



## Tweeting In Church Encouraged by Some Pastors

A growing number of pastors are encouraging their flocks to integrate text-messaging into their relationship with God by allowing tweeting during religious services.

It works because most of the worshippers have their phones or computers with them anyway.

It keeps wandering minds thinking about spirituality, keeps tired worshippers from going to sleep during the sermon and encourages church members to get acquainted with one another. For creating a community, they say, Twitter is a useful tool.

Reported in Time, one pastor began his Easter sermon with, "I hope many of you are tweeting this morning about your experience with God."

### Quote of the Month

**"Observation is like a muscle. It grows stronger with use and atrophies without use. Exercise your observation muscle and you will become a more powerful decoder of the world around you."**

Joe Navarro, Former FBI Agent

## iPhone App Can Help the Autistic and Others

It happens that an autistic child or adult can be intelligent but be unable to speak or communicate. The same is true of children and adults with Down syndrome, cerebral palsy, or Lou Gehrig's Disease, and even stroke patients who have lost the ability to speak.

Now there's help from an unexpected source. Researchers at Penn State have developed the Proloquo2Go app for the Apple iPhone and Apple iPod Touch.

Co-developer Samuel Sennot says the software can be used in place of

devices that cost \$8,000 to \$10,000. He just loves it that people can get the Apple units at Best Buy.

He won't tell how many of the apps have been sold, but says that at \$149.99 each, business has been "extremely brisk."

The mother of one seven-year-old autistic child, who never spoke, knows the "2Go" program has changed the family's life.

Quoted in USA Today, she says that with the touch-screen mp3 player strapped to his arm, her son can touch icons that voice basic comments,

commands and questions.

He uses the "talker" to communicate with everyone including his service dog, who responds to voice commands from the unit.

The app is not difficult to customize so it can reflect the individual's situation and interests.



## Many States Require Fire-Safe Cigarettes

By the end of 2009, according to the Coalition for Fire-Safe Cigarettes, at least 21 states will have laws requiring all cigarettes sold there to have safety features.

Fire-safe cigarettes are a proven, practical and effective way to reduce the risk of fires in homes and buildings.



Traditional cigarettes continue to burn when they are forgotten or ignored by the smoker. They put unplanned smoke into the air and cause fires.

A fire-safe cigarette will put itself out after a short time of not being used. The most common technology includes wrapping the cigarette with two or three thin bands of less-porous paper that act to slow down a burning cigarette. If left unattended, the burning tobacco reaches one of these bands and will self-extinguish.

One-quarter of victims of smoking-material fire fatalities are not the smokers whose cigarettes started the fire: 34 percent are children of the smokers; 25 percent are neighbors or friends; 14 percent are spouses or partners; and 13 percent are parents.

New York, Oregon, California and Vermont were the first states to require fire-safe cigarettes, and 17 others have passed legislation requiring them by the end of 2009 or before.

## Personal Development: Learn How To Be "Lucky" In Life

If it seems like other people get more lucky breaks than you do, it's time to figure out why. Some clues:

\* They have that can-do attitude and feel they can grab onto an opportunity when it comes their way. They expect to be winners.

\* Lucky people enjoy talking to strangers. They smile and say "hello." Other people's stories can be enlightening and may



result in friendship or beneficial contacts, says Keith Ferrazzi in his book *Never Eat Alone*.

\* Notice that they keep their options open instead of having a single-minded devotion to one goal. They, and you, have more options than you think.

\* The lucky ones build strong relationships at work that help to bring them success. Their social network outside work is a source of information and of support in difficult times.

\* Getting more luck involves saying "yes" when you'd rather say "no." Say yes to serving on committees, running for office or working for charities.

\* Always do your best work even if you think the task is unimportant. You'll get a

reputation as the go-to person.

