



The Most-Literate Cities Have Other Good Qualities

President of Central Connecticut State University in New Britain, Jack Miller's most-literate cities list considers 6 factors: newspaper circulation, number of bookstores, library resources, periodical publishing resources, educational attainment and Internet resources. Here's his latest list, from first to last:

Seattle, Washington, Minneapolis, Pittsburgh, Atlanta, Portland, Ore., St. Paul, Boston, Cincinnati and Denver.

Other surveys by Forbes, Bert Sperling's Best Places, the Bureau of Labor Statistics and American City Business Journals, say other top cities are:

* Safety: Minneapolis is safest, followed by Boston, Seattle, Portland, Ore., Denver and Cincinnati.

* Walkability: Seattle has the most opportunities, followed by Washington, Portland, Boston and Denver.

Quote of the Month

"Experience is not what happens to you. Experience is what you DO with what happens to you."

Aldous Huxley

Treating Poisons: Quick Reference Chart

Poison in the eyes: Flush eyes immediately with a flow of room-temperature water for 10 to 15 minutes. Rinse from the top of the nose toward the side of the face and away from the other eye.

Don't splash water into the eye, wipe it with a wet cloth or use eye drops. Call Poison Control.

Poison on the skin: Remove contaminated clothing and rinse the areas with room-temperature water and soap. Call the Poison Control Center.

Inhaled poison: Get the victim to fresh air and avoid breathing more fumes. If the victim is unconscious or not breathing, call 911. Begin mouth-to-mouth resuscitation.

Ingested Poison: Do not wait for symptoms to appear. Don't make the victim vomit before calling the Poison Control Center. Describe the product and take the container with you if you are instructed to go to the emergency room.

Bites and stings. Most stings

from bees, wasps and nonpoisonous spiders are not harmful. If bitten by a poisonous spider, snake or water creature, never use a tourniquet. Don't put ice on the bite, and never cut the skin and suck the venom. Call Poison Control.

Poison Control Center:
1-800-222-1222

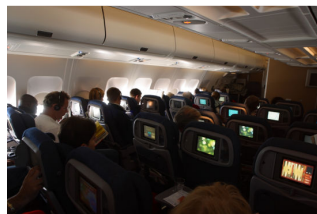


New Airline Rules to Take Effect In Late April

Fliers can leave the plane

Beginning in late April, a new rule by the Transportation Department calls for allowing passengers to deplane after spending 3 hours on the tarmac.

The rule applies to all domestic flights with more than 30 seats. But exceptions are allowed for safety or security, or when air traffic controllers notify a pilot that



returning to the terminal would disrupt operations.

The Air Transport Association, which represents the airlines, claims the new rule could cause more canceled flights and greater passenger inconvenience.

The new rule also requires airlines to provide food and water for passengers delayed for 2 hours, plus operating lavatories and medical attention.

Airlines will choose biofuels

In September 2009, the FAA approved the use of biofuels for commercial aircraft when blended with

equal quantities of traditional jet fuel.

Airlines want to reduce their oil dependence and reduce their carbon footprint at the same time.

By December 15, major airlines and air-cargo companies were negotiating with Rentech, Inc. to buy fuels made from vegetable oil, coal, and petroleum coke, a by-product of refining petroleum.

Jet and diesel fuel made of camelina is another option. The small, oily seed is getting attention because it grows easily and isn't a food crop.

Here's How To Sell Your Stuff On The Web

This is a brief rundown of what to sell where and how much it will cost you, according to Michael Miller, author of *Selling Online 2.0*.

*** On eBay:** Sellers usually pay 8.75 percent of the sales price up to \$25, with a declining percentage on larger sales, plus upfront fees of 10 cents to \$4 or more. This is whether or not the item sells.

Some of the best items to sell on eBay: antiques, high-end bicycles, rare collectables, jewelry that is unique, modern or antique golf clubs, high-end skis, and old or collectible items including art.

Sell tickets on eBay's

StubHub, www.stubhub.com.

