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*Active*  
**THANKSGIVING ACTIVITIES**



Although the holiday season is rich with all kinds of traditions, there are several that stand out from the pack. For all the sports fans out there, it's the big game they look forward to; for the more warm-hearted crowd, it's the quality time with family that gets them giddy for the holidays. Of course, there's another group of people who aren't as concerned with distant relatives and sports so much as they are with what's for dinner. When that winter weight rears its ugly head come January, however, that last crowd usually wishes they had picked up a set of dumbbells rather than a fork and knife.

Fortunately, there are plenty of Thanksgiving-related activities out there that don't require you to loosen your belt and plop down on the couch in front of the tube.

**Turkey Trot :** If you're looking to burn some Thanksgiving calories this year, local Turkey Trots are an excellent way to do so. Not only are they easy to find, they're also very family-friendly and provide an excellent opportunity to get everyone outside and away from the television. Not to mention, the runs are usually pretty short, making it easier to train beforehand.

**Touch Football :** Nothing says Thanksgiving like a good, old-fashioned game of football. Much like the Turkey Trot, tossing around the pigskin with your family is a great excuse to get everyone outside and in the game. It works all kinds of different muscle groups, and if you have kids, it helps them work on hand-eye coordination as well as other important motor skills. And for the competitive types out there, full contact is always an option so long as you're careful.

**Volunteering :** Now, it may not require throwing a perfect spiral, or showing off your killer touchdown dance, but volunteering at a local shelter or soup kitchen is still plenty active. Not only do you break a sweat in the hustle and bustle of feeding a high volume of hungry people—you also work another really important part of your body: your heart, which is what the holidays are all about.

So, don't be a couch slouch! Get you and your family in gear this holiday season, and get fit. After all, a healthy family is a happy family.



*It's All About the People*  
**OUR STAFF, OUR PATIENTS, OUR COMMUNITY**

**B**efore we launch into our regular office news, we'd like to introduce you to a couple new members of the Sierra Crest Dental Team! Joining us in our goal to deliver unequalled service is our new hygienist, Amy, a true local! Coming to us from a little further across the pond (all the way across the country, in fact), is Heather! You'll see her smiling



*Amy*



*Heather*

face first thing when you come in, as she's stepped into the role of scheduling your appointments with Dr.Colpitts. Next time you're in, be sure to give both of these lovely ladies a warm welcome!

As for our most recent event, the entire Sierra Crest Dental Team, Dr. Martin's office, and many patients and members of this awesome community came out and volunteered their time at our 4th annual Dentistry from the Heart event. The day was a huge success, and all the volunteers had a great time bringing free dental care to members of the community who were in need. Being able to give back is what makes this day our team's favorite day of the year!

We want to thank everyone who volunteered and helped to make this event such a huge success. Our hope is to improve the quality of life for those we help, and by doing so, encourage them to, in turn, lend a hand to someone else in some way. As the saying goes, "What goes around, comes around."

We give our sincerest thanks to these volunteers: Dr. Colpitts, Dr. Martin, Tammy Hagar, Virg Snow, Denee Sillery, Melanie Goff, Amy Mills, Chris Rogers, Jamie Burge, Leslie Dunn, Heather Prairie, Debbie Colpitts, Claudia Chavez, Melody Nunez, Stephanie Barrenchea, Laureen O'Conner, Connie Lopez, Becky, Denise Culpepper, Bill and Diana Bishop, Stephen and Bonnie Meyers, Debbie Kelly, Ann Poole, Nick and Denali Stewart and the Scalzo Family. We also want to thank our neighbors, Aegis Insurance, Aspen, and the Percins for the disruption to their offices. Thanks, also, to Sunrise Rotary for bringing refreshments to all of those who had a long wait.



*Melanie & Denee*

The 5th annual Dentistry from the Heart is scheduled for Friday, September 25, 2015!



*Melanie, Tammy, Bonnie & Denise*

*- Dr. Colpitts*

# Stop the *Cracks!*

**Your enamel is the hardest substance in your entire body, and when you combine that with the strength of your jaws, you get a pretty fantastic combination. And yet, we put our poor mouths to quite the test! As many of us have learned the hard way, super strong enamel isn't always strong enough. So, what can we do to prevent cracking teeth through braces and beyond? Here are four tips to making sure your pearly whites stay safe, secure, and strong for years to come!**

**No Calorie Ice:** We know how it goes. The ice cubes are all that's left in your cup, but don't give in! Ice is deceptively steely and can easily chip or crack a tooth. While some chew ice because of nerves or boredom, ice cravings can also be a sign of anemia, so if this is a persistent habit you just can't

shake, talk to your doctor!

**Sweet Tooth:** Tootsie Roll Inc. made a killing on this tooth-killing question: How many licks does it take to get to the center of a Tootsie Pop? As irresistible as it might seem, crunching down on hard candy (no matter what chocolatey center awaits) is never a good idea. In addition to the sugary bacterial superfood of the candy itself, hard sweets can crack your teeth, so think twice before you bite.

**Attack of the Unpopped:** They might seem tantalizing, but popcorn kernels are never a good nibble! These super hard unpopped kernels can easily chip or crack teeth when you're in the middle of your favorite flick.

