

# The Tooth Times

Something To Make You Smile About April 2015 Issue

**Kids  
Zone**

**Easter Eggs  
For The Kids**

**Hot Cross  
Buns  
Recipe**

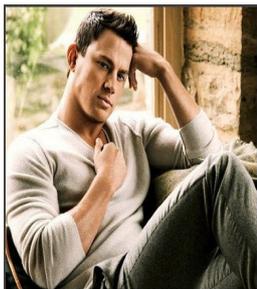
**6 Healthy  
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*Happy Birthday*  
**Channing Tatum**

## Channing Tatum

Channing Tatum, was born on April 26th 1980 in Cullman, Alabama. He is an American actor, film producer, dancer and model. Tatum made his film debut in the drama film *Coach Carter*. His breakthrough role was in the 2006 dance film *Step Up*. Tatum is also known for his portrayal as Magic Mike in the 2012 comedy film *Magic Mike* which he produced.



Channing Tatum is the son of Kay and Glenn Tatum. He has a sister named Paige. He is mostly of English ancestry with small amounts from elsewhere in Europe. He moved with his family, to Mississippi when he was six and grew up in the bayous near the Mississippi River. He grew up playing football, soccer, track and baseball. And he also performed martial arts. He has been quoted as saying that girls were always his biggest distraction in school. After school, where he was voted most athletic, he returned home and started working odd jobs. It was around this time that he started working as a stripper at a local nightclub under the name Chan Crawford. In an Australian newspaper in 2010 he stated that he wanted to make a movie about his experiences as a stripper, an idea which led to the movie *Magic Mike*. In 2000 Channing was cast as a dancer in Ricky Martin's "She Bangs" video where he was paid \$400 for the job. In 2006 Channing met Jenna Dewan on the set of their movie *Step Up* and they began dating shortly after filming had finished. They got engaged in 2008 and married on July 11th 2009 in Malibu, California. They have a daughter who was born in London in 2013. Tatum grew up having to deal with Attention Deficit Disorder and Dyslexia which he says affected his ability to do well in school. He has also stated more recently that he drinks too much and that he is a high-functioning alcoholic.



## 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**

## Easter Offer



Why not book the kids in for a check up and get 25% off? Offer valid from 1<sup>st</sup> April 2015 to 30<sup>th</sup> April 2015.

Call **01424 730827** now to book your child's appointment.

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

## Easter Eggs For The Kids

Although some supermarkets have been selling Easter eggs for months, there are still a few days to wait before our favourite bunny comes knocking.

To help busy parents out, we've put together a selection of great Easter eggs for kids, ranging from Sainsbury's cheap and cheerful rainbow buttons egg to Hotel Chocolat's seriously decadent caramel Splat egg.

So whether you're buying for toddlers or teenagers, you'll find something to put a smile on their face on Easter morning - as long as you don't eat them first.



- |     |                                    |        |
|-----|------------------------------------|--------|
| 1.  | Co-op Popcorn Egg                  | £5     |
| 2.  | Thorntons Harry Hopalot            | £6.99  |
| 3.  | Nestle Caramel Collection          | £6     |
| 4.  | Tesco Chippy the Squirrel          | £4.50  |
| 5.  | Marks & Spencer Capt Eggwash       | £6     |
| 6.  | Lick the Spoon Chocolate Pixel egg | £9.95  |
| 7.  | Waitrose Spike the Hedgehog        | £5     |
| 8.  | Lindt Gold Bunny Egg               | £5.19  |
| 9.  | Hotel Chocolat The Splat           | £12.50 |
| 10. | Sainsbury's Rainbow Button egg     | £1     |

## Hot Cross Buns

### Ingredients

#### For the buns

- 500g strong white bread flour
- ½ tsp salt
- 2 heaped tsp mixed spice
- 50g caster sugar
- 50g butter, chopped into cubes
- 200g mixed dried fruits
- 7g sachet easy-blend dried yeast
- 200ml milk
- 2 eggs

#### For the crosses & glaze

- 3 tbsp plain flour
- Honey or golden syrup for brushing

### Method

Tip the flour into a bowl and stir in the salt, mixed spice and sugar.

Rub in the butter with your fingertips. Stir in the dried fruit, then sprinkle over the yeast and stir in.

Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds. Beat with the eggs, then pour into the dried ingredients.

Using a blunt knife, mix the ingredients to a moist dough, then leave to soak for 5 mins. Take out of the bowl and cut the dough into 8 equal pieces.

Shape the dough into buns on a floured surface. Space apart on a baking sheet, cover loosely with cling film, then leave in a warm place until half again in size. This will take 45 mins-1 hr 15 mins, depending on how warm the room is.

When the buns are risen, heat oven to 220C/fan 200C/gas 7. Mix the flour with 2 tbsp water to make a paste. Pour into a plastic food bag and make a nick in one of the corners. Pipe crosses on top of each bun.

Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns, then brush all over with honey or golden syrup. The buns will keep fresh for a day. After that they are best toasted and served with butter.



