

The not-quite quarterly

Smile Times

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



Fall 2011

Blink! There went "summer"! It came so late, we wish fall wasn't here yet, but school and football are starting and off we go into the new season.

We hope you had enough sunny moments to thaw from the cold, gray months early this year. Let's hope for a nice September. Then as the days shorten and winter heads our way, we'll hunker down with our comfort foods, snuggly jackets, cozy nights and dreams of a robust ski season.



HOW YOU KNOW YOU'RE A KITSAPER

Only special people know these things...

- ❖ You think people who use umbrellas are either wimps or tourists
- ❖ You know how to pronounce "Sequim", "Puyallup," and "Issaquah"
- ❖ You wear jeans and a t-shirt all year round
- ❖ You feel guilty throwing an aluminum can in the trash
- ❖ In winter, you go to work in the dark and come home in the dark--while only working eight-hour days



NEWS FLASH: DECREE BANS FOOTBALL! *London, England, the year is 1314...*

"Forasmuch as there is great noise in the city caused by hustling over large foot balls in the fields of the public from which many evils might arise which God forbid: we command and forbid on behalf of the king, on pain of imprisonment, such game to be used in the city in the future." ~Wikipedia



Happy Opening of Football Season 2011!



WHAT TO DO DURING AN EARTHQUAKE

It's good to rehearse once in a while...

Choose a or b, then check the answers located elsewhere in this newsletter.

At home: a. Stay inside b. Go out to the street

In bed: a. Stand by a window to see what is happening

b. Stay in bed and protect your head with a pillow

In any building: a. Stand in a doorway b. Crouch in an inside corner away from the exterior wall

On the upper floor of an apartment building:

a. Take the elevator to the ground floor as quickly as possible b. Stay in an interior room under a desk or table

Outdoors: a. Run into the nearest building b. Stay outside away from buildings

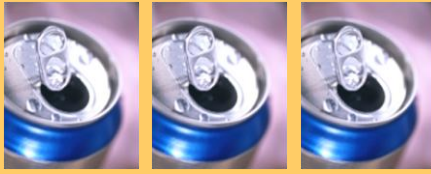
Driving a car: a. Stop the car in an open area

b. Stop the car under an overpass



We really appreciate it
when you send your friends and family our way.

Thank you for your referrals!



DIET SODA

Calorie-free, but not trouble-free...

Diet soda is very popular, but here are some things besides your teeth to consider when you pop that top.

Your teeth: While diet pop avoids the sugar that erodes teeth, most still contains phosphoric acid, citric acid, or both. These change the pH balance in your mouth and eat away at your tooth enamel--your tooth's best defense against decay. Check your favorite pop's ingredients to be sure: dark colas are more likely than light-colored drinks to contain phosphoric acid.

Your bones: Phosphoric acid, that makes the bubbles in pop, also causes your body to excrete calcium from your bloodstream at a faster-than-normal rate. Then your body, leeches calcium from your bones to compensate, contributing to osteoporosis or its forerunner, osteopenia.

Your weight: A 2005 study found that those who drank more than two diet pops daily had a 57% risk of obesity. Some researchers think that drinking diet pop leads to the mentality that you can "spend" more calories on other foods. Another theory is that the sweet taste of diet drinks tricks your body into thinking high calorie foods are on the way. When they don't arrive, your body ramps up your appetite in search of fulfillment.

Your kidneys: A 2009 study showed that diet pop appears to cause damage to kidney functioning. 2 diet sodas daily led to significant reductions in the kidneys' ability to filter blood effectively. These findings held even when other factors were taken into consideration, such as participants' high blood pressure or diabetes.

Your wallet and Mother Nature: A 12-pack of pop costs around \$4. Drinking 2 cans daily, that's \$4.60 per week, \$18 per month, and \$239 per year. Also, unless you recycle, the cans will build up in landfills.

Makes a nice cool drink of clean Washington water on the rocks sound pretty good, doesn't it?



BOOK REVIEWS

From our summer list...

