

A Free Monthly Newsletter From Your Friends At Winchester Dental Group

Stop the Aging Process... Without Needles!

If you think you can wait until later to prevent premature aging, you will miss some of the most important times of your life to do it.

Most people's muscle mass declines with age, and the rate of loss accelerates after age 45.

The amount of muscle you retain, or build, is determined partly by how much muscles are used. Use them frequently and you maintain their strength. Push them to the limits of their capacity by exercise, and you increase strength no matter how old you are.

Doctors at Tufts University say most middle-aged people's weight problem is excess body fat coupled with too little muscle.

As you age, you can lose whole sets of muscles and nerves that work together to make your body go. Between ages 30 and 70, it is estimated that people experience a 20 percent decrease in the strength of the thigh. Landmark studies at Tufts, however, show that muscles do get bigger from strength training such as weight lifting. You can regain muscle mass and strength no matter what shape you're in when you begin.

How much oxygen your body can process in a given time is an important biomarker called your aerobic capacity. By age 65, it is typically 30 percent to 40 percent less than in young adults. People at any age can reverse the trend with aerobic exercise, the kind that makes you huff and puff. And when you build muscle with strength training, you also increase aerobic capacity.

Other methods to slow aging include controlling sugar, cholesterol, blood pressure, bone density, and hydration. The older you are, the more fluids you should drink.

New Rulings From The NCAA

Because college football games sometimes lasted more than three hours, the NCAA last year initiated a couple of time-saving rules.

* The tee used for kicking the ball was shortened from two inches tall to one inch tall.

Kickers had become so proficient, said NCAA's secretary John Adams, that they were sending the ball into the end zone too often. It results in a touchback and spotting the ball on the 20-yard line, which stops the clock. With shorter tees, it's more likely the ball will have a lower trajectory and could be put into play on the field.

* When a team is awarded a first down, the clock restarts on the referee's "ready to play" whistle rather than with the snap of the ball. That could cut five to 10 minutes from games, the NCAA says.

* All three divisions of the NCAA have the option to use instant replay. Before, only the Big 10 and some Division 1-A games used it. Adams says it's a ruling that will only increase game time by a couple of minutes.

Another ruling has to do with player safety. Eye shields must be clear rather than tinted. It seems the tinted shields were becoming a fashion statement. The problem with them is that the referee can't see a player's eyes to check for signs of concussion without removing the player's helmet.

Travel Bag

Avis offers chauffeur service. With 24-hour notice, you could hire a chauffeur to drive your Avis rental car. The cost is \$30 per hour with a 3-hour minimum. Customers are billed separately by Avis and WeDriveU, which has provided chauffeurs since 1988.

Travelers can request that chauffeurs pick them up outside an airport terminal or come inside to handle their bags. They can also dismiss the chauffeur any time and drive the rental car themselves.



Get Ready for The Beach!
Throughout the Month of April.

Just in time for Summer

Take 15% off any Crest White Strips Bleaching Kits

Congratulations To Our Patient Of The Month!

Every month we choose a very special patient that is our patient of the month. It's our way of acknowledging our great patients and saying thank you to those that support our office.

This month's patient is:

Diane Lucas



Ever Changing Lifestyles?

Living rooms shrink, dining rooms stay, breakfast rooms grow.

Home designers continue to chip away at living rooms to make space for special interest rooms and home offices.

The formal dining room is still with us. Often they are used only a few times a year for family gatherings or a dinner party. Some serve two purposes. By installing cabinets and work stations that can be closed off during Thanksgiving dinner, an office is later revealed with the table used as a desk. Dining rooms add to resale value, according to the National Association of Home Builders.

The breakfast area continues to grow. Many are now "morning rooms" where most of the family meals are eaten.

Who Else Wants To Win A \$25.00 STARBUCKS Gift Card?

Every month we'll give you a trivia challenge.

THIS MONTH...

"What was a Gladiator armed with, in addition to a dagger and spear?"

Drop your guess in the box in front of the office and we'll pick a winner from the correct entries.

Your odds of winning are better than you think!

Good luck!



Do You DWT?



States move to ban text messaging while driving.

Legislators in several states say multi-taskers are taking it too far, using their knees or little fingers to steer their cars while punching in cell phone messages.

Washington is the first state to pass a law banning "Driving While Texting." Driving while texting is a newer form of driver distraction. It joins such crash-causing activities as making calls on a cell phone, eating, and talking to passengers in the car.

Researchers at Virginia Tech Transportation Institute show that driver inattention is the leading factor in most crashes and near-crashes. And texting takes a driver's eyes off the road.

If the drivers' eyes are away from the roadway for two seconds or more in a six-second window, their risk of being involved in a crash is two times higher than that of an attentive driver.

