

Happy Birthday Peggy and Brenda



Two are better than one; because they will have a good reward for their labour. For if they fall the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Ecclesiastes 4: 9-10.

Love, CoCo

MORE HARMFUL HABITS

Below are more harmful habits that can ruin your smile. If you need help to overcome a habit, check with your dentist.

- **Mouth-breathing.** If you usually breathe through your mouth rather than through your nose, you'll dry out the saliva on the teeth and gums. Because these tissues need to be bathed in saliva at all times, mouth breathing puts you at a greater risk of tooth decay and periodontal disease. Mouth-breathers usually have some physiological problem that keeps them from using their nose. A medical doctor may be able to treat the underlying cause of this habit.
- **Sucking on lemons or other citrus fruits.** Runners and people who live in the Sun Belt often suck on lemons, limes or grapefruit. The citric acid in these fruits may dissolve the enamel, leaving the teeth weak and painful. They also may turn brown. A 20-year-old can look 80.

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Using Tech To Help Kids Succeed At School

Continued from page 5

Web. "A generation ago learning was about textbooks and blackboards. In the future, computer technologies will bring three-dimensional virtual reality to classrooms to help kids directly experience things.

In the meantime, there are many technologies that can unleash children's minds and creativity today," added Weis, the founder of Advanced Network Systems, the company that built the backbone of the Internet two decades ago.

Not surprisingly, the majority of learning takes place outside school, as only 13 percent of children's time is spent in class. Here are some tips to help kids use technology at home to improve

their futures:

* **Initiate Young Kids Early:** Teach small children to enter cooking times with you on your microwave.

Familiarize them with how the computer keyboard and mouse work. Have them help scan food packages at the grocery store. Ask your local librarian to teach them to find books using the electronic card catalog.

* **The Family Computer is Key:** Computers in the home bring families closer together and result in better grades.

Monitor kids' use and be sure your computer is equipped with educational software, as well as a word processor, multimedia presentation program and even video creation programs. Demonstrate to young kids how to

conduct Web searches and use these programs.

* **Use the Web as Window on the World:** Encourage kids to use age-appropriate news sites, such as TimeForKids.com, Student-Newsnet.com and ScienceNews-ForKids.org.

Visit ThinkQuest.org to access the non-profit's free library of over 7,000 resources for kids, as well as global technology competitions.

Museum Web sites, such as The Smithsonian's Smithsonian-Education.org, also make great learning tools.

* **Teen and Tween Issues:** Children's lives today are complicated, with a faster pace compounding peer pressures.

The Internet can offer safe havens to share feelings. For example, The Corporation for Public

Broadcasting maintains www.pbskids.org/itsmylife, featuring the ability to get advice from older kids and experts.

Supervise Internet use, making sure children surf safely.

To familiarize yourself with the future of education technology, including the advent of 3-D classrooms, read the new book, "The Business of Changing Lives" or visit www.advanced.org.

"Kids should learn to use computers as an extension of themselves, much the way they use pencils.

Computer technology is the new pencil that can unleash creativity, revolutionize learning and help close the educational resources gap among students in different communities," stressed Weis.

Teaching Children and Teens About Money And Budgeting

Teaching children and teens how to stick to a budget not only can save you some green in the short-run, but can prove valuable in the long term.

"It's a smart idea to teach kids responsible money management skills while they're young and their finances are simple," says Aaron Patzer, CEO of online personal finance service Mint.com.

"With a solid foundation, they'll be able to manage successfully as their money lives become more complex, adding rent and mortgage, insurance, taxes and other life expenses."

Before leaving home, kids

should be able to manage their own bank accounts and use credit cards responsibly. They should have experience tracking their spending and in setting and keeping to simple budgets.

There are easy ways to introduce these concepts at any age:

* **Start Early With Young Children:** Small children should be taught to identify different bills and coins and their values.

Teach them to count money and make change. Have them accompany you to the store, help pay the cashier and count change.

* **Teach Grade Schoolers Money Responsibility:** An allowance is

a step toward teaching kids to be responsible with money.

