

The not-quite-quarterly

Smile Times

of Tracyton Dental Center
from your friends
Dr. Bruce Robinson
and team

Fall 2008 

We hope summer has been good to you and yours as we edge into fall. Most of us have just taken long weekends off--following the national gas-price-influenced pattern of taking "staycations".

Sometimes it's really nice just to stick around home, enjoy your own house, yard and the local region. No packing, airports, or passports needed. And all those extra minutes to RELAX! Ahh...



Fall Song

By Mary Oliver

Another year gone, leaving everywhere
its rich spiced residues: vines, leaves,
the uneaten fruits crumbling damply
in the shadows, unmaterring back
from the particular island
of this summer, this NOW, that now is nowhere
except underfoot, moldering
in that black subterranean castle
of unobservable mysteries - roots and sealed seeds
and the wanderings of water. This
I try to remember when time's measure
painfully chafes, for instance when autumn
flares out at the last, boisterous and like us longing
to stay - how everything lives, shifting
from one bright vision to another, forever
in these momentary pastures.



One day, my 5-year-old was carefully studying the bookends on the coffee table. They were miniatures of the famous statue "The Thinker."

He asked me what the man was doing, and I told him he was thinking.

"I bet he's thinking about where he left his clothes," my son responded.



P. Wray



AROUND THE OFFICE

The only thing that stays the same is change...

As many of you know, we've gone through some changes in our hygiene department in the last few months. Two of our hygienists have moved on. Teri, who was with us for a year and a half, departed in April, and Stacy, who was at Tracyton for 14 years, ended her career here in June.

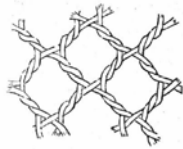
We thank our other wonderful hygienists, including Amber, Beverly, Kristie, Patti, and Sandi, for their extra help during the transition. After a long search, we have recently welcomed Francine and Stephanie (to confuse with our assistant, Stephanie), to our hygiene staff. Francine is a recent transplant to Kitsap, and Stephanie lives in Port Ludlow. We know you will enjoy getting to know these two friendly and wonderful professionals as much as we are.

Many, many thanks for your patience during all these changes.

Just because you ignore
the bacteria in your mouth
doesn't mean the bacteria
will return the favor
and ignore you.

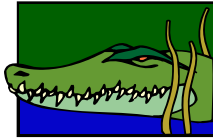


M. Messina



When one tugs at a single thing in nature,
he finds it attached to the rest of the world.

John Muir



TEETH TRIVIA

Obscure tooth truths...

- One in every 2,000 babies is born with a tooth.
- The average human produces 25,000 quarts of spit in a lifetime, which is enough to fill two swimming pools.
- A squirrel and rabbit teeth grow continuously. Their incisors will grow six inches per year but stay short due to the constant wear they receive.
- Cats have 30 teeth and dogs have 42.
- In the United States, close to 3 million miles of dental floss was purchased in 1996 by dental consumers.
- Paul Revere was a practicing dentist.
- A crocodile replaces its teeth more than forty times in a lifetime.
- Turtles and tortoises are toothless.
- A mosquito has 47 teeth.
- Some whales do not have teeth. Instead, they have rows of stiff hair like combs that take food out of the ocean.
- Lemon sharks grow a new set of teeth every two weeks. They grow more than 24,000 new teeth every year!
- "Long in the tooth," meaning "old," was originally used to describe horses. As horses age, their gums recede, giving the impression that their teeth are growing. The longer the teeth look, the older the horse.
- Every person has a unique tongue print.



Melancholy is incompatible with bicycling.

:: James E. Starrs



A laugh is a smile that bursts.



CHICKEN & BULGUR SALAD WITH CORN

Dinner or side dish for a summer evening...

- 2/3 c. bulgur wheat
- 2/3 c. boiling water
- 4 T. olive oil
- 4 c. fresh (cut from about 6 ears) or frozen corn kernels
- 1 small red onion, chopped
- 1 1/3 lb. boneless skinless chicken breasts (4 small or 2 large)
- 1/4 tsp. fresh-ground black pepper
- 1 tomato, seeded and chopped
- 1 jalapeño pepper, seeds & ribs removed, minced
- 1/2 c. chopped cilantro (optional)
- 4 T. lime juice (from about 2 limes)
- 1/4 tsp. cayenne
- Salt & pepper to taste

Combine the bulgur & water in a bowl. Cover & let sit for 20 minutes. In a fry pan, saute' the corn in 2 T. olive oil til warm (about 5 minutes), then add the onion & saute' both for 5 more minutes til onion is soft. Transfer corn & onion to a large bowl & let cool.

