

A Free Monthly Newsletter From Your Friends At Winchester Dental Group



## Tips on Managing the Heat

The risk of heat exhaustion and heat stroke rises along with the temperature and humidity. **Heat illnesses** occur when the body's cooling mechanism becomes overloaded. When the heat starts to rise - slow down.

Regardless of your activity level, drink more fluids - your body needs water to prevent dehydration during warm summer days. Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar. Stay indoors or in shaded locations; wear lightweight, light-colored, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside.

## How to Take Memorable Photos with Your Digital Camera

The convenience of the digital camera has made picture taking easier than ever. Here are some suggestions to turn your regular snapshots into memorable photos.

**Use the correct mode.** The two most common scene modes are portrait and landscape. Take advantage of the portrait mode on your digital camera when you plan on taking a photograph of a person, or a group of people.

**Change your perspective.** When you want to capture a memorable photograph, remember that you don't always need to take the picture from a single perspective. For instance, if you're taking photos of small children, try getting down closer to their level in order to capture a clear picture. It's important to remember that anytime you hold your camera at a strange angle, pointing extreme downward or upward, you can cause a distorted photograph.

**Watch out for lighting.** When taking pictures outdoors, be aware of the position of the sun and try to place your subject in such a way that the sun isn't directly in front, or behind them.

## America's Best Beaches-2008

1. **Caladesi Island State Park**, Dunedin/Clearwater, Florida
2. **Hanalei Beach**, Kauai, Hawaii
3. **Siesta Beach**, Sarasota, Florida
4. **Coopers Beach**, Southampton, New York
5. **Coronado Beach**, San Diego, California
6. **Main Beach**, East Hampton, New York
7. **Hamoa Beach**, Maui, Hawaii
8. **Cape Hatteras**, Outer Banks, North Carolina
9. **Cape Florida State Park**, Key Biscayne, Florida
10. **Beachwalker Park**, Kiawah Island, South Carolina



## Hollywood Birthdays

June 1- Morgan Freeman

June 4- Angelina Jolie

June 9- Johnny Depp

June 13- Mary-Kate & Ashley Olsen

June 14- Donald Trump

June 19 - Paula Abdul

June 27 - Tobey Maguire



## 2 for 1 Summer Special!

Start the Summer off by Sealing your kids from Tooth Decay with our Summer Special of Two Sealants for the Cost of One.

Great way to protect your kid's teeth this summer.

**2 for 1 Special valid throughout the Month of June**



## Congratulations To Our Patients 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 patients are:

**Mike and Sue Lassalette**



## Trouble Shooting Lawns

(older than one month)



Brown lawn areas are most commonly caused by one of three types of problems: Improper watering, burn, or disease. Check for watering and burn problems first before treating for disease. To check for lack of water use a screwdriver or knife to probe the brown areas of your lawn as well as the healthy green areas. If the brown area is more difficult to penetrate then a lack of water is likely. This is usually the result of poor sprinkler spacing or sprinkler malfunction. Saturate the area with a hose as soon as possible and continue to provide supplemental water until the sprinklers are repaired. Excess water can cause turf to die by suffocating the plants roots or rotting its crown. Low spots must either be raised or drained.

Brown spots caused by a burn will result from pet urine (both male and female), over fertilization, gasoline spills, etc. Burn spots are distinguished from other types of damage by their "total kill" straw-yellow color. If a burned area is thoroughly flushed with water in the early stage of damage some recovery may occur. Diseases are almost always related to heat and moisture. Therefore, **do not water at night, (between 4 pm and 4 am)** since the lawn will stay wet until morning.

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

*Every month we'll give you a trivia challenge.*

*THIS MONTH...*

*The 1st video game was created in 1958.*

*What was it called?*

*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!*



## HAVE YOU EVER WONDERED??

**If flying is so safe, why do they call the airport a terminal?**

**Why don't you ever see the headline "Psychic Wins Lottery"?**

**Why is it that doctors call what they do "practice"?**

## REMINDER!! BE PREPARED!!

**CELLPHONE LAW S - EFFECTIVE July 1st, 2008**

**Q: When do the new wireless telephone laws take effect?**

A: The new laws take effect July 1, 2008.

