



Whistlestop News

A Free Newsletter for the Patients and Friends of Nicollet Station Dental

Contents

Goodbye2011,Hello2012.....	1
Life,Health&theEnvironment.....	3
Fun Facts.....	4
TRIVIA.....	4

Goodbye 2011, Hello 2012

"I don't know where this road /Is going to lead / All I know is where we've been /And what we've been through... It's so hard to say goodbye to yesterday." Boys II Men

In 2011, We Finally Bid Osama bin Laden Farewell - On May 2, 2011, bin Laden was shot and killed inside a private residential compound in Abbottabad, Pakistan, by U.S. Navy SEALs and CIA operatives in a covert operation ordered by United States President Barack Obama. Shortly after his death, bin Laden's body was buried at sea. The story doesn't necessarily end here; Al-Qaeda acknowledged his death on May 6, 2011, vowing to retaliate.

Year's end is
neither an end
nor a beginning
but a going
on, with all the
wisdom that
experience can
instill in us.

~Hal Borland



In 2011, We Also Said Final Goodbyes to: Muammar Gaddafi (Libyan ruler), Jack Lalane (fitness guru), Elizabeth Taylor (actress), Jack Kevorkian (Dr. Death), Clarence Clemens (Saxophonist for Bruce Springsteen's E Street Band), Peter Falk (Columbo), Randy "Macho Man" Savage (Professional Wrestler), Betty Ford (former First Lady), Amy Winehouse (pop star), Steve Jobs (Chairman and Co-Founder of Apple) and Andy Rooney (60 minutes).

The Sitcom "Two and a Half Men" said goodbye to Charlie Sheen - In 2011, Sheen held the Guinness World Record for "Highest Paid TV Actor per Episode – Current" at \$1.25 million while he was a part of the cast of Two and a Half Men. After years of public drug and alcohol abuse, marital problems and allegations of domestic violence Sheen was fired by CBS and Warner Bros. In the aftermath of his dismissal, Charlie Sheen gave us fantastic "water cooler conversation" – an 8 minute long Ustream video "rant", a vast collection of poetically insane sound bites, Sheen's girlfriends (he called them the "goddesses") and his nationwide tour, "My Violent Torpedo of Truth/Defeat is Not An Option".

There are some who believe that December 21st 2012, the last day of a 5,125-year run of the Mayan long-count calendar, will mark the end of the world. Only time will disprove that prophecy...However, 2012 WILL say goodbye to:

The Incandescent Light Bulb - In an effort to reduce energy consumption and greenhouse gas emissions the manufacture of 100-watt incandescent light bulbs will be banned beginning in January 2012. While you won't be required to throw out your existing bulbs, you may be surprised when trying to find replacements at the store. After 2012, you'll find more options, such as Halogen, Compact Fluorescent Lights (CFL) and Light Emitting Diode (LED) light bulbs.

Quite possibly, a few of the World's Leaders - President Barack Obama is up for reelection in 2012 but America is not the only big country that could see change at the top. France, Russia, Mexico, Venezuela, Kenya, Taiwan and (possibly) Egypt are all scheduled to reelect their presidents in 2012.

Looking Ahead to 2012

In July and August the world will be watching London as it hosts the summer Olympics. Adding to the festivities, 2012 marks Queen Elizabeth's Diamond Jubilee 60 years on the British Throne.

Coincidentally, admirers of John F. Kennedy can cel-

brate the 50th anniversary of the ending of the Cuban missile crisis in the same year film fans mourn the 50th anniversary of Marilyn Monroe's death.

As the stock market continued to recover, 2011 was a much better year than 2010 for companies going public via Initial Public Offerings (IPOs). 2012 will likely be an even bigger year for IPOs than 2011, with the blockbuster Facebook IPO set to headline the IPO 2012 calendar. Other notable IPOs on the IPO 2012 calendar include Yelp (local search/social networking site offering user reviews/daily deals on local products/services), Univision (largest Spanish language television network in the US with nearly 9 million viewers per day), and The Gilt Groupe (offers luxury designer brands at 40 to 60% off retail prices, targeting bargain shoppers that have a taste for high end products).

In China, January 2012 marks the year of the dragon, believed to bring health and wealth to those born under its sign. All of us at **Nicollet Station Dental** wish you the very best with a year full of happiness. May hope, love, joy, and peace follow you on every day.

**Happy
New
Year!**

Welcome
2012



Welcome New Patients!

