

News From The Office™



Alan Brunelli, DDS
 1060 S. Preston Rd Ste 110 • Celina, TX 75009
 Phone: 972-382-2900

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FOR ALL DADS



THE GREATEST
 GIFT I EVER HAD,
 CAME FROM GOD;
 I CALL HIM DAD!!!
 HAPPY FATHER'S DAY!

Inside This Issue...

The Perfect Refrigerator

How your refrigerator can help you eat right and better 1

Simple Cookie Recipe:

Cookies Your Kids Can Make for Day 2

Healthy Living

Reducing Cancer Risk 2

From the Ocean to Your Plate 2

From the Office 3

Three Steps to

Survive a Disaster 3

Pet Time

Household Poisons 4

Jumble

for Kids 4

THE PERFECT REFRIGERATOR

How your refrigerator can help you eat right and better!

Think of your refrigerator as something like a personal vending machine. The difference between the two is that you stock your refrigerator, hopefully with a measure of self-control. If it looks like an actual vending machine, you're in trouble.

Stocking your fridge with accessible, healthy food is one of the first habits you should get into if you want to maintain a healthier diet. Here are tips to help limit temptation and promote good eating habits.

-If you don't buy it, you won't eat it. It's a lot easier to avoid the ice cream if it's not there. Always make a list and stick to it. Lists help avoid unnecessary meandering down aisles where you may be tempted to buy something you don't need. We all know the rule, "Never go to the store hungry."

-Give your fridge shelf appeal. It may be customary to stock the fruits and vegetables in the bins at the bottom of the refrigerator, but I say that's a bad idea. If the good stuff is hidden, you're less likely to see it and eat it. It's estimated that more than \$10 dollars a week per household is wasted on produce that has gone bad - and that's usually because it's out of sight. Use the bins for meats and deli items, and keep the healthy fruits and vegetables at eye level Also give prominent shelf space to healthy snacks like hummus and peanut butter.

-Wash, chop and bag it. Take the time (as soon as you get home from the store) to wash and prepare the fruits and vegetables. Separating food into individual portions is also a good idea and helps prevent overeating. Fruits and vegetables should be ready to be munched on at a moment's notice. Waiting until you're hungry to wash and peel the carrots is a promise you won't keep.

-Freeze it. Frozen fruits such as bananas and grapes make great snacks. Kids love them when they're look for something sweet. Use ice trays to freeze fresh-squeezed orange juice (place a toothpick in the center) for a healthy and refreshing popsicle.

-Hide it. The sweet stuff, that is. If you do indulge, keep only one item on hand-at-a time and hide it. The drawers below are a good place.

If you're trying to eat healthier, the refrigerator can be your best friend or your worst enemy. Replace high-fat foods with low-fat varieties and keep the produce visible. When hunger strikes, give yourself the best shot at choosing something healthy. One small change can make a big difference in long run.

Betsy Berthin, R.D. is a registered dietician and nutritional consultant based in Miami, Fla. Visit her Web site: www.betsykleinrd.com. © 2010, Betsy BERTHIN. Distributed by Tribune Media Services Inc.



Happiness is not so much
in having or sharing.

We make a living
by what we get,
but we make a life
by what we give.

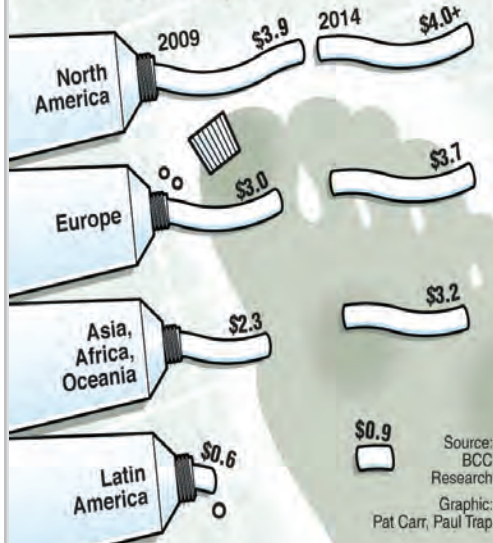
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Fighting fungus

Current and projected market for anti-fungal drugs, in billions, by world region:



Our practice continues to grow everyday and we recognize that our best patients come from your referrals. To show our appreciation, you will receive a **\$25.00** gift card every time you refer a friend or family member to us! As always, thank you for your continued confidence and support!



From The Office

Dental Assistant - Rose Holguin

Rose was born in McKinney, Texas and raised in Celina, Texas. She has worked for Dr. Burnelli since July 2007. She and her husband Jose have been married for 10 years. They have 3 children. Zachary, 10, a fourth grader who enjoys the outdoors and swimming. Christopher, 9, a third grader who enjoys playing video games and swimming. They both play baseball for the Celina Bobcats. And the newest blessing of the bunch is Nereya Celeste who is 6 months old. She enjoys taking walks with mom and dad. On her time off, Rose enjoys spending time with her family and going to the movies with her husband.

Three Steps to Survive a Disaster

Bad things happen to good people all the time. Some things we simply can't prevent. I live in Southern California, and on Easter we experienced a relatively small, but long, earthquake. One moment I was enjoying the holiday with my family, and the next I was wondering if this was the "big one."

