Johnnie's Journal

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Happy spring to you all!

I have enjoyed my season of slow and am now ready for the renewing time. I am grateful for the return of color and the sounds of life outside. I have always enjoyed the greenhouses. Their smells and comfort tell the story of many folks who labored during the slow time to have these plants jump started for our pleasures. I used to ride my bicycle to Andes' green houses in Akron. I recall the narrow rows, the up and down of the floor, the humidity and that warm, breezy air pushing the aromas through your body.

I have planted onions, sugar peas, beets and lettuce to this day. My daffodils have signed off in the race already, the veggies soon to take their place along with the annuals also to be let loose. Have you planned what you plant? Do you nurture? Do you expect?

I have a bench in my garden. You could guess there are times a body can sit and listen, sit and smile, sit and receive. Granted I am a hobby gardener, but I feel lessons to be learned. My friend Rick shared an Indian proverb…" when one foot works, the other rests ". With that I am right back to we all need to pause, to rest, to calm the mind and soul. We become more aware, more efficient, connected, observant, relaxed, less on edge. Hello! We listen to your lives every day and hear our own, yet need to be reminded. At this point you all must have been exposed to my rowing testimony. I just learned that to become most efficient with the effort there is a portion of the stroke where we actually must rest before we continue. Amazing!

Listen! Be alone everyday, with yourself, alone. Put this life in context. You cannot control all of it or its outcomes. Your soul, heart, being and how it reacts is doable. Take the time. Sit for a moment…….no excuses. It feels good!

Enjoy the day,
John

LAUGHING!!! …… at a DENTIST OFFICE???!!!

Who said you can't laugh, joke or have a great conversation while at the dentist? Well, that is just some of what happens daily at our office! We take our jobs very seriously, but we also have a great time doing them! We hope that this takes some of the stress out of your appointments with us. You are not just a patient here in our office, you are our friends.

We enjoy laughing and chatting with each of you even though we know it is not one of your favorite places to be. We hope you feel the same!

Mel and Katie

Righteous Recipes

Wow, is it that time of year already?? Where does the time go? I hope all of you have a wonderful and safe summer, enjoy traveling if you're going anywhere! So on that note here is another great lite & fresh summer salad from my recipe box to take to that picnic you're going to or make it for your lunches throughout the week. I hope you enjoy it as much as I do!!

Chicken-Orzo Salad with Goat Cheese

1 1/4 cups uncooked orzo (rice-shaped pasta)
3 cups chopped grilled chicken breast
1 1/2 cups trimmed arugula
1 cup grape tomatoes, halved
1/2 cup chopped red bell pepper
1/4 cup chopped red onion
2 tablespoons chopped fresh basil
1 teaspoon chopped fresh oregano
2 tablespoons red wine vinegar
1 tablespoon extra-virgin olive oil
1/8 teaspoon salt
1/8 teaspoon black pepper
6 tablespoons (1 1/2 ounces) goat cheese, crumble

1. Cook pasta according to package directions, omitting salt and fat; drain well.
2. Combine pasta, chicken, and the next 6 ingredients (through oregano) in a large bowl; toss well.
3. Combine vinegar, oil, salt, and black pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over pasta mixture; toss well to coat. Sprinkle with cheese.

Talk to you all soon ~ Tia

Alice: Would you tell me, please, which way I ought to go from here?
The Cat: That depends a good deal on where you want to get to.
Alice: I don't much care where.
The Cat: Then it doesn't much matter which way you go.
Alice:...so long as I get somewhere.
The Cat: Oh, you're sure to do that, if only you walk long enough.

This is one of my favorite excerpts. I think as kids are graduating either from high school or college at this time it is apropos. It also brings up an excellent point on how important it is to have a vision, both personally and professionally, and how easy it is to get lost in both. You can't be great at everything, but you can excel at many things if you take time to focus on them. If you define a vision for yourself and focus on what you want to excel in, it may make your walk a little shorter. These are things that I am learning and what an important piece of knowledge to have, because life is too short to be wandering around aimlessly.

