



## Pediatricians Urged to Use Autism Checklist

The National Institutes of Health has developed a 24-item checklist for autism that can be completed by parents in a few minutes while waiting in a pediatrician's office. It asks simple questions such as whether a baby smiles and shows joy at 6 months; makes eye contact; whether the baby is babbling by 12 months; or can speak any words at 16 months.

So far, it has allowed researchers to diagnose autism spectrum disorders correctly 75% of the time.

It is important to begin therapy as early as possible while babies' brains are growing and most easily shaped. During early life, the brain circuitry that supports social and language behavior is rapidly developing and shaped by experiences.

Early intervention increases opportunities for learning and for more normal brain development.

## Quote of the Month

**"People keep looking outside themselves for the money. It's inside."**

-- Stephen Pierce

## We want YOU to be our Winner

We have several entries so far in our **RAFFLE** and plenty of time yet to enter – the deadline is **SEPTEMBER 30<sup>th</sup>**.

The prizes are exciting:

1. **Hotel Del Overnight Get Away for two, plus Spa Treatments and Dinner**
2. **13-inch Mac Book Air – the thinnest laptop available**
3. **46-inch Sony Bravia HDTV and Blu Ray Disc Player**

Refer someone to our office who becomes a patient, and you are entered. The more people you refer, the more entries you receive – the more chances to win.

The winner gets their choice of the Grand Prize.

Who's going to be our winner?



### Hotel Del Coronado



### Mac Book Air



### Sony Bravia

## Travel Tips: How MegaBus Does It & More

### Travel Cheaper and More Comfortably

It costs 8 cents a mile for a trip on Megabus from Washington, D.C. to New York. All Megabus seats have Wi-Fi service and electrical outlets. Passengers can surf the Web, write papers or watch their own movies while the bus barrels down the highway or is stuck in traffic.

Megabus has a barebones operation, no terminals or storefronts. About 90 percent of customers book online,

many just show tickets texted to their cellphones, and every bus has at least one \$1 ticket. The price rises as the bus fills.

They offer express travel between sizable cities. Passengers just line up by the Megabus sign, which is small. There are no security checks.

### What to do with your passport

Travelers may wonder if they should carry their passport at all times when in a foreign country.

According to Fodor Travel Intelligence, the answer is no. Their survey of Fodorites shows that half of travelers do carry it and half put the passport in a hotel safe. A few try hiding it in their luggage or apartment.

Before leaving on a trip to a foreign country, make copies of your passport. Carry one, stash the original in the hotel safe, and leave a copy back home with family.

Always carry an extra official photo ID. Some states provide them for \$10.

## Wedding Planning Software and Other Helpful Tips

In 2010, the cost of the average wedding was \$24,641. The average number of guests was 141.

The arrangements for these events can be very complicated, but software can help the planner (the bride and groom or parents) keep track of prices and arrangements. Search the Web for wedding planning software, some of which is free. The top-rated package is the iDo Wedding Couple Edition, according to experts at [bridaltips.com](http://bridaltips.com).



Discuss the guest list and limitations with both sets of parents, allowing each the same number of guests. If one set of parents has more people they need to invite, give the other parents a few more seats at the rehearsal dinner.

Event Planner Tasha Brown of Boston, writing in *The Wall Street Journal*, suggests letting single guests who have been with someone for some time bring their dates.

Decide whether children will be invited. If many parents are disappointed at not being able to bring them to the big event, compromise by hiring a baby sitter.

**Moneysavers:** Instead of having a dinner and dance, marry in the morning and have a nice

luncheon. If mom or dad are disappointed at not having a dance, hire a DJ and have dancing at the lunch.

### Speaking of weddings ...

A new study shows that men are as likely to want to marry as women, more likely to be open to dating people of a different race or religion, more prone to falling in love at first sight, more likely to combine bank accounts, and more likely to want children.

The research by Match.com and Rutgers University included 5,200 single people ages 21 to 65 who weren't married,

engaged or in a serious relationship.

Age played a role in subjects' preferences. Men age 21 to 24 and age 50 and up were more likely to want a lifetime union. Half of single men ages 21 to 34 wanted children, compared with only 46 percent of women.



## How to Get Your E-book Self-Published For Less

If you're a new author, and whether or not your book has been turned down by a big publishing house, you might want to try marketing it yourself. Even if you have never submitted your work to a publisher, self-publishing could be profitable for you. Here's how to do it.

You can format the text and upload it directly to Amazon.com. Or you can hire a digital publisher to format the book and create a dust

jacket image.

Once the book is uploaded, you can use an Amazon account to set pricing, edit the description for the book and manage sales.

Amazon handles payments and distributes to buyers through its Web site. They also send royalty checks to the author.

### Cheaper e-books make news

Large book publishers are increasingly in competition with self-publishers who are selling their works for as little as 99 cents. The books are gaining popularity among readers seeking inexpensive entertainment.