*** On Amazon.com:** Sellers set fixed prices and usually pay a commission of 15 percent (commissions are lower on electronics and cameras), plus a 99-cent transaction fee. On Amazon, you won't have to pay the listing fee if the item doesn't sell.

The best items to sell on Amazon include DVDs, CDs, recent electronics, video games and books. Book buyers shop at Amazon.

*** On Craigslist:** Listing items on Craigslist is free. The listings are divided into regional Web sites. Buyers generally come to the seller's home and pay cash.

The best items to sell on

Craigslist are furniture, exercise equipment, cars, boats, RVs, musical instruments, regular or low-end skis, common golf

clubs and electronics. Sell items like toys, hand tools and clothing in lots.

Spring Flower Crossword

Across

1. To and ____
4. Earthy deposits containing lime
9. Journal
10. Otherwise
11. Paddle
12. Quench
13. Magic word
15. Hoosier State
16. Nutritious beans
18. Indefinite article
20. Gold, silver, etc.
23. Foyer
25. "Fat chance!"
26. Check recipient
27. Junior's junior
28. Dig discovery: Var.
29. Bikini top

Down

1. Broadway bomb
2. Crowd noise
3. Monsters
4. Tearful
5. Undirected
6. Cellular stuff
7. Norse deity
8. British submachine gun
14. Melancholy
17. Sir, in India
18. "The Sound of Music" backdrop
19. Wyle of "ER"
21. Animal house
22. Branch of orthodox Islam
24. "Ciao!"

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14			15		
		16				17		
18	19		20				21	22
23			24				25	
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28							29	

V	R	B	G	R	E	H	S
I	I	I	E	E	A	V	d
H	V	H	A	B	O	L	
S	T	V	J	E	W	N	V
S	V	A	O	S			
N	I	O	L	S	E	R	d
K	E	V	T	S	R	V	O
T	O	N	I	F	I	G	O
L	S	A	R	M	O		

The title is a clue to the word in the shaded diagonal.

"Rat," a New York Times Best-Seller, Is a Must-Read

Ken Fisher's new book, *How To Smell a Rat*, has struck a cord with novice and professional investors everywhere. The rest of its title is *The Five Signs of Financial Fraud*.

Fisher has been writing *Forbes* magazine's "Portfolio Strategy" column for 25 years. He says investment fraud can strike anyone at anytime. But nearly every investment Ponzi scheme ever perpetrated, including, Bernard Madoff's massive fraud, could have been easily detected, and more easily avoided.

Using the example of "Everyman Jim," an investor swimming in shark-filled waters, Fisher gives a clear, fast-paced guide to his principles, such as, "Due diligence is your job, no one else's."

Fisher not only tells the reader what to avoid in the shark-infested waters, he gives practical, easy-to-follow examples of investment strategies. Some are from his own firm. He is founder and CEO of Fisher Investments, one of the largest registered investment firms.

The reader who likes stories will be interested in those about Madoff, Allen Stanford and a number of other historical scam artists.

Fisher's five red flags that should make alert investors back away include:

- * Advisors who have access to your money.
- * Promises of returns that are too good to be true.

* Mumbo-jumbo that takes the place of explaining investment strategy.

* Information on the fake benefits of exclusivity and other strategies.

* Relying on someone else for due diligence.

How to Smell a Rat: The Five Signs of Financial Fraud by Ken Fisher, Wiley, 224 pages.



Mushrooms and Chocolate Are Secrets to Longevity

Get moving to reduce Alzheimer's risk

Research by University of Kansas School of Medicine shows that regular exercise can reduce the risk of developing Alzheimer's disease by up to 60 percent.

Exercise has a multitude of benefits for people of every age. For those over age 55, it's even more important. One in 10 men age 55 and older in the United States will develop Alzheimer's. The percentage for women is higher, in part, because they live longer. Half an hour a day of moderate exercise will do it. Other preventive steps include:



* Eating fruits and vegetables. They reduce damage to brain cells.

* A drink or two per day of an alcoholic beverage (one drink a day for women) reduces the risk of cognitive decline, including Alzheimer's.

Healthy, tasty mushrooms

Researchers believe that the maitake mushroom (a fanlike tree fungus) boosts immunity and protects against infections. Some say that mushrooms are medicinal magic.

