



SPRING 2011 NEWSLETTER

The Doctor's Note



Spring is here and daylight savings time has begun. I hope we have seen the last of the snow! Now it's time to clean the yard up and to get the motorcycle ready to ride.

I hope this newsletter finds you all well and excited for what this spring will bring.

I'm finding it hard to believe that school will be out for the summer in a couple of months and how fast the kids are growing up. Noah turns 15 in May!

Our spring is going to be pretty busy with roller hockey, tae kwon do, cub scouts and baseball games. I know, as parents, Tamara and I would love for life to slow down a little but on the other hand we really enjoy our kids' activities. Before we know it they will all be out of the house and on their own.

As I sit here and think about the next few months and the upcoming spring, Easter, Mother's Day, Memorial Day and Father's Day come to mind. These holidays are important to me because they involve family in one way or another. My siblings and I have been blessed to come from the family we do. My parents have had a tremendous impact on my life over the years — lending an

ear, giving advice or just being there for me. I hope my sons will be good friends to each other and know that Tamara and I will be here for them.

I hope you all have a fun-filled, warm weather spring with lots of time to get the things done that you need/want to get done.

I do want to say "Thanks" to our military personnel, past and present as Memorial Day is approaching. It doesn't matter what side of the political aisle you are on — **freedom isn't free**. Our military personnel make the ultimate sacrifice to protect our free-

doms and liberties.

Before I close, I also want to honor our Mom's and Dad's because we wouldn't be here without them. I know I wouldn't be the person I am if it hadn't been for my parents.. Thanks Mom and Dad.

Until next time.

Yours in dentistry,

Dan

Inside this issue:

Darwin Award	2
Dental Humor	2
Facebook	2
Tooth Decay	3
Specials	3
Tidbits	4
Poem	4
Pop Quiz	4
Activities	5
Recipes	5

Did you know these days existed?

- April 5th — National Read a Road Map Day
- April 16th — National Eggs Benedict Day
- April 20th — National Pineapple Upside Down Cake Day
- May 14th — National Dance Like A Chicken Day
- May 22nd — Buy A Musical Instrument Day
- June 1st — Donut Day
- June 10th — Ball Point Pen Day
- June 13th — Weed Your Garden Day
- June 26th — National Chocolate Pudding Day

Special points of interest:

- Sap from milkweed was used by pioneers as a cure for warts.
- In 1970, 127 runners ran the NY marathon. In 1998, 32,000 did.
- The cork used in wine bottles comes from the cork oak. These trees are one of the few that can withstand "bark harvesting" because they have two layers of bark.

Every government degenerates when trusted to the rulers of the people alone. The people themselves are its only safe depositories. ~Thomas Jefferson

Darwin Award

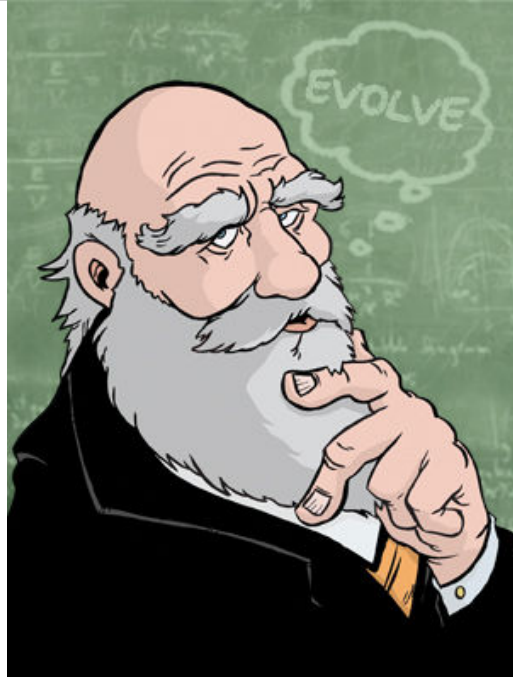
(17 OCTOBER 2009, MINNESOTA) ON OCTOBER 26, CHARGES WERE DISMISSED AGAINST LUCAS WILLIAM STENNING, 32, WHO SIX WEEKS EARLIER HAD PLEADED GUILTY TO KNOWINGLY VIOLATING REGISTRATION REQUIRED OF A PREDATORY OFFENDER. CHARGES WERE DISMISSED....BECAUSE LUCAS WAS DEAD.

IN A RELATED STORY, ON THE AFTERNOON OF OCTOBER 17 IN THE CITY OF BOCK, AN INJURED "HIT AND RUN VICTIM" WAS REPORTED. THE PEDESTRIAN, FOUND ON THE SIDE OF THE ROAD, DIED IN THE AMBULANCE AT THE SCENE.

