

The Tooth Times

Something To Make You Smile About February 2015 Issue

**Are You
Kissable?**

**Keep Your
Teeth for Life**

**Perfect
Pancake
Recipe**

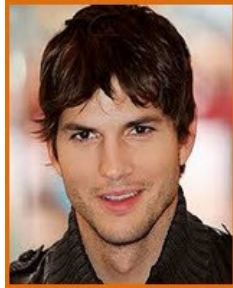
**5 Runway
Trends For
This Spring**

**You Could Be
A Winner!
Where In The World**

Happy Birthday
Ashton

Ashton Kutcher

Christopher Ashton Kutcher born February 7, 1978 in Cedar Rapids, Iowa. He is an American actor, producer, investor and former model. He has an older sister named Tausha and a fraternal twin brother named Michael, who had a heart transplant when the brothers were young children. Michael also has cerebral palsy and is a spokesperson for the advocacy organisation Reaching for the Stars.



In 2009, Kutcher established an international human rights organization with his then wife Demi Moore. DNA Foundation, later **known as Thorn**, works to address the sexual exploitation of children and the proliferation of child pornography on a global scale. Kutcher began dating his former *That '70s Show* co-star Mila Kunis in April 2012. After they became engaged in February 2014, she gave birth to their daughter Wyatt Isabelle Kutcher on September 30, 2014. Kutcher describes himself as fiscal conservative and social liberal. He has been a student of Kabbalah, a form of Jewish mysticism, for several years. On September 17, 2008, Kutcher was named the assistant coach for the freshman football team at Harvard-Westlake School in Los Angeles. However, he was unable to return in 2009 because he was filming *Spread*. In February 2011, Kutcher sold his Hollywood Hills home, which he originally bought in 2004. In April 2012, Kutcher became the 500th paying customer to sign up to ride Virgin Galactic's SpaceShipTwo.



Where in the World

You Could Be The Winner of a Free Meal for 2

The first person to bring in this newsletter with the correct answer to the name of this famous landmark and the country it is in wins a **Free meal for 2 at Di Paola's Restaurant in Bexhill.**

6 Surprising Facts About St. Valentine



1. The St. Valentine who inspired the holiday may have been two different men.

Officially recognized by the Roman Catholic Church, St. Valentine is known to be a real person who died around A.D. 270. However, his true identity was questioned as early as A.D. 496 by Pope Gelasius I, who referred to the martyr and his acts as "being known only to God." One account from the 1400s describes Valentine as a temple priest who was beheaded near Rome by the emperor Claudius II for helping Christian couples wed.

2. In all, there are about a dozen St. Valentines, plus a pope.

The saint we celebrate on Valentine's Day is known officially as St. Valentine of Rome in order to differentiate him from the dozen or so other Valentines on the list. Because "Valentinus"—from the Latin word for worthy, strong or powerful—was a popular moniker between the second and eighth centuries A.D.

3. Valentine is the patron saint of beekeepers and epilepsy, among many other things.

Saints are certainly expected to keep busy in the after-life. Their holy duties include interceding in earthly affairs and entertaining petitions from living souls. In this respect, St. Valentine has wide-ranging spiritual responsibilities. People call on him to watch over the lives of lovers, of course, but also for interventions regarding beekeeping and epilepsy, as well as the plague, fainting and travelling.

4. You can find Valentine's skull in Rome.

The flower-adorned skull of St. Valentine is on display in the Basilica of Santa Maria in Cosmedin, Rome.

5. Chaucer may have invented Valentine's Day.

The medieval English poet Geoffrey Chaucer often took liberties with history, placing his poetic characters into fictitious historical contexts that he represented as real. No record exists of romantic celebrations on Valentine's Day prior to a poem Chaucer wrote around 1375.

