



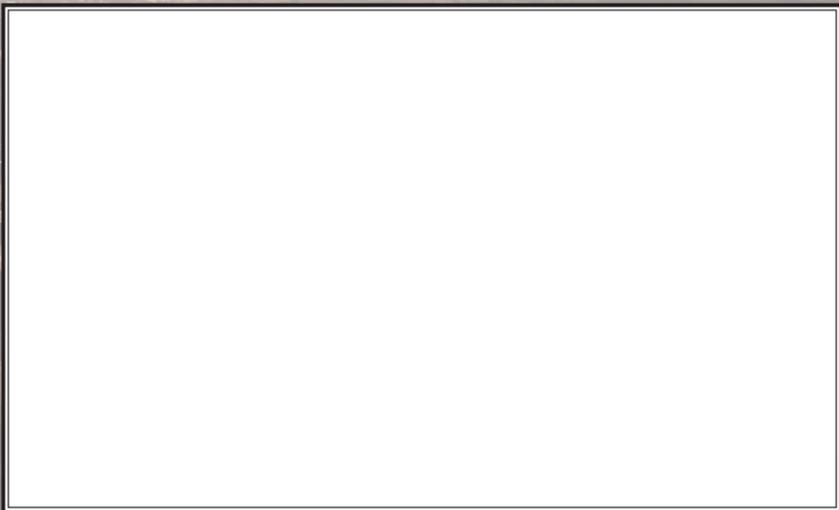
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# Running: A Love Story

USE CUES TO CREATE A RUNNING HABIT

Since the '70s, devotees have referred to the elusive rush of euphoria they feel during and right after a run as a "runner's high." Your friend who claims to "love" running despite how exhausted she looks at the finish line of her 10K might be experiencing the effects of this phenomenon. This post-workout boost has long been linked to a rush of endorphins entering the brain, but a recent study from researchers in Germany suggests that a more likely cause is an increased production of serotonin and other feel-good neurotransmitters. Because of these physiological effects, running may help to improve your body's ability to stand up to stress while also making you feel good.

For seasoned runners, that sweet call of serotonin might be enough to lace up their sneakers week after week, but the rest of us might need a little more convincing. Research into the psychology of habit formation, which has allowed companies like Procter & Gamble to make millions, has found that habits are often linked to a specific cue. Calling on the insight of psychologists, marketing campaigns have used this tactic to sell products like Febreze, and you can use some of the same techniques to adopt a running habit.

Most cues fall into one of four categories: temporal (linked to a specific location or time of day), action-based (one of a series of actions), emotional (linked to a mood or emotion), or social (linked to a particular group of people). So if you want to create a running habit, develop prompts that will cue you to engage in it.



For example, you can use temporal cues to make a habit of running every day after work, or you can make it a necessary step in your routine: Wake up, brush teeth, coffee, run, shower. Documenting how you feel after a run will help your mind link the good feelings it gives you to the action, which will then cue the habit. Next time your drinking buddies suggest happy hour, suggest a run instead. Maybe they'll even pick up the habit.

Go on now. Let running sweep you off your feet!



# Hello, Spring!

CELEBRATING THE RETURN OF BASEBALL SEASON

While snow and slush are rarely a concern here in Southern California, the return of spring is still a cause for celebration. Specifically, in my family, springtime means the return of some of our favorite outdoor activities, like baseball and softball.

The local Loma Linda University Church softball league was an important part of my childhood. I began playing when I was 7 years old, and I continued with the sport through high school. When I grew tall enough, I played first base. Besides keeping me active and outside, softball also helped me cultivate great friendships and gain valuable life skills.

My son has been playing infield in his baseball league for the past four years, and I've enjoyed reliving memories from my time in youth athletics as he grows and learns in the sport. He's come a long way from the little tike drawing faces in the dirt during games.

I'm grateful that baseball is teaching my son the same valuable life lessons sports taught me. Standing in the batter's box or winding up to throw the next pitch can be stressful, especially as the whole audience watches. It takes practice to learn how to clear your mind and keep your nerves from getting the better of you.

Working together as a team to overcome adversity is another valuable lesson players learn on the baseball diamond. It's heartwarming to see that my son and his teammates are learning to cheer each other on when they do well and cheer one another up when they make mistakes. Team sport athletes learn that fault and praise shouldn't land solely on the shoulders of one player. Instead, wins or losses come as the result of the team's efforts.



"I'm grateful that baseball is teaching my son the same valuable life lessons sports taught me."

