



## The Peace Symbol's 50-Year History

The peace symbol first appeared 50 years ago in Britain. The year was 1958.

Demonstrators wanted an image that could be carried by marchers in protests against nuclear weapons. Enter London textile designer Ken Kolsbum. He had been a conscientious objector in World War II.

In his recent book, *Peace: The Biography of a Symbol* (coauthored by Michael Sweeney), Kolsbum says that to make the image, he combined the semaphore signals for N (nuclear) and D (disarmament).

It filled a niche. Anyone could draw it, and before long millions of people did. Over time, it evolved into a piece used by countercultures of all kinds. Hippies adopted it as an overall symbol of peacefulness.

In the late 1960s, the image began to appear on every sort of consumer product. The symbol is enjoying new popularity today in nostalgia jewelry.

## Quote of the Month

**"Wisdom is the reward you get for a lifetime of listening when you would have preferred to talk."**

Doug Larson

## Here come the 2008 Olympics!

On August 8<sup>th</sup>, 2008 Beijing will host 10,000 athletes who will compete in 300 events in 28 sports.

And this year, aquatics is one category with an entirely new event, the 10-kilometer open water race. It fills what aquatic fans have thought of as the biggest gap in the Summer Games: the absence of a swimming event longer than 20 minutes.

The two-hour event is seven times longer than the previously longest swim, the 1,500 meter. It gives marathon swimmers the same chance for Olympic stardom that

marathon runners have had since 1896.

And while training for the open water swim is often dangerous because of icy waters, big waves, sharks, currents and jet skis, Beijing officials have made special accommodations for the Olympic event.

For the 2008 games, Beijing has built a lake-like rowing basin for the 10k. The race will involve four trips around a 2.5-kilometer course where there won't be waves and sharks.

The other 28 Olympic sports this year include: archery, badminton,

baseball, basketball, boxing, canoeing and kayaking, cycling, equestrian, fencing, football, gymnastics, handball, hockey, judo, modern pentathlon, rowing, sailing, shooting, softball, table tennis, taekwondo, tennis, triathlon, volleyball, weightlifting, and wrestling.



## Tech support phone calls: Knowing what to say

No matter how experienced you are with your computer and its programs, sooner or later, you're going to call tech support.

Remember that what you say, and how you say it, are important factors in getting your problem solved quickly.

Here are some tips for efficient interactions with tech staff.



1. Have the courtesy to do what should probably be obvious: Restart your computer. After restart, make sure you have no other programs opened, other than the one causing problems. Try to reproduce the problem.

2. Check for system and program upgrades and install them. Now try to reproduce the problem.

3. Write down what operating system you are using and what version of the software you are using. ("Windows" is not the answer to either question.)

4. Be prepared to state the symptoms simply.

5. Be open minded and patient. The support person likely will have several theories about solutions and will walk through them with you. Even if you have used the program or computer for years and never had this problem, try to be open to possible solutions the tech support person offers.

7. Offer context when it seems relevant. If you just added new hardware to your computer, and your problem is with the computer, tell the tech support person. If you opened an email attachment, and now you are having problems, tell the tech support person.

# Probiotics Found In Yogurt And Other Foods Promote Digestive Tract Health & Fight Allergies

You've probably seen the TV commercials about Activia with its Bifidus regularis and other probiotics—good bacteria that could improve your digestive tract.

Now other companies are jumping on the bandwagon with their own probiotic yogurt, fortified beverages and other products.

Probiotics work because



they last a long time in the intestines, says Dr. Gary Huffnagle, a professor of internal medicine at the University of Michigan and co-author of *The Probiotics Revolution*.

The bacteria help regulate and restore the rhythmic motion of the intestines that push digested food through. It doesn't matter if you are constipated or the opposite, Huffnagle says in a recent *Time* interview. These bacteria can help make you more regular.

His research also suggests that the bacteria can battle a number of allergies—not just food

allergies, since anything you breathe is also swallowed.

The U.S. Food and Drug Administration is taking a neutral stance on probiotic products, but it is cautioning food makers not to pitch their products as a cure for any specific disease.

The USDA says some people should avoid probiotics completely. People with weakened immune systems, people who

are very ill and people in the hospital should stay away from them.

Sources say plain yogurt is the best source for probiotics, but chocolate and sauerkraut are also good.



## “The Last Lecture” Reveals Inspiring Tips For Living Happy Life

It's not unusual for retiring professors to give a last lecture but when Carnegie Mellon University's Randy Pausch gave his, he wasn't retiring. He was dying of pancreatic cancer.

His now famous lecture was viewed by millions on YouTube. It inspired many to follow Pausch's advice about what is important in life. Now he has a book, *The Last Lecture* (Hyperion), with co-author Jeffrey Zaslow.

The father of three small children, Pausch said in a USA Today interview, "I was trying to put myself in a bottle that would one day wash up on the beach for my

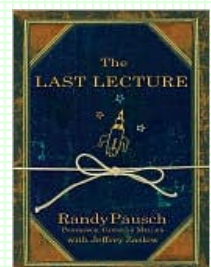
children." From his lecture, *Achieving Your Childhood Dreams*, here are a few of his points about life:

- \* Never underestimate the importance of having fun. I'm dying and I'm having fun every day because there's no other way to play it.
- \* Experience is what you get when you didn't get what you wanted.
- \* No one is pure evil. Find the best in everybody. Wait long enough and people will surprise you.
- \* It's not about achieving your dreams but about living your life. If you live the right way, the dreams will come.

