

A Free Monthly Newsletter From Your Friends At Winchester Dental Group

## Hello patients of Winchester Dental Group:

This month we launch our monthly newsletter. As you read it hopefully it will be an enjoyment to read with some fun and useful information as well as give you updates on office specials and fun contests we will be having during the month.

Also look for our "Patient of the Month" and our "Thanks for your referral patient" features. As always any feedback you have is always appreciated. Once again thank you all for being great patients and making our job of meeting your dental needs such an enjoyment.

All the best to you,

**Andrew S. Arriola, DDS and Staff**



## Blue, red, or green: Best color for health?

Good cooks serve colorful dinners. But if you're a meat-and-potatoes person, you might not appreciate the plate with a rainbow of colors.

By eating five servings of fruits and vegetables each day, you could protect your heart, eyes, bones, brain, and virtually every other part of your body. Try using your imagination at the supermarket.

Like blue and purple? Pick up some blackberries, blueberries, plums, purple grapes, raisins, or purple figs.

How green is green? Choose the darkest greens for your salad, and let side dishes include asparagus, Brussels sprouts, spinach, broccoli, okra, zucchini, green beans, or peas.

Light greens are good too, such as those in green grapes and pears, green cabbage, limes, and artichokes.

There are many choices to consider in each color. Take the yellow/orange category. There you will find apricots, cantaloupe, grapefruit, oranges, peaches, pineapples, butternut squash, carrots, yellow peppers, pumpkin, sweet corn, and sweet potatoes. Get creative!

## Are You Killing Your Car Battery?

Gadgets & on-board systems sap car battery life. Car batteries don't last as long as they used to, but it's not the batteries' fault. A steady increase in electrical accessories is shortening battery life.

Cars have everything from DVD screens and big sound systems to built-in refrigerators and cup holders that heat coffee and cool soft drinks.

When you add power needed for navigation systems, networks of electronic ignition systems and electrical outlets for computer use, it's easy to understand why batteries are stressed.

Parked cars still use the battery to charge cell phones and for electric fans that run after the car is turned off.

Car makers say batteries can last twice as long if they are properly cared for and not exposed to extreme temperatures.

## Kids Cellular Bills



Some 42 percent of U.S. households had a family cell phone plan last year, according to Forester Research. About 40 percent of 18- to 21-year-olds in the U.S. say their cell phone bills are paid for by someone other than themselves.

Some are well into their 20s and are in no hurry to take on their own bills. Often parents with group plans don't realize how much they spend.

One recommendation: Give adult kids a gift of one year of cell phone service to prepare them for paying their own bills or ask kids to pay a portion of the bill. Some parents are more blunt and just say they won't pay anymore.

**Special Offer**

## Take advantage of our Spring Time Special Throughout the Month of March.

Take 10% off any of our Teeth Whitening Procedures. "Zoom In Office Whitening", "Whitening Take Home Trays" or "Crest White Strips"

## 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 customers and saying thank you to those that support our business.

This month's patient is:

**Dave Berg**



### Water Heaters...

#### Is 'Tankless' a good choice for You?

If you want unlimited, instant hot water at half the cost of a conventional system, a tankless water heater could be right for you.

Tankless heaters are powered by natural gas or propane. Each one is 2 feet by 3 feet by 1 foot, so they save space and can be mounted on a wall.

Because they don't use a storage tank, they save energy. It's one reason why such systems are becoming more popular, especially in new homes. The cost of a system, not including installation, could be recovered in four years of typical usage.

A system from Rinnai or Noritz costs about \$1,000, while a traditional 40-gallon gas water heater has a price tag of about \$400. Though its cost of operation is less than that of a conventional gas water heater, the system will not be practical in some homes because of installation requirements.

According to Crane Builders, a gas-powered tankless system has very specific exhaust and intake needs. Electric models are available but may require modification to electrical systems and they are more expensive to operate than gas-fired systems.

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

Every month we'll give you a trivia challenge.

**THIS MONTH...**

**"What are the plastic things at the end of your shoelaces 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!



### Who will guess the correct amount of jelly beans??

"Stop by our office and guess the amount of Jelly Beans in the jar and the patient with either the correct amount or closest to the correct amount will win Dinner for Two at Olive Garden and Two movie passes."

### Do Treated Clothes Offer More Sun Protection?

Paying extra for clothes that have high UPF (ultraviolet protection factor) ratings could be worthwhile, especially if you have light skin, an outdoor job, heightened skin sensitivity, or previous skin cancer.

Fabric scientists at the University of Arizona-Tucson say that such ratings should be considered reliable. The ratings are comparable to the SPF (sun protection factor) you see on sunscreens. If you are covered by a fabric with a UPF factor of 30, it will take 30 times longer to get a sunburn than if you were not covered.

