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**Looking for adventure this spring? Find it outside in the surprisingly beautiful desert at Joshua Tree National Park.**

The Joshua Tree (*Yucca Brevifolia*), for which the park is named, was supposedly named by Mormon pioneers, who were reminded of Joshua from the Bible leading them to their promised land. The tree's limbs, they said, looked like arms raised in prayer. The Joshua Tree is unique to the Mojave Desert, and they speckle the landscape of Joshua Tree National Park — with the largest towering at 40 feet high. But these strange evergreens are only half of the park's story.

Joshua Tree National park marks the collision of the low Colorado Desert and the Mojave high desert, and each has its own unique ecosystem and environment. You'll only find the Joshua tree in the

Mojave portion of the park, but both environments are striking in their own unique way.

Flowers aren't what you'd expect in the desert. But hike or drive through Joshua Tree National Park during springtime and you'll find the unexpected. Delicate wildflowers contrast with the hardy yucca and endless sand. Dainty yellow blossoms flower on scruffy creosote bushes. Even the Joshua trees display sturdy white blooms during some parts of the year. It's a contrast that's almost as visually shocking as accidentally wandering into one of the park's five oases.

Experience the desert beauty at one of the park's camping locations. Or bring your climbing gear; the park's massive red and yellow rock formations are a climber's dream. Tour the Desert Queen Ranch where homesteaders Bill and Frances Keys mastered the harsh desert climate in the early 1900s. Or hike out to the Lost Horse Mine where long-gone miners searched for a small fortune.

From its incredible starry skies to its unique terrain, Joshua Tree National Park is a striking and hardy kind of beautiful; the perfect backdrop for an unforgettable adventure.

## BE OUR GUEST: *Your Comfort Is Our Priority*



Here at Sierra Crest Dental, we make every effort to make your visits as comfortable and stress-free as we can. It's estimated that 75 percent of U.S. adults experience some degree of dental fear. From the time you enter our office to the moment you exit our state-of-the-art treatment rooms, our absolute goal is your comfort.

For some patients, additional measures are needed, and we understand. We have always offered some form of sedation, from inhaled minimal sedation (nitrous) to oral sedation (both Dr. Colpitts and Dr. Delaney are certified and licensed to administer this). We now can add IV sedation. Dr. Delaney, already known among patients for her gentle touch, is certified and licensed in IV sedation. She gained much experience administering it during her general practice residency. She is the *only* general dentist in our entire area who is licensed to administer IV sedation!

Those of you who spend time in my "chair" know that I love to talk about my family. I am a proud dad, like many of you. My oldest son, Michael, has now opened his chiropractic office in Truckee. Look for Elevation Chiropractic the next time you need an adjustment. We are very excited to have him return to our area after having practiced in Maine for the last 10 years.

Having family here has not changed our never-ending improvements at Sierra Crest Dental. We are now available on Friday, giving you access to our care five days a week. We hope to continue to increase our availability and services for your convenience.

We have also added new faces to our team to keep surprising you with our service. Be sure to say "hi" to Suzanne at your next appointment.

*— Dr. Colpitts*

# Digital Advances IN DENTAL TECHNOLOGY

Nothing can replace your need to brush and floss daily, just as nothing could take the place of your bi-annual visits to our office for professional cleanings and exams. With the help of our advanced technology, we can make your dental care faster, more effective, and more comfortable than ever.

When it comes to diagnostics, most likely your thoughts go to X-rays. At Sierra Crest Dental, thanks to our advancement in digital X-rays, our diagnostic and treatment planning capabilities have never been better.

Digital X-rays involve several advanced imaging options designed to save time, provide clearer dental photos, and expose you to less radiation than the older traditional technology.

X-rays provide valuable information to diagnose changes between your teeth. Here at Sierra Crest Dental, we also have 3-D views using digital CT imaging. The data is used for various clinical applications, including implant planning, visualization of abnormal teeth, evaluation of the jaw and face, and endodontic diagnosis.

We also use the Intraoral Camera, where we can see every facet of your teeth with incredible detail. It can uncover cracked teeth, plaque deposits, cavities next to fillings, and excessive wear. When we discover problems early on, your treatment is less invasive and more cost-effective.



## Dental Assistants and Hygienists THE UNSUNG HEROES OF THE DENTAL OFFICE



At first glance, you might only associate our dental office with Dr. Colpitts and Dr. Delaney. But we don't want you to overlook our other professional team members.

Our dental assistants (Tammy, Kayla, and Hailey) and dental hygienists (Virg, Denee, and Amy) are vital to the efficiency of your appointment and the success of your oral health. Dental hygienists and dental assistants each have unique roles in their specialized areas.

### Dental Assistants: Jacks of All Trades

As you might suspect, the role of the dental assistant is to assist the dentist as he or she performs comprehensive treatments. When your dentist needs instruments, they are ready when needed, making the appointment more comfortable for you. They prepare your treatment room, can take X-rays, and can keep you engaged in your dental care.

### Dental Hygienists: Lean, Mean, Plaque-Fighting Machines

Our subhead here might be a little inaccurate, as our hygienists are the opposite of mean. They work closely with you to educate you about your oral health in a friendly, team-oriented way. And if you think all they do is "clean," think again. Hygienists are certified in their field and rid your mouth of plaque, tartar, and stains; help to improve your periodontal condition; take necessary X-rays; give injections; and use laser when appropriate.

**Our Team is here for you!**

## Mexican Bean Dip (ONE OF DEBBIE'S FAVORITES)



### INGREDIENTS

In a casserole type dish (a little larger than a pie plate) layer ingredients in following order:

- 1 can refried beans
- 1 small can chopped black olives
- 1 small can green olives, chopped
- 1 container guacamole dip (frozen okay, fresh is better)
- 1 small can diced green chillies
- ½ pint sour cream
- Grated cheddar cheese

### DIRECTIONS

1. Add all ingredients to baking dish. Top with diced fresh tomatoes.
2. Heat in oven until warmed through.

## The Daily Drink WHY YOU NEED MORE WATER



### A Basic Necessity

Just how important is adequate water consumption? The short answer: Very. Water keeps our bodies functioning. It's a basic life necessity, one that we can't afford to neglect in our daily routine, even for a short period of time. According to Scientific American, individuals in extreme conditions can die of dehydration in just a few hours.

### How Much Is Enough?

It depends. How much water your body needs daily depends on various factors, including your size, the weather and external temperature, and whether or not you're losing water through exercise. However, scientists have come up with some educated estimates. According to the Institute of Medicine, the average man typically should consume approximately 13 cups of liquid a day, while the average woman needs about nine.

### How Do I Know if I'm Dehydrated?

When in doubt, check your urine. In 1994, Dr. Lawrence Armstrong created, and scientifically verified, the legitimacy of a hydration tool called the urine chart. Next time you use the restroom, examine the color of your urine. If it's light or clear, you're golden. Otherwise, get to drinking! Dr. Irvin Sulapas from the Baylor College of Medicine offers another indicator. He says, "The rule of thumb is, if you're thirsty, you're already dehydrated."

### Water Is Good for Your Teeth

Drinking more water provides an excellent habit-substitution opportunity — one that's seriously beneficial to your oral health. Use water to replace overly acidic or otherwise detrimental liquids that can harm your teeth, like soda. According to the American Dental Association's Mouth Healthy site, there are many benefits to this switch. Replacing sugary drinks with water helps keep your mouth clean and healthy, and it eliminates calories at the same time. Also, the fluoride in your city's water, they say, can help strengthen your teeth.