

## Have Some Fun While You Wait!

ACCULINE ORTHODONTICS, DR. MARTIN WEINSTEIN



### WORD FIND

Z T S G S K R O W E R I F D S  
 L N U D T R O F O E V C U P A  
 S E A L D A E G S S S G R O S  
 Y L E I N S U T O K K N I I E  
 J L Z F I N S P B Z K S H S I  
 K E S E S L Z R B A A T A O G  
 N P K G K E S S U L K A N N R  
 O E A U S T E K C A J E F I L  
 H R E A M L E L A V O T A V F  
 E T I R L B O E C U C A B Y Y  
 C C N D C N R H N V D R K I O  
 I E B B O S A E O B I D E R R  
 E S A U N S N N L K V Y W R C  
 O N I R R A B U I L A H N A F  
 S I B O T S L E S G A F A P T

**Find these  
 Summer Safety  
 Related Words:**

- Sunscreen
- Lifeguard
- Rest
- Insect Repellent
- Hydrate
- Life Jackets
- Poison Ivy
- Umbrella
- Fireworks
- UVA
- UVB

### SUMMER SAFETY TIPS

We want our patients and their families to have a safe and fun summer. Here are a few tips to help make that happen:

- § **Apply sunscreen** at least 30 minutes before going outside, and use it even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays. Reapply sunscreen every two hours, or after swimming or sweating.
- § **Bug safety.** Bugs love the summer heat. Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied. Don't use scented soaps, perfumes or hair sprays – they attract bugs. Avoid dressing in clothing with bright colors or flowery prints that attract insects. Insect repellents containing a concentration of 30 percent DEET are most effective; however, DEET should not be used on children under 2 months of age.
- § **Water safety.** Swim in areas supervised by a lifeguard. Use feet first entry when entering the water. Adults should not mix alcohol with swimming, diving or boating. Pay attention to local weather conditions and seek shelter at the first sign of bad weather.
- § **Dress for the heat.** Light colors will reflect away some of the sun's energy. Wear lightweight, light-colored clothing. It is also a good idea to wear hats or use an umbrella.



### THE ANSWERS TO OUR BRAIN TEASERS ARE ON PAGE 2, BUT NO PEAKING!

1) A Rebus Puzzle is a picture representative of a name, word or phrase. Can you guess these?

timing ti ming

Funny Words  
 Funny Words  
 Funny Words

eiln pu

O\_er\_t\_o\_

2) Can you Sudoku?

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

3) You are participating in a race. You overtake the second person. What position do you finish?

4) Very tricky math – must be done in your head: Take 1000 and add the following: 40; 1000; 30; 1000; 20; 1000 and 10. What is the new total?

5) Do they have a Fourth of July in England?

6) Can you name these Homonyms by the Seashore?

- a. It's water rushing into the shore; A knot that's tight and so secure.
- b. A friend, a chum, a noble one; To search and scan, a dock outrun.

### Dental Humor:

**Q: What's the difference between a dentist and a New York Yankee fan?**  
**A: One yanks for the roots and the other roots for the Yanks!**



**BRAIN TEASER  
ANSWERS:**

- 1) Split second timing  
Too funny for words  
Line up in alphabetic order  
Painless operation
- 2) Sudoku Puzzle Answer:

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

- 3) If you said first place you are wrong! If you overtake the second person and arrive in his place, you arrive second.
- 4) If you got 5000, you are absolutely right – no, wrong! The correct answer is actually 4100. Check it with a calculator. The decimal sequence confuses our brain. Sorry!
- 5) Of course, but they don't celebrate that day.
- 6) a. Tide, Tied  
b. Peer, Pier

For more fun Brain Teasers & Games for children go to [www.kids.niehs.nih.gov](http://www.kids.niehs.nih.gov).

**SUMMER SAFETY TIPS, continued . . .**

- § **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Adults should avoid alcohol and caffeine, which dehydrate the body. Before prolonged physical activity, a child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.
- § **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- § **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.

**Additional Summer Safety Tips for Children:**

- § Keep younger children away from lawn mowers. Despite the need for a summer job or wanting to help, remember that the American Academy of Pediatrics advises that children younger than 16 years old should not be allowed to use ride-on mowers; children younger than 12 should not use walk-behind mowers.
- § Do a daily tick check if your children have been playing outdoors, especially in or near wooded areas.
- § Do not let children play with fireworks. Instead, visit a public fireworks display this Fourth of July.
- § Teach your kids to recognize and avoid poison ivy.
- § Keep your home well-childproofed. This also applies to wherever you are staying when you are on vacation, whether it is a hotel or relative's home.
- § Although not a safety danger, it's important to remember that time off from school also means that your child may have more opportunity to become inactive and eat more junk food. Encourage your child to be active and eat a healthy diet all summer long.

**A RECIPE THAT WILL MAKE YOUR TASTE BUDS GIGGLE!**

**By Ree Drummond**

**(The Pioneer Woman Cooks – Recipes from an Accidental Country Girl)**

**APPLE DUMPLINGS**

**Ingredients**

- 2 whole Granny Smith Apples
- 2 cans (8 Oz. Cans) Crescent Rolls
- 2 sticks Butter
- 1-½ cup Sugar
- 1 teaspoon Vanilla
- Cinnamon, to taste
- 1 can (12 oz.) Mountain Dew Soda



**Preparation Instructions:**

Peel and core apples. Cut each apple into 8 slices each. Roll each apple slice in a crescent roll. Place in a 9 x 13 buttered pan.

Melt butter, then add sugar and barely stir. Add vanilla, stir, and pour entire mixture over apples. Pour Mountain Dew around the edges of the pan. Sprinkle with cinnamon and bake at 350 degrees for 40 minutes. Serve with ice cream, and spoon some of the sweet sauces from the pan over the top.

**Don't forget to check for our current patient contest whenever you come in for your orthodontic appointment. We want all patients to play and have a chance to win our great prizes!**

[www.drweinstein.com](http://www.drweinstein.com)