



WINTER NEWSLETTER

The Doctor's Note

"2011" I can hardly believe a year has past us by with the new one right around the corner. As I look back on 2010, I would again like to take a moment and say THANKS to each of you reading this right now. Without your friendships and the relationships I have with each of you, dentistry would not be as enjoyable for me. I have been trying to figure out a way to show my appreciation. Unfortunately, I'm not Oprah so I can't give each of you an iPad or a car. But, I can promise that I will not raise my fees this coming year. I know it's hard for all of us financially at times and I don't want to see any of you not get dental treatment because of the fees being too high. It's my way again, of saying thanks because I believe I have the best patients in the world.

Now to look forward to 2011, a new year with endless possibilities. I'm hoping the weather will be a little easier on us than it was last winter. I would also like to encourage you to take some time this year and set some goals. I try to do this with my children. Seeing the excitement and feeling of accomplishment in themselves is very rewarding for a parent. One of my personal goals in 2011 is to spend more time with my family. My boys are growing up so fast and I don't want to miss out on anything. Along with that, I would love to have more date nights with my wife Tamara. I am often reminded that life can be short. When our days are over, I don't think many of us would wish that we had spent more time working or away from our families. I know I want to be able to say that I spent good quality time with my loved ones.

I hope you all have a fantastic 2011!!! My staff and I look forward to meeting your dental needs for the years to come.

Yours in dentistry,

DAN



I hope you all have a very Merry Christmas and a Happy New Year!

Some Dental Facts

- ⇒ Saccharine Sodium which is generally used as a sweetening agent in toothpaste is 500 times sweeter than sugar.
- ⇒ There was a sudden massive surge of patients with tooth decay the year Coke was

- launched.
- ⇒ Vigorous brushing does more harm than good. Overzealous brushing can lead to eroded enamel which never grows back causing teeth sensitivity along with other oral problems.

- ⇒ The popular practice of placing a cap on the toothbrush head actually favors bacterial growth on it as moisture is increased in enclosed containers favoring the growth of bacteria.

<http://www.dentalhealthsite.com/10-amazing-facts-about-oral-health-you-did-not-know/>



Special points of interest:

- The Winter of 1779-1780 was so cold that ice was piled 20 feet high along the Delmarva Coast and stayed there until spring. The upper portion of the Chesapeake Bay and the entire Potomac River was frozen solid. People were able to walk from Annapolis to Kent Island and from Alexandria into DC .
- The coldest place in North America: Snag, the Yukon Territory of Canada with a recorded temperature of -81.4 F on February 3, 1947.
- The world's largest snowflake was 38 cm wide and 20cm thick and was found at Fort Keogh, Montana on January 28, 1887.

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Sheri's Creamy Potato Soup



Donnie and I really enjoy this on a cold winter day.

15 baby carrots 1 onion 10 potatoes 4 chicken bouillon cubes
1 tsp. salt 1 tsp. pepper 4 1/2 c. milk 6 Tbs. flour

Dice veggies into small pieces. Cook in 3 c. water with the bouillon cubes. Add salt & pepper. Cook until no longer hard. In a separate bowl, mix milk & flour. Add to veggies & water. Let thicken. Do not boil, stirring occasionally. Enjoy!



Important Dates

We will be closed on the following dates. We will have a staff member available to answer the phone from 9:00 a.m. to 1:00 p.m. unless otherwise noted.

- ⇒ Thur., Dec. 23rd
- ⇒ Fri., Dec. 24th (Christmas Eve, no staff member)
- ⇒ Mon.—Thur., Dec. 27th -30th
- ⇒ Fri., Dec. 31st (New Year's Eve, no staff member)
- ⇒ Fri., Jan. 28th
- ⇒ Fri., Feb. 11th
- ⇒ Fri., Feb. 25th
- ⇒ Fri., March 11th
- ⇒ Fri., March 25th

Winter Humor

It was autumn, and the Indians on the remote reservation asked their new Chief if the winter was going to be cold or mild. Since he was a new Indian Chief in a modern society, he had never been taught the old secrets, and when he looked at the sky, he couldn't tell what the weather was going to be. Nevertheless, to be on the safe side, he replied to his tribe that the winter was indeed going to be cold and that the members of the village should collect wood to be prepared. But also being a practical leader, after several days he got an idea.

