

A Free Monthly Newsletter From Your Friends At Winchester Dental Group

Saving Money on Travel

Summer vacations are just around the corner. These tips will help you save some money as you hit the road.

1. Travel in the off-season or on off-peak days (not weekends).
2. If flying, watch for deals on tickets and be ready to buy them right away.
3. Always ask for the lowest rate available for airfare, hotels, or car rentals.
4. Be wary of hidden charges. Room taxes, in-room movies, and long distance charges can add up.

Ten Mom-entous Ideas for Mother's Day

Mother's Day is always celebrated the second Sunday of May. These gift ideas will make your mother feel extra special—and give you a chance to show her how much she means to you.

- Framed artwork from the kids.
- Lunch at her favorite restaurant.
- A video of kids and grandkids, describing what they like best about her.
- Buy her some lottery tickets.
- A windowsill garden—pots, soil, and seeds to plant for a year round treat.
- Indulge Mom with a day of pampering—a massage, manicure, the works!
- Wash her car, organize her files, or clean out her closets.
- Make a donation to your mother's favorite charity in her honor.
- Season tickets to her favorite event.
- Give her an evening at home alone.

Innovations in Space



At the height of the space race during the 1960's, NASA took on the arduous job of finding a way to write in space. Normal pens wouldn't work due to the zero gravity the astronauts would face in the space capsules. So scientists embarked on a way to solve the problem. They came up with the Astronaut Pen, after months of research and development, and at a cost of about \$1 million.

The Soviet Union also faced the task of writing in space. To solve this weighty problem, they used a pencil.

FUEL SAVING TIPS

- 1. Check your tire pressure and make sure the pressure matches the number on the side of the tire. This is a very basic and easy thing to do, and can really save you money on your gasoline expenditures.*
- 2. Remove excess weight from your car. If you are carrying around 200 pounds of hockey equipment, old TV sets and gold bars, you are really hurting your MPG.*
- 3. Use cruise control on long drives, which prevents you from speeding up and slowing down, even if you do it unconsciously.*
- 4. Drive the speed limit. Ok, I have trouble with this one too, but it does save you money.*



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

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:

Donna Harman



DECORATING TIPS FOR YOUR LIVING ROOM

In the home, the living area, or the receiving room, is one of the busiest rooms. There are several ways you can decorate your living area to create an inviting place and cause a lasting impression to your guests:

REARRANGING FURNITURE.

It is always good to arrange furniture in off-square angles. This makes the room warmer and more casual.

MIRRORS FOR SPACE AND DEPTH. Create space and depth for your small living area by positioning a mirror on a wall.

ADDING SMALL FURNITURE. To create a "lived-in" aura for your living area, position small furniture in the room. This can be a small bench, or a low sofa table. Place magazines, journals and newspapers under the table.

UNIQUE LAMPS. Alternative to statues are lamps. Place them in a corner or a tabletop and they can accentuate your living area. Second to color, light creates moods and sets the tone of your living area.

Make good use of space, accessories and furniture available to you so you can create a living area that is inviting, relaxing, homey and elegant.

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

Every month we'll give you a trivia challenge.

THIS MONTH...

How many times has Elizabeth Taylor been married?

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!



THE BEST PAJAMAS

In recent years pajama ranges have exploded in all sorts of ways.

Full fleece or double fleece pajamas give you extra warmth along with comfort in very low temperatures.

Less extremely warm pajamas are also made in other fabrics such as thick cotton. These keep you warm without your having to be in arctic conditions. Footed pajamas might not be the sexiest looking pants in the world, but they are great for sleeping comfortably. And they are the complete solution to the "cold feet and ankles syndrome" at night.

Silk is possibly the world's best-loved cooling fabric - Certainly you should consider trying silk pajamas.

Job Interviews-The Electric Toothbrush Rule

Many electric toothbrushes have a shut off mechanism that turns off the toothbrush after two minutes of brushing - which is the time that someone decided was enough teeth-brushing for any one period.

Coincidentally, it turns out that two minutes (or less) is the recommended time period for the desired length of any one answer during the interview.

When answering an interview question it is best to be as focused as possible so that you can be succinct and to the point in as little time as possible - two minutes. When you ramble and bring in details that are not relevant to the question, you lose your audience, who in this case is your interviewer.

A successful answer to an interview question is one that addresses the question asked and gets to the point while not rambling. When you think about it, two minutes is a fair amount of time for a person to give his full attention to what others have to say. By sticking with the two-minute rule you will find that you will keep your interviewer interested and listening to your answer.

Start getting a sense of what you could say in two minutes - maybe the next time you brush your teeth.



Who will guess the correct amount of Cerec Crown Blocks??

"Stop by our office and guess the amount of Cerec Crown Blocks in the jar. The patient with either the correct amount or closest to the correct amount will win a \$40.00 gift certificate to Mimi's Cafe."

Congrats to DJ Oliver the Winner of the Last Month's Baseball Card Guess!

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 :

Kathy Bangs



Recipe Of The Month

BEST POUND CAKE EVER!

1 lb. butter, 1 large package of cream cheese, 6 cups powdered sugar, 8 eggs, room temperature, 3 cups flour, 2 T. vanilla. Preheat oven to 350 degrees F. Let everything sit out and become room temperature. Cream together the butter and cream cheese. Then add the powdered sugar 1 cup at a time. Add the eggs mixing well after each. Then add 1 cup of flour at a time, followed by the vanilla. Cook in a buttered and floured bunt pan for about 75 - 85 minutes. Just check it and make sure when you insert something it comes out clean. Take care however, not to overcook the cake. Remove from the oven and after about 10 minutes you may remove it from the pan.

QUOTES TO CONSIDER:

Making a Difference

Never be afraid to do something new. Remember, amateurs built the ark; professionals built the titanic.

—Anonymous

☆ 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.

All Zipped UP

A mother was showing her son how to zip up his coat.

"The secret," she said, "is to get the left part of the zipper to fit in the other side before you try to zip it up."

The boy looked at her quizzically...

"Why does it have to be a secret?"

What Is Pepper Spray?



Pepper spray is the naturally occurring chemical, oleoresin capsicum (OC).



It can temporarily disable attackers, whether the attacker is an individual, a group, or some sort of dangerous animal. According to The FBI Bulletin, pepper spray is an inflammatory agent and "is a natural derivative of the cayenne, or hot pepper."

Since pepper spray can be purchased in small, easy to carry and conceal containers, an initial spray of the solution can take an attacker by surprise, placing victims firmly in charge of the situation. The use of pepper spray does not require any special training or physical strength.



"I know it's a cry for help, but couldn't you just like say, 'Help?'"

Attention All Moms!

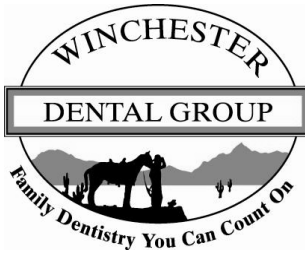
During the month of May in celebration of Mother's Day receive

"\$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 Starbucks gift card!

How To Save Fuel?

Who's our Patient of the Month?

Best Poundcake ever!

Facts on Pepper Spray!

Patient Name & Address
HERE



QUESTIONS:

- Need ten great ideas for Mother's Day?
- What do job interviews and the electric toothbrush have in common?
- Easy decorating tips for your living room?
- The best pajamas for you?
- Are pens in space worth the money?

ANSWERS: *Inside This Issue!*

