



Sell Your Home in Half the Time with Professional Staging

Statistics show a professional stager's touch in heartlessly removing clutter and sending extra tables, chairs, lamps and knick-knacks to storage makes a difference.

Next steps include rearranging furniture and sprucing up your home with things like colored pillows, plants and a bedspread or window treatment.

Personal items, such as trophies, awards, kids' drawings and most of the extra family photos you have on the walls, will also go to storage. Inexpensive but attractive art might take their places.

Next come the closets and shelves. Anything not used on a daily basis goes.

To hire a qualified stager, check out Certified Staging Professionals or the International Association of Home Staging Professionals.

Quote of the Month

"The best six doctors anywhere are sunshine, water, rest, air, exercise and diet."

--Author Unknown

Court Says Users' Hearing Loss Not iPod's Fault

Instead of listening to music an hour or two a day at home, modern music fans carry their music machines with them everywhere they go.

The earbuds that come with the iPods and similar products, however, let in a lot of ambient noise. That means users often crank up the volume to drown out whatever is going on in the background.

With the iPod, the volume can be turned up to 115 decibels (db).

The average individual can tolerate up to eight hours of sound at 85 db before suffering hearing damage. For every 5 db

over 85, the exposure time before irreversible damage, gets cut in half, say audiologists.

In fact, so many earbud users have suffered hearing damage that many took Apple to court. But it's not Apple's fault, the courts say.

In December 2009, a federal appeals court exonerated the company, noting that Apple puts warnings on its packaging and iTunes site and offers instructions on how to set volume limits on iPods.

Concerned listeners can alleviate much of the problem by purchasing headphones with in-ear

monitors (IEM) that reduce ambient noise because they are inserted into the ear canal.

Several brands are available, such as Bose In-Ear Headphones (\$100). Custom-made IEMs can also be made by an audiologist who will take molds of your ears and order a perfect pair. These cost \$400.



Keeping Kids Safe at Pools and the Beach

Drowning remains the leading cause of death for young children. And the number rises during summer when kids spend time in the pool or at the beach. Some tips for increased safety include:

* Keep your eyes on the child. Do nothing else.



Don't read a book, talk on the cell phone or do anything that can break your attention.

* Limit time in the water. It's difficult to maintain such focus, especially if you have more than one child in the water. After 10 or 15 minutes, insist they come out of the water so you and they can take a break.

* Nonswimmers should not use flotation devices. They give both the kids and parents a false sense of security and the devices

don't teach kids how to swim.

* Be prepared for an emergency. Have your cell phone charged. Take pictures of your children in their bathing suits. If a child is missing, you can show the lifeguard what he or she looks like.

* Don't assume that a lifeguard will be watching your children. They are watching many people. And at a beach, the water may not be clear or the sun could be in their eyes.

News Briefs: Preventing Mold and When a Tux Is a Must

What to Do About Mold

Little black spots forming near the bathroom ceiling mean you've got it: mold. Wash it off with detergent and water and dry the area completely with towels. Then have a bathroom exhaust fan installed.

To save the cost of additional wiring and switches, select a fan that goes off and on with the light switch. Because



you don't spend many hours a day in the bathroom, you won't notice the difference in your electric bill.

For a problem in the basement, a dehumidifier is the answer. Have your plumber send the water it collects outside through the basement wall so you don't have to empty it frequently.

When Do You Need A Tux?

The invitation might say "black tie," which usually calls for a tuxedo. But if you don't want to buy one or rent one, in most cases, you won't have to.

Formal dressing has become more varied in

recent years, so unless you are going to a state dinner at the White House, you can wear a black suit instead of a tux. Just make sure it has a modern cut and looks new. If you have any doubt about its appearance, take it out for a professional steaming before the event.

Wear a dressy black or pastel satin tie and freshly polished dress shoes.

Experts say the pivotal element of your ensemble is a heavy white pique shirt that fits well. If you can't find one, look online. Try on your outfit before

the event. If it's not good enough, rent a tuxedo.

Women who are invited unexpectedly to an event should wear a dressy black cocktail dress and carry a satin clutch.



Adding Adult Children to Your Health Insurance

New details about which adult children can be added to a parent's health insurance have been released.

According to government sources:

* The main provision included in the new health care bill stipulates that: Children can remain on their parents' group health insurance plan until age 26, as long as they don't have access to their own employer-provided plan.

* The child does not have

to be your dependent on your income tax return and doesn't have to be living with you.

* The insurance company can't charge extra to put the adult child on your family plan, but family plan premiums could rise by 7 percent, according to the National Business Group on Health, which represents large employers.

Employers estimate that all health care costs will rise by 6.5 percent in 2011.

* The provision takes effect Sept. 23, six months after

enactment of the health care bill. But insurers are not required to offer the coverage until they start a new plan year. That could be Jan. 1.

This opportunity to enroll must be available for at least 30 days, regardless of whether a plan holds an open enrollment period (although providing the opportunity during open enrollment for the next plan year will satisfy this requirement as long as the enrollment period for adult children is open for at least 30 days).

* Parents will not have to pay income taxes on this benefit.

