

Markets Wednesday

Track the major market indexes updated continuously throughout the day at money.usatoday.com

USA TODAY Internet 50 index

The USA TODAY Internet 50 is a capitalization-weighted index that consists of the e-Consumer 25 and the e-Business 25. The indexes are benchmarked at 100 as of Dec. 31, 2001. The components are updated quarterly.

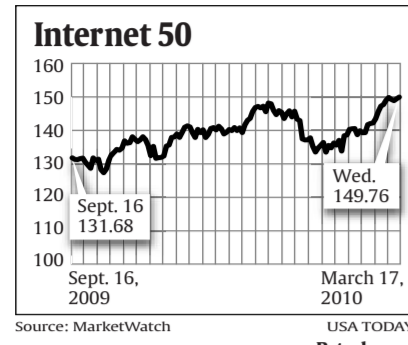


Table with columns: Index, Wed, Chg, Day, 2010. Includes Internet 50, e-Business 25, e-Consumer 25.

e-Consumer 25

Table listing e-Consumer 25 components like Amazon.com, eBay, Google, etc., with their respective values and percentage changes.

Source: The Associated Press. The e-Consumer 25 is published Tuesdays and Thursdays, the e-Business 25 on Wednesdays and Fridays. For both tables, go to http://www.usatoday.com.

Readers' choice stocks

Stocks that appear most in portfolios at USA TODAY.com.

Table of Readers' choice stocks including AT&T, Altria, Apple, Bank of America, etc., with their prices and percentage changes.

Currency per dollar

Table showing New York rates for various currencies like Australian dollar, British pound, Canadian dollar, etc.

Lack of inflation keeps stocks rising

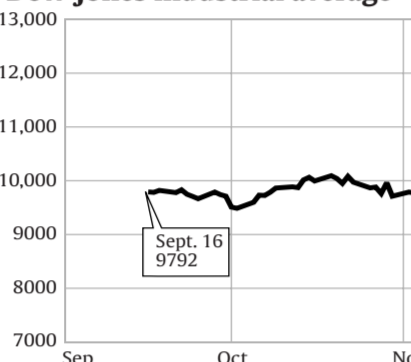
Bloomberg News

NEW YORK — Stocks gained Wednesday, sending the Dow Jones industrial average to the highest level since October 2008, on evidence that the economic recovery isn't stoking inflation.

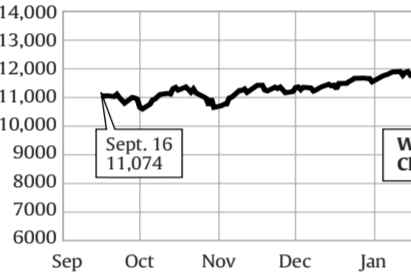
The Dow gained 47.69 points, or 0.4%, to 10,733.67 and rose as high as 10,767.98 to set a 17-month intraday high. The Standard & Poor's 500 index set another 2010 high as it rose 6.75 points, or 0.6%, to 1166.21.

Wednesday's action added to what has been a steady series of gains for the stock market. The S&P 500 climbed for a third straight day and extended its rally from a 12-year low last March to 72.4%. The benchmark index for U.S. stocks traded at the highest intraday level since Sept. 29, 2008, when the U.S. House of Representatives rejected an early version of the \$700 billion financial rescue package.

Dow Jones industrial average



Wilshire 5000



New York Stock Exchange Most active shares

Table listing most active shares on the NYSE, including Bank of America, Google, Microsoft, etc.

Most shares traded

Table listing most shares traded, including Bank of America, Microsoft, Intel, etc.