The earthquake, the volcanic eruption in Iceland and the attempted bomb attack in New York City forced me to think about my emergency plan, and I want you to think about yours. Plan for the unexpected and protect your family in the event of a natural disaster or terrorist attack.

There are a few things you can do today to help protect your families and loved ones. The three steps the U.S. Department of Homeland Security recommends are: (1) get a kit, (2) make a plan, and (3) be informed.

Get a Kit

Get an emergency kit with a few basic supplies. According to Ready America, a partnership between Homeland Security and The Advertising Council, here is what a kit should contain:

One gallon of water per person per day for at least three days; at least a three-day supply of non-perishable food; battery-powered or hand-crank radio and a NOAA Weather Radio and extra batteries for both (a good option is the FR600 from redcrossstore.org); flashlight and extra batteries; first-aid kit; whistle to signal for help; dust mask, to help filter contaminated air, and plastic sheeting and duct tape; moist towelettes, garbage bags and plastic ties; wrench or pliers to turn off utilities; and a can opener (if kit contains canned food).

There are several additional items you should consider for your kit, according to Ready America:

Prescription medications and glasses; infant formula and diapers; pet food and extra water for your pet (you can't forget about them!); important family documents, such as copies of ID, insurance policies and bank account records, kept in a waterproof, portable container; cash and change; sleeping bags or warm blankets; complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes; household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant; in an emergency, you can use it to treat water by using 16 drops of bleach per gallon of water); matches in a waterproof container; personal hygiene items; mess kits, paper cups and plates, plastic utensils and paper towels; paper and pencil; and books, games, puzzles or other activities for children.

Make a Plan

If disaster strikes and your family is not together, it's important to have a plan of action - how you will contact one another, where you will meet, etc. Download a Make a Plan form from Ready America (www.ready.gov).

Be Informed

It's important to know what's happening locally in an emergency, and if there are special instructions you should follow. An AM/FM radio can keep you informed. You can also go to the Ready America site to get a list of local emergency contacts.

I consider myself an eternal optimist. In my mind, the glass is not half empty or half full; it is well on its way to becoming full. However, it's still important to focus on what could go wrong. The goal of this column is not to worry or scare you. It's simply about being prepared and doing everything you can to protect your family. Prepare the emergency kit, make a plan and review the plan with your family a couple of times a year. That's all there is to it!



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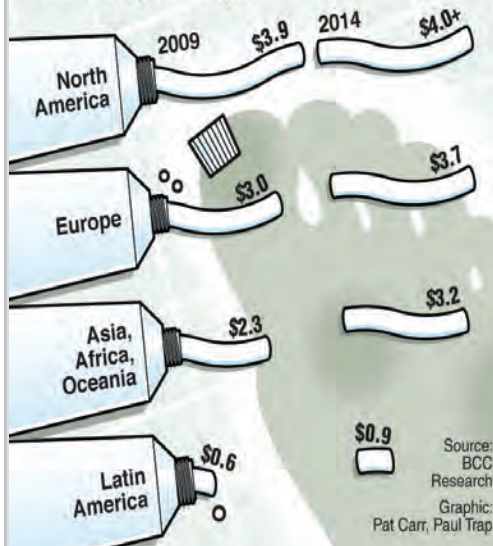
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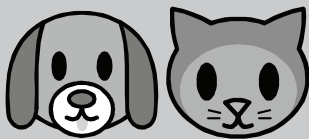
FOR YOU AND A FRIEND!
 with this coupon
(972) 382-2900
Call today to schedule an appointment!

For Your Garden



Bananas peels contain potassium, which is good for your garden. They also repel aphids.

PET TIME



Consult your vet immediately if you suspect your pet has ingested poison. Be prepared to provide as much information as you can, such as what type of poison it was, how much your pet ingested, and when it happened. Follow your vet's instructions carefully.

Common poisons include:

- Human medication, such as aspirin or Tylenol.
- Antifreeze and windshield wiper fluid. The taste appeals to dogs and cats - but a even a small amount can be fatal!
- Household cleansers - oven cleaners, floor cleansers, furniture polish, etc.
- Rat and mouse poisons.
- Gardening supplies - weed killers, insecticides, slug bait, etc.
- Paint and paint solvents.
- Plants, both indoor and outdoor.
- Animal stings or bites, ie. snake, bee.

Thanks For Being Our Patient!



JUMBLE KIDS

- that scrambled word game! ®
 By MIKE ARGIRION and JEFF KNUREK

The letters of these crazy words are all mixed up. To play the game, put them back into the right order so that they make real words you can find in your dictionary. Write the letters of each real word under each crazy word, but only one letter to a square.

KAS
 □ □ □

NAGG
 □ □ □ □

OBMB
 □ □ □ □ □

AKER
 □ □ □ □ □

NEW Jumble iPhone App go to:
www.bit.ly/15QkRq

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Color me

You are now ready to solve today's Jumble For Kids. Study the picture for a hint. Then play around with the letters in the circles. You'll find you can put them in order so that they make your funny answer.

Print your answer here:



Jumbles: ASK GANG BOMB RAKE
 Answer: Shared by dogs and trees —
 BARKS