



## Speaking of Safety: Big vehicles are safer

To put the odds of surviving a car crash in your favor, drive a luxury car, a minivan, or a car-based crossover wagon, all of which have electronic stability control.

This conclusion is offered by the Insurance Institute of Highway Safety.

An Institute spokesperson says the reduction of the death rate for drivers (110 per million in 1994 compared with 79 per million in 2004) is more about the cars than the drivers.

Their statistics show that occupants of heavy passenger cars have a better chance of surviving a collision than those in small sedans, pickup trucks, or SUVs.

The vehicles with the fewest driver deaths in 2002 through 2005 were the Chevrolet Astro, followed by the Infiniti G35, BMW 7, Toyota 4Runner, and the Audi A4/S4.

## Quote of the Month

**"People of character do the right thing, not because they think it will change the world but because they refuse to be changed by the world."**

Michael Josephson

## The Most Common Eating Disorder: Bingeing

Researchers at Harvard have found that binge-eating disorder (BED) is more common than anorexia and bulimia nervosa combined. In fact, it's the most common eating disorder in the United States.

Binge eating is defined as single bursts of uncontrolled eating that last less than two hours and occur at least twice a week. Because of its association with obesity, it is a major public health problem. About 30

percent of cases are male.

Symptoms may go back to childhood, where cases begin as early as age 8. In his new book, *The Good Eater: The True Story of One Man's Struggle With Binge Eating Disorder*, Ron Saxon says secret eating and unexplained weight gain are symptoms of BED. Evenings are when binge eaters most often lose control.

Saxon left his career as a model when pressure to be thin was too much.

Previously, he was able to hide the disorder, but then he gained almost 120 pounds.

The condition has no proven cause, but is linked with depression and anxiety. Therapy, particularly cognitive behavioral therapy, ([nacbt.org](http://nacbt.org)) can help.



## What Health Hazard Could You Face With Your Next Promotion?

The hazard is stress, but it's not the work-a-day kind you had before you were promoted to a new job or started a new business.

Almost one out of five business leaders said in a recent survey that their "most challenging" life event was a promotion. It was so scary they ranked it above life-changing events like the death of a loved one or a divorce.



**A promotion can shake your confidence for several reasons:**

\* You were not actually prepared for this particular job. To get support, have a meeting with the person who moved you up. Say you are pleased and excited about the new opportunity, but in order to live up to expectations you will need help in specific areas.

\* It's important to recognize the trade-offs of moving up and deal with them. You lose the comfort of a familiar role, and you may think you have inadequacies that could be

revealed.

\* You may also have to

deal with a certain degree of guilt, says Business Week author Kerry Sulkowicz, because a promotion means you've defeated other contenders.

\* If you stay in the same area, old friends might now report to you. The relationship changes and you might feel a little lonely in your new responsibilities.

These feelings will likely pass in time. But you may want to share them with an external confidant, a former colleague, or a professional.

Be sure to recognize your feelings. And you should realize from the start that you won't know all you need to know about the new position.

# A Short History Of The Coffee Bean: How Coffee Moved From Africa To Europe To America

Most of us take our morning coffee for granted without knowing beans about it. Check out this colorful history and health benefits.

According to legend, sometime during the ninth century, an Ethiopian goat-herder noticed his goats dancing from one coffee shrub to another, grazing on the cherry-red berries containing the beans. He ate a few himself and was soon frolicking with his flock. Witnessing the shepherd's dance, a monk



plucked berries for his brothers. It is said that by nightfall, his brothers were uncannily happy and alert to divine inspiration.

Coffee plants, woody perennial evergreens, were first cultivated on the Arabian Peninsula around 1100 A.D. By 1600 coffee had been introduced to Europe, and within 50 years, coffee houses began appearing in Italy.

Settlers of the New World brought coffee to Jamestown Settlement in Virginia and to the first villages of Canada. In the New World, coffee was first cultivated on the Island of Martinique by the French naval officer Gabriel de Clieu. Today, the coffee bean is a

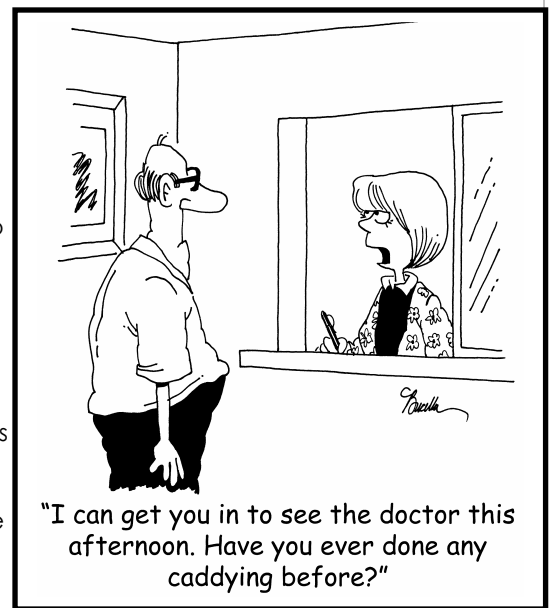
major crop in South American countries, Hawaii, Indonesia, and Africa.

By the 1990s, more than one billion cups were consumed in the U.S. each year.

