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IT'S TIME TO MOVE MOUNTAINS

3 Summits to Tackle This Summer

Sometimes the best view comes after the hardest climb. This month, we celebrate National Mountain Climbing Day as we honor Josh Madigan and Bobby Matthews for successfully scaling all 46 peaks of the Adirondack Mountains in northern New York. In August 2015, the two climbers completed the final feat, Whiteface Mountain, and a year later, they were inducted into the Adirondack 46er Club.

Hiking and mountain climbing are two of the best ways to venture out into the heart of the natural world, take in the most breathtaking views, challenge yourself both physically and mentally, and create lasting memories. This time of year, the weather is pristine for lacing up your hiking boots and tackling a summit. Here are some of the best mountains to scale in the U.S.!

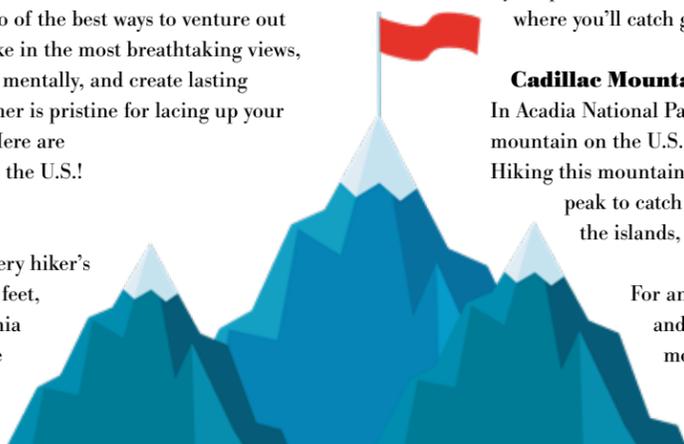
Mount Whitney
In California, Mount Whitney is on every hiker's bucket list. The peak stands at 14,505 feet, making it the highest point in California and the second-tallest mountain in the U.S. This 22.5-mile out-and-back

alpine hike is best completed during the summer months for the best chance of tackling the trails without any snow through the 6,656-foot elevation gain.

Mount Baker
In the North Cascades of Washington, Mount Baker is a glaciated volcano (and the iciest mountain in the Cascades) with a 10,781-foot ascent. Depending on your preferences, there are many different paths to take to the top, where you'll catch gorgeous views of the snow-capped peaks.

Cadillac Mountain
In Acadia National Park in Maine, Cadillac Mountain is the tallest mountain on the U.S. eastern seaboard, standing at 1,530 feet! Hiking this mountain in the morning is amazing because it's the first peak to catch the sunrise and feature views of Bar Harbor, the islands, and Frenchman Bay.

For an exciting adventure that avoids crowds and connects you with some of our country's most beautiful sights, scale a mountain — it won't disappoint!



A PATIENT FLEW IN FROM OREGON TO SEE ME!

Here's How Our 'Dental Robots' Made His Trip Worth It

You've probably heard that artificial intelligence (AI) is taking over everything from writing emails to making music. But did you know that it's also here in your dentist's office? My team and I use AI helpers every day to design crowns for patients like you. It's a tag-team effort. Our "dental robots" start the process by optimizing the shape of the crown, then we customize it to fit the patient!

I love using AI and other cutting-edge technology because it makes my team even more accurate and efficient — and the faster we are, the less time you have to spend at the dentist. That's why just a few months ago, a patient (I'll call him Jim) flew all the way from Oregon to New Jersey to see me!

I could hardly believe it when Jim booked his appointment — but as soon as I saw his teeth, I totally understood. Some of the dental work in his mouth was decades old, and all of it was failing! He needed a root canal and seven new crowns to fix his smile and make his pain go away.

At a normal dentist office, that process would take at least a month and a half. But thanks to our fancy digital scanner, same-day crown milling machine, and AI helpers, we got all of it done in two weeks!

Even better, Jim spent most of his trip enjoying his vacation — not in the dentist's chair. Between visits to my office, he had to wait for a specialist to squeeze him in for a root canal. That wait took a while because the best doctors are always busy. Fortunately, I have a good relationship with the specialists here in town, and we managed to get him in and out relatively quickly!

After some dentist-AI and dentist-dentist collaboration, my team and I sent Jim home with a new, bright smile.



