



Protecting Laptop Data

Half of all companies reported a laptop or other mobile device stolen last year.

What's more, each customer record contained in a stolen laptop costs the company approximately \$150 more in legal fees, notification costs, and other expenses, according to INC magazine.

But for about \$40, you can give a laptop its own GPS system. If MyLaptop GPS is installed, the stolen machine will report its location as soon as the thief connects to the Internet.

You can also encrypt the hard drive to keep thieves from using the data. The Enterprise Edition of Windows Vista has an encryption feature built into it. Other systems cost from \$50 to \$120 per computer.

In the event of theft, it's important to have a copy of your laptop's serial numbers in a handy place to aid in its recovery.

Quote of the Month

"The only thing that stands between a person and what they want in life is the will to try it and the faith to believe it possible."

Rich Devos

Travel Tips For The Holiday Season

Medical procedures can trigger airport alarms

Did you know diagnostic procedures such as CT and other scans involve the use of a radioactive tracer that can set off airport security alarms up to two months after the test is performed? Even if the amount of radiation is low?

To avoid airport delays and searches, researchers at ABT Associates in Cambridge, Mass., recommend asking for a note after any test involving radioactive or nuclear material. It should give the date of the test

and the phone number of the specific department that performed it.

Lap kids at risk on the flight

The airlines and the Federal Aviation Administration don't require babies under age 2 to travel in child safety seats. Cost is the main reason. The FAA says if parents have to pay for the child's seat, they might choose to drive instead, which is statistically more dangerous.

Aircraft are designed to withstand tremendous g-forces, but humans are not. A 25-pound baby

could be impossible for a parent to hold in an emergency, since g-forces could make the child up to four times heavier. Or the baby could be crushed by the parent's weight.

To ensure that a baby or small child will be safe while flying, strap the child into a safety seat. Buy a seat for each child, including the baby.



Revealed: The Myth Behind Multi-Tasking

There's only one reason multitasking is not a four-letter word: It has 12 letters. In spite of that, it's a word that has developed a bad reputation.

Not long ago, workers were proud that they could talk on the phone and read email at the same time. But people they were talking to knew they weren't paying full attention, and relationships were tarnished.



In his book, *The Myth of Multitasking: How 'Doing it All' Gets Nothing Done*, author Dave Crenshaw says technology has evolved, but the brain has not. It still does one thing at a time, rapidly switching back and forth. Each switch makes it less-effective at both tasks.

When people work on two things at once, they often have to retrace their steps

in order to correct the mistakes. No time saved there.

Edward Hallowell, MD and attention deficit specialist says it's like playing tennis with two balls. Your game is not as good as it would be with one ball.

Talking on a cell phone while driving is one of the worst multitasks.

Studies show it takes longer to get where you're going. It's dangerous, and in unfamiliar territory, you could take a wrong turn and get lost.

If you must talk on the phone, experts say, using a hands-free version is significantly safer for you as well as other drivers.

New Book Genre Tailored to Boys' Taste for Gore & Lore

Studies show boys and girls start out with fairly even reading skills. But sometime after age 8, the girls begin moving ahead and they continue to be better readers throughout their teen years.

Why the problem? In part, young boys say the books assigned in school are boring. The other part is that a book has to be pretty exciting to be chosen over a computer or video game.

So book publishers have come up with a new genre



some teachers call "blood-and-guts" lit.

Scholastic Corp. has the new "Wicked History" series with titles such as *Leopold II: Butcher of the Congo*; *Vlad the Impaler*; *The Real Count Dracula*; (includes red "blood" spatters on the pages) and *Mary Tudor: Courageous Queen or Bloody Mary?* Some are even being used in social studies classes.

Science classes are using the "24/7: Science Behind the Scenes" series inspired by the hit TV show, CSI. The series has titles such as *Help! What's Eating my Flesh*; *Runaway Staph* and *Strep Infections!* It has many photos of cadavers and putrefying limbs.

Some 300,000 copies are in print.

