

The not-quite quarterly

Smile Times

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

Summer 2011



Is summer here? (Was that spring?!) Now that it's June, school gets out, the longest day of the year comes on June 21 and it's vacation time. We want some warm weather so we can go out to play.

Our yards and gardens beckon. Farmers and outdoor festival planners look forward to sun too. The Northwest is so beautiful on a warm, sunny day, so let's hope we get lots of them. There are many fun places to go and things to do—so hurry—fall will be here before we know it!

GEOGRAPHY QUIZ

Just for fun



How many states does British Columbia border? 1, 2, 3 or 4?

(Find the answer elsewhere in the newsletter.)



SILVERDALE NEWS

The new Y is open...

Kitsap County's new community health facility is quite amazing. There are 4 activity rooms for workout classes, a huge weight room, a full sports gym and sport courts. Along with lap and instructional pools, a water slide, a "lazy river", hot tub, sauna & steam room, it also features a rock climbing wall and extensive Teen Center.

The many "extras" include a kitchen/cooking classroom, 2 party rooms, a childcare center, indoor and outdoor playgrounds and lots of activities for kids. You'll find a Global Bean coffee shop & deli, a lending library complete with fireplace, and a chapel. Geoff Ball, executive director of the Haselwood Family Y, hopes residents will think of the facility as "People's Third Place"—a home away from home. Check it out online at ymcapck.org. See you there!



A real patriot is the fellow who gets a parking ticket and rejoices that the system works.

~Bill Vaughan



JACK LALANNE (1914-2011) ON EXERCISE:

Living to be 96 must mean something...

"I do it as a therapy. I do it as something to keep me alive. We all need a little discipline. Exercise is my discipline."

"My goal has always been to help people help themselves. Your body is your most priceless possession; you've got to take care of it!"



**Tough times don't last, but tough people do.
Times may be tough, but I'm tougher.**

~ Andy Rooney



BREATHING ON PURPOSE

Andrew Weil, M.D. on counting your breaths...

"Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders."

Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. I recommend breathing exercises to help relax and reduce stress. Try this one and see how it affects your stress and anxiety levels.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

To begin the exercise, count "one" to yourself as you exhale. The next time you exhale, count "two," and so on up to "five". Then begin a new cycle, counting "one" on the next exhalation. Never count higher than "5," and count only when you exhale. You will know your attention has wandered when you find yourself up to "8," "12," even "19." Try to do this exercise for 10 minutes.



The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.

~Henry Miller



A few puns for educated minds

- A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
- No matter how much you push the envelope, it'll still be stationery.
- Time flies like an arrow. Fruit flies like a banana.
- Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
- I wondered why the baseball kept getting bigger. Then it hit me.

SALMON ON A BED OF LENTILS

From Self-Healing Magazine...

Heat 2 tsp. olive oil in a Dutch oven or deep sauté pan over medium heat. Add 1 TBSP. finely chopped shallots and 2 tsp. minced garlic and cook, stirring, until softened, about 30 seconds.



Add 2-1/2 c. clam juice, 1 c. rinsed green or brown lentils, 1 small onion, chopped, 1-1/2 tsp. chopped fresh thyme or 1/2 tsp. dried thyme leaves, and salt & pepper to taste. Bring to a boil; cover & reduce heat to low. Simmer until the lentils are tender, about 25 minutes.

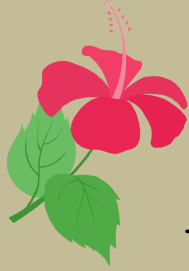
Add 2 carrots and 2 small white turnips, both peeled and finely chopped; simmer until the vegetables are tender, about 10 minutes more. Remove the onion. Add more juice if necessary; the mixture should be slightly soupy. Taste and adjust seasonings. Lay 1 pound salmon fillet, skin removed, cut into 4 portions on top, cover the pan and cook until the salmon is opaque in the center, 8 to 10 minutes. Serve in shallow bowls, garnished with parsley and lemon wedges.