The Long Road by Matt Long

True story of a New York City firefighter's 5 months in the hospital, 40+ surgeries and his psychological struggle to rebuild his body and life after being run over by a bus. His passion for competitive athletic events inspired his successful fight to teach himself to walk again and 3 years later run in the NYC Marathon.

My Grandfather's Blessings

by Rachel Naomi Remen, M.D.

A series of vignettes that encourages readers to recognize and celebrate the unexpected blessings in their own lives. The message that we all matter will make you laugh and cry and ultimately show you that your life is richer than you knew and that you are far more than dreamed.



"The World's Need"

*So many gods, so many creeds,
So many paths that wind and wind,
While just the art of being kind,
Is all the sad world needs.*

Ella Wheeler Wilcox(1850-1919)



ITALIAN FOOD TRIVIA

The answer might surprise you...

Pizza, lasagna and spaghetti are Italian foods that have been embraced by people all around the world, but the modern recipes for these dishes contain an ingredient which was not known in Italy before the 16th century, and was not widely used in cooking there until the 18th century. Was it cheese, tomato, wheat or basil?

[Look for the answer elsewhere in these pages.]



OSTEOPENIA? OSTEOPOROSIS?

What is "weight-bearing" exercise all about?

There are lots of activities that help with osteoporosis by stressing your bones and muscles more than your everyday routine. Just check with your doctor to be sure the workout you choose is safe for you.

Tai chi, done 45 minutes a day, 5 days a week for a year, makes bone loss up to 3.5 times slower. Yoga poses build bone strength in your hips, spine, and wrists--bones most vulnerable to fracture.

Lift weights or use weight machines at least twice a week to stimulate bone growth. Brisk walking 4 hours a week lowers risk of hip fractures by 41%. Hiking uphill or downhill is even better for your bones because of the greater impact on your feet and legs.

Golf and racquet sports as well as ballroom dancing, aerobics, kickboxing, zumba and step class offer plenty of bone-strengthening work for your hips, spine and shoulders.

All offer more than just improved bone health. Balance, coordination, getting outside, heart health, greater concentration, fun and friends are some of the fringe benefits of taking care of your bones.

Paul Mystkowski, MD, Virginia Mason Medical Center, clinical faculty member UW Seattle



CORN AND POTATO CHOWDER

Quick & yummy for fall with salad & bread...

Cooking spray

1-1/2 cups pre-chopped green bell pepper

1 cup chopped green onions, divided (about 1 bunch)

2 cups frozen corn kernels

1-1/4 cups water

1 teaspoon seafood seasoning (such as Old Bay)

3/4 teaspoon dried thyme leaves

1/8 teaspoon ground red pepper

1 pound baking potatoes, cut into 1/2-inch pieces

1 cup half-and-half

1/4 cup chopped parsley

3/4 teaspoon salt

1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add bell pepper and 3/4 cup green onions, and sauté 4 minutes or until lightly browned.

Increase heat to high; add corn, water, seafood seasoning, thyme, red pepper, and potatoes. Bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potatoes are tender. Remove from heat, and stir in half-and-half, chopped parsley, and salt. Place about 1-1/2 cups soup in each of 4 bowls; sprinkle each with 2 tablespoons cheese and 1 tablespoon green onions.

1. a 2. b 3. a or b 4. b 5. b 6. a



*Show me a man with both feet on the ground
and I'll show you a man who can't get his pants on.
Joe E. Lewis*



It is estimated that the average person living in North America opens the refrigerator 22 times daily.



The correct answer is tomato. Tomato is a food which originated in the Americas. By the 16th century it was known in Italy, but it was widely considered toxic. The tomatoes which first came to Europe were small and pale, and had an acidic flavor with an unpleasant smell. Italian gardeners played a pivotal role in reshaping the tomato of the Americas into the red, juicy fruit we know today. During the 18th century tomato gained popularity as an addition to pizzas and pastas.



THINGS CHANGE

Or do they?

Tracyton, WA, circa 1889: Sawmill, hotel, saloons
and store

Tracyton, WA, circa 2011: Dental office,
post office, tavern, auto repair, & store



To reach us:

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The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may
be,

I go and lie down where the wood drake
rests in his beauty on the water, and the great
heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

— Wendell Berry