



## Police Focus on Speed Limits for Safety and Income

Police and highway patrolmen want you to be safe, but they also want to increase state or municipality income with more speeding tickets.

If you're driving where the speed limit is 35 and think 39 or 40 won't get you into trouble, think again. The 5-to-10 mph cushion police and state troopers across the USA have routinely given motorists is gone.

The Governors Highway Safety Association reported in 2005 that police in 42 states routinely let drivers exceed speed limits.

The National Troopers Coalition, which represents 45,000 troopers, says there is now no tolerance for speeding among troopers.

In Canton, Ohio, according to USA Today, police issued four times as many traffic tickets in January of 2010 as they did in January of 2009.

## Quote of the Month

**"Procrastination is like a credit card. It's a lot of fun until you get the bill."**

Christopher Parker **nglish**

## New \$100 Bill Has 3-D Forgery Protection

The eye-catching features of the redesigned \$100 bill include a 3-D ribbon that runs from top to bottom. It contains images of \$100 and the Liberty Bell, which appear to move when the bill is tilted. The bill also has a portrait watermark, a second security thread, and a Liberty Bell image that turns from copper to a green color when tilted.

The bell appears to disappear depending on the angle from which it's viewed. And the face of the bill shows a ghostly image of a quill pen.

Because there are more than half a trillion "Benjamins" in circulation around the world, it has been a prime target for counterfeiters, usually from criminal gangs.

There is evidence linking the most realistic and dangerous counterfeits with the North Korean government, whose goal is to weaken the American economy. These two threats are behind the dramatic changes in the \$100 bill.

Benjamin Franklin designed

the country's first paper money. Continental dollars were used in the American Revolution to help pay for the war.

On many of the bills, this warning was printed: "To counterfeit is DEATH."



## Here's How To Bring The (Virtual) Sky Inside

They are magical illusions of nature. Sky ceilings make it seem that a bathroom ceiling is made of glass. You see it there with beautiful clouds and a few tree branches. Just flip the light switch and you've got it. Visit [www.theskyfactory.com](http://www.theskyfactory.com) for some examples.

Ceilings full of clouds are part of today's technology, which brings large-scale authentic

photographs into the home. Fake skylights that mimic the real sky can transform a dark room into a bright sunroom, complete with light and clouds. Authentic illustrations of real skies transform the interiors of confined spaces.

How about the floor? When you open the door to the guest bathroom, a photographic floor can make you think you are stepping into Lake Michigan and looking toward the Chicago skyline. Many such experiences are offered at [www.printedspace.com](http://www.printedspace.com).

Greatwallonline.com offers

custom wall coverings with images of skylines, red-rock canyons and forested Northwestern mountains shrouded in mist.

It's not just walls and floors that are going photographic, [www.haute-house.com](http://www.haute-house.com) can cover sofas, chairs and pillows with maps, scenery, old photos or family portraits.

Photographs can be reproduced on leather. Any graphic or any color can be printed on leather by SIF Technology Digital Leather. To see the results, visit [www.digitalleather.com](http://www.digitalleather.com).



# What Happened To The Signers Of The Declaration?

Fifty-six members of the Continental Congress signed the Declaration of Independence. Many gave their lives and their fortunes for the cause.

The British captured and tortured five. Nine fought and died in the Revolution. Two lost sons to the war. Another had two sons captured. Eleven had their homes pillaged and burned.

The British used the home of one signer, Thomas



Nelson, as their headquarters. After they moved in, Nelson demanded that the patriot army destroy the home in order to drive the British out. He died penniless.

Farmer "Honest John Hart" suffered greatly. Hessian mercenaries burned his farm and grist mill and killed his livestock. Hart's wife became ill and, while the British besieged his farmhouse, he refused to leave his wife. After his wife died, and the aged Hart fled into the forest, eluding the British by living in the woods and in caves. His 13 children scattered to relatives and friends.

Richard Stockton, a

judge, was captured, tortured and starved. He lost all his money and property and died soon after his release. His family lived off charity.

Of those who survived the Revolution, six signed the U.S. Constitution.

Thirteen went on to become governors of their states. Eighteen served in their state legislatures, and 16 became state or federal judges. Seven became members of the U.S. House of Representatives, and six became senators.

Five played major roles in establishing colleges and universities: Franklin and the University of Pennsylvania, Jefferson and the University of Virginia, Benjamin Rush and Dickinson College, Lewis Morris and New York University, and George Walton, the University of Georgia.



# 6 U.S. States Work Toward Zero Traffic Deaths

In 2009, there were 1.6 traffic fatalities in the United States per 100 million miles traveled. It was the lowest number since 1950, but traffic and safety officials say we can do much better. Some are pushing for a goal of zero traffic fatalities.

While the goal is probably not achievable, a new coalition of safety advocates, transportation officials and police is urging Congress to set a national goal of reducing annual traffic deaths by

half over the next 20 years.

The approach, called Toward Zero Deaths, hopes to alter behaviors that cause fatalities. Speeding is involved in more than 31 percent of road deaths, drunken driving in 32 percent and distracted driving in 16 percent. About 55 percent of those killed in passenger cars were not wearing seat belts, according to the National Highway Traffic Safety Administration.

Zero-deaths proponents say technological safety advances in vehicles will

be a major factor in moving toward their goal. They include cameras that detect when a driver is drowsy, technology that causes a car to vibrate when the driver leaves the lane, electronic stability controls that reduce fatalities in rollovers, and alcohol ignition interlocks that prevent inebriated drivers from starting vehicles.

