



## Convertible High Heel Shoes

Shoes with 3 1/4 inch heels feel stylish in the morning, but by afternoon, they could hurt.

That's why Camileon Heels developed a shoe form that allows the heel to change height. Pull down on the heel, push it forward, and tuck it under the arch.

Since it began last year, Camileon has produced 50 styles at prices from \$225 to \$325. They are available at specialty footwear retailers and online at Camileon Heels.com.

## Gas Prices in 1929

The retail price of gas was about 20 cents a gallon from 1929 to 1946. Disposable income in the 1930s was about \$400 to \$500 per year, equalling about \$6,000 in today's dollars.

That means 1,000 gallons of gas cost as much as almost 49 percent of disposable income in 1933. To reach those levels today, gas would have to sell for between \$14 and \$17 per gallon, says University of Michigan economist Mark J. Perry.

## Quote of the Month

**"You are the only problem you will ever have. And you are the only solution."**

Bob Proctor

## Life Is Pretty Good In The 21<sup>st</sup> Century

Portrait of a man in 1870:

He started work at 13 and worked every day for 30 years until the day he died at age 43. In his entire life, he never had more than 9.6 hours a day for sleep, play, and at home.

The 1950s man:

He started work at age 17.6 and worked 50 years. He typically died a year before he could retire at age 68.5. He had about 13 hours a day for sleep, leisure and work at home.

The 1973 man:

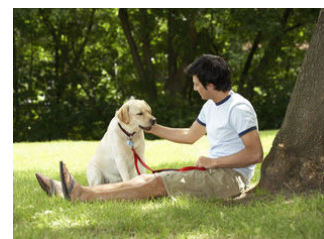
He started work at about 18.5 and is expected to work until the year 2018, when he will be about 64. He will actually enjoy 6.6 years of retirement and is expected to die at age 70.6. During his work life, he enjoyed 15.6 hours a day for sleep, leisure, and work at home.

The 2007 man:

He started work at 20. He will work 42.5 years, having 17.5 hours a day for sleep,

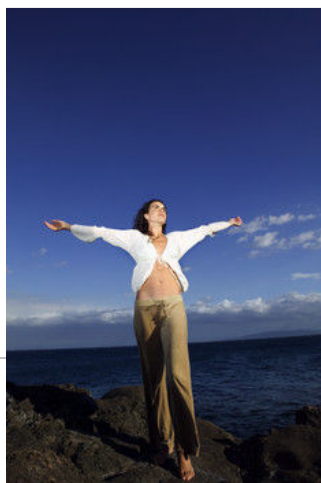
leisure and time at home. He will retire at age 62.5. He will live 15.5 more years and die at age 78.

Source: W. Michael Cox and Richard Alm of the Federal Reserve Bank of Dallas, "How are we doing?"



## Ovarian Cancer Awareness Month: New diagnostic test will save lives

Ovarian cancer ranks as the most lethal of gynecological malignancies. It is only 10 percent as common as breast cancer, but its mortality rate is three times as high. The reason: No test to detect it was available.



But in the coming months, there will be. In what's being hailed as a milestone in women's health, researchers at Yale University have developed a simple test to detect ovarian cancer in its earliest stages. If not detected early, before it spreads, the 5-year mortality rate is more than 93 percent. About 16,000 women will die of ovarian cancer this year.

Fortunately, the Yale researchers have devised a screening test that measures six cancer-related proteins in the blood. Previously, the proteins had been linked individually to cancer. Now the researchers have found that by measuring all six at the same time, they could

reliably diagnose ovarian cancer, a big breakthrough.

The blood test is in its final stage III trial and is expected to be widely available, probably within a year.

Symptoms of ovarian cancer are often vague and mimic those of other conditions. Recent research shows that these four symptoms are predictive: bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly, and urinary urgency and frequency.

Often there are no symptoms, which is why the new test is so important.

# Chicago Among Final Contenders For 2016 Olympic Games

For Chicago, it's three down and three to go in the competition to hold the 2016 Summer Olympics. So far, Chicago has bested Baku, Azerbaijan; Doha, Qatar; and Prague.

The International Olympic Committee rated the cities based on funding, sports venues, infrastructure and security on a scale of 1 to 10. Chicago lost points because its funding came from the private sector



rather than the government.

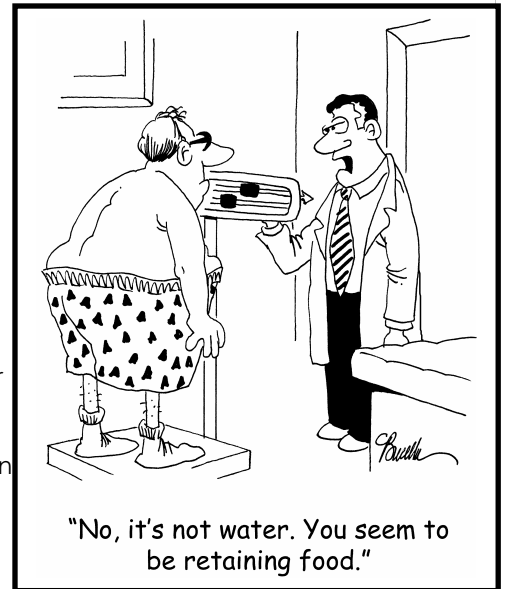
Remaining in the race with Chicago are Tokyo with 8.4 points out of a possible ten, Madrid with 8.2 points, Chicago with 7.0 points, and Rio de Janeiro with 6.5 points. (Doha tied with Chicago, but was eliminated because it planned to hold the Games in October because of the city's hot summers.)

