



Lawn Mowing Robots Great For Lazybones

Tired of mowing the lawn? A robotic lawn mower that can be programmed to silently clip the tops off of your grass every morning, or whenever you want it done, might be the answer.

Priced from about \$1,000 to \$3,500, they can climb hills, run up to four hours at a time and mow more than an acre of grass.

At \$2,500, the LawnBott Evolution boasts lithium-ion batteries that give it a longer runtime without recharging. It climbs hills up to 27 degrees. For a thousand dollars more, LawnBott will sell you a mower that has a Bluetooth remote control so you can guide it while sipping iced tea on the patio. And it will also run entirely on its own.

Experts quoted in Smart Money recommend models with tilt and touch sensors. These models stop the blades in less than a second if, for example, a dog or a child gets too close.

Quote of the Month

"Whatever you do or dream you can do begin it. Boldness has genius and power and magic in it."

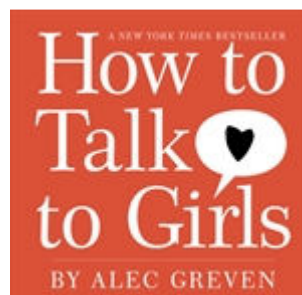
Johann Goethe

Ten-year-old author tells 'How to Talk to Girls'

Who woulda thought? Fourth grader Alec Greven has written a successful self-help book for the playground set. He's been interviewed by talk-show hosts and has a movie deal pending.

Alec is the author of *How to Talk to Girls*, which was number 49 on USA Today's best-seller list in December.

He doesn't consider himself to be an expert on the subject. He just likes to "observe things and write about them." In his book, he says things such as:



"Girls don't like desperate boys" and "Moms like clean kids."

He also advises, "In some ways dads are tough. They don't let you quit, and they make you do things by yourself."

His writing began as an independent writing assignment in third grade. The teacher said she would put each kid's work into a spiral-bound book.

Searching for a subject, Alec noticed that sometimes boys and girls don't get along on the playground.

He wrote seven pages of advice for boys, such as not showing off in class or being the class clown. His favorite piece of advice: "Sometimes you get a girl

to like you, then she ditches you. Life is hard, move on."

His teacher, Anna Dupree, thought his book was hilarious and made copies for the principal, the librarian and the teacher's lounge. They decided to sell copies at the school book fair. All 75 copies, plus an additional 225 copies, sold for \$3 each. (Proceeds went to the school, but Alec did accept \$20 to save.)

The seven-page book grew to 42 pages. At HarperCollins Children's Books, they say the book is a great idea that is well executed.

Since then, Greven has written *How to Talk to Moms* and *How to Talk to Dads*.

Twitter Much? Tips On Speaking Tweet

A few translations for prospective tweeters:

Following: You are a follower when you receive the tweets of others. You don't have to reciprocate.

Hashtag: It's a # sign at the beginning of a word, which indicates what the tweet is about. Adding hashtags helps users find

updates on specific subjects.

RT: It's short for re-tweet. Add an RT if you are reporting something from another person's tweet.

Tweet: The basic tweet is an update of 140 characters or fewer.

Tweetup: When Twitter users meet in person.

TwitPic: A third-party application that allows a user to post photos on Twitter.

Twitterati: A-listers on a Twitter.



Quick Health Tip: Getting to the Core of Strength-Building

Your core is the area of your trunk that includes muscles in your abdomen, back, hips and pelvis. The trunk houses your muscular center of gravity and balance, and it supports your spine.



When you have good core stability, these muscles work in harmony. They make it easier to do most physical activities, from swinging a golf club to bending down to tie your shoes.

A weak core makes you more apt to have poor posture and low back pain.

You can develop core strength with floor

exercises, including any that use the trunk of your body without additional support. Think squats, push-ups and abdominal crunches, say doctors at the Mayo Clinic, but there are other floor exercises, including:

The bridge. Lie on your back with knees bent and back relaxed. Tighten your abdominal muscles and raise your hips off the floor until they are aligned with your knees and shoulders. Hold for three deep breaths then do it again.