He went to the phone booth, called the National Weather Service and asked, "Is the coming winter going to be cold?" "It looks like this winter is going to be quite cold indeed," the meteorologist at the weather service responded. So the Chief went back to his people and told them to collect even more wood in order to be prepared. A week later he called the National Weather Service again. "Is it going to be a very cold winter?" "Yes," the man at National Weather Service again replied, "it's going to be a very cold

winter." The Chief again went back to his people and ordered them to collect every scrap of wood they could find. Two weeks later he called the National Weather Service again. "Are you absolutely sure that the winter is going to be very cold?" "Absolutely," the man replied. "It's going to be one of the coldest winters ever." "How can you be so sure?" the Chief asked. The weatherman replied, "The Indians are collecting wood like crazy!"

<http://www.weatherimages.org/wxhumor.html>

Please, brush your tongue

Cathy is reluctant to brush her tongue because whenever she does, it makes her gag. What she does not know however, is that not brushing her tongue can lead to her getting diseases like oral thrush and sores and a smelly mouth.

The tongue is composed of muscles attached to the lower jaw and to the hyoid bone (a small, U-shaped bone that lies deep in the muscles at the back of the tongue) above the larynx. The muscle fibres of the tongue are heavily supplied with nerves. Many people, like Cathy do not brush their tongue but according to Dr Robert Masene, a dentist with St Francis Capital Clinic and Dental Services, this is not advisable because the tongue has a rough surface area that attracts a lot of bacteria

Therefore brushing is important as this helps remove the microorganisms and the other

substances that remain on the tongue after meals. "When one takes long to brush the tongue, he/she starts to have an offensive smell (halitosis) that comes out of the mouth. Bad breath always makes people around you uncomfortable," he says. He adds that an unclean tongue can also cause oral thrush (sores).

Dr Masene says however, that while it is necessary to brush your tongue, you should avoid doing so very strongly or roughly. This is because strong rubbing of the tongue can also bring about oral thrush as it kills off the useful bacteria. And while using mouth washes like oradine, protect and



Keep that breath smelling fresh!

sonatex helps to prohibit the growth of bacteria, excessive use of such chemicals might also cause sores.

The dentist states that one does not need to use a lot of energy when brushing the tongue; it has to be cleaned gently. "Pull out the tongue, vertically brush it gently from the origin to its tip," he advises. A tongue can also be cleaned using tongue scrapers, dental floss and locally, a spoon can help to scrub off the dirt from the tongue.

<http://www.monitor.co.uk/Magazines/Health%20&%20Living/-/689846/1063820/-/ibmyjy/-/index.html>

Airsofting: A New Recreational Activity

Some of the staff have picked up a new hobby. Airsofting is similar to paintball but the guns are electric, green gas or spring loaded. It has been a great activity where time can be spent with the kids. Check out the pictures. Go to our Facebook page for more pictures.

<http://www.facebook.com/OskyDental>

Airsofting is a hobby or sport which uses replica firearms to shoot small plastic pellets around six millimeters in diameter.



Building Free Homes For Wounded Vets

Alexander Reyes' boyhood dream of a military career ended when he was hit by an improvised explosive device during a patrol two years ago in Baghdad.

"Laying in that hospital bed ... sometimes I felt I'd rather [have] died," Reyes said. "My life came to a complete halt."

Reyes sustained severe blast injuries that led to his medical discharge; he's on 100 percent medical disability. Like many soldiers wounded in Iraq and Afghanistan, Reyes, now 24, found the transition to civilian life difficult.

But he and a handful of other injured veterans are getting help from what may seem an unlikely source: a custom home builder in Houston, Texas.