Books by Capstone Press include such hits as *Getting to Know Your Toilet: The Disgusting Story Behind Your Home's Strangest Feature*. And Workman Publishing offers *Oh Yuck! The Encyclopedia of Everything Nasty*.

Some teachers object to the shock tactics, but the history stories do have moral lessons. In *Vlad the Impaler*, for example, the tyrant is assassinated, and his own head ends up on a stick.

Scholastic's *Captain Underpants* with its toilet humor and pictures has 37 million copies in print, according to The Wall Street Journal.

And their newest addition, *The Day My Butt Went Psycho*, has 1.2 million copies in print.



Why the Rockefeller Center Christmas Tree Lasts Longer

It's not easy to choose a specimen that will become the most famous Christmas tree in America. So each fall, David Murbach surveys select areas from a helicopter to make his choice for the Rockefeller Center Christmas Tree. The criteria? It must be big and beautiful.

For his own tree, however, Murbach doesn't make the selection by helicopter. He buys from a street vendor about two weeks before Christmas. Outdoor trees stay fresh longer because it's cold, Murbach says, but cut trees dry out much faster when they are in warm interior rooms.

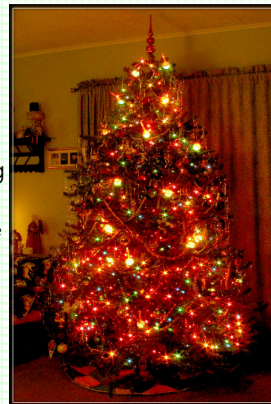
And he doesn't search for the

perfect tree either, because one with a flat side can be put against a wall to save space.

Murbach also suggests instead of asking for a fresh square cut, ask the vendor to cut the tree trunk to a point—making more of the trunk available to water in the stand. The tree drinks more, stays fresh and holds its needles longer.

Of course it is now customary to put Christmas decorations up on Thanksgiving Day or shortly thereafter, which often makes a beautiful artificial

tree a good alternative since the real thing isn't likely to last until Christmas.



If your decorating choice is a real tree, however, it's better to wait a while before buying one. Then let it soak in water over night before setting it up. The fresh-tree aroma makes it even more festive.

The Rockefeller Lighting Ceremony is typically held in the third week of November. If you want to see the ceremony in person or on television, call (212) 632-3975 for this year's date.

Housing Bill Affects Some Reverse Mortgages

If you are in good health and planning to stay in your home for a number of years, a reverse mortgage can be an excellent way to add some cash to your retirement.

Recently, Congress approved the 2008 Hope for Homeowners bill, making some changes in loan limits that might make reverse mortgages more attractive to seniors.

A reverse mortgage is a loan against your home that doesn't have to be paid back if you live in the house. You have to be age 62 or older to take advantage of the loan, which gives you cash for the equity in your home.



In 2007, more than 100,000 such loans were made to seniors who wanted to add a little gold to their golden years.

The new housing law, passed in July with a starting date of October, allowed for a new, higher national loan limit of \$417,000 on mortgages, but in some high cost areas that limit could be as high as \$625,000. This higher limit might make a reverse mortgage more attractive to seniors with more expensive properties.

But the reverse mortgage is not just instant cash. It's instant cash with strings. Homeowners pay a variety of fees before getting the mortgage (which can be distributed in installments, lump sums or credit lines) and these fees can be pricey. The new housing bill reduces the maximum fee to 2 percent on the initial \$200,000 of the home's value and 1 percent on the balance thereafter with a cap of \$6,000.

The fee may not always be this high, however, so you should shop around

before deciding on a lender. Other fees include closing costs, service fees, mortgage insurance premiums, and interest rates.

To qualify for a reverse mortgage you must discuss the loan with a nonprofit or public agency approved counselor. You can find a local housing counseling agency by calling 800-569-4287.

Remember, about 63 percent of reverse mortgage shoppers decide against the loan. There are some good reasons for that.

