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THE BENEFITS OF A BOW AND ARROW

HOW ARCHERY KEEPS YOU HEALTHY

The word "fitness" brings to mind a number of images: jogging, cycling, lifting weights — the list goes on and on. However, people rarely think of archery. This activity has been around for thousands of years, and a bow used to be a key weapon in hunting and war. Today, archery is most often practiced as a sport, and it confers many health benefits you may not be aware of.

Exercise

Archery is a low-impact activity everyone can enjoy, regardless of age, gender, or ability. As with any sport, in order to perform well, archers need to practice consistently. Regular practice also means regular use of their upper bodies and exercise that helps maintain overall fitness. What's more, archers also get exercise by walking to and from the targets and the designated shooting area.

Strength

It takes significant strength to pull a bow at full draw. In one motion, archers engage the muscles in their arms, hands, core, back, and chest. The more the motion of drawing and firing is repeated, the stronger these areas of the body will become. There are also many relatively easy exercises archers can do outside of this sport to build strength and improve their shot, including side planks, dumbbell exercises, and yoga.

Focus

Archers benefit physically by strengthening their muscles, but the mental focus required to succeed in this sport also provides a lot of benefit both in and out of the archery range. Keeping a steady and unwavering sight on the target while ignoring all distractions is key to making a perfect shot, and this focus can also help increase productivity at work and improve relationships.

Patience

This is another key component to archery: If an archer rushes a shot, they're more likely to miss their target. Knowing when to take a shot is just as important as knowing how. Patience is also important when training the body for archery. Archers must be willing to perform the same task over and over to finally hit that center target.

It's important to keep in mind that archery can be dangerous when not practiced correctly. Talk to a professional or get a lesson from an archery instructor to learn how to properly handle a bow.



WHERE DOES YOUR FAMILY GET THEIR TEETH CHECKED?

SAVE MONEY AND STRESS BY CHOOSING A DENTIST FOR THE WHOLE FAMILY

My family hasn't gotten together in months because of COVID-19, but when we do, our gatherings look and sound a little bit like dental conventions. See, I'm not the only dentist in the family — not by a long shot! I'm actually the third generation to go into dentistry. My grandfather was a dentist and so are both of my parents, one of my aunts, and four of my cousins. It really is a family business!

Most of you know our other office - Great Smiles of Elizabeth. My mom is the main dentist there and my dad who is a retired dentist, supports both my mom and our team. For as long as I can remember, my mom has been my role model. She's worked hard all my life and never ceases to inspire me. Even when she was sick last winter, she couldn't wait to put on her PPE again and get back to helping patients. Recently, I doubled down on the family connection even more when I hired another dentist, Dr. Choi, who happens to be married to my cousin! (Open the newsletter to read more about her.)

That feeling of family also extends to my team. We have a stable staff and we've all bonded over working long hours together. My hygienists - Reema and Jennifer, and my assistant Beatriz, have been with me for so long that I've actually watched their children grow since they were babies in their carriers or toddlers. I even take care of their teeth! It's the same way at the Elizabeth office. We consider everyone on our team family, and my dad knows their lunch orders by heart.



Gabriel (Beatriz's son), Aaryan (Reema's son), Dr. Weddle, Victoria (Beatriz's daughter), Sheilja (Reema's niece)

I think my patients can feel the family vibe when they walk into our office. Over the years, many of them have brought their entire families in to see me. I've treated grandparents, aunts, uncles, and cousins from the same families, and I love getting that multigenerational perspective. It can be really valuable to have your entire family see the same dentist, because it gives the dentist insight into your collective medical history.

Some dental issues like periodontal disease, diabetes, TMJ issues, bite problems, and jaw structures have a genetic component. So, if I spot a problem in one member of the family, I can look out for it in other members. Instead of assuming the issue will self-correct, if I know a particular problem runs in the family, I'll catch it and treat it early. For example, if I work with a family that has periodontal disease in every generation, I'll know to treat it as soon as I see it in the kids. In cases like those, it's possible for kids with a family history of gingivitis to lose teeth as young as 17 or 18 if the issue isn't treated. Thankfully, when I have the background information I need, I can treat the problem aggressively and keep their teeth safe. This will save you money and stress — and save your children from pain.

If you're a regular patient but haven't brought your family members into Great Smiles, consider changing that when you book your next appointment. Seeing the same dentist as a family provides a lot of benefits; in fact, I can't think of a single downside.

You can feel confident that here, we'll treat *your* family like part of *our* family. I hope to see you soon!

-Dr. Michelle Weddle



Aaryan (Reema's son), Reema, Beatriz, Dr. Weddle, Victoria and Gabriel (Beatriz's children), Sheilja (Reema's niece)

FELINE FRIENDS OR CANINE COMRADES

HOW PETS IMPROVE OUR HEALTH AND HAPPINESS



As people grow older, they're more likely to find themselves at home with less company. If your family members live far away or you have physical limitations that make it difficult to leave the house, you may be at an increased risk of experiencing loneliness. This is why adopting an animal can be so helpful. Pets offer comfort and love, and many encourage physical activity. Integrating a pet into your life as you grow older can be just what you need to lift your spirit and keep you healthy.

The Benefits of Pet Ownership

A lack of purpose can take a significant toll, but the sense of duty pet owners have around caring for their animals helps them avoid this. The daily tasks of feeding, playing with, and walking your animal can help provide structure and bring meaning to your life. They also give you something to look forward to each day. What's better than waking up or coming home to a wagging tail or loud meow? This is how pets help improve their owners' mental and physical health. Studies also show that those who care for pets have less stress and lower blood pressure and cholesterol than their petless counterparts. You're also more likely to maintain a daily exercise routine.