Dan Wallrath recently presented Reyes and his wife with an unexpected gift: a home built especially for them, mortgage-free.

"Thank you. That's all I can say," Elizabeth Reyes said, sobbing and clutching her stunned husband's arm as Wallrath surprised them with the house.

For Wallrath, giving wounded veterans a place to call home is his way of saying thanks. Since 2005, his organization has built four houses. Five more are under construction, and he's expanding his idea into a national campaign called Operation Finally Home.

Wallrath spent 30 years making upscale clients' dream

houses a reality. But he found a new mission in 2005 when he met with Steve Schulz about a very different type of project.

Schulz's 20-year old son, a U.S. Marine, had been gravely injured in Iraq. Schulz desperately needed to remodel his house to accommodate his son's wheelchair.

"I had no idea how I was going to pay for it," Schulz said. "I just knew that I had to get it done."

Wallrath went to advise Schulz on remodeling his house as a favor to a friend. It was a meeting that changed Wallrath's life.

He remembers Schulz showing him photos of his son Steven.

"He was a big, strapping Marine," Wallrath said. But the pictures he saw of Steven taken after his injury told a different story.

"He was ... half his size. It was so sad," he said. "It dawned on me that people are facing this all over the U.S."

Wallrath mobilized an army of carpenters, plumbers and suppliers who took on the remodeling job for free. They widened doorways, built a ramp to the back door and made the bathroom handicapped-accessible.

"Anything that needed to be done, Dan said, 'We'll take care of it,'" Schulz recalled. "It was just a huge, huge relief."

When the work on Schulz's home was complete, Wallrath realized he was just getting started.

He took his idea to his local trade group, the Bay Area Builders Association, and convinced members to start a home-building program for wounded veterans.

With donations from suppliers and contractors, Wallrath said, the group can build a \$300,000 house for \$25,000 to \$50,000. Each house is fully furnished and customized to meet the needs of each family and is mortgage-free. The group also covers the taxes and insurance for two years.

Wallrath is determined to help as many families as he can. He's trying to enlist builders' associations across the country to join his crusade, with the goal of building 100 homes. His program got tremendous interest at an industry event in January, and it soon hopes to break ground on a house near Chicago, the first outside of Texas.

Considering the industry was hard-hit by the recession, Wallrath says he's been heartened by the response.

Now retired, Wallrath dedicates about half of his time to this effort without pay. He says it's the least he can do to repay some of the more than 30,000 troops who've been wounded in Afghanistan and Iraq.

"These kids ... they're doing it for me and you," he said. "So we're the ones that need to step up and do something."

<http://www.cnn.com/2010/LIVING/03/11/cnnheroes.wallrath.vets.houses/>



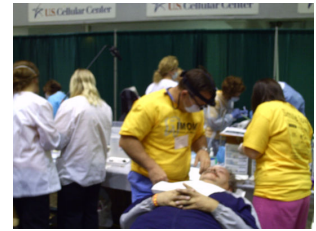
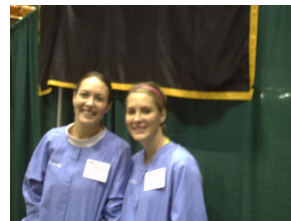
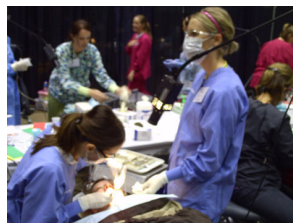
IOWA MISSION OF MERCY



On Friday, Nov. 5th, we closed the office to volunteer our services for the 3rd Annual Iowa Mission of Mercy in Cedar Rapids at the US Cellular Center. Approximately 1,200 dental professionals,



dental hygienists and others volunteered their services to treat over 1,500 Iowans in the two day event. Nearly one million dollars of dental care was provided free of charge.



Visit http://www.iowadental.org/events_calendar/iowa_mission_of_mercy.cfm for more information and photos.