Reaching this point wasn't easy — it took me a lot of work and investment to get my dental practice to this level. For a long time, I couldn't afford to buy

all of the cutting-edge technology that I needed to give you the best experience possible, like our digital scanner, same-day crown milling machine, cone-beam computed tomography (CBCT) scanner, digital X-ray machine, and T-Scan machine. Why not? Well, because the insurance companies mandated low fees that only covered basic expenses, and there wasn't enough money left to invest in new technology. Sometimes insurance companies even *decreased* the fees despite inflation!

That's why, last year, after COVID-19 changed everything, I made the tough decision to stop participating in insurance. Now don't get me wrong, we still take insurance for patients with out-of-network benefits, and for some patients, the difference fortunately isn't big. I'm thankful because many of you understand why I made this decision and that the technology allows me to give them the best treatment possible! Of course, I don't spend money on new machines just to have them. I only incorporate new technology into my practice if it has a proven track record of success.

When Jim booked his appointment with me, I knew my tough decision had paid off. I'm so glad he felt my service was worth flying across the country for! Next time you need best-in-class dentistry, remember I'm here to help you and your family, just like I helped Jim.

To your great smiles and better health,

The Future of Dentistry Is Wide Open

..... Preventive Dentistry With Laser Cavity Detection

From the way missing teeth are replaced to your standard routine dental cleaning appointments, the world of dentistry is becoming more advanced. You likely remember your dentist examining X-rays, hunting for cavities and areas of potential or early signs of tooth decay. Sometimes, they even used the probing method to locate “sticky” areas with a sharp tool. However, as dentistry evolves, those tools have been replaced with lasers!



Small, pen-shaped devices called diode lasers have been used for years for gingivitis treatments, teeth whitening, and gum reshaping procedures. However, they now help dentists detect areas of tooth decay well before a tooth experiences structural damage and requires a filling.

Using diode lasers, dental professionals emit a beam into each tooth in a patient's mouth and measure the density with transillumination. Some light will pass through each tooth, while some is reflected back at the instrument and registered with a sensor. If the beam of light shines through the tooth, there's decay. A tooth without any decay will absorb all of the light, taking on a translucent effect.

Laser cavity detection is noninvasive and painless and does not risk radiation exposure because only light energy is used to capture dental diagnostics. And because laser cavity detection is so precise, it affords dentists the opportunity to catch decay early and stop it in its tracks before the tooth's structure is compromised. This saves patients money, dental anxiety over drilling and fillings, and pain.

As technology continues to shape the world around us, it also makes visiting the dentist more enjoyable, cost-effective, and efficient while improving your beautiful smile! Stay tuned for what is yet to come!

LEAVE ONLY FOOTPRINTS AND TAKE ONLY PICTURES

With the Every Kid Outdoors Program

What if your child could hike through the Redwoods in California, chase waterfalls in Yosemite, get up close and personal with bison in Yellowstone, and go whale watching in Olympic National Park – all for free?

In 2019, President Trump signed the John D. Dingell, Jr. Conservation, Management and Recreation Act into law, which supplied funding for the Every Kid Outdoors program (formerly known as Every Kid in a Park) for the following seven years. With one special pass, all fourth graders in the U.S. can explore spectacular areas in our nation while creating unforgettable experiences and lifelong connections to nature.

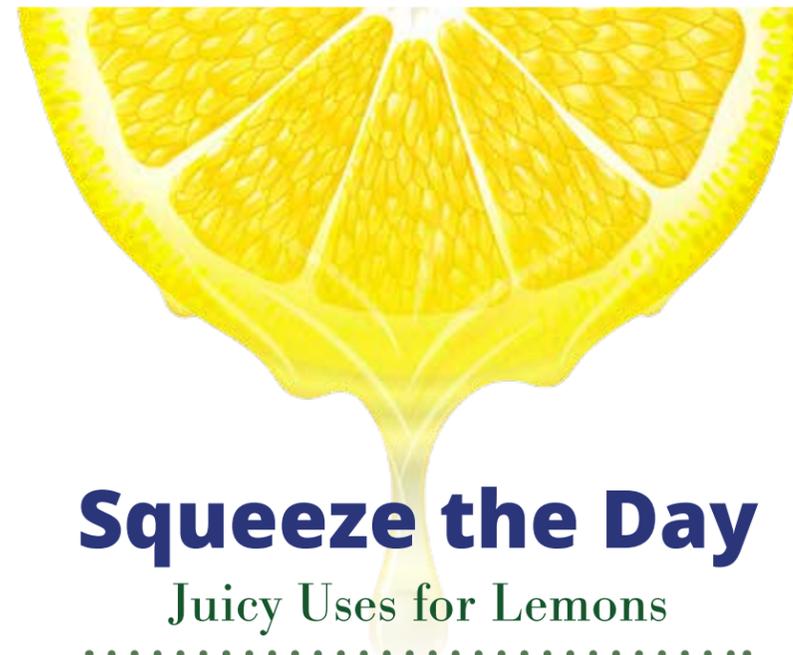
The Every Kid Outdoors program is a collaborative effort between the U.S. Army Corps of Engineers, the U.S. Forest Service, the Department of the Interior, and the National Oceanic and Atmospheric Administration. It ensures every child, along with their siblings and up to three adults (or a car full of people who want to tag along), has the opportunity to explore some of America's most beautiful landscapes and wildlife.

