



Pools and pet doors

Warning to parents: If a medium-sized dog can get through the pet door, a small child can too. From there, the child can get to the swimming pool, fall in and drown. About 100 pet-door related drownings have been reported.

One solution: Radio Systems has the PetSafe Electronic Smart Door, a door that identifies your pet's collar so that only the animal can go in and out. Prices range from \$100 to \$200.

Get more of what you want

Statesman, Ben Franklin knew being right wasn't enough when it came to getting his way.

Instead, he would open with statements like, "One way of thinking is that ..." or "Have you thought of this?" He found a non-confrontational style accomplished more than stubbornness.

If that didn't work, Franklin was willing to compromise.

Quote of the Month

"Treat all disasters as if they were trivialities but never treat a triviality as if it were a disaster."

Quentin Crisp

Useful Travel Tips and Tidbits for the Holidays

Washington ends use of the "puffer" machines

Dirt and humidity at airports have caused the Transportation Security Administration to abandon most of the "puffers." The machines shoot air blasts at check points to dislodge any explosive particles from passengers' clothing.

The \$36 million anti-terrorism program was designed to detect bombs on passengers. The program started in 2004. Ninety-four machines were installed in 37 airports and

113 remained in storage.

As a replacement, the TSA is using body scanners that create images of passengers through their clothing. The TSA plans to have 250 scanners next year.

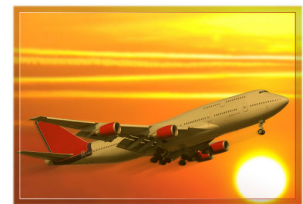
Post office will carry your bag

Because of airlines' lost-luggage problems, some people are shipping a suitcase before they leave.

For a bag weighing 50

pounds going from Denver to Chicago, some airlines would charge \$100 to \$125. Using Priority Mail, the Postal Service would charge \$45.20 for two-to-three day delivery.

A 40-pound bag going from New York to Los Angeles costs about \$144. The two-day delivery cost is only \$75.



Ski Resort Will Charge According to Weather

One of the largest Pacific Northwest ski areas promises to tell the truth about weather conditions in the 2009-2010 season.

Mt. Bachelor resort, in Oregon's Cascade Range, says it hopes its new policy will distinguish it in an industry that, like many others, has been hit by the recession. The ski industry as a whole has been often maligned for

overstating conditions, say the editors of Fortune.

The ski area will rank conditions between 0 and 3; 3 means nice and 0 means nasty. Another scale, from 1 to 3, will be based on how many lifts are open.

The total number of points, between 1 and 6, will determine lift-ticket prices, which will range from \$49 to \$69, except during holidays.

Mt. Bachelor has every type of terrain. The runs follow the natural contours of the mountain with a total of 3,683 skiable acres to play around in. There is

cross-country action too.

For snowboarders, all 71 runs are open to both skiers and snowboarders along with three terrain parks and a superpipe. Snowboard and boot rental facilities are available, and clinics are offered daily.

The resort has been in existence for more than 50 years. It predicts 195 skiable days this season. Its average-year snowfall is 370 inches.

There is no lodging at Mt. Bachelor, but the resort is only minutes from Bend, Redmond and Redmond airport.



Studies Reveal Mobile Phone Hazards: Only 2 Percent of People Are Able to Safely Multi-task While Driving

Texting and dialing create more danger on the road than any cellphone-related activity. The National Highway Traffic Safety Administration, however, says using the cellphone at all is a serious safety hazard on the road.

The Senate is considering a bill that would require all states to ban texting while driving; 17 states and the District of Columbia have

already passed a ban. Seven states have outlawed driver use of hand-held communication devices altogether. (A 2008 nationwide survey showed that only 63 percent of phone users say they would obey such laws.)

There is no way to know how many accidents are cellphone-related but David Strayer, a professor at the University of Utah, estimates that only 2 percent of drivers can safely multitask while driving. They are the same people who would make good fighter pilots.

In his studies, people who were legally drunk had fewer crashes when they were sober and talking on a phone.

Some authorities believe that hands-free technology makes mobile phones safer.

But talking to someone on the phone is different from talking to a passenger. The passenger helps the driver observe dangers on the road.

Often in Strayer's studies, the passenger stopped or started talking according to roadway conditions.

At Johns Hopkins University, scientists have discovered

that when people direct their attention to sound, the visual capacity of their brain decreases.

Whether texting or even talking on a cell phone is banned in your area or not, it's safest to stop before doing either.



Google Centralizes Calls to Your Home and More

The new Google Voice product gathers all your calls from your various phones, which can then be accessed from your home, office or cell phone.

If you ignore a voice mail, it is transcribed and sent to you as an e-mail. And Voice lets you make free conference calls and cheap international calls.

To get started with the service, you set up a personal Voice Web page, where you link your home, work and cell numbers with a new number given to you by Voice.

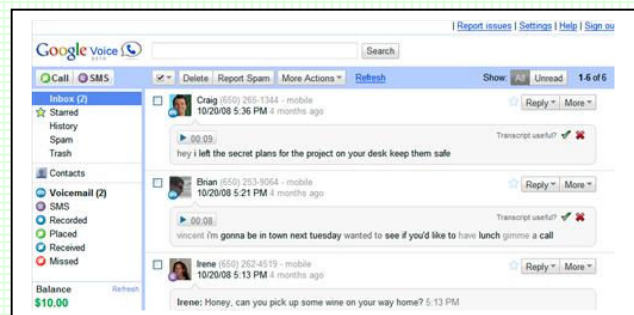
The new number link is used because Voice is still somewhat under development. Before long, they will have number portability so you won't have to use the number link they give you to start.

