



Fish Oil May Slow Biological Aging

Researchers at Northwestern University and elsewhere have found that the omega 3 fats in fish oil have a life-lengthening effect for heart patients.

Patients in their studies who consumed the most fish oil showed the least shortening of telomeres, a sign of biological aging. Patients with the lowest levels of omega 3s had the fastest rate of telomere shortening over a five-year period.

The study did not specify cause and effect. That is, those with higher omega 3 levels might have healthier habits.

The American Heart Association reports that other studies have shown increased survival rates for patients who consume omega 3s from fish oil, but previously, no one could establish why it happened.

At this point, the telomere length is becoming an important indication of biological age.

Quote of the Month

"You can have it all, just not all at once."

Oprah Winfrey

Some Say Workplace Refrigerator is Hazard

Scary stories about the office refrigerator have increased. That's probably because about 70 percent of Americans now bring food to work and eat at their desks, according to the American Dietetic Association.

The problem comes when they don't eat all of it and put the rest in the fridge. They don't want it the next day, or next week, but nobody throws it away. It just stands and gathers mold.

A study by ConAgra Foods shows 44 percent of office refrigerators are cleaned once a month but 22

percent are cleaned just once or twice a year.

Foods most likely to spoil are casseroles, cold cuts, poultry, yogurt and sour cream. Leftovers from meetings are a health hazard as well. They were often kept at room temperature too long before being cooled.

Bloomberg Businessweek reports one case in which noxious fumes from an open fridge sent seven people to the hospital, including the employee trying to clean it out. The company evacuated the building and called guys in hazmat suits to finish the

job.

Office cleaning services aren't much help. They won't touch the fridge except to wipe off the outside.

Usually, no individual is responsible for cleaning the refrigerator, but everyone is responsible for what they put into it. Or they should be.



Steinbrenner Kids Continue Legacy

The New York Yankees are still mourning the loss of their patriarch, George Steinbrenner, but his death won't change the operation of baseball's most powerful franchise.

His sons, Hank and Hal Steinbrenner have run the franchise for two years and have delivered a championship.



George is mourned as much for his philanthropic enterprises as his baseball skill. Through the New York Yankees Tampa Foundation, Steinbrenner donated up to \$1 million a year for grants to poor children, youth sports coaches and holiday concerts.

The foundation will continue, run by his four children, particularly Jennifer Steinbrenner, 50, of Tampa.

This was just one of his many philanthropic ventures.

He attended Culver Military Academy for his high school years and kept the school close to his heart for the rest of his life. His contributions to the academy include the Steinbrenner Recreation Center, the Steinbrenner Track, and the Steinbrenner Performing Art Center.

John L. Buxton, head of Culver Academy Schools, says Steinbrenner "contributed more than these impressive structures. He entrusted his four children to it, and they, in turn, entrusted their children to Culver."

Travel Bag: Doggie Bathrooms Required At Airports

Fed tells airports: Build doggie bathrooms

A recent federal ruling ordered airlines to work with airports to install "pet relief areas" for travelers who have service dogs. Airports that already have one are Atlanta, San Francisco, Los Angeles, Washington Dulles, Washington National, Chicago O'Hare and Phoenix.

The rule says they should be outside but within walking distance of the terminal. They must have



at least a sand or gravel surface. Some airports have added synthetic grass, fire hydrants and benches.

About 2 million pets and other animals fly each year in the U.S., according to the Transportation Department.

iPad goes along on holidays

Since the iPad is light and easy to tote, it works well for travelers on planes, especially if the person in front of you reclines the seat.

Because Wi-Fi is so prevalent in hotels, the iPad doubles as an in-room entertainment machine for games, movies and e-books. Overseas travelers can



take advantage of translation apps, such as Translator (\$2.99), which figures out phrases and converts them into digital speech.

\$769M in baggage fees

Total baggage fees increased by one-third in the first three months of this year, compared to the previous year.

Revenue from baggage fees was \$769 million.

Airlines collected \$534 million to change reservations and \$534 million from other services, including sales of frequent-flier miles and fees to fly pets.

The trend shows that passengers are increasingly willing to pay some fees, regardless of how unpopular they are.



Create Your Own Apps and 3-D Video Games to Arrive

Google offers new 'App Inventor:' create your app

Google is offering Android users free software that will enable them to easily create their own applications, The New York Times reports.

The purpose of Google App Inventor is to put innovation in the public's hands and nourish a new generation of developers. According to the Times, this new

approach differentiates Google from Apple, which closely monitors and tests all prospective iPhone apps.

