

THE CENTREPIECE — Volume 32

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Brought to you by the team at The Centre for Dentistry at Haddon

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SMILES FOR LIFE IS UNDERWAY

Our annual rite of Spring has started again on March first. As most of you are aware, we never make a penny on whitening people's smiles with tray whitening. We've been giving all this money to charity for the past 8 years. In that time, we estimate that we've donated over \$200,000 of our income to charities.



It all started with Smiles for Life. We want to make this year our most successful ever and so we need everyone's help. Ask at the front desk of our office for posters that you can put up at work, at the supermarket, on the bulletin board in school, anywhere you

can think of.

Locally, all the money benefits Juvenile Diabetes, Prader Willi Syndrome, The Durand Academy, and Volunteers of America. These are all children's charities. Nationally, your dollars are distributed by the Garth

Brooks Teammates for Kids Foundation. In the ten years Smiles for Life has been in existence, dentists involved have raised over \$22 million.

We couldn't do it without the help of Dr. Markus' friend and colleague, Dr. Bill Dorfman. He is the dentist on Extreme Makeover, and he donates all the whitening gel all the dentists in the US need for this project every year.

You can also download and print additional posters from the bottom of the Smiles for Life page on our website. This is a great way to introduce your friends and family to our practice, as well.

1500 POUNDS OF CANDY TO OUR TROOPS

You had to be living under a rock not to have heard about what we did for our soldiers in Iraq and Afghanistan!

We called for the donation of unwanted Halloween candy and boy did the community respond. The candy is used by the troops to bribe children for information and befriend them. In case they decided to keep a few morsels for themselves, we included brushes and floss in every care package.

Volunteers of all ages, and from all parts of the Delaware Valley helped in the project. Candy was sent to us by UPS from all over the country.

We got help from the Fairless Hills, PA YMCA and the Philadelphia Phantoms to get the candy shipped overseas. There are lots of pictures of the project on our website, but this one shows how much part of the candy looked like before it was shipped



STARTING OFF— INSPIRATIONAL EMAILS



Our Newsletter is published by Dr. Markus twice a year. These pages are full of the best emails he's received in the past six months, and also features some of the best smiles we've created in that period of time

Sent in by Russ Bentman:

You know, time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was young, just married and embarking on my new life with my mate. And yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all...

And I have glimpses of how it was back then and of all my hopes and dreams... But, here it is. the winter of my life and it catches me by surprise...

How did I get here so fast? Where did the years go and where did my babies go? And where did my youth go?

I remember well... seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like...

But, here it is...wife retired and she's really getting gray...she moves slower and I see an older woman now. She's in better shape than me... but, I see the great change... Not the one I married who was young and vibrant... but, like me, her age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will...I just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things.

But, at least I know, that though the winter has come, and I'm not sure how long it will last...This I know, that when it's over...its over....Yes , I have

regrets .There are things I wish I hadn't done ,,,,things I should have done. But indeed, there are many things I'm happy to have done Its all in a lifetime.. .

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly!

Life goes by quickly So, do what you can today, because you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life...so, live for good today and say all the things that you want your loved ones to remember...

"Life is a gift to you. The way you live your life is your gift to those who came after. Make it a fantastic one."

LIVE IT WELL!!

GREAT TRUTHS—FROM GRACE WIRTH

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandma's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree. (got to be my favorite)
- 2) Wrinkles don't hurt. (want a bet)
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.

Don't forget to tell your friends and co-workers to whiten their smiles and help a child



\$300 Donation

Runs through June 15, 2007

6) Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

SUCCESS:

At age 4 success is . . . not piddling in your pants.

At age 12 success is . . . having friends.

At age 17 success is . . . having a drivers license.

At age 35 success is . . . having money.

At age 50 success is . . . having money.

At age 70 success is . . . having a drivers license.

At age 75 success is . . . having

Bad Parenting



The above submitted by Jerry Simon. If you have something you'd like to share with our patients and our readers, send it to:

Smarkus147545@

Comcast.net

Thanks!!