The United States last hosted the Summer Games in 1996 in Atlanta. Madrid finished third in the vote for the 2012 Olympics, won by London. Barcelona hosted the 1992 Summer Games.

Rio de Janeiro would become the first South American city to host the Olympics. Tokyo won the race for the 1964 Summer Games and hopes to bring the Olympics back to Asia eight years after this year's Games in Beijing.

Chicago Mayor Richard M. Daley says the real competition begins now, because the IOC will make

its choice in October 2009. Chicago would hold the summer games along its lakefront.



## Better Living For The Elderly With 'Green Houses'

The elder-care system needs to be changed.

At least that's what Bill Thomas told the country's fourth largest philanthropy organization, the Robert Wood Johnson Foundation, in 2001. He later received a modest grant for further study.

As a result, the foundation has begun supporting the 48-year-old physician's vision of "Green Houses," a movement to construct homelike facilities for 10 to 12 residents.

Green Houses will soon be erected in all 50 states, up from the 41 Green Houses now in 10 states. But it could be years before new ones

are ready.

To its proponents, Green Houses will be a revolution that could replace the impersonal life the elderly experience at large institutions.

Susan Feeney, spokesperson for the American Health Care Association that represents nursing homes, says, "The criticisms by Dr. Thomas are overly harsh. Many nursing homes are embracing cultural changes and working to create a more homelike feel."

Quoted in The Wall Street Journal, Jane Lowe, who oversees their Vulnerable Populations Portfolio, says the foundation wants to transform the

system. She backs it in part because she "doesn't want to be in a wheelchair in a hallway when I am 85."

And while the construction of Green Houses is progressing, it faces many hurdles, such as a host of elder-care regulations and the enormous cost of construction.



## Travel News You Can Use In Airports And Overseas

### Body scanners at 10 airports

The Transportation Security Administration says body scanners are the safety of the future. The devices that show images of people underneath their clothing could eventually replace metal detectors at 2,000 airport checkpoints.

The TSA effort will encourage use of the whole-body imaging devices at rail stations, arenas, and office buildings, according to the American Civil Liberties Union. Right now, they are used at some courthouses, jails, United States embassies and overseas border crossings.

The scanners are presently in use at airports in Los Angeles, Baltimore, Denver, Albuquerque and New York's Kennedy airport. Airports in Dallas, Detroit, Las Vegas and Miami recently started using body

scanners.

### Overcrowded 'rickshaws'

In India, officials are trying to stop overcrowding in three-wheel mini taxis known as autorickshaws. The tiny enclosed vehicles are a little bigger than a golf cart. They are used everywhere in South Asia.

While the law in India's state of Andhra allows four passengers, drivers often crowd in as many as eight. A program of fines and driver education has been instituted, and many drivers have signed up for the safety course. A ride in an autorickshaw costs just a few cents.

Autorickshaws are involved in one-third of all traffic accidents, though they account for only one of every 20 vehicles on the road.

### Hertz fill-ups now cost less

Hertz Corp. now charges the market rate for gasoline plus a \$6.99 refueling fee when customers bring back a car with a gas tank that is only partially full. Previously, they charged \$7.50 a gallon to refill the tank.

Customers can still refuel a car before returning it.

The new prices are available at all airport and off-airport Hertz locations in the United States, Canada, Puerto Rico and St. Thomas.



## 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, however, 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 our dental health consultants at 858-454-3221.



**Dr. Briscoe**

### Did You Know...

Conscious sedation allows you to have dental work completed without anxiety. Safe and painless, dental sedation simply involves taking a small pill before your dental visit. Sedation is great for patients who are afraid, have limited time, a severe gag reflex, or extensive dental needs.

For more information call 858-454-3221.

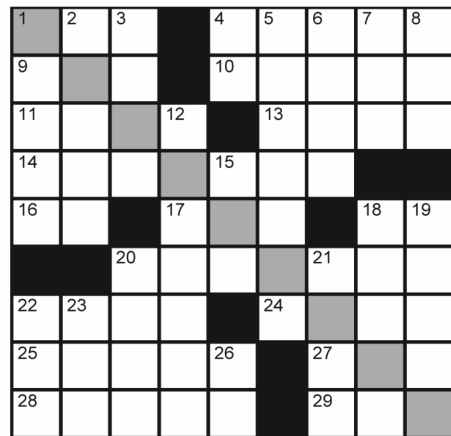
### Latin Americans

Across

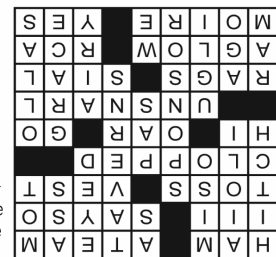
1. \_\_\_ and cheese
4. Elite military unit
9. Son of a son
10. Authority
11. Fling
13. Sleeveless garment
14. Plunked along
16. Hello
17. Sculler's need
18. Depart
20. Disentangle
22. From \_\_\_ to riches
24. Part of the earth's crust
25. Burning
27. Big TV maker
28. Wavelike design
29. "Absolutely!"

Down

1. Thumb a ride
2. Garlicky mayonnaise
3. Japanese soup
4. \_\_\_ You Like It
5. Bars
6. Gave the once-over
7. Biblical beast
8. Bon \_\_\_
12. Patron



15. \_\_\_ de deux
18. Actress Kelly
19. Spanish jugs
20. \_\_\_ fruit
21. Breezy
22. Battering device
23. "Give it \_\_\_!"
26. \_\_\_ the people



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

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