



200 Years Of Product Milestones

1809, 200 years ago

* Frenchman Nicholas Appert discovered a way to preserve food called canning.

1859, 150 years ago

* Nathan Ames patented a revolving staircase, later called an escalator.

1909, 100 years ago

* Publishers James Herbert McGraw and John Alexander Hill founded the McGraw-Hill Book Company.

* French chemist Eugene Schuller invented Aureole, a hair dye. Later, the company was renamed L'Oreal.

1934, 75 years ago

* Ole Christiansen and his son named their carpentry company Lego (to play well in Danish). Their products included wooden toys.

* Ferdinand Porsche showed his designs for the first Volkswagen.

1959, 50 years ago

* American Airlines bought a Boeing 707 jet airliner.

* The Barbie doll made its debut.

Quote of the Month

"Here is a test to determine whether your mission on earth is finished: If you're alive, it isn't."

--Richard Bach

Hawaii Is Last State To Release Quarter

It's been a long haul, but people all over the United States have had fun searching for each year's new state quarters. Now, their quarter books are finally complete with the release of Hawaii's newest design.

The program was the U.S. Mint's most successful one in history with about 147 million collectors in the United States participating. And it was the most profitable, bringing in \$3.5 billion over 10 years.

It fulfilled the government's goal to ignite interest among young people in

the subjects of U.S. history, geography and coin collecting.

The Mint issued the quarters in the order each state joined the Union, with five releases a year at intervals of about 10 weeks. School teachers took additional advantage of the program by downloading thousands of free lesson plans on the states from the Mint's Web site.

But the production doesn't stop there.

Kids, their parents and all

coin collectors now have something new to look forward to.

In 2009, the Mint will begin producing quarters honoring the left-out District of Columbia, the commonwealths of Puerto Rico and the Northern Mariana Islands, and the territories of Guam, American Samoa and the U.S. Virgin Islands.



Some Tips for Increasing Male Fertility

If you have had little luck in starting a family, there are things you can do, and we don't mean spending thousands of dollars on in vitro fertilization.

Doctors now know that challenges in conceiving lie just as often with the man as with the woman, and that many causes are reversible.

Here are some tips to consider:

* Check your prescriptions. Those that affect fertility include antidepressants like Prozac, beta blockers for

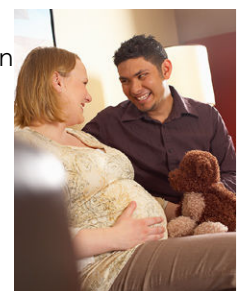
hypertension, the stomach ulcer drug Tagamet, and pain medications like morphine and oxycodone. Avoid anabolic steroids and testosterone creams and medications, which decrease production of sperm.

* Have sex every other day during ovulation, about 10 to 18 days after a woman's period starts. Columbia University's Dr. Harry Fisch, author of *The Male Biological Clock*, says that after five days without sex, a man has a higher volume of fluid. It dilutes the concentration of sperm and makes sperm less active.

* Stay fit. Anything that makes the body unhealthy, such as a disease, toxins or excessive alcohol use will decrease fertility.

* Lose weight. Fat converts testosterone to estrogen in men who are obese or have a waist circumference of more than 40 inches. Anti-estrogens like Clomid can be used for the problem.

* See a urologist. Check for blockages that can easily be fixed.



Did You Know? Winnie the Pooh, Eeyore, Tigger and Roo Were Based on Real Life Experiences.

When you were a child, you probably roamed the woods with Winnie the Pooh, Eeyore, the gloomy donkey, Tigger the tiger, the brave Piglet and the scary Heffalump.

Many a child has, but did you know A.A. Milne's fantasy world was based on real-life experiences?



Not everyone remembers that Winnie the Pooh was based on a real bear. During the First World War, a young lieutenant purchased an orphaned black bear cub and called her Winnipeg, or Winnie for short.

Winnie became the mascot of the lieutenant's brigade, but when the troops were posted to France, he took Winnie to the London Zoo. She became a popular attraction.

Christopher Robin, Milne's son, fell in love with the cub and named his own teddy bear Winnie.

Milne, taking inspiration, began writing about the



adventures of Winnie and Christopher as they cavorted in the 100 Aker Wood he created. He added other characters

such as Eeyore, Piglet, Tigger, Kanga and Roo, based on Christopher's other stuffed animals.

And he peppered the story with characters like Rabbit and Owl.

Many of the places made famous in Milne's stories can be found in the area of Ashdown Forest in East Sussex, located about an hour outside of London.

There, visitors attempt to locate Galleon's Lap, Roo's Sandpit, the Hundred Aker Wood and of course the mysterious Dark Forest.

Renew your relationship with the inhabitants of Pooh Corner by sharing these books with a child.



"Mom, what comes first for celebrities? Botox or detox?"

In Galileo's honor: The 100 Hours of Astronomy

Four hundred years ago, Galileo Galilei lifted his new telescope to study the sky, setting in motion a myriad of astronomical discoveries that forever changed our view of the universe.

Contrary to current wisdom, Galileo was not persecuted by the church for his belief that the planets orbited the sun.

In fact, that idea had been around for hundreds of years and was the publicly held belief of other scientists, including Copernicus (1473-1543). But in a time before the concept of 'free speech,' Galileo was not exactly diplomatic.

When he publicly mocked the Pope in a book published by the church, he landed in jail for several days. Later, he was confined to his villa and during those 10 years he continued his research, writing, received visitors, and remained outspoken in his beliefs. He died in 1642.

It was actually his development of the telescope that constitutes his greatest contribution to science.