Idaho, Minnesota, Oregon, Utah, Washington and West Virginia have adopted statewide versions of the zero-deaths program.

The zero-traffic deaths concept called Vision Zero was developed in Sweden in 1997.

Other European countries that implemented it include Germany, Italy, the Netherlands and Portugal.



## Drug-Free Back Pain Solutions Aim at the Effects of Gravity

At the Cleveland Clinic department of Sports Health and Orthopedic Rehabilitation, they say that even if you have been diagnosed with arthritis or a disk problem, the real cause of your pain could be gravity.

Your spine is like a stack of blocks with a weight on top ... your head. A movement that takes the stack out of alignment, such as thrusting your head forward, causes imbalance.

If your head is forward as you sit or walk, your shoulders become stressed. If your shoulders and upper back are rounded at the same time, your lower back is stressed. Whether you are standing or sitting, good posture is one key to freedom from



back pain.

Exercises help. To do shoulder blade retractions, stand in an upright position. Squeeze your arms straight back 30 or 45 times. Do it several times a day.

Lower back pain is a signal that the spine is out of line. If the lower back muscles that hold you up are stressed by overuse, such as too much bending and lifting, they can lose their ability to stabilize the back.

Sitting for long periods creates a high compression force on the lower back.

If you sit with poor posture, you can overstretch back muscles to the point where the ability to stand or sit with good alignment is reduced. Prolonged sitting also causes hip flexors to shorten and tighten, pulling on the lower back muscles.

The bridge exercise helps the mid back and thighs become stronger and more flexible. To do it, lie on



your back with your arms at your sides with knees bent.

Contract your abdominals, buttocks and back of the thigh muscles. Keep your back straight. Lift the pelvis off the floor and hold a second or two. Lift 12 times. Do it three times a day.

The clinic's Arthritis Advisor says: During most of your daily activities, your head has to be aligned with your spine, and your spine needs to be in a neutral position.

For more suggestions regarding helpful back and core strengthening exercises see:

<http://www.spine-health.com/information/back-exercises>

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

If you were with us for the last four issues, you'll recall **Threat #1** to your dental health was **Neglect**, either by you or your dentist, **Threat #2—Under-treatment**, **Threat #3—Over-treatment** and **Threat #4—diet**.

This month we're going to discuss **Threat #5, Medications**.

Ironically, the very medicines that are supposed to help you, could be making your health worse. You see, the single most common problem with medications is the dry-mouth effect they produce.

This probably seems simple enough to fix, right? Just drink more water.

The only problem with that is your saliva, packed full of antibodies,

fights bacteria and the poisons they generate in order to keep your mouth healthy.

Without adequate saliva you increase your risk of dental decay.

Over time this decay permeates your gums growing steadily worse until your gum line begins receding and the roots of your teeth are exposed.

Add sweets, soft drinks and other junk food to the mix and you've developed the perfect cocktail for major health complications.

The good news is there are two things you can do to help fight this problem.

1. Use artificial saliva or a saliva

increaser, such as Oral Balance.

2. Use strong prescription-strength fluoride on a regular basis, something stronger even than what you can get over the counter in toothpastes or mouthwashes.

With regular use, either one of these will go a long way to protecting your health and your teeth for a lifetime.

For more info, contact us at 858-454-3221.



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TO:

### ***Referral Program***

*We have been pleased with the response to our referral program. For those that have been in lately, you likely have seen our large framed posters encouraging your participation, with pictures of the 3 rewards we are offering – Sonicare Toothbrush, ZOOM in-office and take-home whitening, or a gift certificate to George's at the Cove restaurant. In addition to that, with three adult referrals, we'll treat you to a day at the spa.*

### **On The Personal Side...**

Nancy, Matthew, and I traveled to Sharon, TN, over Memorial Day weekend to see Nancy's folks. Her father is deep into his Alzheimer's Disease. He didn't remember us, but with her mom's prompting, he did a great job of faking it with us. Matt and I returned home Memorial Day and Nancy stayed on another week. With school out, Matthew's swimming continues with his club team. I did some continuing education the first weekend of June – Friday in Mission Valley and Saturday in Anaheim. It's great to learn new things and be reminded of other things. Father's Day was a gorgeous day – we took a drive up the coast and stopped at a burger shack in Crystal Cove. I hope all the fathers out there had a great day also.

Sincerely,  
*Charles Briscoe*

### ***Appointment Reminders...***

***Some of you have experienced our new automated appointment confirmation service. While there has been a learning curve for us, we have generally heard positive feedback on its effectiveness. The system uses e-mail and text messages to remind you of your appointments. And of course, it's our pleasure to speak to you on the phone, so we will call you if you prefer. Please don't hesitate to contact us if you have any input to share,***

### **Smiles Rewards**

Many of you have signed up for our Smiles Rewards program. For those of you who haven't, here's the scoop: The program is free of charge. When you pay for your dental services on the day of treatment, 5% of the amount you pay will go toward future dental services or products. We will contact you periodically to let you know how many Smiles Rewards you have acquired. Just give us your e-mail address and we will electronically keep you updated. For more details or to receive a brochure, call us at 858-454-3221 or e-mail us at [ljdentalcare@san.rr.com](mailto:ljdentalcare@san.rr.com).