Of Amazon's top 50 digital best sellers, 15 books were recently priced at \$5 or less. Seven of the best sellers were thrillers by John Locke priced at 99 cents.

Experts writing in *The Wall*

*Street Journal* say the low cost of digital publishing, coupled with Twitter and other social-networking tools, has enabled unknown writers to make a splash.

Amazon says it will soon let Kindle users borrow digital books from libraries.



## Psychologist Tells Us How to Find Your “Inner Game”

W. Timothy Gallwey first became well-known for helping athletes and executives improve their performances.

More recently, he teamed up with stress experts Edd Hanzelik, M.D., and John Horton, M.D., to write a book for the rest of us: *The Inner Game of Stress: Outsmart Life's Challenges and Fulfill Your Potential*.

**His Four Rs:** Gallwey says Americans are doers to the extreme. They have a hard time understanding that Rest, Relaxation, Recreation and Reflection are not just nice things to



have, they are essential to life and health.

When you can fit the four Rs into your life, you will be strong enough to deal with problems, obstacles, and realistic scheduling of your time. Self-doubt, nervousness and lapses of concentration will be more easily overcome. You will be ready to trust your inner and outer resources in order to move toward your desired outcomes.

**Some helpful tools:** The STOP Technique. Learn to step back, think, organize and proceed with a conscious choice process, even in the most chaotic circumstances.

The Attitude Tool: When you feel resentment, try gratitude.

The Transpose Exercise: Imagine what the other person feels and wants. It pays to use empathy and

better relationship skills.

The Magic Pen: Develop the ability to open up your intuition and wisdom. Use the pen to write down all of your thoughts about a problem or obstacle. On another paper, write down one of your inner resources. It could be your clarity, compassion, candor or patience, any trait you consider a personal strength. Then let your magic pen write a message to you about the subject. Let it write as much as it wants.

The PLE triangle: Use your goals for Performance, Learning and Experience to redefine success and enhance enjoyment.

By accessing your inner game resources, you will be able to maintain stability and trust your judgment to reach goals without experiencing high levels of stress.

## Think There's No Such Thing As a Relaxing Visit to the Dentist?

Got pain? Have no fear, sedation is here.

Did you know **75% of all Americans experience feelings of anxiety** and dread about going to the dentist?

Did you also know that as many as **30 million Americans are deathly afraid of the dentist?**

I realize that as an intelligent, knowledgeable person, you already understand the importance of healthy teeth and gums—how they enhance your good looks, give you a more youthful appearance, keep you pain-free and promote overall good health.

I also know that doesn't amount to a hill of beans when queasiness and even terror seize your body at the thought of visiting the dentist. Fortunately, those days are long gone. Despite what your dentists

may have told you in the past, there is a pleasant, safe, easy way for you to stop suffering from the horrible hidden costs of improper dental care like:

- Romances snuffed out because of **chipped, jumbled, broken or missing teeth** that create an unpleasant smile to look at
- Tender, sensitive, uncomfortable teeth
- **Lost ability to enjoy your favorite foods**
- **Dreading every social outing** or event because people may notice and be “turned off” by your smile
- Worsened nutrition and health
- **Outright pain** every time you bite down
- Your grandchildren commenting on or even making fun of your teeth
- Lessened self-confidence
- **Lossing the promotion** that should have been yours, and

- Ever-increasing **unsightly gaps** among your teeth that **worsen as you grow older**



**Dr. Briscoe**

No longer do you need to be embarrassed by your teeth.

No longer do you need to hide your grin, use those phony smile tricks or live in pain.

**Finally, you can** reclaim your health and your good looks with the miracle of sedation dentistry.

To learn more about sedation dentistry and how you can get the teeth you want and deserve, **call 858-454-3221 today.**

Don't forget to ask about your free consultation.

### On The Personal Side...

July began with a trip to Hawaii for Nancy, her mom, Matt and Charlie. A week of sitting around the pool and relaxing was just what was needed. Matthew continued with his club team with swim meets the last two weekends of the month - the sectionals were in Clovis (100+ degrees), and the Junior Olympics were in Coronado (much nicer weather). Gabby - our 10 year old toy poodle - successfully had a malignant tumor removed from her left hip area - two weeks with a cone to keep her from getting at the sutures - she is doing GREAT! Charlie took a couple of continuing ed courses - one mid-month on Advanced Laser Procedures - and one at the end of the month on Removable Appliance Therapy for orthodontics. Between the two, he celebrated another birthday - 39 again! Hope your summer is going well.

### Social Media

We are excited about our new venture into social media.

We have Facebook , twitter , and YouTube  buttons on our Welcome Page at [www.LaJollaDental.com](http://www.LaJollaDental.com)

Our Blog can also be found at [www.LaJollaDental.WordPress.com](http://www.LaJollaDental.WordPress.com)

We will be posting to these regularly, so you can keep up with what's going on in the office, and in the world of dentistry. Feel free to communicate with us through these places (of course, a phone call or email works best).

Check us out and let us know what you think!