



## Small, Bright-Colored Produce Is A Good Choice

It appears that each fruit and vegetable is destined to have just a certain amount of nutrients. When they get bigger, they are less nutritious ounce for ounce, than the same type of carrot or apple in a smaller size. That's particularly true when it comes to antioxidants, according to a University of Texas researcher who also says smaller, brightly-colored fruits and vegetables are your best choice.

### On the Spot Trivia

1. The Great Red Spot is a large, persistent storm area on what planet? a-Saturn, b-Mercury, c-Mars, d-Jupiter.

2. Which character on Star Trek: The Next Generation owned a cat named Spot? a-Jean-Luc Picard, b-Data, c-Will Riker, d-Deanna Troi.

3. What song was played during the 'spotlight dance' at Rydell High School in the movie musical Grease? a-The Chapel of Love, b-Blue Moon, c-Earth Angel, d-Let Me Go, Lover.

Answers: 1)D 2)B 3)B

### Quote of the Month

**"What soap is to the body, laughter is to the soul."**

Yiddish Proverb

## Getting Life Experience Before College

It's not unusual for a high school senior to feel worn out from academics and want to take a year off.

Parents who are shocked or worried at the prospect will be encouraged to know that the "gap year" has its advantages. But it's only true if the student is involved in meaningful work.

High schools in seven metropolitan areas hosted gap-year fairs this year to demonstrate options for spending a year away from school. Princeton University has announced plans to formalize a "bridge year" program for

admitted students to do service work abroad before enrolling.

In the meantime, gap-year consultants are increasing their efforts to serve a market ripe for growth. Tom Griffiths, founder of gapyear.com, an information clearinghouse in Ipswich, England, says the sector is a "sleeping giant."

The concept is fairly new in the United States but is well-known in the United Kingdom. About 11 percent of their 300,000 college-bound seniors take a year off before enrolling. Many Australian students

also enjoy this custom called "going walkabout."

College counselors say most gappers arrive back at college with better focus, more maturity and higher motivation.

For a successful gap year: Secure a place in college first; select an approved program; have a plan for making new friends; and check your insurance policy months ahead.



## Heroic Measures To Save Pets May Cause More Harm Than Good

Americans love their pets. We treat them like members of the family or even small children.

But there's a problem with that. Though your human friends can be expected to live about as long as you do, an animal's life is much shorter. It's a fact that should be realized from the day a dog or cat comes to live with you.



Near the end of a pet's life or when a serious injury occurs, more people are choosing painkillers, chemotherapy, feeding tubes and serious surgery. Euthanasia, the most humane way to end a pet's misery, is often not chosen.

Heroic measures are taken because people don't want to let go of their beloved pet. But the experience may just mean pain for the animal involved. At the Center for Bioethics at the University of Pennsylvania, they say pets should not be subjected to extraordinary measures that give their owners a

few months more of companionship. Quoted in Business Week, director Arthur Caplan dismisses analogies to old people with illnesses. He says, "Grandma can be self-reflective and enjoy a birthday. A cat just suffers."

Roger Mahr, president of the American Veterinary Medical Association, says treatments should be used cautiously. If an animal is suffering, it ceases to take joy in being a dog or cat. At People for the Ethical Treatment of Animals, they say it can be difficult, but we need to know when to let go.

# Indoor Skiing To Arrive In The United States in 2009: At Meadowlands Xanadu in East Rutherford, N.J.

It sounds like a dream. You're on vacation under the hot sun in the afternoon, but without traveling north, you can go skiing later the same day.

Indoor skiing is a recreational pursuit that is growing worldwide. There are about 50 snow domes around the world with 80 more coming soon.

In Moscow, there will be an indoor park that covers more than 8 acres. One



slope will be about a half-mile long. When finished, it could be the world's largest ski park.

Right now, the largest indoor-terrain park is at Landgraf in the Netherlands. It caters to both skiers and snowboarders. It has an on-slope cafe that serves warm wine and charges just \$46 a day, according to the editors of Smart Money.

Ski Dubai, rated the best in the world, has five runs, the longest of which is 1,312 feet. One run is very steep and is used only by experienced skiers. A daylong pass costs \$82.

The new \$2 million American park is the

Meadowlands Xanadu at East Rutherford, N.J. It opens next year. Among its attractions, Xanadu will have a quad chairlift, a 780-foot intermediate run, an ice bar and a mogul course. On a mogul course, people ski downhill and over large uniform bumps called moguls, which are up to 4 feet high.

In the Olympics, skiers make aggressive turns on them while staying within the fall line, an imaginary line that

combines the steepest pitch and most direct line from the top of the hill.

Other major snow domes in the United States are slated for North Carolina, Georgia and Las Vegas.



## GM Smooths The Way For Its Plug-In Cars

Dozens of utility companies say they will cooperate with General Motors on arrangements for its plug-in car.

The collaboration is the first major effort by the two industries on an electric vehicle. The largest electric companies in 40 states say they will collaborate.

Both industries have a lot riding on the success of plug-in cars. The Chevy Volt, due out in 2010, and the Saturn Vue, will run primarily on electricity and have gasoline or other fuels filling a backup role.



The Volt and Vue are designed to run at full speed for at least 40 miles solely on lithium batteries. Then, unless plugged in for a recharge, the gasoline engine will kick in.

All auto makers are searching for a popular new auto product to perk up the public and make them eager to buy a new car. Car makers are also interested in slashing America's dependence on foreign oil.