The computer scientist who spearheaded the project says the goal is to enable people to become creators, not just consumers.

3-D video games coming soon

Both Nintendo and Sony made 3-D a central element of their

presentations at the annual Electronic Entertainment Expo.

Nintendo demonstrated its 3DS hand-held game system, an upgrade to its popular DC portable game machine. It displays 3-D images without the need for glasses. Sony showed 3-D games including new versions of the racing game, "Gran Turismo" and its shooting game, "Killzone." The games, which require glasses, are designed to play on a PlayStation 3.

Users can take advantage of a free software upgrade for the PS so new games can be used. The PS3 unit is priced at \$299. New controllers cost \$49.

Sony also hopes the new games will prompt more people to buy 3-D TVs.



Single Shot Protects Against H1N1 and Seasonal Flu

Earlier this year, the Centers for Disease Control and Prevention recommended a "universal" vaccine program.

They want everyone six months and older to get a flu shot for the 2010-2011 season. Many health authorities also say the vaccine is important for teenagers with health problems.

This year's vaccine will also protect against the H1N1 (swine flu) virus and two new flu virus strains. Last year, those who wanted to be protected against both the flu and H1N1 had to get two separate shots. This year, a single shot is all it takes.

Flu shots are easy to get. At most



workplaces, schools and clinics, they are free of charge. Medicare and health insurance programs usually cover the cost of the vaccine.

Retail clinics in pharmacies and grocery stores offer flu shots. That means you could get groceries, newspaper and a flu shot all in the same trip.

Immunization is especially important for people in various groups.

* Those with diabetes should get a flu shot because they are more likely than others to suffer serious side effects.

* People with asthma need to guard against respiratory infections, such as the flu, that could cause a serious asthma attack.

* Cancer patients and survivors have a higher risk for complications.



* Heart patients: The risk of dying from a heart attack increases by one-third during outbreaks of the flu and colds. Researchers at the University of Texas say coronary deaths could be reduced by 90,000 a year in the U.S. if more heart patients got a flu shot.

* People with compromised immune systems, such as from HIV/AIDS are at an increased risk for heart- and lung-related hospitalizations.

* School and childcare workers should make sure they are immunized.

About 1/5 of the population attends school or works in a school, according to the Department of Education.

If you do come down with the flu, stay at home so you don't spread it to others.

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) Have **missing teeth** or are **about to lose teeth** due to decay or fracture
- 2) **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
- 3) Have **suffered** a motor vehicle or sports **accident** such as baseball, football, hockey or any other sport and want to regain function and appearance
- 4) Have **chronic bad breath**
- 5) Are unhappy with earlier

attempts to fix your teeth

6) Experience **numbness** or a **burning** sensation

7) Want to **recapture** your youthful appearance

8) Feel you are (as several patients have put it) a Dental Disaster with no place to turn

If one or more of these descriptions sounds like you, **call for your FREE Consultation now – 858-454-3221**. 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.



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TO:

On The Personal Side...

September was a busy month. Charlie received his Paul Harris Fellow Award from the Rotary Foundation. He is a member of the La Jolla Sunrise Rotary. Nancy and Charlie celebrated their 28th wedding anniversary on September 6th – it was on Labor Day 28 years ago also. Matthew and Charlie took in another Padre game with some great seats behind home plate. Nancy and Charlie enjoyed a “Farewell to Summer” with a lobster dinner party on the beach in Del Mar with friends. Nancy, Charlie, and the rest of the staff celebrated with Rosa at her wedding in Coronado. Matthew is enjoying his senior year and is extremely busy with his club swim and the practices 8 times a week.

Because you asked.....

In October, along with football, we have Halloween. It is the favorite holiday of many. It also can be most hazardous to your teeth. Every year, around this time, we have more broken teeth than other months. We also have a higher incidence of crowns and bridges being pulled off due to sticky candy. If you do feel something different in your bite, or should an odd taste come along, something may be loose. Give us a call so that we can help to determine what is going on.

Team Member Highlights

Madeline has been married to Scott for 28 years. They have 3 grown children and 4 grandchildren. Her oldest son, Albert, is in the Air Force, stationed in Germany. He will be promoted to Lt. Colonel in January 2011. Her youngest son, Kelland, and his fiancé, Kim, will be married in April 2011. Her daughter, Faith, is the founder of Hope Alliance of Missouri. One aspect of the Alliance is a backpack program to provide underprivileged children with healthy and nutritious snacks. Scott and Madeline are very proud of their family, which also includes 2 iguanas, 2 dogs and a cat. 😊