Treasuries

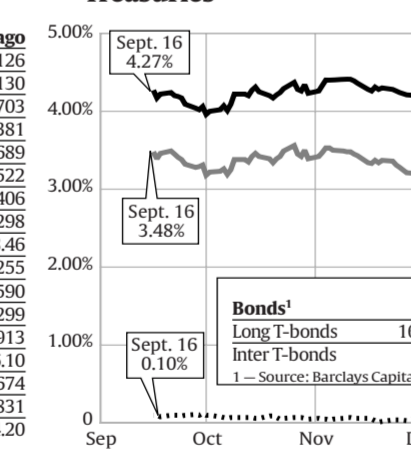


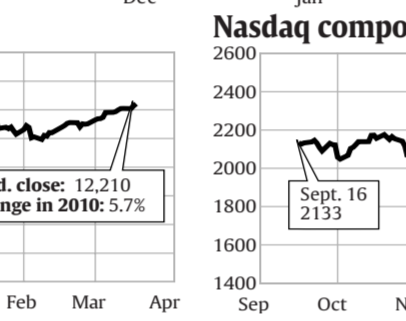
Table comparing NYSE and Nasdaq performance: Advances, Unchanged, Declines, New highs, New lows, Volume.

change traded fund that tracks the benchmark index for U.S. stocks, climbed 0.6% to \$117.10, its 14th consecutive advance.

On Tuesday, stocks rose as the Federal Reserve said it will leave its main interest rate near zero for an extended period to safeguard the economic recovery. The Fed said the labor market is

Stocks recover from swoon, 6A

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Nasdaq Most active shares

Table listing most active shares on the Nasdaq, including Intel, PwShsQQQ, Microsoft, etc.

Biggest gainers

Table listing biggest gainers on the Nasdaq, including Bank of America, Microsoft, Intel, etc.

stabilizing and business spending has risen, while inflation remains subdued. "Some of the macroeconomic data (have) been improving over the last month," says Walter Harecker, fund manager at Semper Constantia Privatebank.

Highlights: Ford Motor rallied 61 cents to \$14.10 and set a five-year high. Moody's Investors Service lifted the automaker's corporate credit rating by one step to B2.

LSI gained 52 cents to \$6.34 after the chipmaker boosted its profit and sales forecasts and announced plans to buy back \$250 million of stock.

Foreign markets

Table showing foreign market performance: Index, Wed, Prev, Day, 2010. Includes Seoul, Hong Kong, Shanghai B, etc.

Mutual funds

Table listing 15 largest stock and bond funds: Fund, ranked by size, Total return, Wed, 4 wks., 2010.

Key rates

Table listing key rates: Prime lending, Fed funds, Consumer rates, Mortgage rates.

Commodities

Table listing commodity prices: CRB Index, Aluminum, Cattle, Coffee, etc.

XEL-HÁ IN MEXICO'S RIVIERA MAYA

Queen Conch: An endangered species protected in Xel-Há



Slightly buried on the soft white sand of the ocean seabed, settled in warm shallow waters with crystal clear visibility lies a precious jewel of the Mexican Caribbean. As the sun shines bright in Xel-Há Nature Park, the beautiful cream-colored tan and pink glow of the queen conch sparkles under the surface of the water and shows its splendor to those who dare to explore this spectacular inlet.

The defensive adaptation of the queen conch consists of an almost impenetrable spiral anatomy and a peculiar habit of burying itself into the sand, which provides safety against predators. Crabs, octopus and starfish prey on the queen conch, as well as other animals that search the ocean for mollusk meat such as lobsters, eagle rays and loggerhead turtles.

Queen conchs are long lived, they have an estimated lifespan of 14 years. They can grow up to 12 inches in length and 5 pounds in weight, and their reproductive maturity is generally reached between 3 to 4 years of age.



reproduction and protection project at the park. This project started in coordination with the Research and Advanced Studies Center (CINVESTAV-IPN) Mérida under the direction of Dr. Luz María Dalila Aldana, Chief Researcher (CINVESTAV-Mérida).

This study of monitoring the queen conch at Xel-Há has been carried out through three different generation case studies, which began by marking the shell of the organisms with serial numbers, checking the animal's sizes, weight and registering those found living throughout Xel-Há's inlet.

Because of these pressures affecting the survival of the queen conch, Xel-Há Nature Park began a conservation and environmental education program to raise awareness and to educate on the vital importance to protect and help restore the populations of this species.

