.

Driving while intoxicated is an acute problem among younger drivers. Federal statistics show that 65

percent of drunk drivers involved in fatal crashes last year were 21 to 34 years old. And 17 percent of drivers in fatal crashes were under the legal drinking age. State officials all over the country are looking for ways to reach young drivers.

### iPhone help

A new iPhone app called R-U-Buzzed has state police officials recognizing its dynamic influence.

Officials in Colorado offered the free iPhone buzz-o-meter. In the first month, the app, which is designed to look like a slot machine, was

downloaded nearly 40,000 times from Apple's online store. It comes with a disclaimer that impairment can vary greatly depending on how much drinkers have eaten, whether they are on medication, and how much sleep they have had.

Based on the user's input of weight, gender, hours drinking and a tally of beer, wine and liquor consumed, the calculator R-U-Buzzed spits out a blood-alcohol content number.

It comes with a message: "No hangover expected," "You're buzzed," or "Don't even think about it."

While the subject of overdrinking is generally avoided in bars, users say that when they use the iPhone app in a bar, everyone around wants to try it. The subject's out in the open.



## Learn How To Avoid The Seven Threats To A Beautiful Smile

Last month we revealed that **Threat No. 1** was personal and dentist neglect.

This month, we're going to discuss **Threat No. 2, "Undertreatment."**

By this I mean you're not getting the care you should for one of three reasons.

**Reason #1:** Your dentist hasn't performed a complete evaluation. Every patient deserves a complete examination and thorough analysis. Next should come a complete treatment plan presented to you in detail.

For many people with major problems this is not a five-minute look-see clinical exam and a little bit of conversation.

It requires a whole series of X-rays, photographs, molds of your teeth, registration of how your bite works and other aids to help understand and diagnose what is going on.

**Reason #2:** Under-planning for the care required. This usually happens when your dentist is unaware of the different parts and pieces that can affect you as a patient. When that's the case three things can happen.

One, decay may not be taken care of and prevented properly.

Two, gum disease goes untreated.

Three, your bite mechanism is poorly assessed or ignored completely.

**Reason #3:** Under-presenting. In this situation the doctor does not tell you the whole

story.

Shockingly, the primary reason for this is a fear on the dentist's part that you will not return if he delivers "bad news."

Bottom-line? Ask lots of questions!

No matter how long it's been since you've visited a dentist and/or how much work you think needs to be done, there are always solutions.

The question is, are you ready to find them? **For more information, call 858-454-3221.**



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TO:

### Is Your Smile Ready For Spring?

The days are getting longer and the weather is warming up. Spring has arrived and we have a lot to smile about. How is your smile? Is it as white as you want it to be? Are your teeth as straight as they could be? Do you like the look of your smile? Most everyone's smile can be improved, and it begins with a discussion. If you'd like to improve upon what you have, give us a call. It may be as simple as a 90 minute in-office whitening appointment.



### Our Thanks to You –

*Thank You to those of you that have referred family and friends to us. It is quite a compliment to us to have the opportunity to serve them. I hope you are enjoying your choice of the Sonicare toothbrush with sanitizer, the in-office tooth whitening with take-home trays and gel, or the gift certificate to George's restaurant. And the two ladies that referred 3 patients this year so far, I know you each enjoyed your day at the spa. Thanks again!*

### On The Personal Side...

March started with a weekend dental continuing education program. Now I know as much as one can know about white fillings. March Madness didn't pan out for me – the local favorite SDSU lost early, as did my dental school alma mater – Georgetown. Now I'll hope for an exciting tournament with an underdog winner. Matthew's school swim season has started. His third swim meet was an Invitational with seventeen schools and hundreds of swimmers. He brought home a gold and a bronze medal. We are very proud of him. As many of you with children or grandchildren in sports know, you spend much time on weekends and evenings at the sporting events – it can consume you. We are looking forward to Spring Break in April – I'll tell you next month what we did.

Sincerely,  
*Charles Briscoe*