\* We can't change the cards we're dealt, just how we play the hand.

\* In an interview with amazon.com, Pausch says the thing he learned as he grew older was that you can't get anywhere without help. Ask yourself: What kind of person do people want to help? Then you'll know the answer to: What kind of person should I try to be?

\* Hearing what other people say about you is important to your success and happiness.



## Travel Bag: 3 Short Tips For a Fun Summer

### Newseum in Washington, D.C.

There's an exciting new attraction on the National Mall in Washington. The Newseum includes 250,000 square feet of theaters, exhibition galleries and television studios on seven levels.

Its two-level Walter and Leonore Annenberg Theater is equipped for 3-D and a 4-D experience that takes visitors on a time-travel trip spanning more than 150 years. About 200 of its seats move, vibrate and perform other tricks geared to the on-screen action. And there are valves in seat backs that spray



puffs of air and water.

Celebrating freedom of speech and the press, the Newseum stands between the White House and the Capital at the intersection of Pennsylvania Avenue and 6th Street.

### More legroom on the plane

Coach seats in emergency exit rows normally have several more inches between them and the seat ahead than other seats have. That's more legroom for the passenger and more space for others to exit the aircraft in an emergency. (Only able-bodied passengers are allowed in the emergency-seat row. They must be able to open the emergency door.)

Seats in the front section, bulkhead seats, also have more legroom, but are usually taken by families.



You can ask to reserve an emergency-row seat or a bulkhead seat. If they are taken, you can be put on waiting list in case of a cancellation or no-show.

### Get more in Zurich

If you are planning a trip abroad and want to stretch your dollars,

Zurich, Switzerland is a better choice than Paris or London. The Swiss franc isn't as strong as the euro against the dollar.

Another important point to consider when traveling abroad is the international fees charged by your credit card. Capital One and HSBC Premier World MasterCard are two credit cards that don't impose foreign-transaction fees on purchases. Also consider paying in U.S. dollars whenever possible.

## Learn How To Avoid The Seven Threats To A Beautiful Smile

If you were with us for the last three issues, you'll recall **Threat #1** to your dental health was **Neglect**, either by you or your dentist, **Threat #2** was **Under-treatment** and **Threat #3** was **Over-treatment**.

This month we're going to discuss **Threat #4, Diet**. From age 6 to 96, diet is the most common culprit in tooth decay and other dental problems.

It often starts when we are young children receiving candies, cakes and colas without proper instruction in dental care, like the need to brush your teeth or rinse your mouth out with water after any sweets are consumed.

The next "danger zone" is the teenage years when children receive less supervision and more independence to decide what

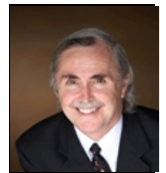
they'll eat after school, at their part-time jobs, etc.

The third at-risk age group is the 22 to 32 year-olds. During this phase, they are so busy juggling getting their first jobs, moving, buying cars, getting married, etc. that dentistry often gets put off until "later." Many times it isn't until they have children of their own and become more settled that the importance of good dental health sinks in.

Once this happens, gum disease has often already taken hold and started a downward spiral that cannot be stopped without dental intervention and a renewed commitment to dental care.

By the time it reaches this stage, many adults experience bad breath or bleeding when they brush their teeth.

Unfortunately, their first reaction is often to begin using mints or to stop brushing their teeth, both of which worsen their condition.



**Dr. Briscoe**

Some precautions you can take include:

- Do NOT nurse a soda over the course of hours. This causes the pH level in your mouth to remain high and the sugars to do their worst to your teeth.
- When you finish a soda or sweet treat, rinse your mouth out with water to remove the sugars and return the acidity in your mouth to a normal level.

## Did You Know...

Veneers can be matched to make even the darkest teeth appear to be bright white. Minor twists and overlaps, as well as small gaps, can be quickly corrected through the use of veneers.



## Summer Grills

- Across
- Bikini parts
  - Highlands hillside
  - Anger
  - Beef cut
  - Creole vegetable
  - Its quarter says "Birthplace of Aviation Pioneers"
  - Coasts
  - Cincy player
  - Office need
  - "God's Little \_\_\_"
  - Garage occupant
  - At the home of
  - A huge amount
  - Use a keyboard
  - Stomachs, for short

- Down
- Warner \_\_\_
  - Autumn tool
  - Indian tourist city
  - Summer cocktail with vodka and fruit juices

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

- Air a show
- European coal area
- In the thick of
- Heroic poem
- "\_\_\_ the fields we go"
- Agreement
- Hurting
- Get ready, for short
- Humdinger
- Big-ticket \_\_\_
- Captives

S	M	T	E	P	T
M	L	S	Z	H	C
O	T	A	R	E	A
P	L	R	P	A	P
		D	R	E	
S	R	A	O	B	A
O	I	H	O	A	K
P	M	R	E	G	R
E	A	B	R	A	B

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

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