Segmental rotation. Lie on your back. Tighten your abdominal muscles. Keep your shoulders on the floor

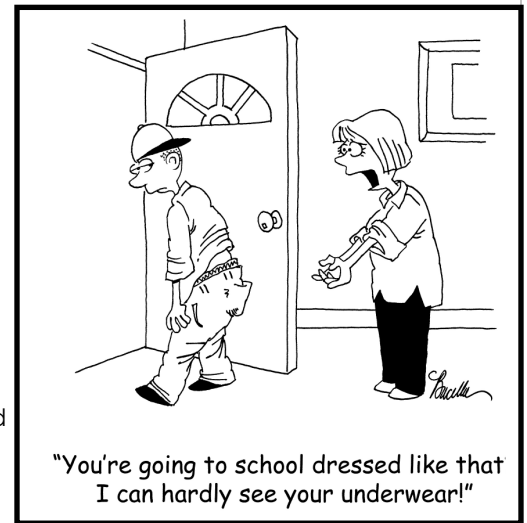
and let your knees fall slowly to the left until you feel a stretch but not pain. Hold for three deep breaths. Return to the start position and repeat the exercise to the right.



Quadruped. Start on your hands and knees with your hands directly below your shoulders. Align your head and neck with your back. Tighten abdominal muscles, raise your right arm off the floor and reach ahead. Hold for three



deep breaths. Lower your arm and repeat with the left. Next, extend your right leg, hold and repeat with your left leg.



"You're going to school dressed like that I can hardly see your underwear!"

2010 Winter Olympics: News Notes on Skiing and Skating

Figure skating: Beginning with the Vancouver Olympics, the International Skating Union has decided to cut the number of judges for each Olympic event from 12 to nine, the same number of judges as at various world championship competitions.

The ISU president, David Dore, says that because the number of judges in the championships has been reduced to nine, the number of Olympic judges should be the same for ladies, men, pairs and ice dance.

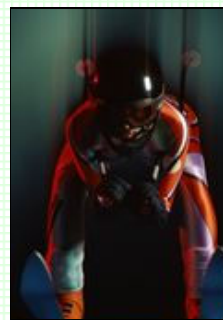
All of the scores are posted, but the computer randomly decides which

scores will count, which the ISU says will prevent cheating and deal making.

Skiing: Women ski jumpers are fighting to compete at the 2010 Winter Olympics in Vancouver. The athletes, including world champion Lindsey Van of the United States are suing the Vancouver games, claiming that not allowing them to compete violates the Canadian Charter of Rights and Freedoms.

The International Federation of Skiing feels there are not enough highly-skilled women to warrant a women's

competition. The Federation president, Gian Casper, says that although there are 120 women ski jumpers registered, there are only six or seven who are good enough to compete in an Olympic event.



In order to compete, the women would have to hold an official world championship hosted by the Federation.

That would be costly, which is one reason the Federation is against it.

Save Time and Money at New, In-Store Clinics

Need a flu shot, a cure for swimmer's ear or treatment for your kid's sore throat?

Next time you stop by the supermarket or the drug store, look for one of the new in-store clinics. Usually, you'll get fast service and may pay less than you would at your doctor's office. Most are even open evenings and weekends.

While all of the clinics will bill your insurance, at least one clinic, reports The Deloitte Center for Health Solutions, waives the cost for people who can prove they are unemployed and uninsured.

There are about 1,100 of these clinics across the U.S. Many are located at CVS and Walgreens. Supermarkets

such as Kroger and Cub Foods also have them, as well as chains like Wal-Mart and Target, according to Smart Money magazine.

They are usually staffed by a nurse-practitioner and sometimes an assistant who hands out insurance forms and puts you in line for service if others are waiting. Antibiotics are not prescribed unless a patient meets a list of preconditions.



Walgreens received the best rating in the Smart Money survey. It has 342 clinics in 29 states, charges \$59 for a basic visit, \$74 for strep throat, and \$25 for a flu shot. They work with 46 insurance carriers.

Where doctors are in attendance, some will even provide ongoing monitoring of certain diagnoses. In

these cases, treatment includes a follow-up call by the on-call nurse.