A 2006 joint report with the National Highway Traffic Safety Administration found 78 percent of crashes involved a driver distracted within three seconds before an accident.

At the Center for Mobile Communications at Rutgers University, they say it's human nature to know something is dangerous but to believe you can handle it better than others. This false sense of confidence could cost you your life and someone else's life as well.

Think about it next time you want to DWT. The time you save could be multiplied many times over as time lost if you are injured in a car crash. You couldn't call it "an accident."



Who will guess the correct amount of baseball cards??

"Stop by our office and guess the amount of Baseball cards.

The patient with either the correct amount or closest to the correct amount will win 4 Tickets plus parking to the Lake Elsinore Storm Baseball Game and a gift card for food at the game"

Thank You! Thank You!

Special thanks go out to all of our patients and friends who referred our services to their family, neighbors, and coworkers. Our business is built on positive referrals from loyal patients like you!

Special thanks to :

Margaret Schweer



Recipe Of The Month Ambrosia Rose

Ingredients

- 4 Grapefruit
- 1 Pineapple
- 1/2 c Sugar (or more to taste)
- Nutmeg
- 6 Oranges
- 1 pt Strawberries
- Shredded coconut
- 1/2 c White or Rose' wine

Directions

Dice pineapple; cut grapefruit and oranges in sections. Wash berries and remove stems; add to fruits. Add sugar and let steep for several hours in refrigerator. Before serving, add wine. Sprinkle with shredded coconut and nutmeg

QUOTES TO CONSIDER:

**"Doing nothing is very hard to do...
You never know when you're finished."**

— Leslie Nielsen



"CONGRATULATIONS"



Gerald Konkle
Winner of the March
Jelly Bean Contest
&

Janine Plano
Winner of the "Starbucks Trivia Challenge"

OUCH!



Two women ran into the court of King Solomon, fighting. "My daughter was to marry this man, but this woman claims that the man was to marry HER daughter!" one of them yelled.

"There is a simple solution," said the King. "I shall cut the man in two and each of your daughters can have a piece."

"Fine by me!" said the first woman. "No, don't, I would rather let the other girl marry him than that!" cried the second.

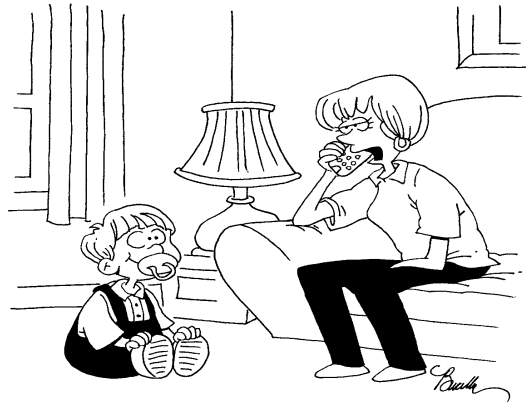
The King didn't hesitate for a minute. "Fine," he said. "The first woman my have him." "What?" protested the other? "She wanted him cut in two!" "Indeed," said the king. "She shows the true spirit of a mother-in-law!"

Skating to The E.R.

Injuries from roller shoes are far more numerous than previously thought. Sold by Carrollton, Texas-based Heelys, Inc., the shoes feature removable wheels in each heel that pop out when wearers shift their weight to their heels. They are sold in 70 countries.

A report in Pediatrics shows that 67 children were treated for roller-shoe injuries at a hospital in Dublin, Ireland over 10 weeks last summer.

The American Academy of Orthopedic Surgeons recommends helmet, wrist protectors, and knee and elbow pads for kids who wear wheeled shoes.



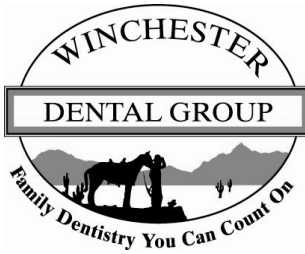
"No, he can't walk yet, but he has been preapproved for a credit card."

"15% Off any Veneer"
Income Tax Time Special
Good through the Month of April



SPARKLE of Good News!

A Free Monthly Newsletter From Your Friends At:



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Hurry!... *You won't want to miss the Specials inside...open now!*

What's Inside?

Win a Starbucks gift card!

How to Stop the Aging Process?

Who's our Patient of the Month?

New Rulings from NCAA!

Patient Name & Address
HERE



QUESTIONS:

- **Do You DWT?**
- **Are You Ready for a Beach Worthy Smile?**
- **Yummy... Ambrosia Rose?**
- **Are Your Kids "Rolling" to The Emergency Room?**

ANSWERS: *Inside This Issue!*

