



APRIL 2010

# SPRING FEVER

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## THE DOCTOR'S NOTE

It's time for the April/spring newsletter already. My youngest son Aiden turns 6 this month and my oldest son Noah will turn 14 in May which means he will be taking the test to get his permit. I know I say this a lot but time sure does fly. As I think about the future I get excited. My kids seem to get busier and busier but I must admit I like them being involved because it gives Tamara and I another way to enjoy family time. We as parents will never regret the time we spend with our kids.

I also want to remind you that we will be taking our family vacation in June this year. The office will be closed June 3rd through the 13th. Normal office hours will resume June 14th. As always, there will be a staff member answering the phones from 9-1 during the week days.

My colleague Dr. Nick Hindley will be available for emergencies.

I hope you all enjoy the spring and don't forget to call or send a card to your Mom on Mother's Day since they are the one's who keep the family organized and on track.

Take care.

DAN

## SPECIAL POINTS OF INTEREST:

- April 4th – Easter
- 15th – Tax Day
- 21st – Administrative Professionals Day
- May 1st – May Day
- 5th – Cinco de Mayo
- 8th – Mother's Day
- 25th – Memorial Day

## NEWSLETTER NEWS...READ ALL ABOUT IT!

We would like to announce that we will be changing our printed newsletter from monthly to a quarterly format. We will continue the monthly newsletter but it will only be available in electronic format. This will be an

effective way to cut costs and still deliver affordable dental treatment to you. If you would like to receive the electronic newsletter, please send an email to [info@oskydental.com](mailto:info@oskydental.com) and put newsletter in the subject

line. You will receive the quarterly newsletter in electronic form if you already receive the monthly newsletter via email. Your summer newsletter will be delivered in early June.

**Insect glue could seal wounds in oral surgery** by Daniel Zimmermann, DTI

NEW YORK, USA/LEIPZIG, Germany: Silk spun by caddisfly larvae underwater could one day suture surgical wounds, new research from the University of Utah suggests. It found that the sticky fibers used by the insects to built protective shells that keep intact in aquatic environments and do not fall apart. These chemical and structural properties could make the material valuable as an adhesive tape in medical and dental surgery.

Caddisflies, commonly known as 'rock rollers', usually live in water bodies such as rivers, lakes and marshes. They are related to

Lepidoptera, an insect order that includes moths and butterflies that spin dry silk. Caddisfly larvae also spin silk but they do so underwater in order to build an inch-long, tube-shaped case around themselves.

In the study, the researchers examined the silk made by a caddisfly species living in the lower Provo River near Salt Lake City under laboratory conditions. They found that the fiber was made of large proteins that contain an amino acid named serine that gets 'phosphorylated' as the protein is synthesized. These phosphates are negatively charged and

line up in parallel with other positive charged amino acids attracting each other making the protein water insoluble. Comparison with amino acids from three other species found great similarities, suggesting other caddisflies also use phosphorylation to spin silk underwater.

Besides the insects, these kind of adhesives could also be identified in sandcastle worms, mussels and sea cucumbers.

<http://www.dental-tribune.com/articles/content/scope/news/region/usa/id/1682>



This caddisfly larva spins natural sticky silk (left) to build an underwater case made of sand and rock grains. (DTI/Photo courtesy of University of Utah/Fred Hayes)

**POP QUIZ**

**Congratulations to the following people for answering the March quiz correctly:**

**Brenda G., Sandy H., Lee W., Sammy H., Tim H., Marvin A., Ann J., & Vickie B.**

**The answer was King of Spades.**

**What object has keys that open no locks, space but no room, and you can enter but not go in?**

Call or email your answer in by April 15th.

\*\*\* Osky Dental staff & family members are not eligible\*\*\*



**I told the doctor  
I broke my leg in  
two places. He  
told me to quit  
going to those  
places. - Henny  
Youngman**

**SPRING BLUELIGHT SPECIALS**

Spring is finally upon us! Since we are changing newsletter format and graduations, Mother's Day and the wedding season are right around the corner, we are going to offer a couple specials to kick them off.

**April Special— 4.7 oz Opalescence toothpaste \$6.00 (Reg. \$8.00)**

**May Special (Mother's Day & Graduation)— Custom bleach trays \$75.00 (Reg. \$99)**

Hurry in and take advantage of these specials because they'll be over before you know it!