What does love mean? From Bill Domb

A group of professional people posed this question to a group of 4 to 8 year-olds, "What does love mean?"

The answers they got were broader and deeper than anyone could have imagined.

"When my grandmother got arthritis, she couldn't bend over & paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." Rebecca- age 8

"When someone loves you, the way they say your name is different.
You just know that your name is safe in their mouth."

Billy - age 4 (I love this one)

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

Karl - age 5

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."

Chrissy- age 6

"Love is what makes you smile when you're tired."
Terri - age 4

"Love is when my Mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."

Danny - age 7

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more.

My Mommy and Daddy are like that. They look gross when they kiss"

Emily- age 8

"Love is what's in the room with you at Christmas if you stop opening presents and listen." Bobby- age 7 (Wow!)

"If you want to learn to love better, you should start with a friend who you hate," Nikka - age 6 (we need a few million more Nikka's on this planet)

"Love is when you tell a guy you like his shirt, then he wears it everyday."

Noelle - age 7

"Love is like a little old woman and a little old man who are still friends even after they know each other

so well."

Tommy - age 6

"Love is when Mommy gives Daddy the best piece of chicken."

Elaine-age 5

"Love is when Mommy sees Daddy smelly & sweaty and still says he is handsomer than Robert Redford."

Chris- age 7

"Love is when your puppy licks your face even after you left him alone all day." Mary Ann - age 4

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

Lauren - age 4

"When you love somebody, your eyelashes go up and down and little stars come out of you." (what an image)

Karen - age 7

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot.

People forget."

Jessica - age 8

And the final one -- Author and lecturer **Leo Buscaglia** once talked about a contest he was asked to judge.

The purpose of the contest was to find the most caring child.

The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry"

The Last Anniversary

Loving husband, Ed, was in trouble. He forgot his wedding anniversary.

His wife was really mad at him and she told him, "Tomorrow morning, I expect to find a gift in the driveway that goes from zero to 200 in six seconds. And it better be there!"

The next morning, Ed got up early and left for work. When his wife woke up, she looked out the window and sure enough, there was a small box gift wrapped in the middle of the driveway.

Confused, the wife put on her robe and ran out to the driveway and brought the box back in the house. She opened it and found a brand new bathroom scale. Funeral services for Ed have been scheduled

Cosmetic Dentistry is our forte'. We have to thank all of our patients who entrust us with the awesome responsibility of enhancing their smiles. We also have a lot of fun, when we get done, in our portrait studio up in the attic of the building. Here then, are two recently completed smiles, and the thank you letters that the patients added to their portraits.



For her shoot we wanted to show off her gorgeous smile, and her gorgeous new boots!

Dear Dr. Markus,

I am writing to tell you how pleased I am with my new smile. I had veneers placed on my upper teeth over seventeen years ago to cover gaps that could not be closed after extensive orthodontic treatment. Due to gum loss and visibly prominent eye teeth, I became increasingly unhappy and self-conscious with my teeth's appearance. After a consultation and thorough evaluation by you and your staff, I felt confident in my decision to proceed with your office. I was very impressed with your state-of-the-art facility, digital x-rays and computerized bite analysis. Additionally, you were very informative and helpful in selecting the appropriate shade, shape and contour of my veneers. I explained to you that while I was in no rush, I was constrained by my job and role as a mother of twin toddlers in the amount of visits in which the veneers could be replaced. True to your word, in just a few visits, you took an impression, placed temporaries, ordered the veneers and placed them.

Notably, while I was waiting for my permanent veneers to come in, I had a minor emergency and Dr. Scott treated me at 8:00 p.m. on Saturday night! I am extremely pleased with the final results

Editor's note: She is also a malpractice attorney!

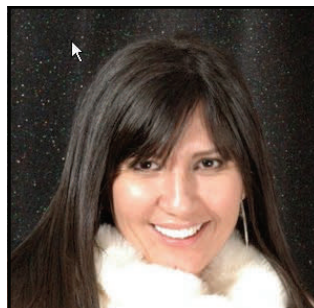
Dear Dr. Markus:

I initially came to you for an improvement of my smile. Little did I expect that not only would you do a fantastic job correcting the defects in my smile, but that you'd eliminate the headaches that have plagued me for many, many years.

