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Highlights of the Eastern Sierras Mono County, June Lake, and Whoa Nellie Deli

Come summertime, it doesn't get much more beautiful than the Eastern Sierras. This section of the mountain range offers a great weekend getaway, with spectacular views, alpine lakes, and the perfect spot to pitch your tent.

June Lake is one of the many towns that make up Mono County in the Eastern Sierras, and with close proximity to Yosemite and Ansel Adams Wilderness, it provides a haven for outdoor adventurers. There are thousands of hiking trails to explore while you relish this quieter, more secluded section of the mountains. It's a great area for water sports, too, from canoeing and swimming in June Lake to kayaking on Silver Lake. There are many camping sites around June Lake and within Mono County, though it's wise to reserve them early.

Wranglers, take note — you can catch a trophy brown trout from the local fisheries in the June Lake area. Fishing season started the end of April. Make sure to get your fishing license before you go!

Did you know there are natural hot springs in these parts? These include Benton Hot Springs, said to be some of the purest in the world, with manmade tubs (four of which are made of redwood!), and Travertine Hot Springs, an accessible spring in Bridgeport.

When you get hungry, opt for some of the best gourmet food you'll ever get from a gas station. Yep, there's a reason Whoa Nellie Deli has received national coverage. Described as "casual gourmet," the menu includes deli standards like sandwiches and hot dogs as well as noteworthy entrees like fish tacos and pork chops. Make time at the start or end of your journey to stop at the corner of Highway 395 and 120 at The Mobil in Lee Vining to enjoy a meal at Whoa Nellie Deli and stock up on last-minute necessities.

SIERRA CREST DENTAL NEWSLETTER

530-562-4089
SierraCrestDental.com

MAY/JUNE 2018

Why We Continue Our Education

As discussed previously, I am a proponent of continuing education, not only for myself, but for the entire team here at Sierra Crest Dental. Recently, Dr. Delaney returned from a conference at the American Academy of Cosmetic Dentistry in Chicago. You may wonder why we spend so much of our precious time away from our family and patients, attending dental events. Well, dentistry changes and advances as it does in all health areas.

A great smile can be your greatest asset — a feature that remains attractive even as we age and goes a long way in nailing an incredible first impression. And we have only one chance to make a lasting first impression. Perhaps this is why most people consider their smiles a worthwhile investment.

We are here to create a great experience for our patients that includes the best possible customized care. We want you to feel great about yourself and give you the confidence to improve the lives of those around you.

As an instructor at the Kois Institute, I have the ability to not only teach but to learn from those I teach. Yes, I still strive to provide the best care in a comfortable environment for our patients. My goal is to pass on my knowledge to others so that they can improve people's lives also.

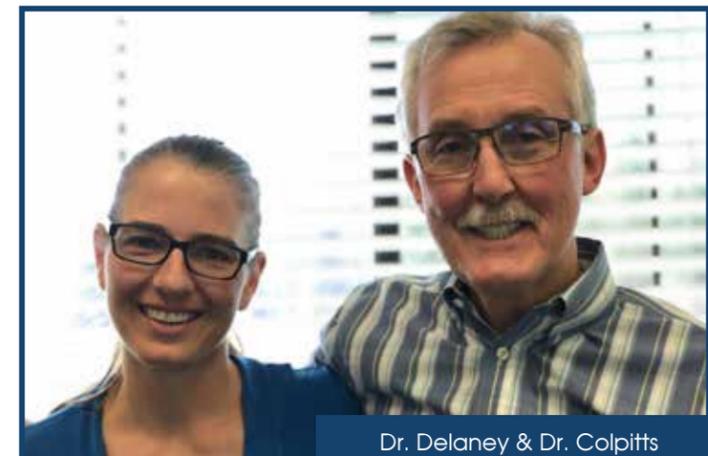
-Dr. Bob



Hygiene Team



Dr. Assistants



Dr. Delaney & Dr. Colpitts

Old Technology Not Obsolete

Recently, I was listening to a podcast about productivity and technology. I know I prefer reading most books in the old-fashion paper form, and I also know that I am more creative with pen and paper over using a computer. Now I know why.

FIVE BENEFITS OF WRITING ON PAPER

- 1) When you write on paper, you are in an environment that is less distracting. Why? Because the digital environment delivers distractions to you. When you are distracted, you cannot focus on what you are doing.
- 2) Pen and paper helps you to think more carefully. It slows you down, especially when you are making decisions, reflecting, or being creative. There is actual science behind

this. Writing by hand fires the brain differently than typing. The act of forming letters activates multiple regions of the brain. Typing only activates one part of the brain. Writing involves more of your senses, takes more coordination, and uses different parts of the brain.