The Department of Labor has also issued a fact sheet and frequently asked questions about the law.

You can find it at www.dol.gov/ebsa/healthreform.



FCC Wants to Ease Shock of Family Cell Phone Bills

The Federal Communications Commission is considering new legislation.

It would require wireless companies to send a text message to customers who are on the verge of racking up expensive charges for exceeding the plan's data or text-messaging limit.

Charges of 45 cents per minute are not uncommon for overages. They can add up to huge costs.

The proposal is similar to one enacted by the European Union because their customers complained about huge data-roaming charges while traveling.



Right now, the easiest way to save costs is to change your plan. You can do it without extending or terminating your contract.

Ask for a usage summary going back 12 months to see if you could get by on a cheaper plan.

If not, consider switching carriers. Check BillShrink.com and Validas.com or wirelessadvisor.com to determine if you could get a better deal from a different carrier. Overall, AT&T, Verizon, Sprint and T-Mobile have about 220 plans, so you will probably need help to analyze them.

Verizon has a \$99 family plan that features unlimited text messaging.

AT&T has an \$84.99 plan with a limit of 1,500 on text messages and 5 cents a minute after that.

T-Mobile has a family plan for \$79.99 a month with unlimited text

messaging. But it charges 45 cents a minute for overages.

Until the FCC rules go into effect, (if they ever do), ask your carrier if you can receive phone or text alerts when account limits are nearing.

More savings tips

* Cancel unwanted services. Scan the bill for charges you can't identify and ask what they are. Cancel services you don't want, such as roadside assistance service for \$3 or \$5.

* Get free information by calling Google's 800-GOOG-411 to find the number of a person or business or call 800-FREE-411.

* Check your voicemail from a landline if you are almost out of minutes. To do it, dial your cell number from a landline, hit * or # during your outgoing message, then enter your pass code.

Learn How To Avoid The Seven Threats To A Beautiful Smile

If you were with us for the last five issues, you'll recall **Threat #1** to your dental health was **Neglect**, **Threat #2—Under-treatment**, **Threat #3—Over-treatment**, **Threat #4—diet and Threat #5—Medications**.

This month we're going to discuss **Threat #6, Overall Health**. Several conditions can contribute to gum disease but diabetes is one of the most significant. How so?

Diabetics, totaling over 20 million Americans as of 2005 according to the Center for Disease Control, are highly susceptible to micro circulatory system problems, which puts them at a greater risk for gum disease.

Why? Because when the micro circulatory system suffers, the little blood vessels and veins responsible

for carrying antibodies and oxygen to various parts of the body are compromised.

When this happens, toxins and other by-products are not removed as quickly or thoroughly as before. Gum disease is often a common result.

But that's not the only overall health risk affecting healthy gums. Others include seizure disorders and pregnancy gingivitis.

Seizure sufferers, who often take medications that can cause gum "growth," find it difficult to keep their teeth and gums healthy without regular cleaning.

Pregnancy gingivitis, on the other hand, often occurs when pregnant women experience a change in hormonal concentrations

causing their gums to swell and become inflamed.

While pregnant women with this condition typically respond easily to home care, and the condition usually goes away after childbirth, it does pose a significant risk to the baby if not properly treated.

Why? Because gum disease is a contributing factor to low birth weight in babies, a condition that can have long-term effects on child development and health.

To learn more about how you can avoid these health concerns contact us at **858-454-3221**.



Dr. Briscoe

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TO:

A Bleaching System Guaranteed to Whiten Your Teeth We are now offering a new whitening system, a power-bleaching system that is an upgrade from the ZOOM whitening that we offer. Our new system is designed to whiten those teeth that the ZOOM system hasn't been able to bleach – teeth whose stain is too stubborn.

Dr. Briscoe himself went through the power-bleaching both at home nightly and in the office. Check out his before and after photos at <http://www.lajolladental.com/PowerBleaching.aspx> If you've been considering whitening your teeth, our new power-bleaching system will definitely work for you!

I wanted to highlight and remind you of three fairly new administrative systems that we have in place:

1. We have been getting rave reviews about our new confirmation reminders. You can also request appointments, make referrals, and give us your feedback on how your appointment went through this communication system.
2. Many of you have enjoyed one or more of the free gifts we offer for your kind referrals. We enjoy meeting your family and friends and look forward to providing them with the highest quality dental care. Keep up the good work!
3. Our Smiles Rewards Program offers 5% of the amount you pay for your dental visits for future dental services and products when you pay on the day of the appointment. It's like money in the bank. Call me to find out more.

- Madeline 858-454-3221

On The Personal Side...

We have all endured the coolest July in La Jolla in over 70 years, starting with the 4th of July. The following weekend, Matthew participated in the Cal State Games at UCSD. He won 3 gold medals in the 3 freestyle events he swam. We also took a road trip up the coast to Santa Barbara and San Luis Obispo to check out college campuses with Matthew. He was particularly drawn to Cal Poly – a very nice, small campus, and it offers architecture. We finished up the month in Sonoma for my mother's birthday. She was glad to see all of us that could make it. With any luck, summer should arrive sometime in August.

Sincerely,
Charles Briscoe