Your examination was very thorough, to say the least. You looked at my teeth, and then looked me squarely in the eyes, and said, "You have headaches, don't you?" I couldn't believe you could tell that from looking at my teeth. Your assessment was unbelievable.

But more unbelievable was the fact that since adjusting my bite 8 months ago, before you performed your cosmetic magic, and making my NTI appliance, I have not once awakened with a headache in the morning. You have not only enhanced my appearance, but made me a very happy and healthier person. Thank you for being so thorough.

Patti Sanchez.



ATTORNEY'S ADVICE -- NO CHARGE

Read this and make a copy for your files in case you need to refer to it someday. Maybe we should all take some of his advice!

A corporate attorney sent the following out to the employees in his company.

1. The next time you order checks have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.
2. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED".
3. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
4. Put your work phone # on your checks instead of your home phone. If you have a P.O. Box, use that instead of your home address. If you do not have a P.O. Box, use your work address. Never have your SS# printed on your checks. (DUH)! You can add it if it is necessary. But if you have it printed, anyone can get it.
5. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards.

Unfortunately I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thieves) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important of all: (I never even thought to do this.)

3. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and Social Security number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away. This weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, etc., has been stolen:

- 1.) Equifax: 1-800-525-6285**
- 2.) Experian (formerly TRW): 1-888-397-3742**
- 3.) Trans Union: 1-800-680-7289**
- 4.) Social Security Administration (fraud line): 1-800-269-0271**

The officer on the stand has been nominated for this year's "Best Comeback" line -- and we think he'll win.

If you ever testify in court, you might wish you could have been as sharp as this policeman. He was being cross-examined by a defense attorney during a felony trial. The lawyer was trying to undermine the policeman's credibility...

Q: "Officer -- did you see my client fleeing the scene?"

A: "No sir. But I subsequently observed a person matching the description of the offender, running several blocks away."

Q: "Officer -- who provided this description?"

A: "The officer who responded to the scene."

Q: "A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?"

A: "Yes, sir. With my life."

Q: "With your life? Let me ask you this then officer. Do you have a room where you change your clothes in preparation for your daily duties?"

A: "Yes sir, we do!"

Q: "And do you have a locker in the room?"

A: "Yes sir, I do."

Q: "And do you have a lock on your locker?"

A: "Yes sir."

Q: "Now why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?"

A: "You see, sir -- we share the building with the court complex, and sometimes lawyers have been known to walk through that room."

The courtroom erupted in laughter, and a prompt recess was called.



Just Like Frank

A man walks into the street and manages to get a taxi just going by. He gets into the taxi, and the cabby says, "Perfect timing. You're just like Frank."

Passenger: "Who?"

Cabby: "Frank Feldman. He's a guy who did everything right - all the time. Like my coming along when you needed a cab, things happened like that to Frank Feldman every single time."

Passenger: "There are always a few clouds over everybody."

Cabby: "Not Frank Feldman. He was a terrific athlete. He could have won the Grand Slam at tennis. He could golf with the pros. He sang like an opera baritone and danced like a Broadway star and you should have heard him play the piano. He was an amazing guy."

Passenger: "Sounds like he was something really special."

Cabby: "There's more.....He had a memory like a computer. Could remember everybody's birthday. He knew all about wine, which foods to order and which fork to eat them with. He could fix anything. Not like me. I change a fuse, and the whole street blacks out. But Frank Feldman, he could do everything right."

Passenger: "Wow, some guy then."

Cabby: "He always knew the quickest way to go in traffic and avoid traffic jams, not like me, I always seem to get stuck in them. But Frank, he never made a mistake."

Passenger: "Mmm, there's not many like him around."

