

inside this issue

- p. 1 Round Ups and Resolutions
- p. 2 These Celebs Have a Smelly Secret...
TAZ Time
The Connection Between your Mouth
and your Mind
- p. 3 Salmon Skillet with Wasabi Sauce
The Psychology of Breakfast
- p. 4 Walkin' in a Winter Wonderland

WALKIN' IN A Winter Wonderland



Yosemite National Park is the Mecca for adventurers and nature lovers around the world. Its Mediterranean climate means there's really no bad time to take in the monolithic granite faces and heart-stopping scenery, but taking in all of its winter wonderland glory is one of the best times of the year to visit. The land was first recognized nationally in 1864 and was specifically protected by Abraham Lincoln himself. Since then, the park has been transformed into a traveler's paradisiacal oasis of beauty, history, luxury, and adventure. Even more so than other state and national parks, Yosemite truly has something for everyone.

Yosemite is one of the most highly photographed places in the world—for good reason. There is no other scene on earth quite like it. It has captured the hearts and creative energies of the likes of John Muir and Ansel Adams since day one; and, every day since, its magnificence has mesmerized millions upon millions of visitors. But even under snowfall, Yosemite gives visitors some of the best environments to spend the winter months, offering winter sports and leisurely activities such as skiing at Badger Pass, ice skating, snowboarding, and snowshoeing throughout the season.

However, one of the great advantages to visiting Yosemite in the winter is the lodging. If you're coming in from the west, try Yosemite View Lodge off of highway 140. This place is like a kid's idea of heaven as it is fully equipped with a pizza parlor, indoor activities, and a family-oriented dining room. It'll be your idea of heaven too, as each room offers a view of the Merced River right outside your balcony and guests have access to the park shuttle that will keep you out of the Valley traffic. If you're looking for more historical significance, try the Ahwahnee Hotel. From the architecture to the dining options, this hotel, equally exposed to the Half Dome, Yosemite Falls, and Glacier Point, is the perfect place for indoor exploration.

Other accommodations—the Wawona Hotel, Curry Village cabins, and Yosemite Lodge at the Falls—offer a variety of options for every kind of traveler. You could be a more luxurious traveler, or maybe you're more of a nature-seeking, cabin or tent kind of explorer. Whatever your taste, Yosemite has something for you, so book your reservation today!

SIERRA CREST DENTAL NEWSLETTER

530-562-4089
SierraCrestDental.com

JANUARY 2015

Round Ups and Resolutions

Wow, 2014 is history! So much happened in the last year, it's hard to know where to start. It was a busy year at the practice, to say the least. This past quarter, the entire Sierra Crest Dental Team attended a seminar in Atlanta, GA. While we were there, we heard some truly inspirational speakers. Not only that, but we learned a lot and came home with all kinds of information to help us improve our ability to serve you: our awesome patients. For the duration of the seminar, we were able to participate in a fundraiser for the Wounded Warrior Project and together raised \$214,644 to benefit casualties of war and their families. Finally, we had some fun breaking a Guinness World Record for the most selfies taken in the same place at the same time. Dental practitioners unite!

A few months later, the Team celebrated the holidays together at our annual Christmas Dinner in our home. We'd like to extend a big thank you to Gary and Vicki for providing such a great meal. And for dessert, we learned a new use for dental floss. Turns out, you can slice cake with it! Who knew?!

Team Dinner



In the office, we continued our tradition of supporting our community with a Facebook campaign through December. For every "Like" our Facebook page received, we donated a toothbrush to a community member in need. By Christmas, we had already reached the half-way point in our goal to hit 500 "Likes." Again, a big thanks to the Truckee Tahoe Community Foundation for distributing all the toothbrushes.



