

TheWhole Tooth



March 2011

Wedding Fever Whitening Offer



Have you got a Spring wedding coming up or an important event? Get a beautiful smile and banish coffee, red wine and any other stains with our ultimate power tooth whitening method.

Special Spring Offer from £159.00 to £250.00

Please book your appointment between 1st and 31st March by calling Retha on **01424 730827**

WHAT A DIFFERENCE YOU CAN MAKE WITH YOUR SMILE.....

Happy
St. Patrick's Day
March 17th

Let the Luck of the Irish
Be on Your Side!



Thanks to all the loyal patients who referred us new patients during the month of February.

It keeps us in business. Thanks for your support and trust.

"The word 'question' is derived from the Latin 'quarrier' (to seek) which is also the root of 'quest.' A creative life is a continued quest, and good questions can be very useful guides. Most useful are open-ended questions; they allow for fresh unanticipated answers to reveal themselves."

NEW SMILE



**You could be the Winner of a
FREE meal for two at local
restaurant**

WHERE IN THE WORLD?



The first **5** people to **BRING IN THIS NEWSLETTER** and tell us the correct answer to what country this is in wins a **FREE** meal for two.

Children's Corner



An Englishman, a Welshman and an American were having a drink. At first they talked about cars and farms, and true to form, the American had the swankiest car and the biggest farm. Then they got to talking about children's names.

'My son was born on St David's Day', remarked the Welshman, 'So we christened him David.'

'That's a coincidence,' stated the Englishman 'My son was born on St George's Day so we decided to call him George.'

'That is remarkable indeed,' piped up the American, 'Exactly the same thing happened with my son Pancake.'

March Horoscope Stars



Pisces

February 19-March 19
Ruled by Jupiter and Neptune
Gemstone: Yellow Sapphire
Lucky Day: Thursday
Lucky Number: 3

Celebrity Pisceans: Jon Bon Jovi, Eva Longoria, Bruce Willis, Jessica Biel and Drew Barrymore

Your Horoscope: This is a time period of gradual maturing of your attitudes and overall approach to life. You become more in tune with your inner needs and tendencies, and you make changes that allow you to spend more time doing the things that you really enjoy and that you instinctively are attracted to, rather than what serves your more worldly ambitions.



Aries

March 20-April 19
Ruled by Mars
Gemstone: Red Coral
Lucky Day: Tuesday
Lucky Number: 9

Celebrity Ariens: Ewan McGregor, Keira Knightly, Russell Crowe, Kate Hudson, Vince Vaughn, and Reese Witherspoon

Your Horoscope: Things get a little easier now and you can relax. It's been a hectic time as you've tried to accomplish a great deal. But you really can start to ease off now. It would be better to consolidate your gains. The stars advise caution with investments so you may need to think carefully before investing in life changing deals or buying property etc. Get guidance from a professional who knows the ropes.

Mad March Offer

Save Up **TO 20%** off ANY Treatment or Service!! Offer valid until 31st March 2011

Refer any friend or relative who has never been to De La Warr Dental. As long as they schedule their appointment prior to the deadline, you will EACH save **20%. Here's how it works.....**

Our way to saying THANK YOU for your confidence, each of you may use this coupon for an additional 20% off ANY TREATMENT OR SERVICE you schedule before the Deadline...

Call Retha on 01424 730827 today!



St. Patrick's Day is celebrated by the Irish and Irish at Heart in big cities and small towns alike with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games.

Well now St. Patrick's Day wouldn't exist if not for the man himself! But how much do we know about him? Did you know that he spent six years of slavery in Ireland until he escaped and undertook religious training abroad?

Many folk ask the question 'Why is the Shamrock the National Flower of Ireland?' The reason is that St. Patrick used it to explain the Holy Trinity to the pagans. Saint Patrick is believed to have been born in the late fourth century, and is often confused with Palladius, a bishop who was sent by Pope Celestine in 431 to be the first bishop to the Irish believers in Christ.

Beef and Irish Stout Stew



Ingredients

- 905 g lean beef stew meat, cut into 1-inch cubes
- 45 ml vegetable oil, divided
- 15 g all-purpose flour
- 1 g salt and ground black pepper to taste
- 0.2 g cayenne pepper
- 2 large onions, chopped
- 1 clove garlic, crushed
- 30 g tomato paste
- 355 ml Irish stout beer (such as Guinness®)
- 255 g chopped carrot
- 1 sprig fresh thyme
- 4 g chopped fresh parsley for garnish

Directions

1. Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.
2. Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat. Add the beef, and brown on all sides. Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.
3. Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with chopped parsley.

Nutritional Information

Amount Per Serving Calories: 518 | Total Fat: 36.1g | Cholesterol: 101mg



Buy and plant container-grown items such as shrubs, trees, woodland and herbaceous plants.



Divide clumps of snowdrops towards the end of the month.



Repair any damage to the lawn by re-sowing bare areas with grass seed. Also repair any damaged edges with squares of turf.



Plant early varieties of potatoes in the last week of March.

March Calendar of Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|--------------------|---|--------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 Shrove Tuesday  | 9 Ash Wednesday | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 St Patricks Day  | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 British Summertime begins  | 28 | 29 | 30 | 31 | | |