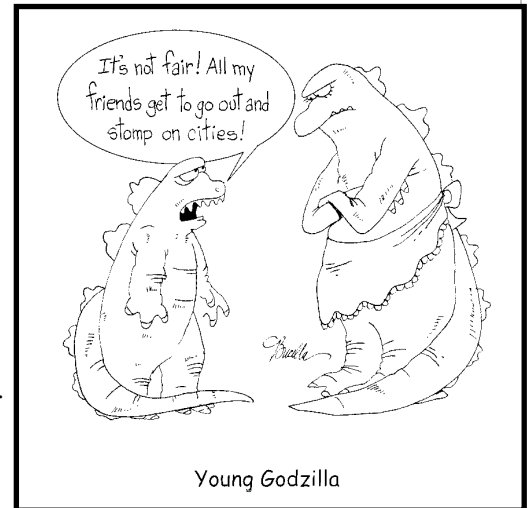
\* Practice "counter-factual" thinking. The degree to which you think something is fortunate or not is the degree to which you will generate alternatives. The unlucky person is distraught over having a car accident, for example. The lucky person is thankful that he wasn't killed, and makes friends with the other driver and people at the scene of the accident.

\* Taking calculated risks can increase your good luck. Lucky people always want something new. They try new things, go to new places or

take on work outside of their comfort zone.

\* Enjoy yourself and have a balanced life. Maintain good relationships, explore a satisfying hobby and make physical fitness a priority.

Try to do most of these things and continue to help others. Good luck will come to you.



Young Godzilla

## Exercise Helps Your Heart Even If You Don't Lose Weight

Maybe you've been exercising some and pretty regularly, but the bathroom scale hasn't budged and your middle is still about the same size.

You have probably made an improvement in your cardiovascular health, and that could be even more important than your pants size.

Researchers at Harvard University and Brigham and Women's Hospital report that moderate amounts of exercise is associated with as much as a 41 percent reduction in cardiovascular risk. While their study was done entirely on women, men

can assume they have a similar benefit.

In various study subjects, Body Mass Index changes accounted for just 10 percent of the reduction. Blood biomarker improvements accounted for about one-third of the risk reduction, and blood pressure changes were accountable for 27 percent of the improvements. Reduced cholesterol accounts for a 20 percent improvement.

The researchers found that the more study subjects exercised, the greater their cardiovascular health improved.

The surprise was that cardiovascular risk dropped by 27 percent for those whose activity burned just 200 to 599 calories per week.

The risk was reduced by 32 percent for those who burned 600 to 1,499 calories per week, and 41 percent for those who worked off 1,500 calories a week.



# Travel Bag Tips and Tricks for the Holiday Season

## Airline extras add up

Airline companies say a la carte pricing lets fliers select services. But some passengers say sorting out the charges can be confusing, difficult and time-consuming.

To help, one USA Today reporter compiled a list of 28 different types of fees charged by 14 major airlines.

The most expensive are for international ticket changes, which can be \$250. Fees for transporting baggage can also add up with carriers like United charging \$400 to carry a bag weighing 71 to 100 pounds on flights to Africa and the Middle East.

Other fees include charging passengers \$15 extra if they book a ticket by telephone rather than over the Internet. Meals are usually between \$6 and \$10. Some carriers

charge a \$250 fee to issue a "free" frequent flyer ticket. And at least one airline plans to add a charge to your credit card if you use the toilet.

Airline companies say people want to pay only for the services they receive. Doing so allows the airlines to make ticket prices lower and offer special travel deals.

## What is SENTRI Card?

This card is designed for United States citizens and legal permanent residents who cross the U.S. or Mexico border frequently, be it by car or on foot.

It costs \$122.25 and is issued by the U.S. Census and Border Protection. It requires a background check and fingerprinting. For more information go to: [cbp.gov](http://cbp.gov).

## What is a NEXUS Card?

It is for U.S. and Canadian citizens and legal permanent residents crossing the Canadian border by car, foot or ferry. It costs \$50 and requires a background check, an interview and fingerprinting. For more information go to: [cbp.gov](http://cbp.gov).

## What is a Passport Card?

This card fits into a wallet and can be used for North American border crossings and non-airport Caribbean entry points. It costs \$45 for first-time adult buyers, or \$20 if bought with a passport. For more information go to: [cbp.gov](http://cbp.gov).