IN A RELATED STORY, POLICE REPORTED THAT A 32-YEAR-OLD MAN HAD CONCOCTED A SCHEME TO STAGE AN ACCIDENT IN ORDER TO OBTAIN PRESCRIPTION DRUGS. THE PLAN WAS TO JUMP OUT OF A MOVING VEHICLE, BECOME INJURED, GO TO THE HOSPITAL AND RECEIVE NARCOTIC PAINKILLERS. THAT PLAN FAILED WHEN ITS MASTER-MIND, LUCAS WILLIAM STENNING, DIED AT THE SCENE DUE TO HEAD INJURIES.

IN OTHER WORDS: LUCAS, 32, AVOIDED A SERIOUS PAROLE VIOLATION BECAUSE HE WAS DECEASED DUE TO INJURIES HE CAUSED HIMSELF BY LEAPING FROM A MOVING VEHICLE IN ORDER TO OBTAIN PRESCRIPTION PAINKILLERS. OUCH!

[HTTP://WWW.DARWINAWARDS.COM/DARWIN/DARWIN2009-13.HTML](http://www.darwinawards.com/darwin/darwin2009-13.html)



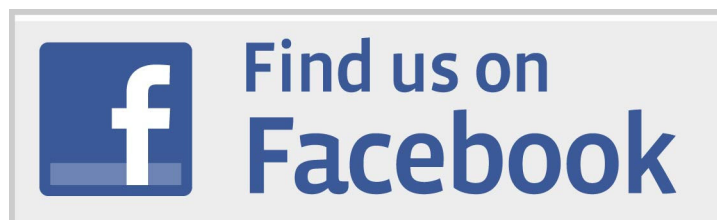
Dental Humor

"Open wider." requested the dentist, as he began his examination of the patient. "Good God !" he said startled. "You've got the biggest cavity I've ever seen - the biggest cavity I've ever seen." "OK Doc !" replied the patient. "I'm scared enough without you saying something like that twice." "I didn't !" said the dentist. "That was the echo."

When a new dentist set up in a small town he quickly acquired a reputation of being the latest kind of "Painless" dentist. But a local lad quickly disputed this. "He's a fake !" he told his mates. "He's not painless at all. When he stuck his finger in my mouth I bit him - and he yelled like anyone else."

"Happiness is your dentist telling you it won't hurt and then having him catch his hand in the drill."

-- Johnny Carson



We know a lot of you spend time on Facebook. You may or may not be aware that we've had an office page for quite awhile but we wanted to throw out a reminder. We do updates, office news, etc. that may not make it to the newsletter. So, do a search for us and click 'like' to stay current. We look forward to having you on our friends' list.

Tooth Decay to Be a Thing of the Past? Enzyme Responsible for Dental Plaque Sticking to Teeth Deciphered

ScienceDaily (Dec. 4, 2010) — The Groningen professors Bauke Dijkstra and Lubbert Dijkhuizen have deciphered the structure and functional mechanism of the glucansucrase enzyme that is responsible for dental plaque sticking to teeth. This knowledge will stimulate the identification of substances that inhibit the enzyme. Just add that substance to toothpaste, or even sweets, and caries will be a thing of the past.

The results of the research have been published this week in the journal *Proceedings of the National Academy of Sciences (PNAS)*.

The University of Groningen researchers analysed glucansucrase from the lactic acid bacterium *Lactobacillus reuteri*, which is present in the human mouth and digestive tract. The bacteria use the glucansucrase enzyme to convert sugar from food into long, sticky sugar chains. They use this glue to attach themselves to tooth enamel. The main cause of tooth decay, the bacterium *Streptococcus mutans*, also uses this enzyme. Once attached to tooth enamel, these bacteria ferment sugars releasing acids that dissolve the calcium in teeth. This is how caries develops.

Using protein crystallography, the researchers were able to elucidate the three dimensional (3D) structure of the enzyme. The Groningen researchers are the first to succeed in crystallizing glucansucrase. The crystal structure has revealed that the folding mechanism of the protein is unique. The various domains of the enzyme are not formed from a single, linear amino acid chain but from two parts that assemble via a U-shaped structure of the chain; this is the first report on such a folding mechanism in the literature.

The unravelling of the 3D structure provided the researchers with detailed insight into the functional mechanism of the enzyme. The enzyme splits sucrose into fructose and glucose and then adds the glucose molecule to a growing sugar chain. Thus far the scientific community assumed that both processes were performed by different parts of the enzyme. However, the model created by the Groningen researchers has revealed that both activities occur in the same active site of the enzyme.

