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But What About Today???

Here's a funny story that I heard, which I cannot take credit for, and I don't know the source to give proper credit, but I want to share this one. It's something I would share with my daughter when she is old enough to get it.

So the story goes like this...

An elderly man is walking through the park on his morning walk, and runs into a long-time friend sitting on a park bench looking a little sad.

As he approaches his friend on the bench the man says, "My old friend, why do you look so sad?"

The friend replies, "It's really quite puzzling...two days ago a friend passed away and left me \$10,000."

The man says to his friend, "Gee that's not the worst outcome I guess."

To which is friend replies, "Oh no it gets worse...the day before my aunt passed away and left me \$40,000."

At this point the man is puzzled, and the friend continues...

"AND yesterday a cousin I'd never even met died and left me \$250,000!"

By now the man is just confused and says, "Wow that's unfortunate that these people have passed, but surely not the worst outcome."

His friend says "Oh no, it gets WORSE! Today I woke up and it's nearly mid-day, and I got NOTHING!"

Yep.

We can all be selfish and greedy. Our brains are wired to normalize new things so that they are just normal shortly after they were 'new'.

Instead of looking back at how much better we are off than we were 6 months ago, or a year ago, we just sit there like the man on the bench wondering why we haven't had any gifts bestowed on us today.

This is the season to spend some time thinking about, and reminding your kids about, everything we do have - that many do not.

Gratitude is seldom practiced but pays dividends.

My best wishes to you and your family, and I hope you have a wonderful 2018.

I look forward to seeing you all at your next visit.

Dr. Ross Crapo



Tips, Tricks, and Trends

Debunking the Myths Behind the Real vs. Artificial Tree

Here comes Santa Claus ... and a sleigh full of confusion about Christmas trees. Better to buy real or better to buy artificial? Popular myths are that real trees are bad for the environment, artificial trees make more financial sense and real trees are just a hassle, but read on for some facts that will set the record straight and some thoughts that might turn your head on some of the more subjective sides of the debate.

If your No. 1 concern is the environment, your No. 1 choice should be a real tree. Growing, using and recycling real Christmas trees is good for the environment. Research shows that when compared on an annual basis, the artificial tree has three times more impacts on climate change and resource depletion than the natural tree. Real Christmas trees are biodegradable and can even be recycled or reused for mulch, and every year the circle of life continues. Artificial trees are petroleum-based products and most are imported from overseas. Many are thrown away seven to 10 years after they're purchased, and every year the landfills where they will stay (literally for centuries) get a little bit bigger.

Still don't like the idea of cutting down a tree? Remember that just like the Halloween pumpkin you carve with your kids or the fresh-cut flowers you buy for a loved one on special occasions, real Christmas trees are farmer-planted and hand-harvested

specifically for people to enjoy. And, for every real Christmas tree harvested, a new tree is planted.

If it's your wallet that worries you, keep in mind that it's no surprise that artificial things frequently cost less than real things. True, not everyone agrees "you get what you pay for," but there's a second economic case to be made for buying a real Christmas tree: Real Christmas trees provide real business for real farmers. There are 2,381 Christmas tree farms in Canada.

Every choice is a trade-off. What you gain with the ease of an artificial tree, you lose in the experience of a real tree. To be fair, this is subjective. But years from now, which do you think you'll remember more warmly: assembling a plastic tree you pulled out of the attic that looks exactly the same year after year, or bringing home and decorating a real tree that you enjoyed hunting for with your friends and family? Selecting a real Christmas tree makes memories. The hunt for a real Christmas tree can create an experience - everything from the scent to the search - that simply can't be manufactured and that no artificial tree can replace. Ultimately, with all of the myths aside, a real Christmas tree is a choice you can be proud of. Whether you prefer to shop at a neighborhood store, local farm, seasonal lot or even online, there's a real Christmas tree available for everyone.

For more information, visit Facebook.com/ItsChristmasKeepItReal

"Research shows that when compared on an annual basis, the artificial tree has three times more impacts on climate change and resource depletion than the natural tree."

Comparative Life Cycle Assessment of an Artificial Christmas Tree and a natural Christmas Tree Ellipsos, Montreal, Quebec, 2009; page 6

Fun Facts

That'll Astound Your Friends

- **1,719,735** - The number of fresh-cut Christmas trees exported from Canada to the rest of the world in 2016.

- **Let it begin.** When Queen Victoria's German husband, Prince Albert, put up a Christmas tree at Windsor Castle in 1848, the tradition was born throughout England, the United States, and Canada.

- **The birth of the artificial Christmas tree.** In 1930 the U.S.-based Addis Brush Company created the first artificial Christmas tree made from brush bristles. The company used the same machinery that it used to manufacture toilet brushes, but they were dyed green.

Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

6 Steps Toward a Merry-but-Manageable Holiday

For many, the pressure of the holiday season can be enough to wear away the magic. But that old chestnut doesn't have to be true for you. When you plan ahead and keep your expectations reasonable, the season can unfold at an even and enjoyable pace, making room for new and happy memories.

That's doubly true when you're entertaining. As long as you're well-prepared, your event can create holiday cheer and goodwill and even strengthen bonds between friends and family. **Consider how these entertaining solutions can help you stage a minimal-stress, maximum-impact event at which your guests can relax this holiday season.**

➤ **Make your list, check it twice.** Assign tasks to different days leading up to the event so you can stay on task, factoring in the time you'll need for other holiday happenings.

➤ **Enlist elves.** It's likely unrealistic to expect yourself to single-handedly master all the cooking, cleaning and mingling your event will involve. In the spirit of the season, consider hiring younger family members to help with the more grueling tasks - then paying them with Christmas shopping money.

