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# An Epic American Journey

## THE STORY OF LEWIS AND CLARK

**IT'S EASY TO FORGET THAT NOT SO LONG AGO, MUCH OF THE UNITED STATES WAS LARGELY AN UNINHABITED WILDERNESS.**

When Thomas Jefferson organized the Louisiana Purchase in 1803, he knew little of the vast swath of land he had bought on behalf of the country. To survey the newly acquired terrain, Jefferson commissioned two men, Captain Meriwether Lewis and Second Lieutenant William Clark, to lead an expedition across the Continental Divide. They set off from St. Louis 213 years ago this month, on May 14, 1804.

When asked what is so enduring about the story of Lewis and Clark, historian Stephen E. Ambrose notes that "They were first ... Everyone who canoes on the Missouri River paddles in their wake. Everyone who crosses the Rocky Mountains does so in their footsteps." The expedition they led was truly a journey into uncharted territory. Lewis and Clark departed with 33 people and encountered many native tribes during their excursion. Perhaps the most famous Native American they met was Sacagawea, a Lemhi Shoshone woman who provided the party with invaluable guidance.

On November 7, 1805, the expedition became the first party of Americans to see the Pacific Ocean. Remarkably, only one man, Sergeant Charles Floyd, died during the trip. In addition to mapping out much of the United States, Lewis and Clark also identified many native species that were previously unknown. Their discoveries are still marveled at to this day through their remarkable journals.

The story of Lewis and Clark is an essential part of American history and an account of courage and discovery. Geography professor John Loga Allen succinctly summed up the tale's allure: floss "It is The American Epic." When we think of the American ideal of perseverance and ambition against insurmountable odds, it is hard not to think of Lewis and Clark.

Heading north this summer?  
Hike a piece of history!



# Spring Has Sprung

**HERE IN THE MOUNTAINS, WE RARELY SEE SPRING.** Recently, I was visiting our son, Chris, and his wife, Sarah, in New York on my way to a continuing education course in Atlanta. Spring had definitely begun there! As I traveled, I reflected on how fast the year is going and evaluated where I was on my New Year's resolutions. I, like most people, have fallen behind on many of them.

So, I studied the real reasons why we lose the determination to achieve resolutions. I then studied how to change and get back on track to set and achieve new goals. I came up with seven strategies to rescue them:

1. **ALLOCATE TIME TO ACHIEVE YOUR RESOLUTIONS ON A DAILY SCHEDULE.** To achieve this, you need to cut five or 10 minutes from things currently consuming your time.
2. **PRIORITIES SHOULD GOVERN YOUR SCHEDULE.** Don't let people and events add interruptions; take control of your day and your priorities.
3. **RESOLUTIONS AREN'T RESOLUTIONS WITHOUT RESOLVE.** You need to decide what really matters to you. Honesty is a prerequisite for success.
4. **RESOLUTIONS REQUIRE RESOURCES.** Any new goal you set out to achieve requires



new or different resources. It could be a product, equipment, or information.

5. **DAILY PROGRESS.** You need to take your goal and break it all the way down to a timeline and a to-do list for each day from now to completion. Refuse to end a day without doing something that moves you toward your goal.

6. **BUILD UP THE TIME TO CHANGE.** Sometimes, to create a change and not make it huge, start with a smaller time commitments and work your way to the daily goal.

7. **IT'S NOT TOO LATE.** Even if you have let a resolution slip, it's okay; start today. Take control of your time and remove your procrastinations.

Hopefully this reminder will help put you back on track to your goals, particularly in the health arena.

While reflecting on my goals, Dr. Delaney was working on some of hers. As a continual learner, she just returned from the American Academy of Cosmetic Dentistry (AACD). While attending the convention, she took a course on updated esthetic techniques, following our goal to offer the best care for you.

- Dr. Colpitts



# Watermelons

## THE NEXT HEALTH FOOD TREND?



**FOR THE PAST COUPLE OF YEARS IT'S SEEMED LIKE EVERYONE IS TRYING TO INCORPORATE KALE INTO THEIR DIET.** From kale chips to kale smoothies, the nutritious leafy green is everywhere. It's still immensely popular, and its impressive nutrition cannot be denied (it's packed with vitamins A, C, and K), but it's no longer the new kid on the block. Another health food has entered the scene, and it's a food you already know and love: watermelon. But it's not just watermelon that's making waves. It's something a little deeper.

