

Spring Fever!!

Special points of interest:

- In England, the arrival of the cuckoo is a signal that spring has come. Various April dates are called 'Cuckoo Day' in different parts of the country.
- James Watson and Francis Crick discovered DNA on April 25, 1953.
- Easter usually comes in the month of April. It is what is called a 'moveable feast' because the date of it is fixed according to the moon. Easter Sunday has to be the first Sunday after the full moon which means that Easter can fall as early as March 22 or as late as April 25.

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The Doctor's Note



Wow, newsletter time again! I really hope spring is here to stay. I love being able to open the house up and get some fresh air since it always makes me feel better.. My team here at Osby Dental is excited to offer a new product line called *Oxy-Fresh*. I have been speaking to Dr. Bowie here in town and he has used the product for years. My wife first tried it when she had some sores in her mouth. Dr. Tom recommended the Power Rinse and within hours the sores were feeling better and gone in two days. We had tried several other products but nothing seemed to work this well or as fast. I was amazed at the results and have decided to offer a few of the OxyFresh products to my patients. Here are some of the items available to you:

1. Toothpastes: there are 3 different kinds each uniquely formulated to the patients' needs. They contain no saccharin, dyes, or harsh abrasives and are safe for all family members.
2. Mouth Rinses: they are all clear so there is no staining of teeth. They leave your mouth fresh & clean without the burn but eliminating harmful bacteria.
3. Dental Gels: uniquely formulated with Aloe vera and provide the ultimate deodorizing and soothing relief for irritation, burns, sores and oral discomfort.

Ask any of my team mem-

bers about our OxyFresh products. We are excited to share these products with you.

Dr. Dan

April Humor

A little boy wanted a \$100 very badly and prayed for weeks, but nothing happened. Then he decided to write God a letter requesting the \$100. When the postal authorities received the letter addressed to God, USA, they decided to forward it on to the President. He was so amused that he instructed his secretary to send the little boy a \$5 bill. He thought this would appear to be a lot of money to the little boy.

The boy was delighted with the \$5 bill and sat down to write a thank you note to God, which read: "Dear God: Thank you very much for sending the money. However, I noticed that for some reason you sent it through Washington, D.C. and those thieves deducted \$95 in taxes."

Tonya's



We have spring fever here at Osky Dental!

Our patients are gearing up for warm weather and bright smiles.

Those of you who have not yet called to schedule your hygiene appointments need to do so quickly. Wendi and

Leah are booming, their schedules are filling and if you're not scheduled soon it could be sometime before we can get you in.

Dr. Dan's schedule is crazy! If you have unscheduled treatment that needs to be completed, call in and get scheduled right away. If it's important to maintain your car to keep it in top condition don't you think it would be more impor-

tant to keep your dental and overall health in top condition?

Call us to take advantage of our services, like teeth whitening, that will get you ready for summer. Wendi or Leah would be happy to help brighten your smile.

So call in today and Tammy or I will be more than happy to assist you in setting up your appointment.

April Fool's Day Hoax

1957: The respected BBC news show *Panorama* announced that thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in. Many called the BBC wanting to know how they could grow their own spaghetti tree. To this the BBC diplomatically replied, "place a sprig of spaghetti in a tin of tomato sauce and hope for the best."

According to <http://www.museumofhoaxes.com/hoax/aprilfool/>, the **Swiss Spaghetti Harvest is the No. 1 hoax of all time.**



Pop Quiz!!

Congratulations to the following people for answering last month's quiz correctly: Sharis S., Lee W., Kaye B., Harold H., Rhonda H., Tim H., Susan K., Joyce B., Lois R., and Francis K. They will receive 2 free bowling passes at Mahaska Bowl.

The answer was: Alphabet

This month's quiz:

Why is the letter "T" like an island?

Call Tonya or Tammy with your answer by April 15th.



Sheri's Barbequed Meatballs

2 lbs. hamburger 3/4 c. crushed corn flakes 2 tsp. salt
1 c. milk 2 Tbs. minced onion

Sauce: 1 1/2 c. ketchup 3 Tbs. brown sugar

Combine all ingredients and form into balls. Bake at 350° for 10 minutes. Take out and put sauce on meatballs. Return to oven and bake for 20 minutes. Serve hot.



Bon Appetit!!



Congratulations to Thomas S.!!! He qualified for the State AAU Wrestling Tournament that was held in Cedar Rapids on March 28-29.

H²

Hey, it's me Wendi. It's April already, I can't believe it! It seems like Christmas was just last month. As I sit here thinking about what topic I want to share with you, my mind wonders a little bit because last week I signed my little boy up for Pre-K. He turned 5 on

March 23rd. How time flies! I know we are all busy with our lives and I'm glad the weather is getting better so we can be outside more. I do want to encourage you all to be sure and get in to see me or Leah for your check ups. We not only love taking care of your

teeth, we also love the time spent getting to know each of you better.

So, I guess my topic this month is just wishing you all a great month with family and friends.

We hope to see you soon!

Antioxidants In Green Tea May Help Reduce Periodontal Disease

With origins dating back over 4,000 years, green tea has long been a popular beverage in Asian culture, and is increasingly gaining popularity in the United States. And while ancient Chinese and Japanese medicine believed green tea consumption could cure disease and heal wounds, recent scientific studies are beginning to establish the potential health benefits of drinking green tea, especially in weight loss, heart health, and cancer prevention. A study recently published in the Journal of Periodontology, the official publication of the American Academy of Periodontology (AAP), uncovered yet another

benefit of green tea consumption. Researchers found that routine intake of green tea may also help promote healthy teeth and gums. The study analyzed the periodontal health of 940 men, and found that those who regularly drank green tea had superior periodontal health than subjects that consumed less green tea.

Green tea's ability to help reduce symptoms of periodontal disease may be due to the presence of the antioxidant catechin. Previous research has demonstrated antioxidants' ability to reduce inflammation in the body, and the indicators of periodontal disease measured

in this study, PD, CAL and BOP, suggest the existence of an inflammatory response to periodontal bacteria in the mouth. By interfering with the body's inflammatory response to periodontal bacteria, green tea may actually help promote periodontal health, and ward off further disease. Periodontal disease is a chronic inflammatory disease that affects the gums and bone supporting the teeth, and has been associated with the progression of other diseases such as cardiovascular disease and diabetes.

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Tiny Teeth

Since the weather is getting nice, we started thinking about outside activities/games. Check out the web site listed below for some cool ideas.

Have fun!



<http://www.gameskidsplay.net/>

