



Electric Cars Debut by 2010

At this year's North American International Auto Show in Detroit, General Motors, Ford Motor and Chrysler showed concept vehicles powered mainly by batteries.

GM's Chevy Volt is slated for production in 2010. It will cost about \$40,000. Ford says it will have an all-electric, four-door car in production by 2010.

Toyota predicts that it will begin selling small, battery-operated city cars in 2012. They will need improved batteries before larger models are made.

Easter Rabbit Trivia

The saying "mad as a March hare" refers to the wild antics of male hares as they compete with other males in the spring. Mating behavior with females often looks like a crazy dance.

The saying "they multiply like rabbits" probably refers to the ability of hares and rabbits to conceive a second litter while still pregnant with the first. It's not surprising that rabbits became fertility symbols.

Quote of the Month
"Optimism is essential to achievement. It is the foundation of courage and of true progress."

Nicholas Murray Butler

\$8,000 Credit For First-Time Home Buyers

The 2009 economic stimulus bill, passed in February, offers first time home buyers a nifty perk: A 10 percent tax credit up to \$8,000 for home purchases made in 2009.

The tax credit is limited to buyers who have never purchased a home or those who haven't owned a home in three years.



Last year Congress passed a similar tax credit but there is one significant difference between that one and this new credit: You don't have to pay back the new credit.

In addition this new credit is 'refundable.' That means the credit pays for the taxes you owe and if the credit is more than the taxes owed, you get a check for the difference.

The tax credits make the decision of whether to rent or own a much easier one and it seems buyers are making their move.

The most recent home

sales figures (from December 2008) show a 6.5 percent increase in home sales. This surge in home sales, especially in the Midwest and South, suggest that tax credits, plus favorable buying conditions have made home ownership very affordable.

Right now interest rates are at 5 percent or lower while home prices are very reasonable. Some experts say the combination has made homes more affordable today than they have been in 20 years. That means you can own a great home sometimes for the same cost as renting.

Feel Too Young To Be Called "Grandma?"

More young grandmothers and grandfathers want to be called something else.

If you are 45 or 50 and look and feel 10 or 15 years younger, it can be shocking to be called Grandmother Jones, especially in public.

You know who Grandmother Jones is, she's your husband's mother, not you. For you and other forever-young

baby boomers, Granny and Gramps just won't do. Your whole generation is reinventing old age, according to the experts at AARP.

Men are as sensitive to age-related names as women are. "Papaw" will do for some. One writer for Saturday Night Live wanted to be called "Sheriff."

Some children of baby boomers are puzzled that their parents are so concerned. But new grandparents often negotiate with them and come up with a name they want to be called. "Nanna"

is a popular choice. One grandmother chose "Coco," and another chose "Glamma." YiaYia

(YaYa) is chosen by some young grandmas even if they aren't Greek.



Today's boomers say it's not just about trying to stay young. It's about recognizing their individuality. Something that becomes even more necessary with today's blended families.

Then again, one grandmother says she doesn't care what her granddaughter calls her, just so she calls her.



Internet Can Take You Into the Best College Classrooms

Step inside. This virtual classroom is just a click or two away. You won't have to pay tuition or worry about qualifying for Harvard, Yale or other famous schools. You are there.

At academicearth.org, you will be transported, free of charge, into the classes of the top professors in the world. You can see and hear them speak. Every discipline from physics to history can be explored.

Thousands of video lectures from the world's top scholars.



Just click on a topic that interests you and you will see a course description and a lecture description. And you are introduced to the lecturer. After listening, you can grade the lecturer and give your opinions.

Want to know what a freshman will hear on the first day of college? The First Day playlist brings you five introductory lectures, including computer programming by Mehran

Sahami of Stanford; Biology by Robert Weinberg of MIT; Modern Poetry by Langdon Hammer of Yale; and Psychology by Paul Bloom of Yale.

The site also lets you hear what authorities at various universities are saying about the current financial crisis, or you can see movies about the origins of wars, among other topics.

At lecturefox.com you can tune into dozens of the latest lectures by professors from universities all

around the country. Or go to free-ed.net for lectures on music appreciation and more.

You won't get a degree from any of these sites, but you can still learn and you'll often be entertained.



Entrepreneurs, Small Businesses Will Lead The Recovery

There's a big difference between the Great Depression and economic times of today.

The American economic situation could get worse before it gets much better. But be assured, it will start turning around in the not-too-distant future.

Business advisor Jack Welch predicts that when the downturn ceases, the American economy will be stronger and sounder than ever.

Welch urges business people to talk about reasons for confidence. America is loaded with energy and creativity, he says. It's a culture that exalts entrepreneurs, and they are the ones who drive every recovery.

Some doomsayers say this is the

beginning of another Great Depression, but that won't happen. Government agencies created after that will hold off a deep depression.

For example, the Federal Deposit Insurance Corp. insures bank deposits, which is basic to stabilizing the banking system. While 401(k) retirement plans have suffered, their value will rise again in the future.

Other disaster predictors say the United States will have a deep recession like the one in the early 1980s. The GDP fell in five quarters over a two-year period with the worst posting a 7.8 percent reduction.

The prime interest rate was 21.5

percent; inflation was about 15 percent, and unemployment hit 11 percent. This time around, however, government programs will keep us far away from those numbers.

A number of negative thinkers say saving troubled banks will lead to socialism. That won't happen either.

The U.S. government has a history of handling interventions on a temporary basis.