Dijkhuizen expects that specific inhibitors for the glucansucrase enzyme may help to prevent attachment of the bacteria to the tooth enamel. Information about the structure and functional mechanism of the enzyme is crucial for developing such inhibitors. Thus far, such research has not been successful, states Dijkhuizen: 'The various inhibitors studied not only blocked the glucansucrase, but also the digestive enzyme amylase in our saliva, which is needed to degrade starch.'

The crystal structure also provides an explanation for this double inhibition. The data published by the Groningen scientists shows that glucansucrase proteins most likely evolved from amylase enzymes that degrade starch. 'We already knew that the two enzymes were similar', says Dijkhuizen, 'but the crystal structure revealed that the active sites are virtually identical. Future inhibitors thus need to be directed towards very specific targets because both enzymes are evolutionary closely related.'

Dijkhuizen points out that in future glucansucrase inhibitors may be added to toothpaste and mouthwash. 'But it may even be possible to add them to sweets', he suggests. 'An inhibitor might prevent that sugars released in the mouth cause damage.' However, Dijkhuizen doesn't expect that toothbrushes have had their day: 'it will always be necessary to clean your teeth.'

<http://www.sciencedaily.com/releases/2010/12/101203101341.htm>

Spring Specials

April

Get your teeth super sonic clean with the **Philips Sonicare Professional toothbrush**. It even has a UV brush head sanitizer. We were just notified that our cost is going up on them. Get them for \$99 this month before the price goes up!

We just saw this listed for \$170.00 at Best Buy

May

It's back!!! The ever popular **Opalescence** will be on sale. Get a tube for Mom or the graduate in your family! **4.7 oz. tube for \$7.00** (Reg. \$9.00).



June

We all want to protect our teeth but as an adult how many of us have ever thought about sealants on our teeth?

We are offering **50% off** on **adult sealants**.

SPRING TIDBITS



The Easter Lily: For many, the beautiful trumpet-shaped white flowers symbolize purity, virtue, innocence, hope and life—the spiritual essence of Easter. Often called the “white-robed apostles of hope,” lilies were found growing in the Garden of Gethsemane after Christ’s agony. Tradition has it that the beautiful white lilies sprung up where drops of Christ’s sweat fell to the ground in his final hours of sorrow and deep distress. Whether given as a gift or enjoyed in your own home, the Easter Lily serves as a beautiful reminder that Easter is a time for rejoicing and celebrating. Check out Matthew, Mark, Luke or John for your favorite version of the Easter story.

Mother’s Day — White Carnation: Miss Anna Jarvis, the founder of Mother’s day, for the first time, sent 500 white carnations to the Andrews Methodist Episcopal Church, in Grafton, West Virginia. She wanted the flowers to be distributed among the mothers. “The white carnation is preferred because it may be thought to typify some of the virtues of motherhood; ... whiteness stands for purity; its lasting qualities, faithfulness; its fragrance, love; its wide field of growth, charity; its form, beauty...,” Miss Jarvis said.

Memorial Day — Red Poppy: Although recently overlooked, the red poppy is the flower symbol for the Memorial Day holiday. In the poem entitled “In Flanders Fields,” by John McCrae, the red poppy represents the blood that was shed by U.S. soldiers during times of war.

Flag Day:

- The flag is normally flown from sunrise to sunset.
- In the morning, raise the flag briskly. At sunset, lower it slowly. Always, raise and lower it ceremoniously.
- The flag should not be flown at night without a light on it.
- The flag should not be flown in the rain or inclement weather.
- After a tragedy or death, the flag is flown at half staff for 30 days. It’s called “half staff” on land ,and “half mast” on a ship.
- When flown vertically on a pole, the stars and blue field , or “union”, is at the top and at the end of the pole (away from your house).
- The American flag is always flown at the top of the pole. Your state flag and other flags fly below it.
- The union is always on top. When displayed in print, the stars and blue field are always on the left.
- Never let your flag touch the ground, never...period.
- Fold your flag when storing. Don't just stuff it in a drawer or box.
- When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.

Father’s Day: Father’s Day is a celebration of fathers inaugurated in the early twentieth century to complement Mother’s Day in celebrating fatherhood and male parenting. It is also celebrated to honor and commemorate our forefathers. Father’s Day is celebrated on a variety of dates worldwide and typically involves gift-giving, special dinners to fathers, and family-oriented activities. Contrary to popular belief, the first observance of Father’s Day actually took place in Fairmont, West Virginia on July 5, 1908. The special day was organized by Mrs. Grace Golden Clayton, who wanted to celebrate the lives of the 210 fathers who had been lost in the Monongah Mining disaster several months earlier in Monongah, West Virginia, on December 6, 1907.

!! POP QUIZ !!

