



New Buy-Back Plan

It's the chance to trade back what you bought when an updated version hits the market. When announced early this year, Best Buy offered early birds a chance to sign up for the service for free. A fee of \$69.99 is now assessed on the trade back of laptops, netbooks and tablets. The price of turning in \$300-plus smart phones is set at \$59.99.

Customers are given a value schedule listing the buy-back prices of items during a set period of time.

Magnet-proof pacemakers

Until recently, heart patients with pacemakers have had a problem with the use of the MRI tests for fear the magnetic field would stop their life-saving device.

Cardiology Associates of East Tennessee in Knoxville is now producing a pacemaker that is magnet-proof. The cost is \$5,000 to \$10,000.

Quote of the Month

"Adults teach children by three important ways: the first is by example, the second is by example, the third is by example."
-- Albert Schweitzer

Finding a Parking Space Made Easy

New telephone apps can search the street or area where you are driving and tell you where there is a vacant parking space.

One called Parker shows drivers on an iPhone where to find a space in the Hollywood area of Los Angeles. It costs \$1.99. Streetline, the app maker, says Parker is about to be

available on Android devices in several other areas where parking is a huge problem.

The most extensive move has been made by BMW's iVentures. The first available area was serviced by New York-based My City Way, which gives parking availability, transportation and local entertainment information.

It is available now in 40 cities in the U.S. To use it, you have to have an iPhone, iPad, Android phone or BlackBerry.

A different service hopes

to put an end to searching for parking meter coins. MobileNow's ParkNow service lets you call the phone number listed on the parking meter, enter the meter number and type in credit card information.

Its Android and BlackBerry apps also allow users to enter a location and parking meter number and pay with pre-funded credits via the app.

The service will soon include iPhones. It is available in Bethesda, Md.; Decatur, Ga.; and Hudson Valley, N.Y.



Tips for Staying Fit and Staying Well

The sleep-deprived eat more

Researchers at Columbia University have conducted a test to find out for sure if sleep deprived people actually do consume more calories. Study subjects slept seven to nine hours, or four hours. At first, they ate a controlled diet for

four days, then they could eat as much as they wanted on the remaining two days of the study. They did the study twice with subjects getting a different amount of sleep.

Participants consumed an average of 296 extra calories when they were sleep-deprived. Most of the extra calories came from high-fat foods, such as ice cream and fast food. Ice cream was the preferred food during the sleep-deprived state.

Health habits and AMD risk



New research on the Women's Health Initiative shows that women who eat right, exercise and don't smoke are 71 percent less likely to develop age-related macular degeneration (AMD), the leading cause of blindness in older Americans. The research was done at the University of Wisconsin.



TOOTH DECAY CONTAGIOUS DENTAL RESEARCH SHOWS

Everyone knows you can catch a cold or the flu. But can you catch a cavity?

Researchers have found that not only is it possible, but it occurs all the time.

While candy and sugar get all the blame, cavities are caused primarily by bacteria that cling to teeth and feast on particles of food from your last meal. One of the byproducts they

create is acid, which destroys teeth.

Just as a cold virus can be passed from one person to the next, so can these cavity-causing bacteria. One of the most common is *Streptococcus mutans*. Infants and children are particularly vulnerable to it, and studies have shown that most pick it up from their caregivers – for

example, when a mother tastes a child's food to make sure it's not too hot.

A number of studies have also shown that transmission can occur between couples.

In one instance a patient in her 40s who had never had a cavity suddenly developed two cavities and was starting to get some

gum disease. The woman had just started dating a man who hadn't been to a dentist in 18 years and had gum disease.

To reduce the risk, dentists and hygienists recommend frequent flossing and brushing, and chewing sugar-free gum, which promotes saliva and washes away plaque and bacteria.

I See Hope

A river of rainbows, and a tree that blooms light
 I pity all who have not this great sight
 A forest of flowers, and a butterfly of joy
 Bring happiness and hope to every girl and boy
 And if these great sights are ones the just I see
 You have much to see and much to learn
 So come, come with me.

A poem by Maryam Hedayat

Technology and You: Free File Storage on Amazon.com

Because an increasing number of people are using combination devices like the iPhone to make calls, store music, take photos and more, remote data storage is becoming more important than ever. This is especially true for those who fear losing their data due to damage or loss of their devices. In industry jargon, this file storage option is called storing in a cloud.

As a result, Amazon has launched a service called Amazon Cloud Drive. At no cost, consumers get 5 GB of free storage space. The company says 5 GB of storage holds up to 1,000 songs.

Those who download an MP3 album from Amazon.com get 20 GB free for one year. Otherwise, it costs \$20 a year.

The company hopes to

generate income from the Clouds when users order from its online music store. It is integrated with the Cloud Player companion software that catalogs and plays songs.