!! Pop Quiz !!

Congratulations to last quarter's quiz winners! **The answer was Sweden.**

This quarter's quiz:

One day a little boy named Johnny went to his parents and said that he wanted to shoot people and blow them up. His parents were really excited and proud of his career choice. Keep in mind that his parents were not very violent people. What was Johnny's career choice?



Call or email your answer in by Feb. 1st

Staff and staff family members are not eligible

Sheri's Chex Caramel Corn Mix

4 1/2 c. Chex 4 c. popped popcorn 1/2 c. peanuts
1/4 c butter 6 Tbs. packed brown sugar
2 Tbs. lite corn syrup 1/4 tsp. vanilla 1 c. Christmas M & Ms

Combine cereal, popcorn and peanuts in bowl. Combine butter, sugar, corn syrup, & vanilla in another bowl. Microwave on HIGH 2 min. or until mix is boiling, stirring after 1 min. Pour over cereal, stirring until all pieces are coated. Microwave on HIGH 5-6 min., stirring every minute. While stirring, make sure to scrape sides and bottom of bowl. Spread on wax paper to cool, stirring occasionally to break up. Stir in M & Ms.





Many unaware of dental program that is available to veterans' families

The government-authorized TRICARE Retiree Dental Program (TRDP) began in 1998 as a voluntary option that offered basic dental benefits to military retirees and their eligible family members. Enhanced benefits included comprehensive services such as crowns, bridges, full and partial dentures, and orthodontics.

In 2003, the second five-year TRDP contract was awarded by the Department of Defense to Delta Dental of California and included improvements such as a shorter enrollment commitment and waiting period, increased maximums, and an expanded dentist network.

The TRDP is now operating under a five-year contract which began Oct. 1, 2008. It provides affordable, comprehensive den-

tal benefits to 1.2 million participants, including dental implant services, coverage for posterior composite fillings, and a \$1,500 lifetime orthodontic maximum.

TRDP benefits under the new enhanced-overseas program were also expanded in 2008 to include retirees and their eligible family members who reside overseas and a provision that now allows enhanced program enrollees who live within the service area to be covered for emergency treatment when they are traveling outside the service area.

Many eligible individuals, including retirees living overseas, surviving spouses not remarried and their children, and gray-area retired Reservists and National Guard members, are unaware of the

TRDP or even that they are eligible for benefits from this affordable group program.

The TRDP service area includes all 50 states as well as the District of Columbia, U.S. territories and possessions and Canada. Enrollees may seek care from any licensed dentist in this service area or can maximize their benefit savings by choosing a dentist from TRDP's expansive participating network.

More information about TRDP, including how to enroll online, can be found at www.trdp.org or by calling Delta Dental toll-free at (888) 838-8737.

http://www.projo.com/news/veteransjournal/Veterans_Column_13_12-13-10_EPLD50H_v9.22c16e0.html

Darwin Awards

Skate the Interstate

For more tales of misadventure, check out www.darwinawards.com

2010 At-Risk Survivor

Confirmed True by Darwin

(3 January 2010, Vermont)
The Burlington Free Press

reported that a man with a suspended driver's license was caught pulling a sled behind his vehicle along Interstate 89 an hour after midnight. When police located the vehicle, its driver was preparing to trade places with the

person riding on the sled. Caleb, 23, received a citation to appear in court to answer the charge of driving with a suspended license. Regardless of whether it is lawful to pull a sled down the Interstate, doing so certainly upholds Vermont's tradition of fielding strong candidates for the Darwin Awards.



Winter Specials



January

Let's make a New Year's resolution to brighten our smiles!!! Opalescence is the special to kick off the new year — 4.7 oz. tube \$7.00 (Reg. \$9.00).

February

Give that sweet someone something to smile about — custom bleach trays for \$75.00 (Reg. \$99.00).



Mention the monthly special to get the special price.

March

The pot o' gold at the end of the rainbow is 10% off all Oxyfresh products.



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