6. You can celebrate Valentine's Day several times a year.

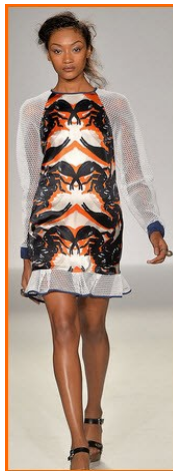
Because of the abundance of St. Valentines on the Roman Catholic roster, you can choose to celebrate the saint multiple times each year. Besides February 14, you might decide to celebrate St. Valentine of Viterbo on November 3. Or maybe you want to get a jump on the traditional Valentine celebration by feting St. Valentine of Raetia on January 7. Women might choose to honor the only female St. Valentine (Valentina), a virgin martyred in Palestine on July 25.



5 Runway Trends You'll Be Wearing In Spring 2015

Out-of-the-Ordinary Animal Prints—

Leopard print, although a classic, was a big trend on the autumn 2014 runways. This season, though, it's all about the wildlife less ordinary. Chameleons and creepy crawlers – from crabs and scorpions to seahorses and jelly fish – found their way onto sweet dresses, and instead of tiger stripes, gowns showcased the face of the beasts.



The Subtle 70s—Every season, a specific decade takes over the runways, and after a close competition between the mod '60s and the 1970s, the latter has won out. But don't expect to be rocking full-fledged bell bottoms next year. This time, it's all about subtle touches in retro lapel shapes, juxtaposing color combinations, an abundance of denim, and pant silhouettes that are sometimes flared, sometimes full and wide.

Sport Minimalism—We've seen full-on sportswear from the likes of Alexander Wang for years, but this go-around, there's a pared-down approach to athletic influences. Lace-up styling is one of the most noteworthy choices this season, but from racing stripes and wrist bands to zipper pulls and drawstrings, just a detail here and there keeps the look fresh.

Statement Stripes—Found on nearly every single spring runway, stripes are making a major statement, but that doesn't necessarily mean the bigger the better. Instead, we're seeing designers play with positioning and placement.

The New High Neckline—Conservative dressing was an unexpected change for many fashion houses showing this season, and it couldn't have been more evident in the buttoned-up, high-collared looks that came down the runways. From dickies to turtleneck dresses it's not typically the direction designers take for a spring season, but it's one that might be a welcome antidote to all the sheer



Thank you to our wonderful patients
for all your referrals.

We really appreciate it!

Are You Kissable?

Get Prepared For Valentine's Smackers!



Suit booked ✓

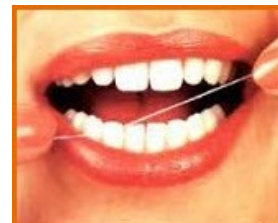
Table booked ✓

Flowers booked ✓

Teeth cleaning booked ?

Book your Valentine Valet today! Phone 01424 730827 and speak to Rita

How to Keep Your Teeth For Life



There is a right way to brush and floss your teeth. Every day:

- Gently brush your teeth on all sides with a soft-bristle brush and fluoride toothpaste.
- Use small circular motions and short back-and-forth strokes.
- Take the time to brush carefully and gently along the gum line.

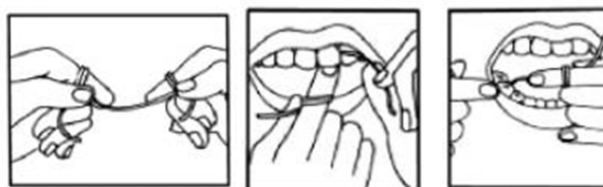
Lightly brush your tongue to help keep your mouth clean.

People with arthritis or other conditions that limit hand motion may find it hard to hold and use a toothbrush. Some helpful ideas are:

- Use an electric or battery-operated toothbrush.
- Slide a bicycle grip or foam tube over the handle of the toothbrush.
- Buy a toothbrush with a larger handle. Attach the toothbrush handle to your hand with a wide elastic band.

You also need to clean around your teeth with dental floss every day. Careful flossing will take off plaque and leftover food that a toothbrush can't reach. Be sure to rinse after you floss.