When one of the designated phones rings, you can pick up whichever phone is most convenient.

Voice does a pretty good job of recognizing words in a voice mail and transcribing them. Depending on the

clarity of the speaker's diction, it could get a word or two wrong, but generally the meaning of the message is not changed.

You can sign up for the free service at google.com/voice. Right now, there is a waiting list.



Q&A on the H1N1 Flu: How to Prevent and Treat It

Who is most at risk?

Pregnant women and everyone who has a chronic disease such as asthma, diabetes or heart disease. About 70 percent of those who have died had underlying conditions.

What if I get the H1N1 swine flu?

Without a lab test, you won't know if it's seasonal flu or the H1N1. Most people get well just by resting, staying hydrated, and taking medications to reduce fever. Stay home and avoid contact with others until at least 24 hours after the fever is gone.



If you have trouble breathing, have chest or abdominal pain, dizziness, confusion, persistent vomiting, or if you don't soon get better, see your doctor.

Should I take an antiviral like Tamiflu?

The Centers for Disease Control and Prevention does not recommend taking them for mild cases. Antivirals are recommended for serious cases and for those with other medical conditions.

How about the new vaccine?

First, people at high risk will get the two H1N1 flu shots, including pregnant women, children and adults age six months through 24 years old, people with medical conditions, health care and emergency medical care workers.

The vaccine should be available now and is safe. It does NOT protect against regular seasonal flu. Be sure to get your regular flu shot.

How can I protect myself before getting the vaccine?

People who are infected with the virus start spreading it a day before they develop symptoms, which means the virus could be present almost anywhere. It is spread through respiratory droplets from a cough or a sneeze. You can get it by touching something they have touched, then touching your mouth or nose.

Handwashing is your most powerful preventive. Wash often with soap and water or a sanitizer.

Should I keep my child home from school if it's going around?

No. Schools will watch kids and staff members for symptoms, isolate them quickly and send them home. In most cases, schools will remain open.

If You Think Your Smile Is Beyond Repair, Think Again!

Are you fed up with trying to hide your teeth when you talk or smile?

Do you find yourself gazing enviously at "those men" or "those women" with perfect teeth?

Are you worried that even if a dentist could help you, it would be too expensive?

Good news! We've helped moderately to severely smile-challenged people just like you every day for more than 25 years. So believe me when I say there's nothing we HAVEN'T seen in this office and almost NOTHING we can't handle!

After all, smile restoration is our specialty and making it as painless as possible is all part of the package.

How Do You Know If Corrective Cosmetic Dentistry Is Right For You?

Well, only you can say for certain but in my experience you will benefit the most if you:

- 1) Want to **recapture your youthful appearance**
- 2) Feel you are (as several patients have put it) a Dental Disaster with no place to turn
- 3) Are unhappy with earlier attempts to fix your teeth
- 4) Have **chronic bad breath**
- 5) Have **missing teeth** or are **about to lose teeth** due to decay or fracture
- 6) Have heavy wear and fractures on teeth
- 7) Have **suffered** a motor vehicle or sports **accident** such as baseball,

football, hockey or any other sport and want to regain function and appearance



Dr. Briscoe

- 8) **Wear dentures** and are frustrated or tired of the goo, the pain and the embarrassment of teeth that can literally fall out on your plate

If one or more of these descriptions sounds like you, please **call for your FREE Consultation now.**

It won't cost you a dime and you'll learn everything you need to know to reclaim your health and your good looks with the miracle of cosmetic dentistry.

To learn how you can get the teeth you want and deserve, **call 858-454-3221 today.**

Did You Know...

For the month of **November** when you refer a friend, colleague, or family member to our office and they become a new patient by scheduling an exam and cleaning, you will receive a **free** Zoom whitening.

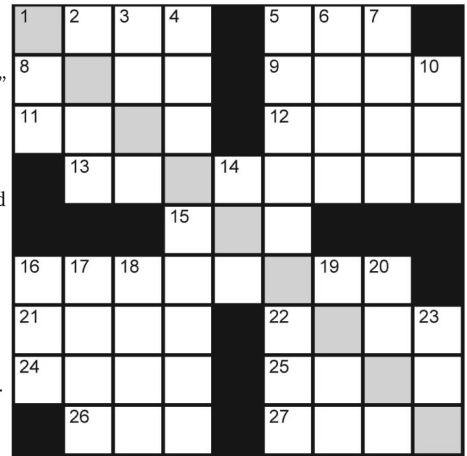
Additionally, after the person you refer to us becomes a new patient, they will also receive a **free** Zoom whitening.

For more information or to make an appointment, call
858-454-3221

Evaluation crossword puzzle

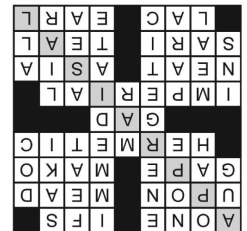
Across

1. Bang-up
5. Conditions
8. "Once ___ a time..."
9. "Beowulf" beverage
11. Be slack-jawed
12. Shark
13. Completely sealed
15. Roam (about)
16. California's ___ Valley
21. "Cool!"
22. ___ Minor
24. Delhi wrap
25. Blue hue
26. Fond du ___, Wis.
27. Countess's husband



Down

1. Summer mo.
2. Brightly colored fish
3. Yep's opposite
4. Full of vim
5. Close
6. Accomplishment
7. Pseudonym of H. H. Munro
10. Elmer, to Bugs
14. Deface
16. ___ and outs
17. Breakfast, lunch or dinner
18. Legal prefix
19. In a muddle
20. Pinocchio, at times
23. Everything



The puzzle name is a clue to the word in the diagonal.

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