**Toolbox:** There's a reason ancient man developed high tech stone tools—their teeth were taking quite the hit! Luckily we've come pretty far over the millennia, and yet people still insist on chomping on everything but the kitchen sink! Treat your teeth like the specialized tools they are, and have them stick to chewing—leave the multitasking to Leatherman.



# Kick Start YOUR HEART!

MAKE THE MOST OF YOUR MORNING

Your Team at Sierra Crest Dental want you to be the happiest and healthiest you can be. We can help you achieve your great smile but also hope to help you achieve an overall well being! One of our goals is to make it a great day. Sometimes it's the little things that can help you achieve that goal.

There are few things worse than climbing out of a warm, welcoming bed and shivering your way to the brightly lit bathroom in the early morning hours. Some days, the shower is out of hot water, you left your coffee on the kitchen counter, and the traffic is a snarled mess. How can you not have a bad day? Here are a few things you can do to kickstart your mind, body, and attitude, to get your morning rolling in a positive direction—filled with more smiles—regardless of what the day throws at you.



### Make your bed.

Making your bed in the morning may seem silly since you'll just be sleeping in it again later. Studies have shown that the simple act of making your bed as soon as your feet hit the floor in the morning can get you motivated for the day and fill you with a sense of accomplishment. Being self-disciplined in a small area (making your bed) can start a chain reaction in other areas of your life on a much bigger scale, leading to greater accomplishments and more happiness.



### Drink coffee.

Hurray for coffee! Not only does caffeine wake your body in the morning, but it also increases your metabolism and stimulates your central nervous system by increasing your heart rate and breathing. But just because you drink coffee, doesn't mean you can skip breakfast. A hearty breakfast of lean protein, complex carbohydrates, and healthy fats will keep you feeling fuller, longer. Breakfast and a cup of Joe will kickstart your metabolism and fuel you for the productive morning ahead.



### Choose happiness.

No matter what side of the bed you woke up on, choose to be happy and maintain a positive attitude throughout the day. Whether you write a positive affirmation on your bathroom mirror or practice 15 minutes of meditation each morning, do what you need to do to dive headfirst into the day ahead—calm, collected, and smiling. So start your day emitting positivity; you'll be glad you did when you begin to attract positive people and big opportunities!

TAZ TIME



The Colpitts Family has grown again. Chris, the youngest of the Colpitts Clan, married an awesome girl, Sarah, on August 29th! Rest assured, she is a dog lover. I am so happy for them, even though I was unable to witness the ceremony and attend a great party. We agreed me going to Vermont for a wedding was too far. However, I can confirm that Chloe was the ring bearer, and Piper was the flower girl. I didn't get either job! Cathy was part of a wedding here in Squaw recently. Cathy's friend Danielle had her dog in the wedding!

In other news, hikes were in short supply with all the smoke; Thanks to all our fire fighters for a great job—it's great having our smoke free days back! With winter nearly here, though, I'm about ready to do my snow dance since I'm getting tired of chasing all the squirrels and voles, since they're preparing for winter. I can't wait for Chris and Sarah to come and visit, so there are more people to take me on hikes and play snowball fetch.



## PERIO & INFLAMMATION

Your Sierra Crest Dental Team is always on a quest to expand our knowledge so that we can serve you better. Recently, Denee, one member of our awesome hygiene team, attended a continuing education course on inflammation.

Inflammation is a process the body produces when an injury or infection occur. There are two types of inflammation.

Acute inflammation is a normal, healthy, short term response of the immune system that is triggered by injury or infection. It has four signs: redness, pain, heat, and swelling. It alerts us that we have a problem.

Chronic inflammation is an excessive and persistent inflammatory reaction, and over a long period of time, it can be harmful. It is believed to play a role in many diseases such as cardio vascular diseases, diabetes, auto-immune diseases, arthritis, pulmonary disease, and even alzheimer's disease.

Why is this important? Because there are relationships between our oral health and our systemic health! Numerous studies have linked inflammatory gum disease—periodontal disease—to systemic diseases such as diabetes, cardio vascular disease, and stroke; periodontal disease can also produce a systemic inflammatory response that may affect other systems such as the kidneys.

While there is no cure for periodontal disease, it can usually be controlled. Along with good brushing and flossing habits, regular preventive care (cleanings), non-surgical periodontal removal of bacteria, and laser therapy can all help to keep the bacteria involved with periodontal disease under control.

Next time you are in for your preventive care appointment, ask your hygienist how you are doing and for their recommendations for your care.



## Harvest SQUASH SOUP

### DIRECTIONS

1. Chop onions and squash
2. Melt butter in soup pot
3. Add squash, onions and cranberries
4. Cook on medium heat, stirring occasionally, until onions are golden, 8-10 minutes
5. Heat broth and applesauce (microwave for a few minutes so it's not cold, but it doesn't really get hot)
6. Add to the veggies
7. Bring to a boil
8. Add salt, pepper and marjoram
9. Simmer for 35 minutes until squash is tender
10. Cool
11. Puree (blend in batches)
12. Heat (don't boil) to serve

### INGREDIENTS

- 1 lb-1 1/4 lb butternut squash, peeled
- 4 tbsp butter
- 1 handful of cranberries (fresh or frozen)
- 1 white or yellow onion
- 1 red onion (small)
- 3/4 cup applesauce
- 4 cup veggie broth
- Salt
- Pepper
- 1 1/2 tsp marjoram