CVS has 50 clinics in 25 states and works with 98 insurance carriers. They are accredited by the same commission that certifies hospitals. They charge \$62 for a basic visit, \$77 for strep throat, and \$30 for a flu shot. After treatment, patients can dial an 800 number for more information.

Other supermarkets have The Little Clinic. There are 96 in nine states. They charge \$59 for a basic visit, \$69 for strep and \$15 for a flu shot.



An Attractive Smile Makes A Healthier, Happier You!

Fair or not, it is true that appealing, good-looking people are generally perceived to be more intelligent, friendlier, more honest, trustworthy, and even more ethical.

In fact, they are seen as being more successful and happier and are assumed to have just about every other desirable trait as well.

In some surveys, **92% of Americans agree that an attractive smile is an important social asset** while 74% think that an unattractive smile can hurt a person's chances for career success.

But these aren't the only compelling reasons to make the most of your pearly whites.

Creating a beautiful smile is not only important to success in the business world, but more importantly, it affects your self-esteem and confidence. And that

transmits a signal, via body language on a subconscious level, affecting the quality of the message you are sending.

A great, bright, welcoming smile conveys interest and pleasure to the person who receives it.

This communicates appreciation and gratitude for their time and presence, creating a decisive personal resource that most find very hard to resist.

To **utilize your secret weapon** to full advantage, just remember to smile. Smiling creates endorphins, natural bodily substances, which help produce a mild, natural feeling of perceived pleasure.

It's the body's natural painkiller and produces a general sense of well-being, and can act as a stress reliever. Of even more importance, a smile can be infectious in other people.

Some other easy, cost-free ways to improve your mood and general disposition include:

- 1. Smile** even when you don't feel like it.
- 2. Get some exercise**, even if it's not enough to break a sweat.
- 3. Change the scenery.** Go outside, go to a park, spend time volunteering.
- 4. Play** with a family pet.

To learn more about how you can get the health and satisfaction you and your family deserve, **call 858-454-3221 today.**



Dr. Briscoe

Did You Know...

We have gone Digital!

With digital dental x-rays your exposure to X-rays is cut by as much as ninety percent. The large color-enhanced images let you see what Dr. Briscoe sees, so it's easier for you to understand how he will treat your teeth if they need treatment.

Dr. Briscoe uses digital x-rays to provide even better care and more accurate diagnoses. The process is much faster, safer, and more comfortable for you.

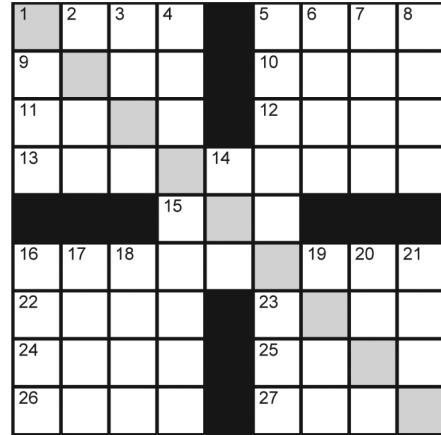
For more information or to make an appointment, call

858-454-3221

In-the-harbor crossword puzzle

Across

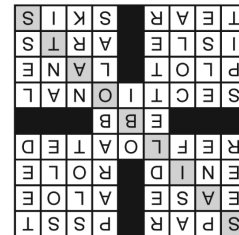
1. Box
5. iHey ... over here!
9. i... on Down the Road!
10. Cosmetic additive
11. Author Bagnold
12. Film part
13. Made buoyant again
15. Flowis partner
16. Type of sofa
22. Connive
23. Narrow street
24. Capri, for one
25. Song and dance, e.g.
26. Drop from the eye
27. Slaloms



Down

1. Clairvoyant
2. Piece of glass
3. i... I care!
4. Memorable, special
5. Conic sections (Geom.)
6. Coin opening
7. Exclusive
8. Angry, with ioffi

14. ___-Wan Kenobi
 16. Fast-moving card game
 17. i... or ___fi
 18. Fizzy drink
 19. Informer
 20. Against
 21. More or ___
- The title is a clue to the word that is shaded.*



Charles Briscoe, DDS
 La Jolla Dental Care
 7737 Herschel Avenue
 La Jolla, CA 92037

