

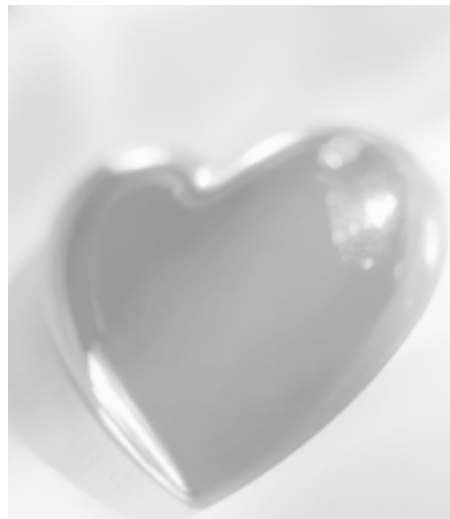
Directions to Our New Office

For those of you who may be "direction challenged" finding our new office should really be as simple as:

1. Go to our old office but stop at the front entrance. (If you are facing the front entrance of the new building there is lots of parking to your left on the side of the new building).
2. Turn around and face Roosevelt Field
3. Turn right and there should be a building looking right at you.
4. You can go into the front or back entrance. Take the elevator to the second floor and turn left when leaving the elevator. Walk as far as you can and you're here - **Suite 214**. Welcome to our new home.



We welcome the referral of your families, friends and business associates.
Please ask them to mention your name when they call.



**Happy
Valentine's Day**

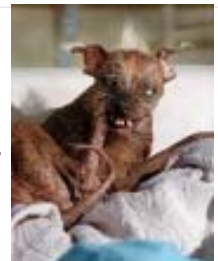
Your latest Issue of The Handz of Ganz



Last Month's Riddle:

Why should you never mention the number 288 in front of anyone?

The answer: **Two (Too) Gross**. This month's winner is: **Charles L.** Come on in to claim your prize.



The World's Grossest Dog

This Month's Riddles: Three Riddles for One Prize

1. Where do animals go when they lose their tails?
2. Who designed Noah's ark?
3. What happened when the centipede broke all his feet?

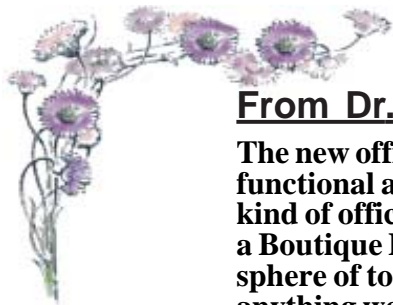


In order to make this a bit more interesting, this month you need to find the answer to all three problems to be our winner. Good Luck! If you think you know the answer to this riddle, give us a call right away! Hey, 'ya never know!



The Handz of Ganz

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From Dr. Ganz

The new office is up and running. Lots to do still but most of the truly important stuff is totally functional and ready for use. We're still in the process of sprucing up the place to make it the kind of office we believe you, our family of patients, expect and truly deserve. The concept of a Boutique Dental Practice where your dental health needs are taken care of in an atmosphere of total comfort and personal attention is our goal. Please let us know if there is ever anything we can do to make this experience something you will feel compelled to shout from the roof tops. Thanks as always for your trust and confidence.

Dr. Cary Ganz, Family and Staff

Happy Valentine's Day

The Benedictine Monk's *Book of Saints* lists eight Saint Valentines, with two of them having feasts days on February 14. My favorite legend of the origins of Valentine's Day are attributed to the earliest St. Valentine. It is said that Emperor Claudius of Rome attempted to abolish marriage because he felt married men did not make good soldiers. Valentine, a priest, then married lovers secretly. The Emperor learned of this and had Valentine imprisoned, where he died on February 14, 271 A.D. This probably never happened, and the romantic customs of February 14th are associated with Valentine in name only simply because his feast day happens to be on the same day that similar pagan customs were already being celebrated. In ancient Rome, the festival of *Lupercalia* occurred around this time, and young men would draw the names of young women from a box. They would be paired up for the festival or for the year. As Christianity spread through Europe, many pagan celebrations were Christianized by being associated with Christian saints or other holidays. Valentine's Day customs have been observed in England since the 1400s, and by the 1600s people were sending valentine's to each other. The first commercial valentines appeared around 1800.



Celebrating Valentine's Day when you have a loved one to share it with has become common place. But how can you celebrate Valentine's Day if that special someone is just not around? Experts have provided these ideas:

1. **Celebrate yourself.** Make a list of all of the wonderful, unique qualities you bring to the world. Note all of the things that you like about yourself and create a Valentines card that you can give yourself.
2. **Buy yourself a gift.** If you've been putting off getting that new CD, DVD or video game now is the time to buy it and give it to someone who really deserves it ... YOU!
3. **Take yourself out on a date.** Go to a movie, hit the mall or treat yourself to a special dinner. Show yourself how much you value YOU.
4. **Have a party ...** Friends are one of life's greatest gifts. Let your friends know how much you appreciate them. Invite everyone over and have them all bring one of their favorite foods to share with the group.
5. **Volunteer ...** Go to a local hospital, nursing home or animal shelter and bring some joy into someone's life. Reach out to help others and enjoy the gift of giving to others.
6. **See your inner beauty.** Go to the local library or bookstore and read a couple of good books that will nourish your soul. We are all culturally trained to worry about what our outside looks like; when real beauty radiates from within.
7. **Put a smile on your face and laugh.** That's right. In the book, *The Hidden Messages in Water*, the author explains how to change one thought process into another you need to replace it with it's opposite. Recent research shows that laughing for ten minutes non-stop can aid in weight loss, stress reduction and heart health. Academy-award winning actress, Goldie Hawn says everyone should laugh at least once a day, because it provides emotional and physical benefits. **Don't like your smile...give us a call!**
8. **Take care of your heart.** Since this is the holiday of hearts why not be good to yours and exercise it. Go to the gym, take an hour jog, shoot some hoops. Get moving and let nature's natural mood elevator – endorphins – kick in and raise your spirit!



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