Finally, as one year ends and a new one begins, we set goals to make the next year the best year ever. We have listened carefully to you—to your comments and input—so we're going to incorporate your suggestions in an effort to improve our service for you. This year, we're not flying in blind, because we have a system to meet our goals, both professionally and personally: SMART. The acronym stands for Specific, Measurable, Achievable, Reasonable, Timely. The SMART system is going to help us, because it ensures our goals are Specific; we have defined clear results. Our goals are Measurable; each one is classified by how much time and effort it will take to complete. Our goals are Achievable; we know our limits. Our goals are Reasonable; none set the bar too high to reach. Last but not least, our goals are Timely; we've set deadlines, and we're sticking to them! Feel free to adapt our model in your own life, and let us know how you're progressing towards your goals. The Sierra Crest Dental Team would like to thank you all for your support of our practice. We appreciate you! Let's make it a great 2015.

— Dr. Colpitts

BREATHE EASY

Beyoncé is known for her powerful voice, toned legs, and...bad breath? That's right, despite the pop star's beaming smile, her notorious "dragon breath" has put her in the spotlight of several celebrity gossip magazines. But she's not the only one; both Jennifer Aniston and Angelina Jolie have been accused of having halitosis (what's going on, Brad Pitt?), and Kim Kardashian famously accused her brother-in-law, Lamar, of having a foul mouth on national TV (and she wasn't referring to his language). You'd think that these multimillion-dollar celebs could afford a decent toothpaste, but the truth is, bad breath can happen to anyone—and if it's happening to you, here's how you can fix it:

1. Practice good oral hygiene.

Alright, this seems like a no-brainer. But if you're not brushing twice a day and running some floss through your teeth before you go to bed, your breath could be paying the consequences. Don't forget to brush your tongue and switch out your toothbrush every two or three months (not just when your dentist gives you a new one).

2. Stop smoking/chewing.

Another no-brainer. Smoking not only yellows your teeth and increases the build-up of plaque (which leads to decay), but it's also the number one cause of bad breath. Want to kick the habit? Your team at Sierra Crest Dental can provide you with tips to make it easier!

3. Drink water.

Dry mouth leads to bad breath—keep it moist by drinking lots of water or, in a pinch, chewing on some xylitol gum or candy. This stimulates the production of saliva, which will help wash away any offending food particles or bacteria.



4. Keep a list

Bad breath still won't go away? Keep a list of all of the foods and beverages you eat/drink and all of the medications you're taking. Some unexpected foods can cause some seriously offensive odors, and your medication might be playing a big role as well. Bring your list with you the next time you visit us and we can help you decipher the cause of your bad breath.

5. Keep your appointments.

Above all, visit the dentist at least twice a year. We will not only give your mouth a good, thorough cleaning, but we can detect any medical causes of bad breath. Gingivitis, even in its earliest stages, can cause halitosis, as can cavities and dead teeth. The Sierra Crest Dental Team also can recommend products that are best for your needs.

Breakfast AT FREUD'S



Is breakfast really the most important meal of the day?

Most dietitians say, "Yes!" But not for the same reasons you think it is. Sure, it'll stave off those mid-morning hunger pains and help ensure that you're getting the nutrients you need, but eating breakfast is more of a psychological affair than it is physiological. When you eat breakfast, your brain thinks, "Oh good, we're starting the day off right." And when breakfast becomes



a permanent part of your morning regimen, you start to believe you're making a change for the better—which encourages you to make other positive changes as well. Breakfast tricks your mind into making healthier choices (you'll be less likely to hit the drive-through for lunch if you've started your day off with a healthy breakfast) while skipping breakfast makes you more vulnerable to sweet or salty cravings.

Of course, there are mental advantages to eating breakfast as well. It replenishes your glycogen which enables you to keep your focus and concentration long past the 2:30 slump. It helps wake you up in the morning and energizes you to take on the day (or the treadmill, whatever comes first). And the best part is, because breakfast is intended to do just one thing (break your fast), it doesn't even matter what you eat! As long as you make a habit of eating in the morning (and therefore inspiring all those positive psychological changes), you can have pretty much whatever you want. However, to experience the full benefits of breakfast, stay away from sugary pastries or cereals—you'll likely crash by noon. Stock up on high fiber foods with protein (things like egg whites and lean meats), and don't be afraid to stray from the traditional breakfast menu. There's no law that says you must eat breakfast food for breakfast.

