



M-BRACE-YOU

May 2010

From the office of Dr. Perry Stevenson 19th edition

Breaking Points:

The Importance of Downtime

With all the hectic schedules we try to meet daily in our face paced world, we often neglect the importance of downtime. Whether our careers take us out of the home or keep us in the home, we all suffer from stress in our lives and need to take time to relax.

There are many, many causes of stress, as well as different ways to relieve it. Each person is different and so is the one thing that will relieve stress. While daily stress relievers aren't one-size-fits-all, there are a few categories of stress reliever that work especially well for many people:

- Journaling:** Research shows that there are many benefits to journaling, in terms of both physical and emotional health, making it a good time investment that can fit conveniently into a morning or evening schedule, or can even be integrated into many people's work day.
- Meditation:** Meditation can take many forms and in virtually all cultures as a healthy and even spiritual practice.
- Exercise:** Health researchers recommend a daily dose of exercise for optimum health and the avoidance of conditions such as cancer and obesity, and exercise is also a great stress reliever. Those are health benefits on many fronts when you work physical activity into your day.
- Music:** Hospitals and therapists are using music for its health-enhancing properties, and you can use it to relieve stress. There are many ways to work music into your day, and you'll find some great stress management benefits if you do. For example, playing your favorite music during your commute can relieve stress and have your felling better when you arrive.
- Scheduling:** Take 15 minutes to do something you enjoy, go to bed a half-hour earlier, take a walk, or delegate three tasks from your to-do list. Every step you take will pay off with less stress over the long term.

(About.com)

Twilight Contest

We had a lot of fun with our Twilight Contest. At least most of female patients did. Many enjoyed having their pictures taken with Edward or Jacob. One of our local private schools, St. Therese, borrowed some of our Twilight decorations for a school function. Of the 247 entries, 164 have 100% of the answers correct. With so many entries with correct answers we had to draw for the winners. We are happy to announce the following winning patients who each received a \$25 Visa card:

Grace Zangerle, Blake Haney, Alison Flynn, Christine Spina, McKenna Schwab, Stacy Kozlowksi, Rachael Douglass, Maiah Sifuetes, Madison O'Connell, and Connor Rogers.



Our Megabucks Contest was a fun contest for everyone. We had tons of entries: 516 to be exact! There were \$120 Stevenson Bucks in the large jar and seven people guessed the exact amount. From those seven correct guesses, we drew our winner:

Aric Ryder

Congratulations!

UPCOMING CONTESTS

Disney Week

May 17-May 21:

Stop by the office or come to your appointment in any Disney paraphernalia to receive a movie pass!

“Faces, Places, & Braces” Contest

June 1-July 31:

Send us a picture of yourself participating in a summer activity. If you have a Stevenson T-Shirt, wear it in the picture. Drawing for an Xbox 360!

RECIPE CORNER

Sunday's Best Chicken

Prep: 40 Min.

Bake: 2 ¼ hours + standing

Yield: 6 servings

2-3 medium lemons

2 fresh rosemary sprigs

1 Tbsp. olive oil

2 Tbsp. minced fresh rosemary

1 roasting chicken (6-7 lbs.)

1 Tbsp coarsely ground pepper

1 ½ tsp. salt

Finely grate the peel from the lemons to measure 2 Tbsp; set aside. Coarsely chop 2 lemons and rosemary sprigs in the chicken cavity. Save remaining lemon for another use.

Place chicken on a rack in a shallow roasting pan; brush with oil. Combine the minced rosemary, pepper, salt and lemon peel; rub over chicken.

Bake, uncovered, at 350 degrees for 2 ¼ to 2 ¾ hours or until a meat thermometer reads 180 degrees, basting occasionally with drippings. (Cover loosely with foil if chicken browns too quickly.)

Let stand for 15 minutes before carving. Discard lemons and rosemary sprigs. Serve with wild rice and carrots.

We Would Like to Hear from You

Near the bottom of the main page of our website, you can click to go to our Facebook page, our Blog, or Twitter. It would be fun to chat with you. Send us a note and we will respond.

www.braceyoursmile.com

WORD SEARCH

J H W L U V R X S E C A R B J K
U M R A Z J D O C T O R U X H M
N F G X U H E A U U P M Z F S H
E T Q R Z R Q E J A Q T D L U D
N N O R T H O D O N T I S T R Q
M A C R E P A I R U H C U J B X
Q T H O T C H O C O L A T E H Z
Q S U N O S N E V E T S T I T P
F I U P M E E E Z P V K P U O D
L S E T N E M T N I O P P A O W
O S H L V N G S G W A X W Y T K
S A A H N Y P P G J I Q Z A W S
S M C F M S E I K O O C X D I S
F Y F S T C O N T E S T S W R J
Z M T E K C A R B D N E L I E P
N A K I F G V Y N J N O T R X D

appointment

assistant

braces

bracket

contests

cookies

doctor

floss

hot chocolate

orthodontist

repair

Stevenson

toothbrush

wax

wire

DAMON BRACES

We are participating in a beta-testing program for a brand new clear Damon bracket that will be available for everyone in a few months. You will be able to enjoy the comfort of the Damon Brace System now with clear brackets! Call and we will be happy to schedule a complimentary consultation for you.