Cabby: "And he really knew how to treat a woman and make her feel good and never answer her back even if she was in the wrong; and his clothing was always immaculate, shoes highly polished too - he was the perfect man! He never made a mistake. No one could ever measure up to Frank Feldman."

Passenger: "An amazing fellow. How did you meet him?"

Cabby: "Well, I never actually met Frank."

Passenger: "Then how do you know so much about him?"

Cabby: "I married his widow."

~ Tough Love vs. Spanking ~

(a psychological conundrum)

Sent by Mario Pinardo — *Most of America's populace think it improper to spank children, so I have tried other methods to control my kids when they have one of "those moments."*

One that I found effective is for me to just take the child

F

for a car ride and talk.!

They usually calm down and stop misbehaving after our car ride together.

I've included a photo (next page) of one of my sessions with my son, in case you would like to use the technique.



While in dental school, I always said I'd never go back to the University of Pennsylvania School of Dental School unless they made me Dean of Students there. Well it's 32 years later, and the phone hasn't rung, so I decided I'd start my own dental school, to help recent graduates achieve the level of success and expertise we have.

I have founded Symphonic Smiles. We will be running a six-day training program, here in Haddon Heights, twice a year, and have

invited dentists from all over the area to come. We are limited to training 5 dentists at a time. They will be bringing their own patients here, and learning from us, and our lab technicians how to make cosmetic dentistry as effortless as we have learned to do it.

We will also be training them in the skills necessary to run this sort of practice. It will also give us the opportunity to show off how gorgeous our little town is in the Spring and in the Fall.

HEADACHES AND YOUR BITE

Millions of dollars are lost every year because of headaches. Employers lose productive hours from their employees, who in turn lose wages due to their inability to function. Insurance companies pay out for doctor visits and prescriptions. Sometimes untested medications are prescribed (Vioxx, etc.) which jeopardize your health. What many insurance companies and physicians fail to recognize is that much of what has been lumped into the category of MIGRAINE is in fact masticatory muscle myospasm (MMM).

Definition of MMM - The muscles which open and close the lower

jaw (mastication = chewing) are in spasm due to the fact that they cannot achieve a comfortable rest position. When muscles are constantly firing, they are in spasm and that spasm causes pain. The muscles that are primarily involved are the temporalis, the masseters, and the pterygoids (internal and external). Go to the headache page of our website to see an excellent representation of how these muscles function together.

People who grind, or clench their teeth in their sleep usually do it because there is an interference in the bite, which is causing muscle disharmony. Anyone who wakes up in the middle of the night with a headache is most likely suffering from TMD. If your jaw joints (TMJ) are stiff and sore when you wake up in the morning, how do you think they got that way?

One of Our Patients Wrote:

I am writing this e-mail to try to explain what I can only say must be a God send. Dr. Markus is my God send. He asked me during one of my visits to his office, if I had headaches. I told him that everyday I have headaches. I thought it was attributed to the stress I had been

under, or even sinus problems that I had had in the past. Every morning I would wake up from a restless night sleep with a splitting headache. Dr. Markus told me it could be from grinding my teeth and a mis-alignment of my jaw. I thought that Dr. Markus must have been crazy. He fitted me with an appliance for me to wear when I sleep and when I feel tense. I thought to myself how could this possibly work?

The next morning I woke up with just a dull headache and every morning since then I have yet to wake up with a headache. The next appointment was to adjust some of the high points in my bite and with just a few minor adjustment my jaw is back in alignment again. It feels as though all the pressure has been lifted and there has been nothing but relief for me since Dr. Markus re-aligned my jaw. I can not thank you enough for helping me with the alignment of my jaw and I do not suffer with headaches any longer.

Thank You Dr. Markus very much for helping me with what I thought was part of a migraine or sinus condition that I would have to deal with for the rest of my life. Why didn't my doctors tell me about this?

Again Thank You,
Mary Ann Owens



The Politically Incorrect Pages

—the opinions stated here do not necessarily represent the opinions of Dr. Markus and all the employees of The Centre for Dentistry.....just some of them! The thoughts represented either make some sense, or are funny. We apologize, in advance to those whose sensitivities are offended by this sort of humor, and suggest you pass on these

Let's say I break into your house...