For those of you who do not mind celebrating the day a bit late, why not make it to one of the karaoke bars with some of your friends, like Pancho Willy's in the Cancun hotel zone. Señor Frog's, also in the h.z. or Canta Canta in downtown Cancun, upstairs in the Hong Kong plaza strip mall. The playlist at all of those places at least have one version of "Danny Boy" and the one at Pancho Willy's is sure to have several other Irish-American songs, like "Galway Bay" and "How Are Patrick's Day is St. Things in Glocca Morra."

On the other hand, I am sure that the special dance troupe in Cancun that specializes in performing Irish jigs appeared somewhere last night, however, they did not bother to let us know where. They really are an enjoyable group to watch and they are carrying on, for the most part, family traditions given that all of our most children of Irish parents, I saw them when performed at a reception in Cancun and they electrified the crowd.

But, even before going to the game tonight, I will be putting on some Tommy Makem and some Bing Crosby. Remember McNamara's Band? And "Toora Loora Lora!" - and get into a nostalgic mood, remembering previous St. Patrick's Days of yore.

Truth be told, the Irish are to be admired for quite a number of reasons. They have contributed giants to English-language literature and, even today, have contributed to some great music. But, also, they have managed to survive with great heart some devastating events in their history, including British oppression and the potato famine that drove so many to other shores.

As I said, I have a lot of reasons to celebrate St. Patrick's Day. So, I guess I will begin now... "Oh Danny Boy, the pipes, the pipes are calling; from glen to glen and down the mountain-side... The summer's gone and all the leaves are falling, 'Tis you, 'tis you must go and I must bid..."

Jazz & Stuff

A lonely St. Patrick's Day

While writing this column it occurred to me that for the first time since I was knee high to a tadpole, I am celebrating St. Patrick's Day all by my lonesome. Except for the mammoth party that Pat O'Brien's restaurant in the Cancun hotel zone gives every year, attended, primarily by spring breakers and with mostly decorations and party favors to denote the day - in other words, no Irish music and the like, although it probably will serve green beer - St. Patrick's Day is largely ignored here in the Mexican Caribbean.

There are few populations in the world more committed to parties with music and drink than the Irish. And so many of them visit us each year that it is beyond me why more venues do not have on the chance to celebrate this fun day. It is at times like these that I miss my hometown, New York City. And it is not only because of the big parade, one of the oldest such ethnic parades in the history of the U.S. It is because of all of the fun parties that are associated with it.

I think I must have learned the words to "Danny Boy" at about the same time that I learned the words to the U.S. national anthem. I heard so many songs of the Irish Revolution when I was a child that I almost equated it with the American Revolution and knew all about the Black and Tan at the time I was learning about Valley Forge and the battle for Washington Heights (the New York neighborhood where I was born and raised).

As a singer, through the years, I probably earned a quarter of my income singing Irish-American songs, the funny ones as well as the ones that bring a tear to your eye. And, so, although I will be celebrating St. Patrick's Day alone this year, I will not give up. I will still go to the opening day of the baseball season for our local team, the Tigers, and then I will go home, down some Jameson's, and reprise all the songs I have been singing for the better part of a century on this date. And, even though it is a day late, for all of you, Erin Go Bragh!

For those of you who do not mind celebrating the day a bit late, why not make it to one of the karaoke bars with some of your friends, like Pancho Willy's in the Cancun hotel zone. Señor Frog's, also in the h.z. or Canta Canta in downtown Cancun, upstairs in the Hong Kong plaza strip mall. The playlist at all of those places at least have one version of "Danny Boy" and the one at Pancho Willy's is sure to have several other Irish-American songs, like "Galway Bay" and "How Are Patrick's Day is St. Things in Glocca Morra."