At Highland Springs Dental Care, we understand you want to keep your little slugger, linebacker, or free-throw shooter safe while they play sports. Our team offers solutions for families with children who have a hankering for contact sports. We can fit your child for a fun, protective Sportsguard! These handy devices keep their smiles safe, and they come in a variety of colors as well.

So, from our Highland Springs Dental Care Team to ours, have a wonderful spring! We can't wait to hear all about your adventures. God bless.

-Dr. Jerrina Sabo

# Yorkie Doodle Dandy

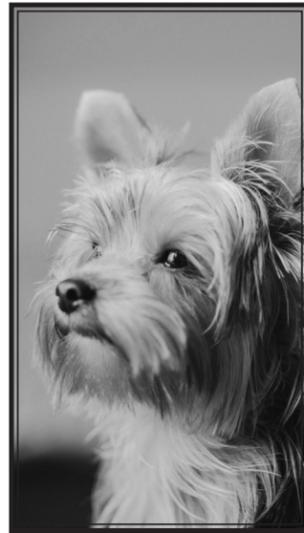
SMOKY THE WORLD WAR II CANINE HERO

Considering the stress of combat, it's no wonder military dogs tend to be tough breeds known for their size and strength. German shepherds, boxers, and various bully breeds are well-acquainted with the battlefield. But in World War II, the most famous military dog weighed only 4 pounds and stood a mere 7 inches tall. Smoky the Yorkshire Terrier wasn't exactly what most people associated with Shakespeare's "let slip the dogs of war," but her small size is part of what made her such a hero.

In 1944, after being discovered beside a foxhole in the jungles of New Guinea, Smoky met Corporal William A. Wynne, an American soldier from Cleveland, Ohio. The two quickly became inseparable, and she stayed by Wynne's side the entire time he was stationed in the South Pacific. Smoky is credited with going on 12 combat missions, surviving 150 air raids, parachuting 30 feet, and earning eight battle stars. Smoky's sensitive hearing allowed her to alert Wynne and other soldiers of incoming air raids.

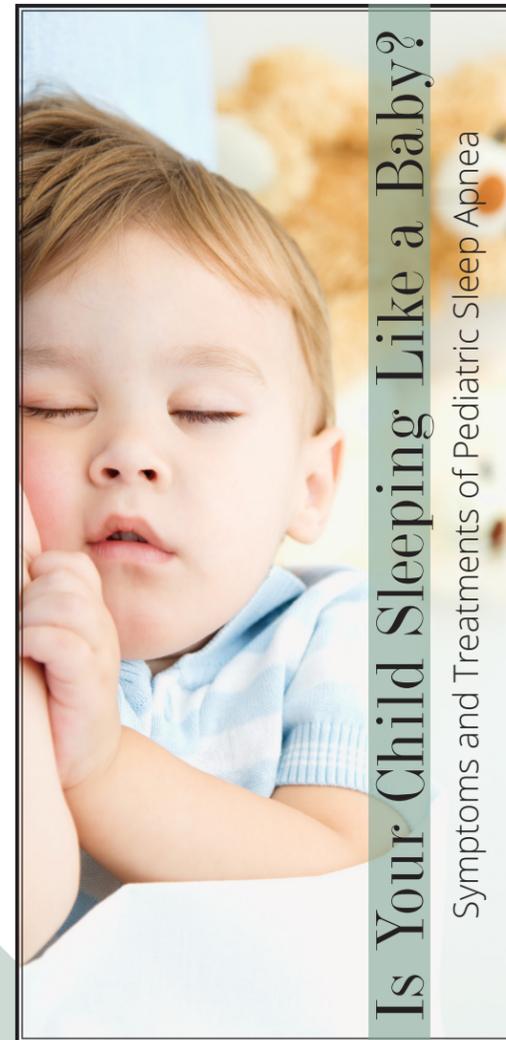
Smoky's most famous act of heroism occurred when she went where no man could go at an air

base at Lingayen Gulf, Luzon. The engineers needed help, so Wynne tied a strand of telephone wire to her collar and Smoky ran through a 70-foot-long pipe in a matter of minutes. Without Smoky, it would have taken three days to lay the wire. Her work kept over 250 ground crewmen and 40 fighter and reconnaissance planes out of danger from enemy bombings.



In addition to saving lives on the battlefield, Smoky is also considered to be the first recorded therapy dog. She learned a number of tricks to cheer up troops and would visit injured soldiers at the hospital in New Guinea. After World War II, Smoky and Wynne visited veteran hospitals across the United States.