Congratulations to the following people for answering the winter quiz: Connie W., John C., Frances K., Marla W., Stephen B. The answer was photographer.

This quarter’s quiz:

I give you a group of three. One is sitting down, and will never get up. The second eats as much as is given to him, yet is always hungry. The third goes away and never returns.

Call or email your answer in by May 1st

Staff and staff family members are not eligible

A GRADUATION POEM

The World is Against Me

by Edgar A. Guest

"The world is against me," he said with a sigh.
"Somebody stops every scheme that I try.
The world has me down and it's keeping me there;
I don't get a chance. Oh, the world is unfair!
When a fellow is poor then he can't get a show;
The world is determined to keep him down low."

"What of Abe Lincoln?" I asked. "Would you say
That he was much richer than you are today?
He hadn't your chance of making his mark,
And his outlook was often exceedingly dark;
Yet he clung to his purpose with courage most grim
And he got to the top. Was the world against him?"

"What of Ben Franklin? I've oft heard it said
That many a time he went hungry to bed.
He started with nothing but courage to climb,
But patiently struggled and waited his time.
He dangled awhile from real poverty's limb,
Yet he got to the top. Was the world against him?"

"I could name you a dozen, yes, hundreds, I guess,
Of poor boys who've patiently climbed to success;
All boys who were down and who struggled alone,
Who'd have thought themselves rich if your fortune they'd known;
Yet they rose in the world you're so quick to condemn,
And I'm asking you now, was the world against them?"

Good Luck to the 2011 graduates!!!



Osky Dental Spring Activities

What do the team members have planned this spring?

Dan: We have baseball games and tae kwon do. We want to make a quick trip to a Civil War battle site and go over it with metal detectors to see what we can find.

Mark: With four kids our plate is pretty full. Baseball games, track meets, softball games. Did I mention baseball games? We'll work some air-sofening in too.

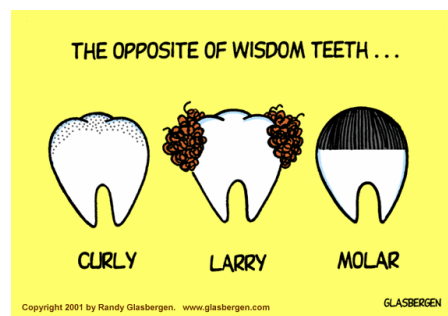
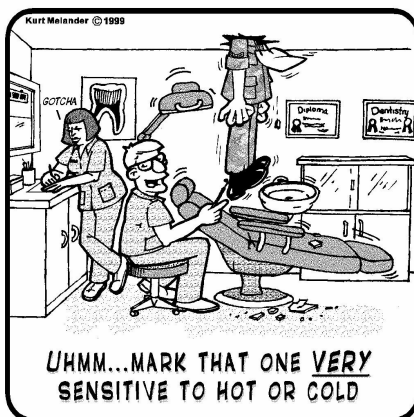
Sam: Going to my daughter's track meets, preparing for her graduation and getting her ready for college. I'll be dusting off my golf clubs and hitting the links too.

Sheri: Fishing, 4 wheelin' and NASCAR!! Woo hoo!!! I think I'll watch Donnie plant the garden too.

Phil: I want to get a garden planted and work on some home improvement projects.

Melissa: We plan to go fishing, doing some minor basement remodeling, and maybe playing some spring softball.

Justine: I want to sell skate boards, go camping and spend more time doing family activities.



Here's a couple quick, easy recipes to
enjoy at a family meal time.

~ Sheri

Sheri's Baked Steak Deluxe

2 lbs. round steak Adolphs unseasoned meat tenderizer 1 can beef gravy
1 can cream of mushroom 1/2 soup can of water 1 T. mustard
1/2 T. chili powder 1 T. brown sugar 1 onion - chopped

Roll tenderized meat in flour & brown in oil. Place in casserole dish. Heat remaining ingredients & pour over meat. Cover and bake at 300° F for 2 - 2 1/2 or until tender.





902 S. 17th
Oskaloosa, IA 52577

Return Service Requested

Phone: 641-673-4845
Fax: 641-673-7731
Email: info@oskydental.com

Check us out on the web!
www.oskydental.com
www.facebook.com/OskeyDental

Important Dates

We will be closed on the following dates. We will have a team member here to answer the phone from 9:00 am to 1:00 pm unless otherwise noted.

- ⇒ Fri., April 8th
- ⇒ Fri., April 22nd
- ⇒ Fri., May 13th
- ⇒ Fri., May 27th & Mon., May 30th (**Memorial Day weekend, no staff member**)
- ⇒ Fri., June 10th
- ⇒ Fri., June 24th