Call us at 360-479-4152



*There are so many things
that we wish we had done yesterday,
so few that we feel like doing today.*



Thank you...

...for sending your friends and family to our office for dental care! We appreciate the compliment.

Corri, Francine, Jess, Liz, Sandi, Stephanie B.,
Stephanie H., Yvonne, and Dr. Robinson



DEALING WITH LIFE'S CHALLENGES

An encouraging voice in your headphones...

Ever need some help? A soothing voice on a CD (or MP3 download) can be helpful. Professionals offer a wide variety of audios with help for asthma, cancer, MS, diabetes, high blood pressure, pain, injury, surgery, PTSD, athletic performance, grief, addiction, relationships and much more. Health Journeys is a source that carries a broad spectrum of imagery and affirmations for getting through life's tough times.

Belleruth Naparstek, founder of the company, is highly-respected in the medical community. Doctors routinely give her CDs by the hundreds to those going through cancer treatment, chemotherapy, and other illnesses.

Healthjourneys.com includes the full list of health conditions and life situations addressed in their recordings. See if you might find one of these tools helpful for some of life's tough situations.



LOTS OF OPTIONS FOR BREAKFAST

Yummy, non-traditional breakfast ideas to try...

We all want to start our days in a healthy way right? So we jump out of bed, do our morning stretch, hop in and out of the shower, then go eat a healthy breakfast. Our cortisol production stops, blood glucose is restored, and our energy is high as we step out into the world.

Start with whole grain bread or a hot dog bun, tortilla, pita, waffle, pancake or cracker. Fill or top with any combo of the following: nut butter, fresh or dried fruit, cream cheese, cheese, yogurt, egg, veggies, meat, jelly, salsa.

Make an omelet with any filling you like. Eat leftover rice with fruit, nuts, cinnamon or leftover pizza. Use leftover veggies topped with beans, cilantro, and cheese. Try a baked potato with broccoli and grated cheese.

If morning is not your favorite time, many of these things can be started or made ahead the night before. Don't you feel noble eating so healthily—and all that fiber! How's that for breaking out of the cereal or toast rut?



THE JOYS OF THE GARDEN

A little dirt under the fingernails...

If you like to garden, you probably have favorite trees, plants or flowers that you love to grow. A vast array of plants from all over the planet will grow here in the Northwest because of our temperate weather.

However, the plants that are native to the area offer several advantages. Native plants are adapted to our climate of wet winters and dry summers. They require less water and fertilizer than most non-natives once they are established. They resist native pests and diseases better, and need no pesticides.

The native plants you choose will attract native birds and butterflies and continue looking natural over the years. Just a few beautiful native plants are vine maples, manzanita, dogwood, ferns, columbine, salal, lupine, lilies, iris, huckleberry, wild roses and larkspur. You can learn how to get the best natural mix of native plants from books, The Audubon Society, The Songbird Foundation, The Wildlife Habitat Council or WA Dept of Fish & Wildlife. Whatever you plant, enjoy the garden!

**Answer: 4. The states: Washington, Montana, Alaska, and Idaho.



MOMS AND DADS

What would we be without them?

A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.

~Tenneva Jordan

Fatherhood is pretending the present you love most is soap-on-a-rope.

~ Bill Cosby

Sweater, n.: garment worn by child when its mother is feeling chilly.

~Ambrose Bierce 1842-1914

My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys."

~Harmon Killebrew 1936-2011



"SECRETS OF ADULTHOOD"

From Gretchen Rubin's Happiness Project...

- By doing a little bit each day, you can get a lot accomplished.
- The days are long, but the years are short.
- Somewhere, keep an empty shelf.
- It's okay to ask for help.
- What you do EVERY DAY matters more than what you do ONCE IN A WHILE.
- You don't have to be good at everything.
- Eat better, eat less, exercise more.



GREAT FIT

Squeaky clean...

Please bring your nightguard to your visits, so we can check its fit and clean it.

At home scrub out your nightguard case regularly. Fill it with denture cleanser and let it soak or scrub it with your old toothbrush.