Right now, the service works with Android devices but not with Apple devices such as the iPhone and iPad, or Amazon's Kindle.

Other clouds include: Flickr: Yahoo's free service for uploading and sharing

photos.

Mozy: EMC service will store music, photos and emails. It starts at \$5.99 a month.

Dropbox: Used to store and sync files, it provides 2 GB free. The cost is \$9.99 a month for 50 GB.

Google Docs: Used to create, upload and share documents and spreadsheets. It's free for up to 1 GB in uploads.

Travel Bag: Cruise Ship Luxuries, Pet Care in Airports & More

Cruise ships are creating special areas for big spenders

Some cruise lines have built private areas for those willing to pay the price for special treatment. They include fancy suites, exclusive swimming pools, luxurious lounges and special dining rooms.

The Norwegian Epic, new last June, has 75 Courtyard Villa suites. Guests who book the suites have access to 24-hour butler service and special treats, compliments of the ship's captain. The private pool area has padded lounge chairs, free fruit and drink service.



Special care for pets

Airports nationwide are taking steps to ensure the safety of traveling pets.

Logan International in Boston holds special classes that teach the proper handling of animals, how to talk to them, and safe ways to apply a muzzle or leash in an emergency. Workers learn how to get an animal into a crate, how to determine whether it's having breathing problems, if it is depressed or ill. First responders learn to take the animal's temperature and heart rate and how to give CPR.

Airport workers sound an alarm if a pet is distressed. The Animal Rescue League of Boston keeps a pet ambulance at Logan Airport's fire station that can hold up to 30 animals. About 2,000 animals a month come through the airport.

Who gets the armrest?

If you are in the middle seat in the aircraft with a stranger sitting on either side, do you get the left armrest, the right, both or neither one?

Ethics and etiquette, says one veteran flight attendant, call for the person in the aisle seat to lean toward the aisle and the person in the window seat to lean toward the window. She says passengers in the middle seat are already suffering. They should get both armrests.

When should you recline? Most passengers choose not to recline in consideration of their fellow passengers.

If someone reclines in front of you and you can't work, it's OK to ask them to adjust their seats.

An Attractive Smile Makes A Healthier, Happier You!

Fair or not, it is true that appealing, good-looking people are generally perceived to be more intelligent, friendlier, more honest, trustworthy, and even more ethical.

In fact, they are seen as being more successful and happier and are assumed to have just about every other desirable trait as well.

In some surveys, **92% of Americans agree that an attractive smile is an important social asset** while 74% think that an unattractive smile can hurt a person's chances for career success.

But these aren't the only compelling reasons to make the most of your pearly whites.

Creating a beautiful smile is not only important to success in the business world, but more importantly, it affects your self-esteem and confidence. And that

transmits a signal, via body language on a subconscious level, affecting the quality of the message you are sending.

A great, bright, welcoming smile conveys interest and pleasure to the person who receives it.

This communicates appreciation and gratitude for their time and presence, creating a decisive personal resource that most find very hard to resist.

To **utilize your secret weapon** to full advantage, just remember to smile. Smiling creates endorphins, natural bodily substances, which help produce a feeling of perceived pleasure.

It's the body's natural painkiller and produces a general sense of well-being, and can act as a stress reliever. Of even more importance, a smile can be infectious in other people.

Some other easy,

cost-free ways to improve your mood and general disposition include:

1. Smile even when you don't feel like it.

2. Get some exercise, even if it's not enough to break a sweat.

3. Change the scenery. Go outside, go to a park, spend time volunteering.

4. Play with a family pet.

To learn more about how you can get the health and satisfaction you and your family deserve, **call 885-454-3221 today.**



Dr. Briscoe

On The Personal Side...

May was predominantly a swim month for the Briscoes. League finals were exciting – Matthew won both his individual events and helped win the relay. At the end of the meet, both the girls’ team and his boys’ team won the League Title! Matthew and several of his teammates went on to the CIF championships. There, in his last swim meet of his high school career, Matthew set two personal best times and a new school record. Quite a feat!

The following night was the swim banquet, and Matthew was named the Most Valuable Player on the swim team. And so it ended – Matthew’s high school swim season and Nancy’s season as the “swim mom”.

Nancy, also, planned and orchestrated the banquet, which was lovely – 145 in attendance!

But wait, one final note, the night after the banquet, we received the call - Matthew was named 2011 Valley League Male Swimmer of the Year! Graduation is quickly approaching. Then, Matt is off to UC Boulder. Go Buffs!

New Referral Contest:

We have a new referral contest starting in July. The winner will get their choice of one of several valuable and exciting prizes. Look for more details via email, in July’s newsletter, and in flyers in the office.