To sign up and get traveling, all a fourth grader needs to do is complete an adventure diary at EveryKidOutdoors.gov and download a voucher. A teacher may also get passes for their entire class. A pass is good for multiple uses in different national parks around the U.S. for an entire year and must be printed and presented in person, as electronic copies are not accepted.



The pass expires on Aug. 31, 2023, but you can sign up for the 2023-2024 pass starting Sept. 1, 2023!

Not only does nature make a fantastic classroom, but exploring and gaining an appreciation for our national parks is also fascinating. Kindle your fourth grader's love for nature and help them get out and explore today with an Every Kid Outdoors voucher. Geysers, canyons, waterfalls, forests, and deserts await!



Squeeze the Day

Juicy Uses for Lemons

Lemons – they're sour, aromatic, and juicy. Contrary to popular belief, though, these little citrus fruits can be utilized in more ways than making lemonade or as a kitchen staple. There are many unusual and resourceful applications that may surprise you! Here are some fun and creative uses for lemons around the house and for your health and wellness!

Fight Off Bugs

Pests like ants, mosquitoes, and spiders enjoy summertime, but insects can make humans miserable. Citrus oil found in lemon peels is a natural bug repellent. In fact, the scent alone keeps them away. Place lemon peels on your counters, windowsills, and the nooks and crannies of your house to keep bugs out!

Stick-No-More

How often have you cooked rice in a pot on the stove, only to have it stick to the bottom of the pan? So frustrating! Add a tablespoon of lemon juice to your rice's boiling water to prevent this grain from sticking!

Remove Blemishes

Did you know that lemon juice is a natural astringent? Applying just a tiny amount after cleaning and drying your skin clears pores and removes oil and dirt that can lead to acne and zits.

Freshen Your Breath

Lemon juice is an excellent tool for combating bad breath. Drinking lemon water can help fight odor-causing bacteria in your mouth. Because lemon juice can erode the enamel on your teeth, follow it up with some plain water!

Clean Your Microwave

Try this hack if you have food buildup in your microwave. In a bowl, combine water, lemon juice, and slices of lemon. Heat the mixture in your microwave on high for three minutes, remove the bowl, and wipe the microwave's interior clean! You'll be surprised just how easily the residue cleans up!

Breathe Easier

When you're sick, one of the most frustrating things is congestion. Drink lemon juice and hot water to reduce phlegm, soothe the throat, and relieve other cold symptoms.

Who would have thought the lowly lemon had so many practical applications?

Grilled Halibut With Roasted Red Pepper Sauce

Inspired by: FoodAndWine.com



Ingredients

- 1 16-oz jar roasted red bell peppers, drained
- 5 garlic cloves
- 1 tbsp sherry vinegar
- 2 tsp honey
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 cup olive oil
- 4 6-oz skin-on halibut fillets

Directions

1. In a food processor or blender, mix bell peppers, garlic, vinegar, honey, salt, and black pepper until smooth. Transfer sauce to a bowl; whisk in oil.
2. Into a large plastic zipper bag, pour 1 cup of sauce; add halibut fillets and seal bag; turn to coat fillets. Let marinate in refrigerator for 20 minutes. Reserve remaining sauce for serving.
3. Preheat a grill to medium-high (400–450 F). Remove halibut from marinade; scrape off excess.
4. On oiled grill grates, arrange fillets and grill, covered, until fish flakes easily, 4–5 minutes per side.
5. Transfer fillets to serving plates or a large platter. Drizzle with reserved sauce. Serve alongside preferred veggies and crusty bread.

Take a Break