See your dentist if brushing or flossing causes your gums to bleed or hurts your mouth. If you have trouble flossing, a floss holder may help. Ask your dentist to show you the right way to floss.



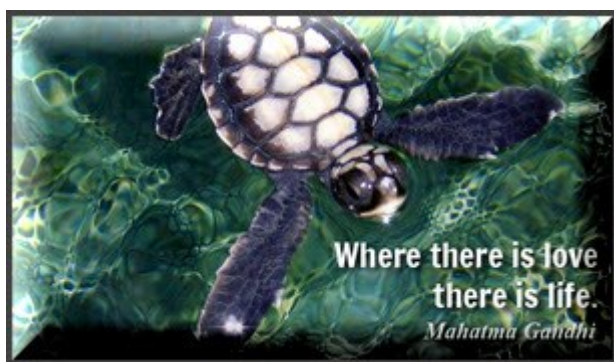
Recipe For Perfect Pancakes

Ingredients

- 100g plain flour
- 2 eggs
- 300ml semi-skimmed milk
- 1 tbsp sunflower oil or vegetable, plus extra for frying
- Pinch of Salt

Method

1. **Blending in the flour:** Put the flour and a pinch of salt into a large mixing bowl and make a well in the centre. Crack the eggs into the middle, then pour in about 50ml milk and 1 tbsp oil. Start whisking from the centre, gradually drawing the flour into the eggs, milk and oil. Once all the flour is incorporated, beat until you have a smooth, thick paste. Add a little more milk if it is too stiff to beat.
2. **Finishing the batter:** Add a good splash of milk and whisk to loosen the thick batter. While still whisking, pour in a steady stream of the remaining milk. Continue pouring and whisking until you have a batter that is the consistency of slightly thick single cream. Traditionally, people would say to now leave the batter for 30 mins, to allow the starch in the flour to swell, but there's no need.
3. **Getting the right thickness:** Heat the pan over a moderate heat, then wipe it with oiled kitchen paper. Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer. Quickly pour any excess batter into a jug, return the pan to the heat, then leave to cook, undisturbed, for about 30 secs. Pour the excess batter from the jug back into the mixing bowl. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn. Flipping pancakes: Hold the pan handle, ease a fish slice under the pancake, then quickly lift and flip it over. Make sure the pancake is lying flat against base of the pan with no folds, then cook for another 30 secs before turning out onto a warm plate. Continue with the rest of the batter, serving them as you cook or stack onto a plate.



PIG

Age: 6+

Number of players:
3-13

Cards: Standard

deck of 52 cards for up to 13 players

How to play: For each player, take four of a kind (cards of the same number or suit) out of the deck and put aside the remaining cards. For example, if there are three players, take three groups of four matching cards, such as four queens, four sevens and four aces. Shuffle all these cards and deal them so each player has four. Players can look at their cards privately.

To begin, each person discards one card from their hand and puts it face down on the table in front of them. When everyone has a card on the table, they will simultaneously pass their card to the player on the left and pick up the new card that has been passed to them. When a player collects four of a kind, he puts his finger on his nose. If another player notices this, they must also place their finger on their nose, regardless of whether they have four of a kind or not. The last player to put a finger on their nose gets a letter – first P, then I, then G. The first player to reach “P-I-G” is the loser.

Horoscopes

Aquarians are interesting and attractive people. They can be shy, sensitive, gentle and patient or enthusiastic and lively with a tendency to be exhibitionists. Both types are strong-willed and forceful in

their own way. Very opinionated with strong convictions, they fight for what they believe in. They will argue vehemently for what they believe to be true.

These are farsighted people and innovative. They are generally without prejudice and quite tolerant of the point of view of others. They have an interesting side to their nature that allows them to see a valid argument even when they disagree with it. They are quite objective folk and never get waylaid by being too close to an issue or person.

Aquarius is truly a humane, human being. Known to be frank and outspoken, Aquarius makes for a serious and genial companion. **Refined and idealistic, romantic but practical, they are personable and likeable people.**