TAZ TIME

What, another year's passed?! That must mean I'm a year older (by human standards, of course). I imagine I would be much older in dog-years, so I'm glad I can't count. Luckily, I still feel like a puppy and, judging by my walks and outings, lack no enthusiasm.

This year, I truly enjoyed the holidays. At Christmas, sadly, not all of the family were able to join me/feed me scraps under the table, and marvel at how polite and dignified I've become over the years. Despite that, we had plenty of friends at the table to say hello to. Of course, many slipped me a treat or two!

In the meantime, we've been missing our snowfall, especially since we're a big family of skiers. I know Cathy is really anxious for KT to open. Though I am a trusty companion, I don't always get to tag along up the mountain, but every year, the Colpitts go skiing as soon as the lifts open for the holidays, so I snow dance for their sake.

As soon as the powder comes down, Cathy, Bob, and Debbie will hit the slopes at Squaw. I just have to keep on dancing.



Taz

THE LINK BETWEEN OUR MOUTHS & OUR MIND

We know—for most patients, taking a trip to the dentist is only marginally more fun than replacing the garbage disposal. Necessary, yes, and at the end, even rewarding, but never as fun as going to the zoo or eating a hot fudge sundae. That's why at Sierra Crest Dental we have a freindly enviornment and a comfort menu in order to make your dentist visits a little more enjoyable. That's great news because research shows that all those regular visits to the dentist can actually make you happier.



In a health study that surveyed more than 10,000 Americans, researchers found that poor dental health could be linked to depression. In fact, the more dental problems a person reported, the more severe their depression. In the study, 61 percent of the participants who reported being depressed, also described having an "aching mouth" in the past year. Additionally, 57 percent said that their teeth were in fair or poor condition.

What does this mean? While scientists are still exploring the connection between oral hygiene and mental health, there does appear to be a strong link between the two. It is currently believed that bacteria in the mouth could be one of the causes. If they're right, the treatment and management of depression might come down to some time in the chair, and a new reason to show off a better, brighter smile. So call our Team today and schedule that appointment to brighten your smile and your mood!

Salmon Skillet WITH WASABI SAUCE & BABY BOK CHOY

DIRECTIONS

- In a blender, combine mayonnaise, cilantro, lime juice, wasabi, ginger, and 1 tablespoon water. Blend until smooth, adding up to 2 tablespoons more water to thin sauce, about 3 minutes. Season with salt and pepper, and set aside.
- In a large nonstick skillet, heat oil over medium-high. Season salmon with salt and pepper; place in skillet, flat side up. Cook until opaque throughout, 3 to 4 minutes per side. Transfer to a plate, and cover with aluminum foil to keep warm.
- Wipe out skillet with a paper towel. Add mirin and soy sauce, and bring to a boil over medium-high. Add bok choy; season with salt and pepper. Cover, and cook until tender when pierced with the tip of a paring knife, 3 to 5 minutes; discard liquid. Drizzle salmon with wasabi sauce, and serve with bok choy.

INGREDIENTS

- 1/2 cup light mayonnaise
- 1/4 cup fresh cilantro leaves
- 3 tablespoons fresh lime juice (from 2 limes)
- 2 to 3 teaspoons wasabi paste
- 1 piece (1 1/2 inches long) fresh ginger, peeled and finely chopped
- Coarse salt and ground pepper
- 1 tablespoon vegetable oil
- 4 skinless salmon fillets, (6 to 8 ounces each)
- 1/2 cup mirin
- 1 tablespoon soy sauce
- 4 heads baby bok choy (1 1/4 pounds total), halved lengthwise