While medical researchers have reported that coffee can lead to the jitters, newer studies show that the brew is high in antioxidants and may limit the occurrence of certain cancers

and chronic diseases.

Caffeine has been proven to stimulate metabolism and break up fatty acids, aiding in maintaining proper weight.



"I can get you in to see the doctor this afternoon. Have you ever done any caddyng before?"

## Accuracy From The Tee Sometimes Requires A Wood

The guys with the long drives know the score: When it comes to a shot off the tee, accuracy beats distance every time.

You might have noticed that Tiger Woods, intent on making a great shot from the tee, uses a 3-wood. He's not too proud to do it, and you should be OK with it too.

The driver is your biggest weapon, but it can be your downfall if you drive the ball out of play. Think of the driver as just one of the clubs you use for tee shots.

No need to feel wimpy when you

use a 3-wood, 2-iron, or even a 3- or 4-iron on tight holes. Don't worry about losing your distance advantage.

Professionals writing in Golf magazine once recommended that you use five different clubs off the tee during your next round.

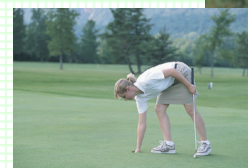
You could be surprised how easy it is to avoid big numbers when your ball stays in play.

Playing your natural game is another factor that could influence your score.

The best golfers can play any style they

want. They may be aggressive, conservative, or creative.

Unless you're playing and practicing constantly, stay in your comfort zone. Play your natural game.



## Long-Term Financing Makes Cars Cost More

While consumers focus on the price of gas, many are ignoring the high price of financing a car with some loans lasting as long as nine years.

It's nice to buy a vehicle with nothing down and low monthly payments. But buyers who do are more likely to owe more on car loans than the car is worth. This "upside down" position can last for years and the practice is growing.



Last year, about 29 percent of car buyers who traded in a vehicle to buy a new one owed more on their car loans than their cars were worth, compared with 20 percent five years ago.

Consumers are viewing their expenses in terms of monthly payments rather than overall costs, say economists writing in The Wall Street Journal. Few car buyers know the actual full cost of their vehicles or stop to consider how much more

expensive it is to take on a long-term loan.

The average maturity of a car loan today is about 70 months, up from 62 last year. Loans that are for seven, eight, and nine years push the average up.

Many consumers formerly traded their cars after about three years. But three-year car loans today are rare. Today, cars are traded about half way through the loan term. Buyers with negative equity when they traded their cars last year on average owed

\$3,062 on their loans, compared with \$1,726 in 2000 and \$617 in 1990.

To finance a 2007 Chrysler 300C, (\$35,195), a three-year loan at 5.89 percent has \$3,287 in financing costs. To finance five years at 6.05 percent, interest comes to \$5,679. And a seven-year loan at 6.59 percent has \$8,835 in financing costs, according to the Kelley Blue Book.

## Insure Before Starting a Family

People often buy life insurance when they have their first child. New moms, however, now pay higher premiums.

An awareness of postpartum depression has prompted insurers to charge new mothers more than the lowest rate for life insurance. The difference remains for the life of the policy.

Other insurers say women with postpartum depression have a higher suicide risk. They include a clause that says the company won't pay on suicide for the first 24 months after a birth.



## 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 (804) 320-6800.



**Dr. Briscoe**

## Did You Know...

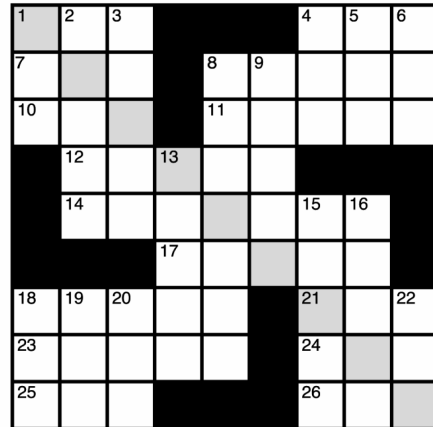
Implants are a stronger, more attractive option for replacing missing or lost teeth. An anchor is placed in the patient's jaw, and a life-like ceramic restoration is built around it and matched to the original tooth color.

For more information call 858-454-3221.

### Body fuel

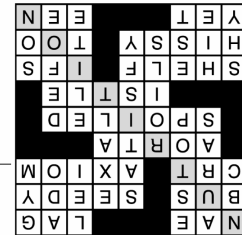
- Across
1. Scottish no
  4. Fail to keep pace
  7. Double-decker
  8. Scrubby
  10. Vacuum tube, for short
  11. Principle
  12. Artery
  14. Rotten
  17. Carpet fiber
  18. Ledge
  21. No \_\_, ands or buts
  23. Throw a \_\_ fit
  24. Me \_\_: ditto
  25. Until now
  26. Poetic night

- Down
1. Peacock network
  2. Emanations
  3. Cease, legally
  4. Island garland
  5. Bustle
  6. Athletic facility
  8. Gratify
  9. Praise
  13. Churns up



15. Cream of the crop
16. Crusoe author
18. Like Bashful
19. Go quickly
20. NYC time zone
22. Junior

The headline is a clue to the answer in the diagonal.



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