Kristin	Susan	Casey
Khalid	Malika	Michael
Taren	Hope	Sylvia
Lori	Ahmed	Jay
Dave	Brianna	Jon
Bastian	Billy	Janice
Shania	Laura	Chris
Awatef	Jovaney	Elizabeth
Lynne	Dipali	Don
Michael	Ann	Constance
Judy	Ali	Ralph

Thank You For Your Referrals

Michael	Tom	Chelsey
Cara	Joe	Kim
Nicki	Julia	Joan
Jerry	Brenda	Mike

Thank you to everyone that continues to refer their friends, family, and colleagues to our practice. Your referrals are our greatest compliment.

Life, Health & the Environment

Keeping Your New Year's Resolution



The key to keeping any New Year's resolution and really making it stick requires one of two things: Breaking an old habit, or starting a new one. Here is a method for **Part 1: Breaking an Old Habit**

A habit is any action performed so often, it becomes an involuntary response. If the action is undesirable, it's a "bad" habit. Vast amounts of time and money are spent annually in attempts to break bad habits; often without success. That's because change is hard work and there is no short cut to achieving it. However, there are some very specific steps we can take to make our actions more "conscious" and therefore regain our ability to make choices.

What's the Payoff for your "bad" habit? Think about why you find this action or habit so compelling. What's the payoff for doing this seemingly negative thing? Since you've already classified this as a "bad" habit you may be tempted to say there isn't one but take a closer look – there's always a payoff. Write down the "pros" of your bad habit.

What's the Trade Off - Next, take a look at the trade off. Identify all you lose by exercising your habit. Write down the "cons" of your bad habit.

Time to Make a Choice! - Now that you've weighed both sides of the issue -- payoff vs trade-off, pros vs cons, it's time to make a choice. This habit is no

longer involuntary because now you know you are making a conscious choice every time you choose to perform this action.

Substituting Better Behaviors - The whole reason you had this "bad" habit in the first place is because it filled a need. As you break the old patterns you still need a way to fulfill the need. You need to make the choice to perform a better, alternative action in place of the "bad" habit. Exactly WHAT the new replacement habit is doesn't matter as long as you feel good about the choice.

Here's an example: You bite your nails when you drive. You do so unconsciously, seemingly to release stress. (That's the payoff) The Trade Off is that you have ugly and painful cuticles. You are embarrassed by the appearance of your hands. Which would you rather have? Slight and temporary stress relief or nice looking hands? OK, you want nice hands and would like to get manicures without disapproval of the technician. You need a Substitute Behavior so when you find yourself putting your hands to your mouth, change the radio station or grab a piece of gum instead. YOU are making a "conscious" choice.

**Check in next month for Part 2:
Creating a New Habit**

Fun Facts

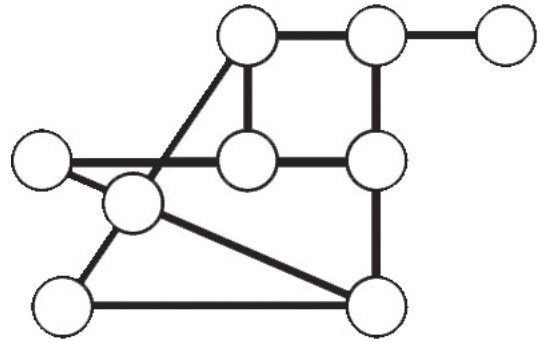
New Year's Eve

- Kissing your significant other is a favorite New Year's Eve tradition meant to guarantee a good relationship and affections throughout the next year.
- The tradition of a ball drop to signal the passage of time began at England's Royal Observatory at Greenwich in 1833.
- Made of iron and wood and adorned with one hundred 25-watt light bulbs, the first New Year's Eve ball was 5 feet in diameter and weighed 700 pounds.
- Eating for good luck is a popular tradition in cultures around the world. Try 12 grapes at midnight (Spain), donuts (Holland) or black-eyed peas (American South).
- People make more resolutions to start a new habit (84%) , than to break an old one (16%).
- The ball was not lowered in 1942 and 1943 due to wartime restrictions.

Here is a New Year's puzzle that's sure to test and tease your brain.
Good Luck!

Trivia

Place the digits from 1 to 9 into the circles so that the sum of the numbers in each straight line is the same.



Be the first person to fax (612-373-0602) or email (info@nicolletstationdental.com) our office with the correct answer to the trivia question and you will receive a \$20 Target Gift Card.

Nicollet Station Dental

New Year's Night Guard Special

To help protect your teeth, we are offering \$100 OFF a Night Guard to help alleviate the clenching and grinding while you sleep.

Schedule a consultation or impressions by calling Nicollet Station dental at (612)338-5557. Don't delay...call today!

\$100 OFF
NIGHT GUARD

Good on night guards impressed in January 2012.