Season chicken with salt and pepper, then cook in the same fry pan, in 2 T. olive oil, over moderate heat, til browned & just done (about 5 minutes per side). Remove chicken from the pan & let it rest for 5 minutes. Cut into bite size pieces. Add the bulgur, tomato, jalapeño, cilantro, lime juice, cayenne, chicken to the bowl with the corn and onion. Toss. Makes 4 servings. It makes great cold leftovers too.



FYI FROM DR. ROBINSON

Side effects to know about...

Crest Pro Health Rinse has been advertised heavily of late. While the active ingredient appears to be effective, an unpleasant side effect is a gray staining which is proving difficult to remove. For those who choose to continue using the product, expect staining, especially on root surfaces and composite fillings in visible areas.



KNOCKED OUT TOOTH

We hope you never need this information...

If you are ever in a situation where someone accidentally knocks a tooth out, this information could save their tooth:

Hold the tooth by the crown and lightly rinse off the root of the tooth in water if it's dirty. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket. If that isn't possible, put the tooth in a cup of milk and take it with you to the dentist as quickly as possible.



OLYN GATER MDNIS CNA RDEA TSHI

Gdoo lkcu!!

Can you raed tihs? If you can, you are one of the 55 plepoe out of ereyv 100 who can.

I cdnuolt blveiee taht I cluod aulacilty uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rsehearecr at Cbamrigde Uinervtisy, it dseno't mtaetr in waht oedr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae.

The rset can be a taotl mses and you can slitl raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? Yaeh, and I awlyas tghuhot spleling was iptmorant!

Heop you clduo raed it!



We appreciate you
and the confidence you show in us
when you refer your family and friends.

Thank you!

Corri, Francine, Jennifer, Patti, Sandi, Shirley, Stephanie,
Yvonne and Dr. Robinson



THINGS TO DO ON SATURDAY AFTERNOON

Find an activity that suits you and get physical!

Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it.

If you get bored, try something new. If you're moving, it counts! Are you convinced? Good. Start reaping these benefits of physical activity today: Exercise improves your mood, combats chronic diseases, helps you manage your weight, strengthens your heart and lungs, promotes better sleep, and yes (gasp) can be FUN!!



**Don't you feel proud of yourself
when you floss!!**



A first grade teacher gave her class the first half of some well-known proverbs, and had them come up with the rest. Here are some of the results:

Strike while the...**bug is close.**

No news is...**impossible.**

A miss is as good as a...**Mr.**

If you lie down with dogs, you'll...**smell funny in the morning.**

Love all, trust...**me.**

An idle mind is...**the best way to relax.**

Where there's smoke, there's...**pollution.**

A penny saved is...**not much.**

Two's company, three's...**The Musketeers.**

Don't put off until tomorrow what...**you put on to go to bed tonight.**

Laugh and the whole world laughs with you, cry and...**you have to blow your nose.**

Children should be seen and not...**spanked or grounded.**

If at first you don't succeed...**get new batteries.**

You get out of something what you...**see pictured on the box.**

When the blind leadeth the blind...**you better get out of the way.**



How wonderful it is
that nobody need wait
a single moment
before starting
to improve the world.

~ Anne Frank 1929-1945



STRAWBERRY WATERMELON SLUSH

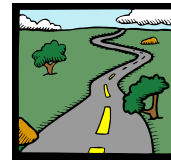
Essence of summer in a glass...

In your blender, combine 2 cups cubed, seedless watermelon, 1 pint fresh strawberries, 1/3 cup sugar and 1/3 cup lemon juice. Cover and process on high until smooth. While processing, gradually add 2 cups of ice cubes and process until slushy. Pour into chilled glasses and serve immediately.



An acquaintance of mine who is a physician told this story about her then four-year-old daughter. On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it.

"Be still, my heart," thought my friend, "my daughter wants to follow in my footsteps." Then the child spoke into the instrument: "Welcome to McDonald's. May I take your order?"



The road to wisdom?
Well, it's plain and simple to express:
err and err and err again
but less and less and less.

Piet Hein