- 3) Writing forces your commitment. Studies show that when you write things down, you improve your commitment to achieving a goal, making an appointment, and doing better on a test.
- 4) Writing it down makes it more likely to remember it. When writing notes in longhand rather than at a computer, you interact with the content and are able to interpret it, rather than just blindly typing it.

5) It's more humanizing, and thus more satisfying. Pen and paper provides a more tactile experience, creating a greater connection. It also expresses your personality and creates a calming environment.



WHY DO WE CARE ABOUT WHITE TEETH?

It happens to everyone. One day, you're standing in front of the mirror getting ready for work and you notice your teeth have begun to take on an unsightly shade of yellow. Even the most diligent brushers and flossers will eventually notice their teeth aren't as bright as they would like.

Unless you only drink water and eat colorless gelatin, your teeth are going to become stained with time. If yellowing teeth are a natural part of the human experience, why does it bother us so much? Well, our aversion to unsightly stained teeth may have something to do with psychology.

White, shiny teeth are perceived as healthier than teeth that are yellow or stained. When we see someone with stained teeth, we often form certain opinions about them. Whether these opinions are justified or not is another matter, but that prejudice can affect how we treat each other and how we view ourselves. Since whiter teeth encourage more positive thinking, people who whiten their teeth often report a feeling of higher self-esteem and confidence, and this can translate into amazing results in other areas of life, as well.

IMPROVED SOCIAL CONNECTIONS

Who would you rather spend time with: someone who smiles and laughs freely, or someone who never cracks a smile and rarely speaks up because they are embarrassed by their teeth? When we feel confident about our teeth, the way we carry ourselves and interact with others changes. This confidence carries over in our jobs and even our relationships!

ENHANCED MOOD

In addition to improved confidence, whiter teeth increase feelings of happiness. When we don't feel self-conscious about our smiles, we smile more. Smiling releases endorphins, so this act can create a feedback loop of even more happiness!

LOWER RISK OF ORAL PROBLEMS

Individuals who whiten their teeth are more likely to maintain that bright shine for as long as possible through proper dental hygiene. Regular oral care at Sierra Crest Dental is vital for preventing serious health risks like tooth decay and gum disease.

During your next visit, don't forget to ask about our whitening process. We can help you enjoy bright, beautiful teeth every day!

KT's World

Wow, I've been enjoying the weather lately. My adventures are much more interesting — sunning myself in the afternoons after long walks and hikes in places I haven't been before. I wait with anticipation in the mornings, as Cathy still skis in the mornings before it gets too slushy on the slopes, and Debbie finds herself at the office in the mornings. Every once in a while, I make it to the office, where I'm told I'm growing by leaps and bounds. But I'm still pure puppy!

I've been introduced to water. I love walking and drinking in the streams. The lake seems a little too cold for me to swim. Oh yeah, I've not learned yet. I have watched a few dogs at Donner Lake and Lake Tahoe jump in with great enthusiasm. One of these days, I'll surprise them and jump all the way in.

I guess I'll need to learn to swim soon if I want to join them waterskiing or stand-up paddleboarding. Or maybe I'll hop into Debbie's kayak.

I love meeting people, so I hope to see you when I'm out and about.



Neva's CHINESE CHICKEN SALAD



INGREDIENTS

- 3 chicken breasts
- 2 cups vegetable oil
- 2 tablespoons slivered almonds
- Salt and pepper
- 2 tablespoons toasted sesame seeds
- For Dressing:**
- 2 tablespoons sugar
- 3 ounces Chinese rice stick noodles
- 1/4 cup peanut oil
- Small head of iceberg lettuce
- 1 teaspoon salt
- 3-4 green onions with tops
- 1/2 teaspoon pepper
- 1 teaspoon sesame oil
- 3 tablespoon cider vinegar

DIRECTIONS

1. Season chicken breasts with salt and pepper. Bake at 350 degrees until tender (do not over cook). Cool and sliver into thin threads. (Or, a Debbie shortcut, buy a precooked rotisserie chicken)
2. Heat oil. Test by dropping in a piece of noodle. If it sizzles and rises to the top in a poufy mass, the oil is ready. Fry all noodles in small handfuls and drain on paper towel.
3. Prepare dressing. Toss chicken and small pieces of lettuce in dressing and set aside for about 15 minutes. Just before serving, toss rice sticks and garnish with onion curls, almonds, and sesame seeds. Serves 4-6.