For one thing, you must be healthy enough to stay in the home. If you leave it for 12 months to go to a nursing home, for example, the loan becomes due. You must also be able to keep the property up. If you can't do so physically or financially, the loan will also become due. In addition, the high fees often discourage loan applicants.

If You Think Your Smile Is Beyond Repair, Think Again!

Are you fed up with trying to hide your teeth when you talk or smile?

Do you find yourself gazing enviously at "those men" or "those women" with perfect teeth?

Are you worried that even if a dentist could help you, it would be too expensive?

Good news! At La Jolla Dental Care, we've helped moderately to severely smile-challenged people just like you every day for more than 25 years. So believe me when I say there's nothing we HAVEN'T seen in this office and almost NOTHING we can't handle!

After all, smile restoration is our specialty and making it as painless as possible is all part of the package.

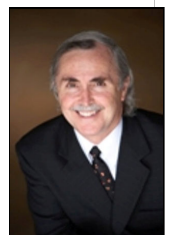
How Do You Know If Corrective Cosmetic Dentistry Is Right For You?

Well, only you can say for certain but in my experience you will benefit the most if you:

- 1) Have **missing teeth** or are **about to lose teeth** due to decay or fracture
- 2) **Wear dentures** and are frustrated or tired of the goo, the pain and the embarrassment of teeth that can literally fall out on your plate
- 3) Have **suffered** a motor vehicle or sports **accident** such as baseball, football, hockey or any other sport and want to regain function and appearance
- 4) Have **chronic bad breath**
- 5) Are unhappy with earlier

attempts to fix your teeth

- 6) Experience **numbness** or a **burning** sensation
- 7) Want to **recapture your youthful appearance**
- 8) Feel you are (as several patients have put it) a Dental Disaster with no place to turn



Dr. Briscoe

If one or more of these descriptions sounds like you, please **call for your FREE Consultation now at 858-454-3221**. It won't cost you a dime and you'll learn everything you need to know to reclaim your health and your good looks with the miracle of cosmetic dentistry.

Did You Know...

If your jaw feels stiff or if you have difficulty opening wide; if your teeth are sensitive to cold, and your jaws feel tired in the morning, you may be grinding your teeth at night (a medical condition called bruxism), or you may be clenching your teeth which can be just as harmful. People with nighttime grinding habits may wear away their tooth enamel 10 times faster than those without abusive chewing habits. Eventually your teeth may be worn down and destroyed.

Please call **858-454-3221** for more information.

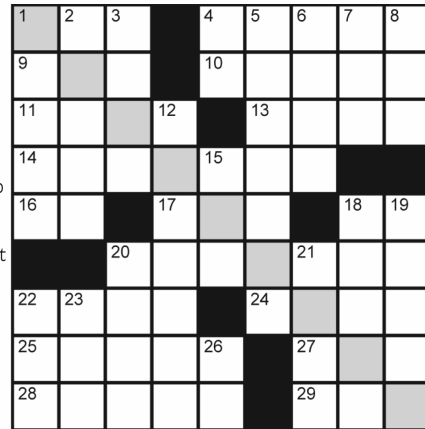
Presidential Nominee

Across

1. Bean counter, for short
4. One of the Osmonds
9. Dashed
10. Best of the best
11. Europe's highest volcano
13. Chess piece
14. Fixed
16. Surgery theater, for short
17. By way of
18. "___ You Like It"
20. A row or line of hay
22. Feathery scarves
24. Quick and easy to move
25. Merger
27. "___ better be good!"
28. Newspaper section
29. Scot's refusal

Down

1. Belief
2. Devonshire dad
3. "___ and the King of Siam"
4. Pine Tree State: Abbr.
5. "So soon?"
6. Brawl
7. "Am ___ believe ...?"
8. Startled cry



12. Consultant
15. Break a Commandment
18. Heart line
19. Stockholm native
20. Hang around
21. Parade spoiler
22. Lazy person
23. Formula ___
26. "We have ___ bananas today"



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

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