Some clothes without treatment are protective. Denim jeans have a natural UPF factor of 1,700. (Light cotton T-shirts have only 5 to 9 UPF, less when wet.)

### How to Get Your Rebate: Do It Right, Do It Now!

If you bought your lawn mower, paint, or computer but never got the promised rebate, you are one of many. The Federal Trade Commission reports that "the problem is huge." It may appear that the main function of rebate processors is to find a reason to deny the money-back offer. Rules are often so complicated and vague that most customers don't even bother. Rebate complaints have risen 400 percent since 2002 according to the Council of Better Business Bureaus.

To get the rebate you expect:

- \* Know the terms on the rebate form or store receipt. Ask the retailer to explain the terms.
- \* Make copies of everything including store receipts, bar codes, forms, product containers, and serial numbers, recommends Sid Kirchheimer, author of Scam-Proof Your Life (AARP/Sterling).
- \* Fill in every blank on the form. If it asks for your email address, for example, say you don't have one rather than leaving the space blank.
- \* Act fast. The average time to submit a claim is now 15 to 30 days.
- \* Use certified mail and ask for a receipt. Fill out all forms in writing to avoid suspicions of mass-mailing fraud.
- \* Shop where rebates are easy to apply for. Stores like Staples, Cingular, and Costco let customers fill out rebate forms at the checkout or online.

The best idea: Fill out forms carefully immediately after the purchase. Send them along with required proofs that day or the next day.

## 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 :

**Michelle Templeton**



### Recipe Of The Month Chicken Marsala

Rinse and pat dry about 1 1/2 pounds of chicken breasts, skinned. Place each breast between sheets of plastic wrap and pound with a flat mallet until 1/8 inch thick. Remove wrap.

Mix 1/4 cup flour with 1/4 teaspoon crushed marjoram, 1/8 teaspoon salt, and 1/8 teaspoon pepper and press chicken pieces into the mixture.

In a skillet, cook 1 cup mushrooms and 2 tablespoons sliced green onions in 3 tablespoons olive oil or butter until tender. Remove from skillet. Cook chicken in the same skillet for 4 minutes. Turn to brown evenly. Return the mushrooms and onions.

Carefully add 1/4 cup chicken broth and 1/4 cup of marsala or dry sherry. Cook uncovered for 2 to 3 minutes until the mushroom mixture thickens slightly. Stir occasionally.

Transfer chicken to a serving platter and spoon mushroom mixture over it. Sprinkle with snipped parsley if desired. Serves 4.

## QUOTES TO CONSIDER:

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

- Carl Sandburg



**CHECK THIS OUT!**



"Congratulations to Dr. Arriola for being featured in Inland Empire Magazine's March Issue of Favorite Dentists.

Pick up a copy of the magazine to check it out."

## Got the Goods?



Walking up to a department store's fabric counter, a pretty girl asked, "How much does this cost?"

"Only one kiss per yard," replied the smirking male clerk.

"That's fine," replied the girl. "I'll take ten yards." The clerk hurriedly measured out and wrapped the cloth, then held it out teasingly.

The girl snapped up the package, and said to a little old man standing beside her, "Grandpa, pay the man."



**New background-check system for gun buyers.**



The House of Representatives has approved a national gun buyers' background checking system. The measure now goes to the Senate for approval.

It would require states to automate their lists of convicted criminals and mentally ill people who are prohibited from buying guns, and send those lists to the FBI's National Instant Criminal Background Check System. Sharing all information is essential to keeping guns out of the hands of criminals and the mentally ill.



"With this approach, we just cut to the chase."

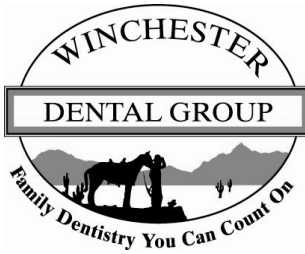
**"March Clearance Offer. 50% off the Oral-B Sonic Complete Power Toothbrush - Regular Price \$95 Clearance Price \$47.50**

**Limited Quantities so act quickly."**

**SALE!**

## SPARKLE of Good News!

A Free Monthly Newsletter From Your Friends At:

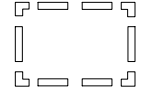


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# Feeling Lucky?



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

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

*Win a Starbucks gift card!*

*How To Save Your Car Battery?*

*Who's our Patient of the Month?*

*Healthiest Colors of Food?*

*Update on Gun Safety!*

Patient Name & Address  
HERE



### **QUESTIONS:**

- **Spending too much on your kid's cellular phone?**
- **What are the best ways to get a mail-in rebate?**
- **Is a Tankless water heater for you?**
- **Do treated clothes really protect you from the sun?**
- **How to cook delicious "chicken marsala"?**

**ANSWERS:**     *Inside This Issue!*