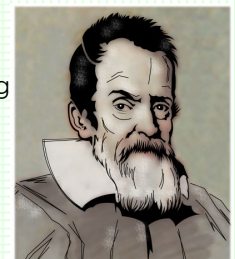
In honor of Galileo, the United Nations declared 2009 the International Year of Astronomy.

The 2009 opening ceremony will be in Paris. About 400 participants are

expected, including Nobel Prize winners and 200 student ambassadors from 100 countries.

One of the main events of the year is the 100 hours of astronomy, April 2-5, days when the early evening is good for observing.

The goal is to have as many people as possible peering through telescopes to study the sky.



Good Nutrition for Health and Energy

Help your child slim down

The National Institute of Health recommends eating at home where you can control levels of fats. Additionally:

* Get kids to help with shopping. Have them read nutrition labels.

*Don't buy junk food and soft drinks,

instead buy sweet fruits as treats and snacks.

* Eat together as a family. Avoid mindless eating in front of the TV.

* Don't use food as a reward.

*Don't force children to eat *everything* on their plate.



Desktop dining

When you know you'll be lunching at work, remember that your tasty, healthful carry-in begins at the grocery store. Just taking whatever happens to be in the fridge doesn't cut it.

Plan to eat well by including sandwiches and vegetables, with a fruit for dessert.

If you feel a mid-afternoon slump coming on, get a glass of water. Dehydration creates a low-energy feeling. You can also walk around to get your blood pumping, or eat

popcorn, almonds, or fresh fruit. Coffee and sweets give an energy boost but can result in an energy crash shortly thereafter.

Coffee and antioxidants

Recent newspaper stories claim that coffee is the number one source of antioxidants in the American diet.

Researchers at the University of Scranton, however, say while coffee has some antioxidants, it does not have nearly as much as fruits and vegetables.

Good sources of antioxidants include tomatoes, bananas, and potatoes.



Your Wrinkles And Signs Of Pre-Mature Aging Can Be Reversed

Seems like an unbelievable claim, I know. But the truth is, missing and damaged teeth can wreak havoc on your facial features and attractiveness.

Let me give you an example: In the case of a missing tooth, or multiple missing teeth, the body begins to dissolve and reabsorb the surrounding bone because there is nothing there requiring its support. This results in premature aging through unnatural **creases and wrinkles**.

What happens is the space between your nose and chin decreases, meaning your nose often appears larger and more prominent. Your face then begins to look as though it is trapped in a perpetual frown as the creases pull down the corners of your mouth. This chain reaction then leads to what is commonly known as a

"fallen face," and the chin develops a distinctive point, otherwise known as a "witch's chin."

Jowls may then form and **make the face look even more unnatural**.

Sometimes the tongue will even enlarge because of the increased demands placed on it from missing teeth. This can cause speech and chewing problems. And once you've lost one tooth, it becomes much easier and more likely that you will lose others.

Of course, the same troubles affect denture wearers as well. You see dentures don't fool the jaw bone. Because dentures aren't permanent, they don't stimulate the bone enough to keep its shape and form, which in turn gives your face shape and form.

But despite the severity of these issues, most of them can be stopped or even reversed with the proper help. In fact, many of my patients arrive in my

office looking older than they actually are and leave **looking 10 to 15 years younger**.

Not only do they look younger, they

look younger longer. In fact many claim my treatments did more for their looks than any facelift!

If you're suffering from one or more missing or damaged teeth, please **call for your FREE Consultation now**. It won't cost you a dime and you'll learn everything you need to know to reclaim your health and your good looks.

For your free consult, just **call 858-454-3221 today**.



Dr. Briscoe

Did You Know...

Failure to take proper care of your teeth and gums may put you at greater risk for type 2 diabetes and its complications. Severe gum disease has been linked to increased levels of insulin resistance, which is often a precursor of diabetes. Studies released last year found that

...to read the rest of this article go to <http://lajolladental.com/MyBlog.aspx>

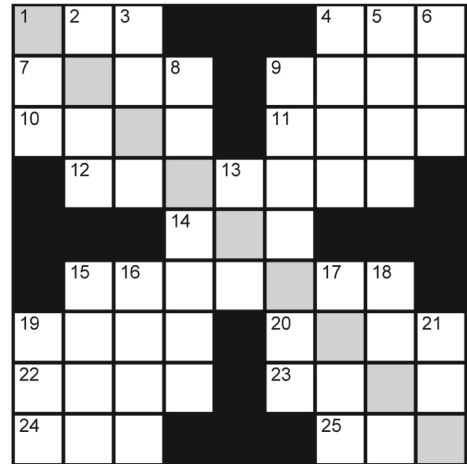
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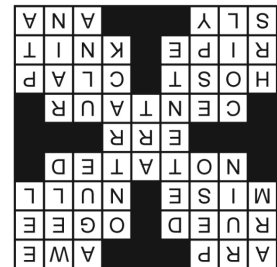
1. Dadaism founder
4. Amaze
7. Felt bad about
9. Arch type
10. ___-en-scene
11. Partner of void
12. Wrote down
14. Be mistaken
15. Mythical creature
19. Emcee
20. Applaud
22. Pickable
23. Make a sweater
24. ___ and the Family Stone
25. Santa ___

Down

1. Escort's offering
2. Archaeological site
3. Cancun coin
4. Chills and fever
5. Fuse
6. Moray, e.g.
8. Easing of tensions between nations
9. Proceeding as planned



13. Gallery display
15. Spring
16. Catch sight of
17. Arm bone
18. Parade spoiler
19. "48___"
21. "Harper Valley ___"



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

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