➤ **Think ahead.** Let's face it, many dishes taste just as good or better when prepared ahead of time and frozen or simply kept in the fridge until they're ready to serve. Save the last hours leading to your event for recipes that will taste much better freshly made and/or hot out of the oven.

➤ **Deck the halls simply.** Fresh, sweet-smelling pine boughs tied with red ribbon can be tucked into containers throughout your home, while inexpensive or vintage colored glass bulbs look festive when wound with strings of white twinkle lights and placed in translucent bowls.

➤ **Tidy the workshop.** Assign one room to be the catch-all when company is coming, then keep that door closed while entertaining. Sort it out at your own pace after the holidays.

➤ **Rudolph as remedy.** Weariness and/or a bad mood can be hard to sustain when you're playing festive, upbeat holiday music people have been singing along to since they were kids.



Fun, Dumb & Inspiring Quotes

"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store, and he asked for my autograph."
~ Shirley Temple

"I left Santa gluten-free cookies and organic soy milk and he put a solar panel in my stocking."
~ Unknown

"Christmas holds its place in the hearts of men because they know that love is the greatest thing in the world. Christmas is celebrated in its true spirit only by those who make some sacrifice for the benefit of their fellow men."
~ Rachael Ray

Advice to Keep Holiday Smiles Bright

"Holiday get-togethers tend to lead people to consume sugary treats and drink alcoholic beverages more than usual," Dr. George Shepley, spokesperson for the Academy of General Dentistry, said in an academy news release.

"Additionally, with their busy schedules and increased stress levels, I've noticed that my patients' oral hygiene suffers. They forget the most basic of oral hygiene tasks that can counteract the effects of sugary snacks and drinks," he pointed out.

Shepley offers suggestions on a number of ways to protect your teeth during the holiday season. To reduce the risk of damage from drinking red and white wines, which are highly acidic and can eat away at a tooth's enamel, refrain from swishing wine around in your mouth and drink water between glasses of wine to rinse acid from your teeth. And, while holiday goodies such as cookies, chocolate and candy canes are tempting, the sugar in them promotes the growth of cavity-causing bacteria. If you can't brush or floss after eating sweet treats, drink water or chew a piece of sugarless gum, which will increase saliva flow and help wash away the bacteria.

Finally, Shepley pointed out, holiday stress can cause some people to grind or clench their teeth, potentially resulting in chipped teeth, jaw pain and headaches.

"Finding ways to alleviate your anxiety can help, but it's also important to see your dentist, who can recommend solutions like a custom night guard," Shepley said. "Wearing one at night will prevent you from taking out the holiday stress on your teeth while you sleep."

The busy holiday season may disrupt many people's daily routines, but at this time of year it is especially important to remember to look after your teeth, an expert advises.



Team Member Spotlight

Dr. Sulz



Dr. Sulz comes to us from Orem Utah, where he has lived and worked with his wife and two daughters since 2009, but has roots in Alberta where much of his family still reside.

In addition to studying dentistry at Roseman University of Health Sciences School of Dental Medicine in South Jordan Utah, Dr. Sulz has volunteered at several local dental clinics and community centres and has travelled throughout Honduras and Nicaragua to provide dental treatment to those without access to basic care.

Dr. Sulz's interest in dentistry extends beyond fillings and checkups. He is a believer in continuing education, prior courses included IV Sedation, advanced training in occlusion (bite), advanced root canal therapy, and implants to name a few.

Dr. Sulz enjoys treating the entire family and is welcoming new patients. To reserve your appointment call 250-383-3368

Easy Shortbread Bites

Shortbread Cookie Bites are a fun bite sized sweet treat that can be made for any holiday or birthday by customizing the fun sprinkles you choose!

Ingredients:

- 1 1/4 c. all-purpose flour
- 3 tbsp. sugar
- 1/2 c. butter (no substitutions)
- 1 tbsp. red and green nonpareils or
- sprinkles or 1/2 cup mini baking bits

Instructions:

Preheat oven to 325 degrees F.

In food processor with knife blade attached, pulse flour and sugar until combined. Add butter and pulse until dough begins to come together. Place dough in medium bowl. With hand, gently knead in nonpareils or baking bits until evenly blended and dough forms a ball.

On lightly floured waxed paper, pat dough into 8" by 5" rectangle; freeze 15 minutes. Cut dough into 1/2-inch squares. Place squares, 1/2 inch apart, on ungreased large cookie sheet.

Bake cookies 18 to 20 minutes or until lightly browned on bottom. Transfer cookies to wire rack to cool. Repeat with remaining dough. Store cookies in tightly covered container at room temperature up to 1 week, or in freezer up to 3 months.

Total Time: 0:48 | Prep: 0:30 | Cook: 0:18 | Level: Easy





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Dr. C. Ross Crapo & Associates
4400 Chatteron Way, Suite 206
Victoria, BC V8X 5J2

Can You Handle the Truth???

The Origins of Festivus

Festivus was made popular by the Seinfeld episode “The Strike”, written by Seinfeld writer Dan O’Keefe. However, Dan based the Seinfeld story on a “Festivus” holiday that his own father invented back in the 1960s/1970s.

JOKE

of the Month

“Hello everyone, welcome to Plastic Surgery Addicts Anonymous.” “I see a lot of new faces here tonight, and I’m pretty disappointed.”

**Free Report Available:
Parent’s Guide to Getting Started
With Your Child’s Oral Health**

Getting started with your child’s oral health comes well before their first dental visit. This guide walks you through the Do’s and Don’ts of caring for your child’s oral health.

Call our office at (250) 383-3368 to request your copy.