Thanks to you all for walking with me,
Dr. Sara

Summertime and Sugar

Yay, it's almost summertime! Just remember this is also a time when the kids are tending to drink and snack more (moms we all know where the kiddos head when they are bored). Often times we think those sport drinks or healthy natural juices are good for us but they contain lots of sugars, read labels carefully. Kids also love those "sticky" fruit snacks or roll ups which tend to stick or hide in crevices of your teeth.

This is important because the amount of exposure time of the sugar is what will cause decay. The natural bacteria in our mouth mixes with sugar breaking down into acids, acids which demineralize or decay the teeth. This process occurs for 20 minutes so that constant sipping of a drink or constant handful of candies can keep your teeth exposed to acid ALL day. So what do you do.....You choose wisely-less sugar, eat your snack or drink your beverage all at one time, and don't forget to brush and floss daily!!!

Have a great summer! Jo, Char and Meg

A few examples for you~

Water-O tsp of sugar
Chocolate Milk- 5tsp of sugar
Gatorade-8tsp of sugar
Capri sun pouches- 9tsp of sugar
Coke- 10tsp of sugar
Turkey Hill Ice Tea- 10tsp of sugar
Mt Dew- 12tsp of sugar

What's Happening With the Office Staff? - *Jody*

Dr. John—John has been busy with PEAK continuing education this spring and also implant continuing education. He'll be heading to Nantucket for another week of continuing education in June and a week of vacation in the OBX in September.

Dr. Sara— Sara has been attending continuing education also this spring with her dad and will add another week in August with the Tucker Gold Club in Seattle. She'll be vacationing in the OBX in September. She's looking forward to moving to the Lititz area so stay tuned for updates.

Tia— Tia and Shawn will be taking a motorcycle trip this summer through the Smokey Mountains and to Nashville. In September they will also be heading to the OBX for a beach vacation.

Char—Nick will be starting sixth grade next fall and Char can't believe how fast he is growing up . Char and family will be vacationing in Cape May this summer and hopefully hiking, biking, and camping this summer.

Jolene— Keeping busy with the twins Gavin and Ross and three year old Mia has Jo on her toes everyday. She'll be vacationing in Myrtle Beach this summer with her family and friends.

Meg—Grant is two years old and providing so much fun to Meg and Dustin. He loves being outside and playing with his pup Willow. Meg and family will be vacationing in Florida this summer.

Melissa—This summer Mel will be vacationing in Michigan with Kaleb and Alyce. She's coaching Kaleb's lacrosse team and keeping busy with her little zoo of animals at home.

Katie—Everleigh is two years old and giving Katie a run for her money. She loves her new tent in her room, asking "why" and saying "no". Katie and family will be vacationing in Ocean City Maryland.

Jody—I'll be heading to Mexico soon to attend our exchange student Ana's college graduation and family party. A beach vacation in OBX in June and September are on the calendar. Hoping to make road trip to Pittsburgh this summer with Hannah to visit with Zach and take in a Pirates game.

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Office Hours
Monday—9:00am to 5:30pm
Tuesday—9:00am to 7:00pm
Wednesday—9:00am to 5:30pm
Thursday—7:30am to 7:00pm

Gratitude turns what we have into enough.

Visit us on the web at—
www.drgotwalt.com

IT'S MOVIE TIME!

We'll be hosting another movie morning on Friday July 22nd. Our choice this summer is FINDING DORY and we can't wait to see it with you! The movie will be shown at Penn Cinema in Lititz. The doors will be opening at 9:00am. We'll be serving a light breakfast and drinks followed by the movie at 9:30am. There will be 200 tickets available and you'll need to have one to join us. Please email us at jody@drgotwalt.com or call the office 717-627-6980 to reserve your tickets. We can't wait for another fun movie morning with YOU!

PLEASE NOTE: TICKETS ARE FOR PATIENTS OF RECORD ONLY

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."— Voltaire

We appreciate ALL of you! See you at the movies!

Dr John, Dr Sara, Char, Jo, Meg, Mel, Katie, Tia and Jody