By Rudy Garcia La Voz de Mexico ryzamuel@yahoo.com

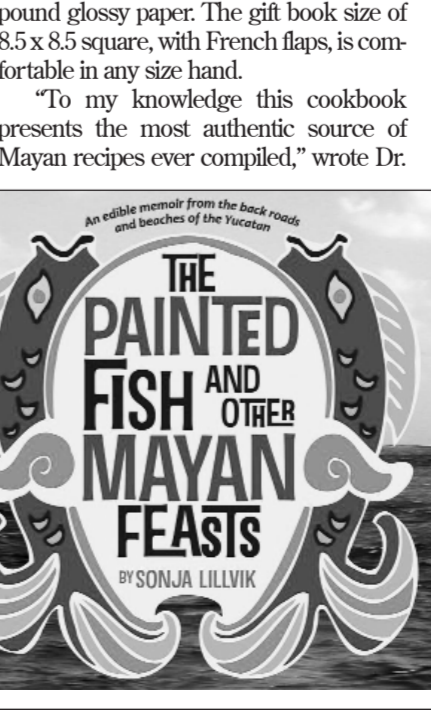
DRIVING SAFETY CAMPAIGN. DRINKING WHILE DRIVING RISKS EVERYONE'S LIFE. NEED WE SAY MORE? CRUZ ROJA MEXICANA

"The Painted Fish and Other Mayan Feasts"... not just another love story

La Voz de Mexico

In the land where the sky was born, The Painted Fish and Other Mayan Feasts, was created. Sonja Lilivik has published The Painted Fish and Other Mayan Feasts, an edible memoir from the beaches and back roads of the Riviera Maya. Escape and travel with her to soothing turquoise waters and the jungle paradise of the Yucatan Peninsula, Mexico. You will travel from kitchen to kitchen, fiesta-to-fiesta, recipe-by-recipe tasting fiery flavors of the Maya and peaking behind the curtain at the life of Lilivik and Lopez, her fisherman husband of twenty-five years.

island, Punta Allen is located in the protective world biosphere of Sian Ka'an, an UNESCO Heritage Site. Their love story, that celebrates a silver anniversary this year, is documented in stories, photographs, renderings and recipes. Lilivik laughs when she recounts her amazing adventure that made the phrase, "start from scratch", take on an entirely new definition. The spirit of the protagonists will engage you. They rebuilt after major hurricanes tore apart and scattered their home, Cuzan Guest House, a rustic fishing and eco lodge on the beautiful azure waters of Ascension Bay. The Painted Fish and Other Mayan Feasts is a collection of over one hundred delicious Maya inspired recipes. One hundred ninety two pages, one hundred and twenty four color photographs, renderings and maps come printed on hundred-



David L. Miller, SUNY Distinguished Teaching Professor of Geography, Miller, hosted by Lilivik and Lopez, was principal investigator for ten Earthwatch Expeditions conducted to observe the lobster fishery at the remote fishing village of Punta Allen, Mexico. The Painted Fish and Other Mayan Feasts is also a love story that occurs in the biosphere of Sian Ka'an. The Biosphere reserve covers 1.3 million acres. Biosphere reserves are meant to demonstrate a balanced relationship between man and nature. The book tells a simple story of love for food, culture and each other. Expand your dinner menus to include roast pheasant with sweet potatoes. Try conch soup for lunch. For the most important meal of the day, start with Papadzules. The recipe calls for whole corn tortillas bathed in a creamy pumpkin seed

saucy. You can flip to the chapter on Zen and The Art of Tortilla Making, a step-by-step guide, and is assisted in learning how to make corn (sunshine of the gods) and flour tortillas. "Sonja Lilivik's book, The Painted Fish and Other Mayan Feasts an edible memoir of the beaches and back roads of the Yucatan, made me miss Mexico, but it will also appeal to cooks who have never been there. The recipes are clear and uncomplicated-like all real Mexican cooking. Best of all, her stories show the warmth and cordiality one finds at every Mexican table," said Bill Smith, Chef, Crook's Corner Restaurant, Chapel Hill, NC. Author of Seasoned in the South Recipes from Crooks Corner and from Home. And your glimpse of Maya culture in The Painted Fish and Other Mayan Feasts includes the ceremony of Hetz'nek that can establish a god-parent-like relationship not only with the honored child but also with the co-parents. In the land where the sky was born and The Painted Fish and Other Mayan Feasts was created, comes the story of two adventurers and the love for each other and the jungles of the Yucatan and the Caribbean Sea. Game and ocean bounty are presented in recipes that we guarantee we created for you to recreate in your kitchen. The Painted Fish is available at Alma Libre Bookstore in Puerto Morelos.