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California Dreamin' HIDDEN IN THE CENTRAL COAST

Everybody knows about the cool factor of Los Angeles and the funk of San Francisco, but how often do you think about Santa Barbara, California? With some of the most unbelievably beautiful weather in the country, it's the quintessential Cali experience and a place you shouldn't miss!

Food Fun: Santa Barbara is home to some ridiculously delicious cuisine! From the ever-present, ever-organic vegetables that you can get almost year-round to the totally local California Spiny Lobster (the sustainable, clawless crustacean), mouthwatering food is just around each corner. There is something for everyone with ethnic, local, and haute cuisine that begs for your exploration. With a host of SB-exclusive breweries and vineyards that supply to restaurants in town, dining and drinking in Santa Barbara is truly a heavenly experience.

Luxuriate: The retreats, spas, and inns of Santa Barbara offer more than just accommodations. If you must, stay at the Four Seasons, but if you can, spend some time at Spa del Mar and treat yourself to an exfoliating chocolate scrub. Pop into Salt and relax in their underground Himalayan Salt Caves. Whatever your body and mind craves, it can be found and pampered in this town by the sea. And when you're finished appealing to your senses, take yourself on a shopping spree throughout the downtown open air mall (just a street away from The Karpeles Library).



SIERRA CREST DENTAL NEWSLETTER

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SierraCrestDental.com

AUTUMN 2015

A DENTAL PRACTICE With Heart

Since the season started, we've wasted no time in featuring familiar faces at the practice. In September, we introduced you to our returning dentist, Dr. Jacqueline Delaney, so this month we bring you Donna, our new Treatment Coordinator.

Donna has been with us at Sierra Crest Dental since September, though she's worked in dentistry for much longer. Before entering the field, Donna worked in corporate America. But after so many years, she decided it was time to refocus so she could spend more time with her son, Josh. With a long-time fascination for teeth, Donna became a dental assistant and fell in love with the work. As our Treatment Coordinator, Donna sits at our front desk, checking patients in and out of appointments, reviewing their treatment options, and scheduling future appointments. Her role is all about interaction, and she wouldn't have it any other way.

"I love it here," Donna says. "The people and patients I work with are great! The most rewarding part is seeing people achieve optimal oral health. I'm proud to be the friendly face up front that makes every patient feel comfortable at our practice."



When Donna's not in the office, she's expanding her personal horizons by pursuing a bachelor's degree in Organizational Communication. Donna always wanted to continue her education, so when the right time came along, she jumped at the chance. Though most people with her degree go on to work in Human Resources, Donna is happy using her skills here at Sierra Crest Dental.



"It's challenging," she says. "But what I've learned has definitely helped me grow, serve our patients and our Team."

After class lets out, Donna is happiest when she's spending time with her fiancé, their 4-year-old son (her eldest son is 23 and lives in North Carolina), and the family's dog, Charlie. Otherwise, she fills her time journaling and writing — a passion she's had since her teenage years. We're glad to have Donna to take care of our patients!

In the spirit of caring for patients, we recently held our 5th annual Dentistry From The Heart event. It was another awesome day for our community, and we were able to perform a total of 88 procedures! With the help of volunteers and the assistance of Dr. Rachel Appelblatt at the Tahoe Oral Surgery and Implant Center, this year was a huge success. Every year more patients volunteer their own time to help out, and we're incredibly thankful for their support. Our 6th Dentistry From The Heart event will take place September 23, 2016, so mark your calendars now!

I hope you're all enjoying the season. Happy Thanksgiving!

— Dr. Colpitts

DENTISTRY FROM THE HEART EVENT 2015

Sponsored by: Sierra Crest Dental

VOLUNTEERS:

SIERRA CREST DENTAL TEAM
 Dr. Colpitts, Dr. Delaney, Virg, Denee, Amy, Melanie Tammy, Kayla, Hailey, Donna, and Debbie

TAHOE ORAL SURGERY TEAM
 Dr. Appelblatt, Sherry, Melody, Kels, Lauren, Danni, Stefani, and Lauren