It has bought stock in troubled banks before and was able to sell it a few years later.



Keys to Staying Well: Bananas, Fiber and Generic Drugs

The big deal banana

Bananas are a great pick-me-up, according to authors Mehmet Ozz and Michael Roizen in their book, *YOU Being Beautiful: The Owner's Manual to Inner and Outer Beauty*. They also contend that bananas not only help you think faster, they help you think happier thoughts.



A banana a day may help brain cells communicate and enhance the effects of feel-good neurotransmitters, such as serotonin. They are rich in antioxidants and a good source of vitamin B6.

Good for the lungs: fiber

Your oatmeal and your whole wheat bread may help you breathe well and avoid COPD.

Researchers quoted in the *American Journal of Epidemiology* found that, among men and women ages 44 to 66, those who consumed 26.7 grams of fiber per day from fruits and whole grains performed better on lung function tests. They were less likely to develop chronic obstructive pulmonary disease (COPD) over the 10-year study than people who ate 9.5 grams per day or less.

The benefit was found both in smokers and non-smokers, but smokers benefited somewhat less.

Generics are a good choice, except for NTIs

Considering the huge cost of developing a new drug, drug companies have to charge a high price for it as long as they have patent protection.

When their patents expire, they and other drug makers can make generic versions that sell for far less than the original. Active ingredients in the generic are identical, but fillers, preservatives, color and shape can be different.

Generics are so cost-effective that pharmacists substitute a generic for a brand name unless the doctor has written "do not substitute" on the prescription.

Drugs with a narrow therapeutic index (NTI) are often not substituted and include some heart drugs, anticonvulsants, COPD drugs and immunosuppressants. Check with a doctor about generics.



Are Dentures Robbing You of Health, Vitality and Longevity?

There are very good reasons why dentures and partials fail you—why you can't chew comfortably and smile confidently no matter how hard you try.

Natural teeth with their roots implanted in the gum and surrounded by bone are able to exert about 250 pounds per square inch. For normal chewing, natural teeth exert an average pressure of 45 pounds per square inch of force, ranging up to 75 pounds.

With **dentures**, the average chewing pressure is reduced to 14 pounds per square inch and for some as little as 5 pounds per square inch. **This is a 5 to 15-fold decrease in chewing effectiveness. And the longer you wear dentures the worse it gets.**

If you are a denture wearer, you know this tremendous loss of

pressure means having to **completely change your eating habits.**

Other difficulties include:

- Experiencing your dentures shift from side to side by an average of **a half inch** during chewing.
- Struggling with being overweight or underweight because you either eat soft foods, which are inevitably high in carbohydrates and calories, or you eat very little because it's just too painful.
- Not being able to enjoy the **taste, temperature and texture of your food**, requiring you to add additional salt and spices.
- Plastic in the dentures that insulates the tissue responsible for giving you a "sense" of your food. **This may require you to add more salt than usual, which can lead to high blood pressure, and problems of the digestive tract.**

Forty percent (40%) of heart disease is related to high blood pressure and arterioscleroses.

- Shorter life span. **The average denture wearer's life is 10 years shorter than non-denture wearers!**



Dr. Briscoe

Did you know studies indicate that after 2 months of having implanted replacement teeth, patients were able to increase their maximum biting force by 85%? After 3 years the average chewing force increased **300% compared to before implant treatment.**

To learn how you can get the teeth you want and deserve, call 858-454-3221 today.

Did You Know...

If you call our office during the month of **April**, to schedule “in-office **Zoom Whitening**”, you will receive a **new** whitening *touch-up* pen (valued at \$25), in addition to the whitening take-home trays and the whitening gel. The Zoom pen is the easiest, most convenient way to touch-up your smile on the go!

858-454-3221

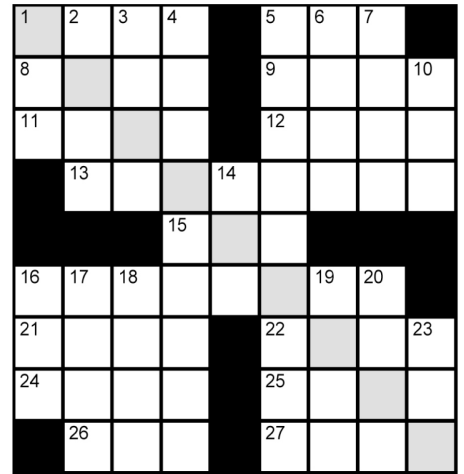
Outdoor Fun

Across

- 1. Icky stuff
- 5. Use a Singer
- 8. Heroic tale
- 9. Mimicked
- 11. Affectations
- 12. “__ Las Vegas”
- 13. Embarrassed
- 15. Dusk, to Donne
- 16. Sideboard
- 21. Lady Macbeth, e.g.
- 22. “__ Misbehavin”
- 24. Popular fragrance
- 25. Fine-tune
- 26. Nth degree
- 27. Glitch

Down

- 1. Govt. property org.
- 2. Animal shelter
- 3. Beast
- 4. A dance for two people
- 5. Port and river in Georgia
- 6. “Beowulf,” e.g.
- 7. “__ Only Just Begun”
- 10. “Dear old” guy
- 14. Charge
- 16. Computer monitor, for short
- 17. Ramble
- 18. Exile isle
- 19. Utah national park
- 20. “__ Karenina”
- 23. Two-year-old sheep



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

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