Ford Motor Company, Toyota Motor Corp. and other companies also are working on plug-in models.

If plans by these companies work out,

however, they will significantly tax the electrical grid, which means power grids may have to be updated across the U.S. and in Canada.

The Electric Power Research Institute in Palo Alto, California also is participating in the collaboration.



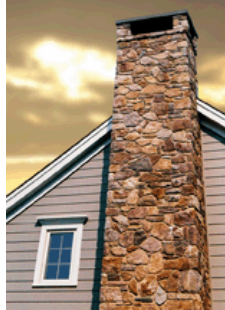
## 3 Engineered Home Improvement Products That Look Like The Real Thing...But Are Often Better

You can't fault Mother Nature. Her natural products, like wood, are beautiful. But human beings have ingenious ways of improving on her creations.

**Siding:** Fiber cement siding, the latest improvement on wood, is a big step forward. The siding itself is almost impervious to cracking, rotting, hail damage and termites.

It's made from recycled wood fibers mixed with cement. Unlike vinyl siding, which comes in sheets, it comes in individual shingles or clapboards nailed in place one at a time to look like wood. And the baked-on finish doesn't need to be painted for many years.

**Stone walls:** Wouldn't it be nice to



have a stone chimney gracing the side of your home? Unfortunately, you would have to install costly concrete footings first.

With manufactured stone, however, you can have it on the chimney, on a wall outside or inside of your home, or on a stone wall surrounding your home. No concrete footings are required.

The individual pieces are lightweight and one to three inches thick. They are applied wherever you want them, like tiles. Manufactured, or cultured, stones are made of light-weight concrete and individually tinted to mimic the appearance of real stone.

**Countertops:** Engineered stone countertops combine the

functionality and durability of solid stone and the flexibility and practicality of manmade materials. Made from chips of quartz pressed together with resins, it costs almost as much as granite but doesn't have to be sealed annually. It is heat-scratch- and stain-resistant.

Plus, installations often have fewer seams than natural stone.

Check with your nearby home improvement store or search the Internet for these products.



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

If you were with us for the last six issues, you'll recall **Threat #1** to your dental health was **Neglect**, **Threat #2—Under-treatment**, **Threat #3—Over-treatment**, **Threat #4—diet**, **Threat #5—Medications** and **Threat #6—Overall Health**.

This month we're going to discuss **Threat #7, "Too Old Syndrome."**

This threat crawls into your smile and takes up residence when you start to tell yourself things like:

"I'm too old to have work done; I'm too old to have healthy teeth, and I'm too old to deserve treatment."

And believe it or not, many of us start reciting this silent mantra as early as our 50s!

The worst part is it's NOT even true!

You see dentists have discovered, through empirical evidence, that improving and taking care of the condition of your teeth is not only beneficial to your health...it actually **helps you live LONGER!**

Just the other day I had a 96-year-old woman in my office who did not begin restoring her smile until well after retirement. Over the course of her treatment she had dental implants, crowns and a slew of other procedures performed. And today she **gives credit for her good health to the treatment she gave herself permission to receive.**

But the benefits to healthy, good-looking teeth don't stop there.

You probably know as well as I do that an ugly smile affects:

- How people treat you,
- What they think about you,
- Your success at work, and even
- Your romantic life.



**Dr. Briscoe**

Fair or not, it's true. You can go to the best salons, wear the best suits and drive the most expensive cars, but **if your teeth are ugly, twisted, missing or broken...it's going to say far more about you than you want it to!**

The good news is there's an easy fix. Learn how you can get the life you want, by contacting our dental health consultants—**(858) 454-3221.**

## Did You Know...

### Your Smile is the Secret to Your Success!

A nationwide AACD study revealed that your smile has a tremendous impact on your self-confidence, romantic and career success. Learn more at [lajolladental.com](http://lajolladental.com) or call 858-454-3221.

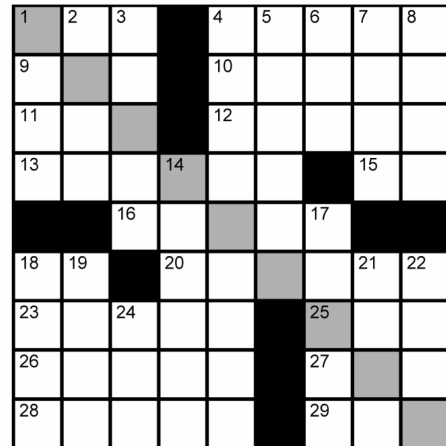
### "Scary" Feline

Across

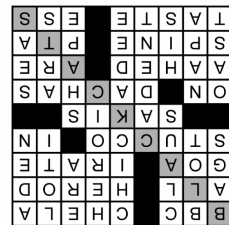
1. "Monty Python" ainer
4. Pincer
9. 100%
10. Biblical King
11. Former Portuguese colony in India
12. About to explode
13. Building material
15. Currently fashionable
16. Japanese drinks
18. Running
20. Russian Country houses
23. Oohed and \_\_
25. "\_\_\_ we having fun yet?"
26. Backbone
27. "Harper Valley \_\_\_"
28. Small sample
29. Road curve

Down

1. Captures
2. Smudge
3. Santa \_\_
4. "My Little \_\_", film
5. Brave
6. Victorian, for one



7. French novelist Pierre
8. Gulf of \_\_, off the coast of Yemen
14. Rhythmical
17. Oval or square
18. Brewer's equipment
19. California wine valley
21. \_\_ and sciences
22. Caribbean and others
24. Towel stitching



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

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