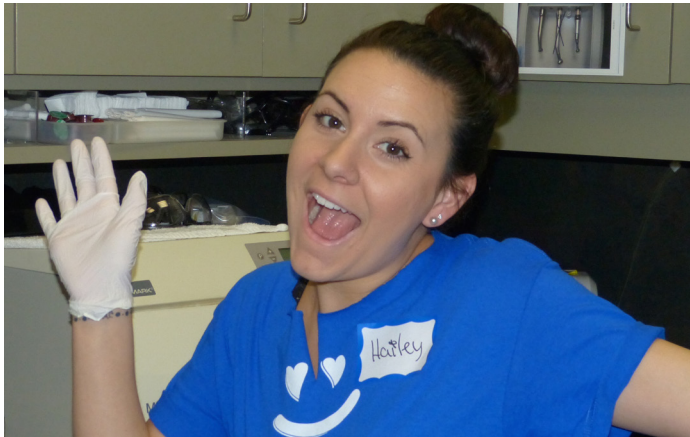
COMMUNITY
 Colleen Wilford, Claudia Samson, Adriana Bermudez, Chris Rogers, Jamie Burge, Leslie Dunn, Kristine Shahmirza, Denise Culpepper, Bonnie & Stephen Meyers, Holly Colpitts, Nick & Denali Stewart, Penny Reibel, and Dustin Demont



THANK YOU TO ALL WHO PARTICIPATED IN OUR
 5TH ANNUAL "SMILE, IT'S FREE!" EVENT.
- Dr. Colpitts

IT'S ALL ABOUT THE PEOPLE

THE PATIENTS – THE VOLUNTEERS – THE TEAM OF PROFESSIONALS



LOSE YOURSELF IN THE *Music*



Last summer, "Runner's World" asked its social media followers to determine the best-ever running song. With more than 1,200 nominations, the magazine narrowed down the submissions to 32 finalists. When the 38,087 votes were tallied, the champion was selected. Eminem's 2002 award-winning song "Lose Yourself" took the top spot for its steady tempo and lyrics that can push any runner to the finish line.

If rap isn't your speed, you can up your workout game by shuffling some of these heart-pumping and runner-centric tracks into your playlist.

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|--|------------------------------------|
| 1. Bruce Springsteen: "Born to Run" | 6. Cake: "The Distance" |
| 2. Survivor: "Eye of the Tiger" | 7. AC/DC: "Thunderstruck" |
| 3. U2: "Beautiful Day" | 8. The Fratellis: "Chelsea Dagger" |
| 4. OkGo: "Here It Goes Again" | 9. Franz Ferdinand: "Take Me Out" |
| 5. Florence and the Machine: "Dog Days Are Over" | 10. The Script: "Hall of Fame" |

If you want to build your next great running playlist, pick songs that inspire you, so you can finish every run stronger than the last.

Simply Incredible ROASTED TOMATO SOUP



INGREDIENTS

- | | |
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| • 4 vine-ripened beefsteak tomatoes OR 6 Roma tomatoes | • 1/2 head of garlic, unpeeled, separated into cloves |
| • 5-6 whole basil leaves | • Olive oil |

DIRECTIONS

1. Roughly chop tomatoes. Toss tomatoes and unpeeled garlic with just enough olive oil to coat.
2. Roast, uncovered, at 400 degrees for 1 to 1-1/2 hours. The tomatoes should be charred, almost blackened.
3. Push tomatoes and garlic through a ricer, collecting the soup in a bowl.
4. Gently stir in the basil leaves and let it rest for 10 to 15 minutes.
5. Remove and discard basil leaves.
6. Season to taste with salt and freshly ground pepper
7. Just before serving, drizzle olive oil on top.

PUT A PAUSE ON *Morning Fatigue*



HOW YOU CAN BOOST YOUR ENERGY AND BE READY FOR ANYTHING

With every cup of coffee in the morning, you hope for a burst of energy so you can get things done, but sometimes that boost never comes. If you're looking for a few surefire ways to boost your energy in the morning and throughout the day, try a couple of these tricks!

WATCH A CAT VIDEO: When you start to feel the urge to take a nap, jump on YouTube and watch a couple cat (or other silly animal) videos. You might be asking, "How will cat videos keep me awake?" It comes down to how the brain works. When we watch cute animal videos, our brain releases oxytocin, a "feel-good" hormone. When oxytocin is released in the brain, levels of cortisol (a stress hormone) are reduced. Cat videos (and puppy videos, too!) boost our mood and energy.

GROOVE IT: When your jam comes on the radio or on your favorite music app, get up and dance! A quick dance can jumpstart your energy to defeat morning lull. You can also sprint around the block or office for the same effect — leaving you with a burst of energy. Plus, listening to your favorite tunes releases dopamine, oxytocin, and serotonin in the brain, helping you get a feel-good start to your day.

WATER YOURSELF: One of the best things you can do for your body and your energy level *right this second* is to drink a glass of water. When we're dehydrated, our bodies become stressed. Stress leads to fatigue and confusion. Even minor dehydration can have a profound impact on our ability to focus. When you start to feel your attention drifting and have a hard time keeping your eyes open, reach for the water.