# It's Never Too Late To Get The Beautiful Smile You Deserve

Teeth are one of those seemingly minor creations that, on the face of it, don't appear that important until you lose them!

Luckily for you and the innovations in cosmetic dentistry, there's still plenty you can do to replace lost teeth and protect those teeth that you still have left.

If you haven't been able to keep up with a regular dental routine in the past or have lost teeth due to health issues or suffered an accident, checking out cosmetic dentistry options is the right way to go.

There are **several procedures available for replacing missing teeth**, not all of which are suitable for every patient. The solution is to figure out what your options are and then which one you're most comfortable with.

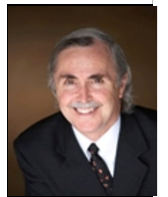
Some of your options include:

- **Wearing dentures** to replace any number of missing teeth, whether it's just one or a complete upper and lower jaw. Dentures are generally the cheapest option, though often not the most comfortable or natural looking.
- If you are looking for a more natural result from your cosmetic dentistry, a **dental bridge** might be an answer. A dental bridge can be used to replace one or more teeth but is not really an option for a significant number of teeth. It is effectively a false tooth or teeth held between two crowns.
- Another alternative open to you is a **dental implant**. This choice often gives you the most natural looking smile but is a bit more costly.

- If you are just missing the top half of your tooth, however, a **dental crown** is a good way to go and for an even more natural look you can get the latest innovations in cosmetic dentistry by combining a dental crown with a dental veneer.

Whatever method you choose, it is never too late to get the beautiful smile you deserve.

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



**Dr. Briscoe**

## Did You Know...

Fluoride is a great therapeutic agent that can help prevent cavities, not only in children but adults also. As the gums recede the root surface is exposed and susceptible to decay. Prescription strength fluoride toothpaste along with regular professional application of fluoride can help keep your teeth cavity-free. Fluoride also lessens tooth sensitivity and strengthens tooth enamel.

For more information or to make an appointment, call  
**858-454-3221**

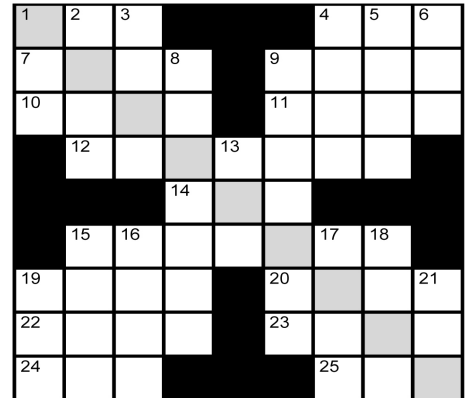
## Happy dancin' crossword

Across

- 1. \_\_\_ Victor
- 4. Pub fixture
- 7. Hitching place
- 9. "The \_\_\_ Ranger"
- 10. Isinglass
- 11. Bit
- 12. Personable
- 14. Chemical ending
- 15. Takeaway the weapons from
- 19. Almanac tidbit
- 20. Tugboat sound
- 22. Lunchbox treat
- 23. Christmas season
- 24. Finish
- 25. Sushi bar order

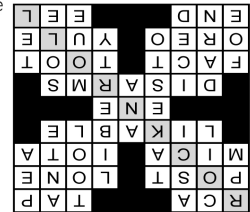
Down

- 1. Engine speed, for short
- 2. Spring
- 3. Fungal spore sacs
- 4. Hammer or saw
- 5. \_\_\_ meridiem
- 6. Podded plant
- 8. Fancies
- 9. Freedom
- 13. Gasteyer of "Saturday Night Live"
- 15. "Fudgel"



- 16. Decorated, as a cake
- 17. Grimace
- 18. Exclusive
- 19. "Them"
- 21. Rolodex abbr.

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



Charles Briscoe, DDS  
 La Jolla Dental Care  
 7737 Herschel Avenue  
 La Jolla, CA 92037