"Corporal" Smoky lived for another 10 years after the war before dying on Feb. 21, 1957, at approximately 14 years old. Wynne would go on to write a memoir about his time with Smoky titled "Yorkie Doodle Dandy." Almost 50 years after her death, a life-sized bronze statue of Smoky was erected at her final resting place in Lakewood, Ohio. Her statue is dedicated to the bravery of all war dogs, and it is a reminder that heroes come in all shapes and sizes.



Is Your Child Sleeping Like a Baby?

Symptoms and Treatments of Pediatric Sleep Apnea

Healthy sleep is essential to a child's growth and development. Unfortunately, it doesn't come easy to every child, and for some children, that difficulty stems from an undiagnosed pediatric sleep disordered breathing condition, like sleep apnea.

Sleep apnea, a disorder that obstructs a person's airway and decreases airflow to the lungs while they sleep, can affect people from infancy to adulthood. Learn more about how this disorder presents itself in children and how kids with the diagnosis can lead happy, healthy lives.

## Symptoms

Parents know that no two children are the same. Likewise, sleep disordered breathing in children is varied. While snoring and teeth grinding are big indicators, there are "quiet" symptoms that are sometimes missed. Instead of snoring, your child may just change positions to reopen the airway when it becomes limited. Because of this movement, children with the disorder may wake up upside down or backward on the bed with all the blankets on the floor. Bedwetting, night sweats, and night terrors are also indicators. Some children with sleep apnea compensate for the exhaustion by becoming hyperactive, while others nap often. Another sign is if teachers warn that the child is having trouble focusing in school.

## Options

If you suspect your child is at risk, ask us for help. Your first step will be to schedule an appointment with your child's physician. They can order a sleep study to determine the correct diagnosis. Children with sleep apnea have many treatment options available. Some patients may benefit from having their tonsils or adenoids removed, while others may need help with "growing the airway" and making space for the tongue with orthodontics. Additionally, most pediatric patients benefit from retraining and toning the muscles of the airway to improve resting posture.

It's important to remember that any one of these symptoms by itself may not indicate sleep disordered breathing in your child. However, if there are multiple signs there, it may be a trend that begs for investigation. A sleep study can give us an objective picture. It's an easy test and will definitely allow doctors to make a diagnosis.

At Highland Springs Dental Care, our goal is to help you and your family find peace of mind through diagnosis and treatment options. Schedule a consultation or learn more about how we can help your family by calling 951.769.1616.



# Dental Dismay?



OVERCOMING YOUR FEAR OR ANXIETY ABOUT THE DENTIST

According to the American Dental Association, one of the top reasons why people avoid the dentist is anxiety or fear. These terrified feelings stem from many things, but at Highland Springs Dental Care, our goal is to make your dental experience as gentle and carefree as possible. Here are some strategies our patients have used to alleviate or overcome dental anxiety.

## Prepare for It

Sometimes the biggest obstacle in calming your dental jitters is in the preparation. We recommend scheduling your appointments for when you will feel the most comfortable. For example, some people feel more relaxed in the morning, before the daily grind begins. Additionally, studies have shown that caffeine makes relaxing more difficult. Avoiding caffeine prior to your appointment could help you feel calmer.

## Talk About It

Some patients are anxious because they don't know what to expect once they are sitting in our dental chair.

At Highland Springs Dental Care, we always encourage patients to ask questions. Letting your dentist know that you are nervous can also help. Opening up a dialogue will allow your dentist to find ways to help you feel calmer during appointments.

## Do Something About It

Behavioral studies have shown a few props can help as well. One that we encourage is using a heavy blanket. Being covered with a blanket is shown to help those with anxiety fall and stay asleep! Additionally, listening to music or your favorite podcast can distract you from the unease you feel at the dentist. We encourage patients to bring earbuds, blankets, or any other items that help them relax.

Whether you're approaching a regular check-up or are inquiring about TMJ or sleep disorders, we understand that seeking help from a dental professional can be stressful. Our goal is to make you feel as comfortable as possible. Learn more by giving us a call at 951.769.1616.

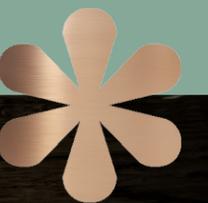


# Have a Laugh



# Sudoku

9			1	6		4		
					2			5
7								
3			2	7				
				1	4		6	
						8		3
	1				5			2
	2	6						1
		7	9					



Solution

9	5	2	1	6	3	4	7	8
6	8	3	7	4	2	9	1	5
1	7	4	8	5	9	2	3	6
3	6	5	2	7	8	1	4	9
2	9	8	3	1	4	5	6	7
7	4	1	5	9	6	8	2	3
4	1	9	6	3	5	7	8	2
5	2	6	4	8	7	3	9	1
8	3	7	9	2	1	6	5	4