## HYGIENE CENTRAL

Ultrasonic scaling is one of the most effective procedures for treating periodontal disease.

An ultrasonic scaler consists of a wand with a small scaling tip that produces a soft ultrasonic vibration. The small quick vibrations, in combination with a gentle water flow, thoroughly remove tartar, while decreasing the number of destructive bacteria below the gumline.

Removing tartar and bacteria are crucial to controlling periodontal disease.

Periodontal disease, an infection of the teeth gums, and the bone that surround the teeth, begins when plaque, the sticky film of food and bacteria, builds up. If the plaque is not removed, it hardens into tartar. The build up of plaque and tartar dramatically increases the number of harmful bacteria in your mouth, and can result in deepening spaces between the tooth and gum, called pockets.

The bacteria also trigger your body's immune system to produce

enzymes that destroy the bone around your teeth, which can ultimately lead to tooth loss.

Ultrasonic scaling has many benefits over using hand scaling alone. These include:

- ◆ More efficient removal of plaque and tartar
- ◆ Less need for hand removal of stubborn deposits
- ◆ Greater comfort for you

Patterson Dental Supply



## CHERRY HAM GLAZE RECIPE

3 tablespoons water      1/4 cup white vinegar      2 tablespoons light corn syrup  
 1 (12 ounce) jar cherry preserves      1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground cloves      1/4 teaspoon ground nutmeg

Stir together water, vinegar, corn syrup, preserves, cinnamon, cloves, and nutmeg in a saucepan over medium-high heat. Bring to a boil, then reduce heat to low and simmer for 2 minutes.

Brush 1/4 to 1/3 cup of this glaze over your ham 30 minutes before it is finished. Stir the ham drippings into the remaining glaze and serve along side the sliced ham.

<http://allrecipes.com/Recipe/Cherry-Ham-Glaze/Detail.aspx>



FEBRUARY 1990, WASHINGTON

THE FOLLOWING MIND-BOGGLING ATTEMPT AT A CRIME SPREE APPEARED TO BE THE ROBBER'S FIRST, DUE TO HIS LACK OF A PREVIOUS RECORD OF VIOLENCE, AND HIS TERMINALLY STUPID CHOICES:

1. HIS TARGET WAS H&J LEATHER & FIREARMS. A GUN SHOP.
2. THE SHOP WAS FULL OF CUSTOMERS - FIREARMS CUSTOMERS.
3. TO ENTER THE SHOP, THE ROBBER HAD TO STEP AROUND A MARKED POLICE PATROL CAR PARKED AT THE FRONT DOOR.
4. A UNIFORMED OFFICER WAS STANDING AT THE COUNTER, HAVING COFFEE BEFORE WORK.

UPON SEEING THE OFFICER, THE WOULD-BE ROBBER ANNOUNCED A HOLDUP, AND FIRED A FEW WILD SHOTS. THE OFFICER AND A CLERK PROMPTLY RETURNED FIRE, COVERED BY SEVERAL CUSTOMERS WHO ALSO DREW THEIR GUNS, THEREBY REMOVING THE CONFUSED CRIMINAL FROM THE GENE POOL.

NO ONE ELSE WAS HURT.

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."

Albert Einstein

Check out our web site!

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



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## Egg Dyeing Ideas

### Waxed Eggs

<http://www.kidsturncentral.com/holidays/easter/easteggs2.htm>

- Wax crayons
- Paper towels
- Egg dyes in different colors
- Slotted spoon
- Cooking oil
- Soft cloth

Draw a heavy crayon pattern on hard boiled egg. Dip egg in egg dye preferably a dark color. Leave in dye until desired color is reached. Remove with slotted spoon and place in 200 degree F oven for a few minutes until wax is melted. Wipe with paper towel and dip again in lighter dye to fill in pattern where wax was. Polish finished eggs with cooking oil and soft cloth.

### Marble Eggs

- Large glass jar
- Crayon stubs
- Vegetable grater
- Hot water
- Waxed paper or newspaper
- Empty egg carton
- Clear acrylic spray (optional)

Grate peeled crayons over waxed paper. Fill jar with very hot water. Drop bits of grated crayon into water. Add hard boiled or blown egg as soon as crayon begins to melt. Twirl egg in water with spoon. The wax should make a design on the egg. Carefully remove egg and set upside-down in egg carton to dry. Once dry spray with clear acrylic to seal.