Dr. Harry Preus, of Georgetown University School of Medicine says the maitake mushroom may be the most potent natural immunity booster ever discovered. Preus is the author of *Maitake Magic* (Freedom Press).

Maitake capsules, pills, powders and teas are also found in health food stores. Visit maitake.com for pills.

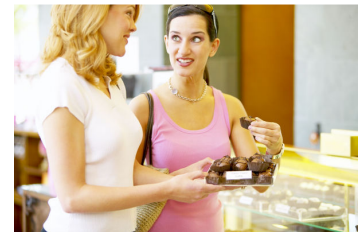
Always store supermarket mushrooms in paper bags. Dry them first and they

should last five days in the fridge.

Chocolate lovers rejoice

A U.S. and Swedish study shows that heart-attack patients who had eaten chocolate at least twice a week during the year prior to hospitalization were 66 percent less likely to die.

The higher the cocoa content in chocolate, the greater the protection. In the United States, milk chocolate has 10 percent cocoa content; dark chocolate has 15 percent. In Sweden, it's 25 percent for milk chocolate, 35 percent for dark.



Learn How To Avoid The Seven Threats To A Beautiful Smile

Did you know there are seven threats to having a beautiful smile and healthy teeth for life?

And that YOU can easily prevent every single one of them? Learn about them by joining me over the next several months in a journey to personal beauty.

Threat # 1--Neglect

Personal Neglect includes not brushing your teeth, not flossing, not seeing a dentist regularly, etc. This usually happens for one of three reasons.

One, you haven't seen a dentist in a long time and are afraid of what they'll find. Two, you have a real fear of the dentist. Three, you simply don't want to be lectured.

While there isn't much a dentist can do about the first reason, there's

plenty we can do about the other two.

When it comes to a fear of the dentist, great dentists pride themselves on an excellent chair-side manner, listening to your concerns, aiding you through the process in any way they can and even using sedation dentistry where necessary.

As for the third reason, well that's why offices like ours employ a strict "no lecture zone" policy. No lectures, just solutions.

Now, that's the first half of neglect, but did you know there's another form that is just as important?

It's called Dentist's Neglect and it occurs when your dentist fails to keep you informed about your complete dental health. The most common form of this is advising patients to "just get dentures" when they face big dental

problems.

Having treated hundreds of patients with dentures, I know the only problem with them is they're a lot like oral wigs. Oral wigs that can move up to an inch during function!

My advice? Evaluate the caliber of your dentist and start brushing and cleaning between your teeth regularly.

You wouldn't dream of going without deodorant or not taking a shower every day. Give your teeth the respect and care they deserve.

For your free, no-hassle, consultation, **call 858-454-3221 today.**



Dr. Briscoe

Charles Briscoe, DDS
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TO:

Did You Know...

As a member of our **Smiles Rewards Program** you will earn points that can be used on services and products in our office when you pay for treatment by check, cash or credit card. There is no fee for this service. Just email us at ljdentalcare@san.rr.com to let us know if you would like to participate in this special patient appreciation program. See the enclosed insert.

Our Thanks to You –

We have upgraded our referral program to incentivize you at a higher level for sending in your family and friends to see us. Enjoy an electric toothbrush, a Waterpik, in-office teeth whitening, or a restaurant gift certificate for each new adult patient you send our way. And when you get to three new patients referred in 2010, we'll send you to the spa for the day as our appreciation for your support. We already have one patient that has been to the spa, and two more that are close. Thank you so much!

On The Personal Side...

February was very eventful for our family. Matthew turned 17 on the 3rd and still no driver's license. What's up with that? Mom is tired of driving him to his 5:30 am swim practice. Friends joined us for a superbowl get together. Finally a good game and the right team won. Matthew and I got off to Park City for a long ski weekend. The snow was great, we had a lot of fun, and Nancy got some peace and quiet while we were gone. Check out our 90 second ski video at

LaJollaDental.com/skivideo.aspx

I'll tell you about my March Madness next month.

Sincerely,

Charles Briscoe