Humans have an innate need to be social, and without someone to talk to regularly, our mental well-being can start to deteriorate. Pets may not be the best conversation partners, but they may increase your social activity. Walking a dog to a local park every day, for example, can provide an opportunity for you to interact with other people. If you live alone, this simple activity can increase your social circle and improve your mental health.

Find the Right Pet

Before taking advantage of the many benefits pets offer, it's crucial to consider which pet is right for you. Doing research can help answer important questions about which animals might be a good fit for you and your lifestyle and which aren't. Finding a perfect match may take some time, but once that connection is made, there is nothing that will bring more joy into both of your lives.

The Center for Disease Control and Prevention has a list of questions that will help guide you to the perfect pet. Take a look at [CDC.gov/healthypets](https://www.cdc.gov/healthypets).

FROM COLLEGE SPORTS TO SUPERSTARDOM

4 CELEBRITIES WHO WERE STUDENT-ATHLETES

April 6 is National Student-Athlete Day! Many students play sports in addition to their studies in high school and college, and many famous people also spent much of their youth playing sports while going to school. Here are four stars who were also college athletes.

Singer Garth Brooks

From a young age, Brooks loved sports and hoped that his athletic abilities would make him famous. He earned a track scholarship to Oklahoma State University as a javelin thrower and spent most of the 1980s perfecting his technique. In 1999, he played left field for the San Diego Padres, and he continued to play baseball in the early 2000's, signing with the New York Mets and Kansas Royals. Today, the famous country singer provides children with health and education assistance as well as recreational and sporting opportunities through his foundation, Teammates for Kids.

Actress Emma Watson

When Watson enrolled at Brown University in Providence, Rhode Island, she joined the field hockey team. She loved the sport as a child, and as an adult, her passion for field hockey continues to motivate her. She occasionally travels to elementary schools for a few friendly games in hopes of encouraging young players. Watson has also worked with Hockey Futures, an organization that promotes the sport to British youth.

Actor Steve Carell

Much like his character Michael Scott in "The Office" once said, Carell too has "been pretty much skating my whole life." Carell is a fantastic ice skater and has played hockey since he was a child. He was a goalie for Denison University, a Division III school in Granville, Ohio. Today, Carell still plays in a Los Angeles recreational league whenever he has the opportunity.

TV Broadcaster Robin Roberts

Roberts began her career in broadcasting as a sports director at Southeastern Louisiana University's radio station. She also played on the school's basketball team, the Lady Lions, between 1979 and 1983. During her career on the court, Roberts scored 1,446 points and had 1,034 rebounds, which earned her a place in the Women's Basketball Hall of Fame and on the NCAA's list of most influential student-athletes.



WANT A BETTER NIGHT'S REST?

DON'T SLEEP ON THESE TRACKING DEVICES

Sleep is essential for good health. It recharges your body and helps you start your day refreshed and alert. With so many wearable devices and sleep tracking apps on the market now, you may be wondering if you should be tracking your sleep.

If any of the following apply to you, you may benefit from using a sleep tracker.

- **You have difficulty sleeping soundly.** You wake up repeatedly throughout the night, either due to environmental noises (a snoring partner) or a sleep disorder (sleep apnea).
- **You feel exhausted during the day.** When you don't get enough sleep at night, you'll feel tired during the day and may have difficulty focusing and be less productive.
- **You want to improve your performance.** Whether you're an athlete or you simply want to do your best at work, consistently getting a full night's sleep is essential.

What do sleep trackers monitor?

A typical sleep tracker monitors your sleep phases, quality, duration, and environmental factors. Some devices strap to your wrist, while others clip onto a pillow or monitor from a bedside



table. Many track your heartbeat and movement. It's important to keep in mind that while sleep trackers can provide valuable insights, the data they produce is based on an estimate rather than a direct measurement. For a full analysis of your sleep patterns, you should schedule a sleep study.

Which device should you get?

There are many trackers out there — including medical-grade trackers — so how do you decide which is right for you? You'll want to assess both the cost of the device and the kind of data you'd like to collect. The Actiwatch is a medical-grade tracker that has been approved by the Food and Drug Administration and is often used by doctors. However, it can cost up to several thousand dollars. Store-bought sleep trackers are not as accurate as the Actiwatch, but they are more affordable and still provide useful insights. If you choose to use a FitBit, Jawbone Up, or an Android watch, you should track your nightly sleep as well as any naps you take throughout the day to get the best results.

If you are having a severe case of insomnia, narcolepsy, or any other sleeping disorder, it's essential to speak to your doctor who knows your medical history. They can help you find the best solution to a good night's rest.

TAKE A BREAK!



SPRING VEGETABLE AND CHICKEN PASTA BAKE

Inspired by [TheSeasonedMom.com](https://www.theseasonedmom.com)

INGREDIENTS

- 1 cup cooked chicken, diced
- 1 14-oz can artichokes, drained and quartered
- 1 cup fresh asparagus pieces
- 1/2 cup carrots, grated
- 1 1/2 cups uncooked penne pasta
- 1 3/4 cups chicken broth
- 1/2 cup fresh chives, chopped and divided
- 1/4 cup fresh parsley, chopped and divided
- 2 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup grated Parmesan cheese, divided

DIRECTIONS

1. Preheat oven to 425 F and grease an 8-inch square baking dish with cooking spray.
2. In the prepared dish, stir together cooked chicken, artichokes, asparagus, carrots, uncooked pasta, chicken broth, half the chives, half the parsley, garlic, salt, and 2 tbsp Parmesan.
3. Cover the dish tightly with foil and bake for 35 minutes.
4. Uncover and stir. At this point, check the pasta to make sure it is al dente. If it's undercooked, cover the dish and return to the oven until pasta is tender.
5. Remove from oven and garnish with remaining Parmesan, chives, and parsley.