Grade school children should receive a regular allowance and pay for some of their own luxuries. This teaches them to prioritize and save money for goals -- whether in piggy banks or their first bank accounts.

* **Have Kids Participate In Family Budgeting:** Teach kids what a budget is, how much the family has to spend monthly, and how to allocate money for those expenses, while saving for longer-term goals.

New tools now can make budgeting more interesting. Track the family's budget using a free online budgeting service like Mint.com, which looks and works more like Facebook than Quicken or Microsoft Money software.

These services automatically categorize your household expenses, presenting them in family-friendly charts and graphs.

Set individual budgets for everything for which you spend:

groceries, gas, even vacations. Mint.com also provides suggestions on how to save money by switching from high interest credit cards, or putting your cash into a savings account or CD paying higher interest.

For older children, the beginning of the school semester is a great time to get started, involving them in the decision making processes for purchasing school supplies.

* **Teens Should Master Basic Banking Skills:** During their adolescent years, kids should learn banking skills, such as opening checking and savings accounts, making deposits and withdrawals, and spending within their limits.

Work with your teenager to create a basic budget that includes leisure activities, clothes, music, etc. Teach teens about credit cards by having them help you make a credit card purchase. Then involve them when it's time to pay the bill.

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Tips On Talking To Your Teen

Do you have trouble communicating with your teenaged son or daughter? You're not alone.

"Teens often seem like alien beings, and in a sense that's true, since their bodies are different from those of adults. They release more stress hormones and decision-making circuits in their brains haven't fully developed," says Mark Goulston, a psychiatrist, FBI hostage negotiation trainer and author of the new book, "Just Listen: Discover The Secrets to Getting Through to Absolutely Anyone".

Teenagers are biologically wired to move quickly from stress into distress, they don't make

judgments well, they can't communicate feelings in a mature way, and they're quick to get moody.

Here are some techniques from "Just Listen" for getting through to your teen:

* **If your teen is sullen, it's time for a heart-to-heart talk.** Wait to begin until you're going for a drive and your child is captive (since most kids hate unsolicited major talks).

* **Ask these questions:** What's the most frustrated you have ever felt with your mom/dad or me? How bad was it for you? What did it make you want to do? What did you do?

* **Wait patiently for each answer.** The biggest key to help a person vent and then exhale is to let it happen. Most people short-circuit the venting stage by becoming defensive, trying to offer solutions, or getting nervous and trying to make things better. Instead, wait until the venting is completely done.

* **Pause after your teen is done unloading and then simply say, "Tell me more."** When he or she realizes you're not going to debate, it's disarming. There's no need to fight you if you don't engage in a fight. It shows you were listening and enables your teen to let go of distress.

* **If you get your child to answer these questions honestly, then say (and mean it): "I'm sorry, I didn't know it was so bad."** Don't be surprised if you see tears of relief, followed by the first non-antagonistic, non-confrontational talk the two of you have had in a long time. Then you can begin to get your message across.

* **Getting your teen to exhale and communicate will help your teen bring that strange, impulsive, moody brain under control -- at least for a few blessed hours.**

This can save the sanity of everyone in your house," says Goulston.

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* Based on EPA est. 2009 Malibu with 2.4L 4-cyl. Engine and 6 speed automatic transmission offers 33 MPG highway, 2010 Toyota Camry with 2.5L 4-cyl. Engine and 6 speed automatic transmission offers 32 MPG hwy., 2009 Honda Accord with 2.4L 4 cyl. Engine and 5 speed automatic transmission offers 30 MPG hwy. ** Based on Impala LS and 1LT with a 3.5L V6 engine and 2008 GM large car segment. *** Based on EPA est. 2009 Cobalt has 37 MPG hwy., Corolla 35, and Civic 34

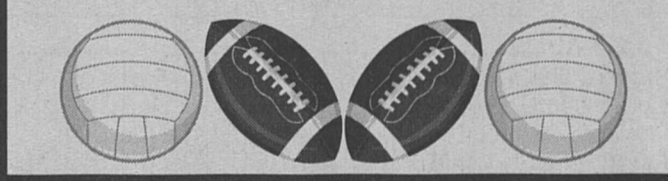
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