**Q: What is the difference between the two laws?**

A: The first prohibits all drivers from using a handheld wireless telephone while operating a motor vehicle, (Vehicle Code (VC) §23123). Motorists 18 and over may use a "hands-free device." Drivers under the age of 18 may NOT use a wireless telephone or hands-free device while operating a motor vehicle (VC §23124).

**Q: What if I need to use my telephone during an emergency, and I do not have a "hands-free" device?**

A: The law allows a driver to use a wireless telephone to make emergency calls to a law enforcement agency, a medical provider, the fire department, or other emergency services agency.

**Q: Are passengers affected by this law?**

A: No. This law only applies to the person driving a motor vehicle.

**Q: Can I be pulled over by a law enforcement officer for using my handheld wireless telephone?**

A: Yes. A law enforcement officer can pull you over just for this infraction.

**Q: What other exceptions are there?**

A: Operators of an authorized emergency vehicle during the course of employment are exempt, as are those motorists operating a vehicle on private property.

## WIN A FREE GAS CARD!

How would you like to win a \$50.00 Gas Card? All you have to do is mail a postcard to our office from where you went on your vacation this summer. Gas Cards will be awarded to the patients that travel the farthest from Winchester Dental Group both within the United States and outside the United States. Looking forward to seeing all your postcards.

**Congrats to John Ferguson , the Winner of the Last Month's Contest!**

# 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 :

**Sandra Lloyd**



## Recipe Of The Month

### BACKYARD BURGERS!

#### RECIPE INGREDIENTS:

- 1 lb. lean ground beef
- 4 dabs Worcestershire sauce
- 1 tsp. crushed oregano
- Salt and pepper to taste
- 6 hamburger buns, split



In a large bowl, combine the beef, Worcestershire, oregano, salt and pepper. Mix well and form the meat into 6 patties. When the grill is hot, place the burgers in the center of the grill and set the buns, open-face down, to the outside edge. As soon as the buns are toasted, flip the burgers and place a bun top on each. This will help the meat cook through while the bread soaks up juices. Serves 6. Set out with your favorite condiments.

#### QUOTES TO CONSIDER:

**"Graduates...your families are extremely proud of you. You can't imagine the sense of relief they are experiencing. This would be a most opportune time to ask for money."**

-- Gary Bolding

### ☆ Check This Out ☆

Winchester Dental is now offering our patients

#### **"Invisalign"**

*(The invisible way to straighten teeth)*

Call our office to schedule your no cost consultation to see if you qualify for this unique treatment alternative to braces.

## Top 10 Father's Day Gift Ideas

### TOP 10

1. Swiss Army knife
2. Fishing Gear
3. Tickets to the Game
4. Writing Pen
5. Super Dad Basket
6. Picture & Frame
7. Items for the Grill
8. Duct Tape Wallet
9. Greatest Dad T-shirt
10. Hammock



### Think About It



Knowing about a burglar's three worst enemies -- light, time, and noise -- can help you protect your home from crime.

A burglar won't find your home an "easy mark" if he's forced to work in the light, if he has to take a lot of time breaking in, and if he can't work quietly.

So... turn up the lights, use quality locks, and install a basic alarm with a siren.



## Fantastic Discount!

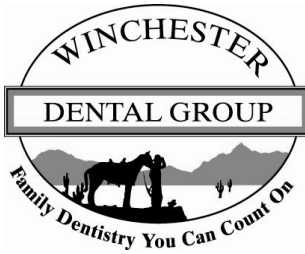
During the entire month of June receive

**"\$100 Off In Office Zoom Teeth Bleaching"**



## SPARKLE of Good News!

A Free Monthly Newsletter From Your Friends At:



27521 Jefferson Ave.  
Temecula, Ca. 92590

Tel: (951) 676-3676  
Fax: (951) 676-4899

Web Site:  
winchesterdentalgroup.com



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

### **What's Inside?**

***Win a free Gas Card!***

***Trouble-shoot your lawn!***

***Two Patient s of the Month?***

***Awesome Backyard Burgers!***

***Burglar-proof your home!***

Patient Name & Address  
HERE



### **QUESTIONS:**

- **Need ten great gift ideas for Father's Day?**
- **Which Celebrities have birthdays in June?**
- **How to get great shots with your digital camera?**
- **The best beaches in America?**
- **Are you prepared to talk & drive without getting a citation?**

**ANSWERS:**     *Inside This Issue!*