## 8 Less Guilty Ways to Indulge Any Sweet Tooth



Let's be honest: Anything that *seriously* satisfies our sweet tooth isn't going to be the epitome of a healthy meal. Though all of these snacks contain (gasp!) sugar, I've aimed to find lower-sugar options that offer something beneficial, whether it be a sneaky superfood (like strawberries and grapes) or additional nutrients like fibre or protein. So here are **8 less guilty ways to indulge any sweet tooth.**

**Chocolate-Dipped Strawberry.** Combat chocolate's not-so-healthy side by using it as a semi-sweet jacket on superfoods like strawberries! Dip and let set in the refrigerator until the chocolate coating has hardened.

**Frozen Chocolate Banana.** This is the perfect frozen sweet treat with some extra nutritional punch! Bananas are a great source of vitamins C and B6, and are also packed with fibre and potassium. Peel a banana, cut into two equal halves, and freeze. Once solid, take out and roll in melted dark chocolate. Enjoy!

**Yogurt Parfait.** Top 1 cup Greek yogurt (plain or vanilla) with your choice of toppings: crumbled graham crackers or granola, nuts, and fruit are all healthy choices. Add some shaved chocolate if you must!

**Fresh Fruit.** Can't get simpler than this. Any piece of fresh fruit should offer enough natural sugar to fill those cravings. Plus, it's definitely the healthiest choice and you get added nutrients and fibre!

**Dark Chocolate.** Sorry, friends—not any old chocolate bar will send you to healthful heaven. But dark chocolate (think more than 70 percent cacao), which lacks all the added fat and sugar of classic milk chocolate, can actually be a healthy treat in moderation. Dark chocolate is packed with antioxidants and can even help regulate levels of the stress hormone, cortisol.

**Smoothie.** It's easy to find an easy, healthy smoothie recipe for breakfast, a snack, or dessert.

**Cafe Mocha.** This is the perfect way to get a kick of caffeine and a serving of dark chocolate all at once. Opt for low-fat milk and stick to a small size to keep the calorie count low.

**Frozen Grapes.** Pop a vine in the freezer for a few hours and out comes a long-lasting, slightly sweet treat packed with antioxidants and other nutrients. The biggest health boost? Resveratrol, which studies suggest may help lower levels of LDL cholesterol and promote blood vessel health.



Thank you to our wonderful patients for all your referrals.

We really appreciate it!

## 6 Healthy Drinks

Sip your way to a stronger immune system and a better mood, and reduce your cancer risk with these 6 healthy drinks.



**Green Tea**—The benefits: Helps reduce risk of osteoporosis, cancer, heart disease and cavities.

**Mint Tea**—The benefits: Eases cramps and helps ward off indigestion and aids in digestion by promoting the movement of food through the digestive tract.

**1% Reduced-Fat Milk**—The benefits: Curbs cravings and helps protect against osteoporosis. Because it has the components of a healthy meal—carbohydrates, protein and a little fat, you absorb it and stay full longer.

**Soy Milk**—The benefits: Lowers risk of heart disease. It contains soluble fibre and soy protein which lowers bad cholesterol levels and triglycerides thus reducing the risk of cardiovascular disease.

**Cranberry Juice**—The benefits: Helps prevent gum disease. Research suggests that the same antibacterial properties present in cranberry juice that fight off urinary tract infections may also protect against periodontal disease.

**Low Salt Tomato Juice**—The benefits: May protect against numerous cancers. Process tomato products are the richest source of antioxidant lycopene which has been associated with a reduced risk of lung and stomach cancer.

## Horoscopes

**Taurus April 2015 Horoscope** foretells that you will assert yourself and have things done as per your wish. This is the time to show people your true self.

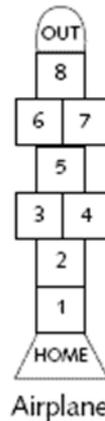
The April 2015 love forecasts show that single Bulls will find partners during the last week of the month while doing spiritual or social work.

Relationship with your parents will be pleasant. You will share good understanding with your life partner. If your lover is obsessive, make sure you are not dating a control freak.

The horoscope foretells that your health will become stronger during the last week of the month as the effect of Saturn will be absent. You will have abundant energy and vitality to accomplish your goals in life.



## Eight & Back



### Materials

- Chalk
- One marker (small chain, coin, or stone) per player

### Directions

1. Use chalk to draw an airplane hopscotch court.
2. One player stands in the home space.
3. He tosses his marker into space one, hops on one foot over space one and into space two, hops in spaces three and four at the same time, hops on one foot in space five, hops in spaces six and seven at the same time, and hops on one foot into space eight.
4. He turns around and hops back in the same way to space two, where he picks up his marker.
5. Then he hops into space one and the home space.
6. He turns around and tosses his marker into space two and hops in the same way until he fouls out (hops on a line, puts both feet down when he's supposed to be hopping on one foot, or misses his target when tossing his marker).
7. The players take turns tossing and hopping in the same way.
8. When a player takes a new turn, he starts hopping from where he fouled out on his last turn. The first player to finish the entire sequence of tosses and hops through space eight is the winner.

The **Taurus monthly predictions for April 2015** forecasts that problems in financial dealings are likely by end of April 2015. Try to make major decisions on money matters and execute them before 26th. There will be a temporary setback during the end of month.