**WATERMELON SEEDS.** Most of us have probably never considered using watermelon seeds for anything except a seed-spitting contest. It turns out, like many other seeds — pumpkin, sunflower, chia, flax, and so on — watermelon seeds pack a major nutritional punch. They are a great source of protein, B vitamins, and magnesium. Like other types of seeds, you'll get

the most nutrition out of the sprouted and shelled variety. Eating the seeds right out of the fruit won't do much for you, as they aren't easily digested.

### WATERMELON

**WATER.** Yes, another kind of water! And no, it's not just juice. Watermelon water is pressed from the whole fruit, including the rind. It's made much like coconut water, and it has a similar consistency, but a much fruitier flavor. Like watermelon seeds, the drink is packed with nutrients, such as lycopene and potassium. Plus, it's effective at keeping you hydrated, serving as a source of critical antioxidants and electrolytes. Because of this, it's quickly becoming the post-workout drink. Just be sure to look for watermelon water that has no added sugar.



Could you make the ultimate workout playlist? Just about everyone with a Spotify or Apple Music membership has tried. Some borrow from curated playlists made by the site's experts, while others rely on music that personally gets them going. For you, that could be anything from extreme dubstep to Abba's "Dancing Queen." We're not here to judge.

Two years ago, a sports medicine scientist took a crack at crafting the perfect music playlist for optimal athletic performance. Dr. Costas Karageorghis of Brunel University in London analyzed nearly 7 million playlists to determine what the perfect pump-up mix would look like. He found that your personal taste plays a part, but science plays a bigger role.

Here's how: Music induces alpha brain activity, which helps athletes get "in the zone" and become hyperfocused. To reach that state, you need to experience warm up, peak, and cool down periods. Dr. Karageorghis' perfect playlist starts with medium-tempo songs with strong beats, like Katy Perry's "Roar" and Daft Punk's "Get Lucky." It then ramps up to Pitbull's "Timber" and peaks with Pharrell Williams' "Happy," which runs at 160 beats per minute. It then slows back down, closing with "Royals" by Lorde.

The tempo isn't just about running — it's indicative of an entire workout cycle. "Roar" is what Dr. Karageorghis calls stretching music, whereas "Get Lucky" through "Happy" is for cardio, and the latter half has strength-exercise songs like "Get Down" by Groove Armada, before the music starts heading to a close.

Dr. Karageorghis also did live test research, where subjects exercised on a treadmill to various songs. He found that certain upbeat tempos and strong beats were able to increase performance. However, the biggest takeaway from the study was this: Simply having music enhanced endurance by 15 percent. It enabled athletes to get more pleasure from their workout. Regardless of what you listen to, crank those tunes and hit the gym!

The playlist was published in Medical Daily and can be found on their website under "The Optimal Workout Music Playlist As Designed By Scientists."

# Floss

## AND ITS MANY FORMS THROUGH HISTORY

**MOST PEOPLE ASSUME DENTAL CARE,** and particularly floss, is a contemporary concept, brought about by technological advances and luxury resources. But the truth is, humans have been taking care of their teeth in one way or another throughout history.

Anthropologists have discovered the remains of sticks with dental imprints, suggesting these "chewsticks" were once used to clean our ancestors' pearly whites. Not only that, but remnants of much smaller, sharpened sticks have been found, and experts believe they were used like toothpicks, for cleaning between the teeth. They've even found some double-sided versions — a chewstick on one end, and on the other, a toothpick! Early humans are often found with grooves worn between their teeth, which suggests a regular flossing or toothpick regimen. Probably not the best or most comfortable way to keep those gums clean, but hey, you work with what you've got.

Humans eventually moved from toothpicks to more floss-like materials. Horsehair is widely considered to be the most likely first version of floss.

Moving up the timeline, in 1815, a New Orleans dentist by the name of Dr. Levi Spear Parmly began encouraging his patients to use waxed silk thread to scrape between their teeth. In 1882, a company called Codman & Shurtleff began making an unwaxed silk dental floss, followed

by Johnson & Johnson's first floss in 1896. They filed a patent for floss in 1898.

Starting in the 1940s, nylon began to replace silk as the material used for floss, due to its consistent texture and resistance to shredding. Nowadays, floss is made out of materials as diverse as Gore-Tex or plant fiber.

Who knew floss had such a storied history?



## BLUEBERRY MINT Green Smoothie

### INGREDIENTS

- 2 cups spinach (easier to blend if you freeze beforehand)
- 2 cups blueberries (I used 1 cup fresh and 1 cup frozen)
- 1 kiwi
- 3-4 large mint leaves
- 1 cup coconut water
- 1 cup ice

### DIRECTIONS

1. Put all ingredients in a blender and mix it up!
2. Enjoy!