A lady wrote the best letter in the Editorials in ages!! It explains things better than all the baloney you hear on TV.

Recently large demonstrations have taken place across the country protesting the fact that Congress is finally addressing the issue of illegal immigration. Certain people are angry that the US might protect its own borders, might make it harder to sneak into this country and, once here, to stay indefinitely.

Let me see if I correctly understand the thinking behind these protests.

Let's say I break into your house. Let's say that when you discover me in your house, you insist that I leave. But I say, "I've made all the beds and washed the dishes and did the laundry and swept the floors; I've done all the things you don't like to do. I'm hard-working and honest (except for when I broke into your house).

According to the protesters, not only must you let me stay, you must add me to your family's insurance plan, educate my kids, and provide other benefits to me and to my family (my husband will do your yard work because he too is hard-working and honest, except for that breaking in part).

If you try to call the police or force me out, I will call my friends who will picket your house carrying signs that proclaim my right to be there.

It's only fair, after all, because you have a nicer house than I do, and I'm just trying to better myself. I'm hard-working and honest, um, except for well, you know.

And what a deal it is for me!! I live in your house, contributing only a fraction of the cost of my keep, and there is nothing you can do about it without being accused of selfishness, prejudice and being an anti-housebreaker. Oh yeah, and I want you to learn my language so you can communicate with me.

Why can't people see how ridiculous this is?!

Only in Americaif you agree, pass it on (in English). Share it if you see the value of it as a good simile. If not blow it off along with your future Social Security funds.

Sent by Dena Gelband

Simple Facts of Life— from Lynne Brown

- 1.Light travels faster than sound. This is why some people appear bright until you hear them speak.
- 2.He who laughs last, thinks slowest.
- 3.Change is inevitable, except from a vending machine.
- 4.Those who live by the sword get shot by those who don't.
- 5.Nothing is fool proof to a sufficiently talented fool.
- 6.The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
- 7.If you lined up all the cars in the world end to end, someone would be stupid enough to try to pass them, five or six at a time....on a hill...on a curve...in the fog.
- 8.If the shoe fits, get another one just like it.
- 9.The things that come to those who wait will be the things left by those who got there first.
- 10.Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
- 11.A flashlight is a case for holding dead batteries.
- 12.The shinbone is a device for finding furniture in a dark room.
- 13.A fine is a tax for doing wrong. A tax is a fine for doing well
- 14.When you go into court, you are putting yourself in the hands of

This morning, from a cave somewhere in Pakistan, Taliban Minister of Migration, Mohammed Omar, warned the United States that if military action against Iraq continues, Taliban authorities will cut off American's supply of convenience store managers. And if this action does not yield sufficient results, cab drivers will be next, followed by Dell and AOL customer service representatives and Motel 6 managers. It's getting ugly.

THINK ABOUT THIS FOR A MOMENT

North Dakota News:

This text is from a county emergency manager out in the western part of North Dakota state after a recent snow storm.

WEATHER BULLETIN:

Up here in the Northern Plains we just recovered from a Historic event---may I even say a "Weather Event" of "Biblical Proportions" --- with a historic blizzard of up to 44" inches of snow and winds to 90 MPH that broke trees in half, knocked down utility poles, stranded hundreds of motorists in lethal snow banks, closed ALL roads, isolated scores of communities and cut power to 10's of thousands.

FYI:

George Bush did not come.

FEMA did nothing.

No one howled for the government.

No one blamed the government.

No one even uttered an expletive on TV.

Jesse Jackson or Al Sharpton did not visit.

Our Mayors did not blame Bush or anyone else.

Our Governor did not blame Bush or anyone else either

CNN, ABC, CBS, FOX or NBC did not visit - or report on this category 5 snow storm

Nobody demanded \$2,000 debit cards.

No one asked for a FEMA Trailer House.

No one looted.

Nobody - I mean Nobody demanded the government do something.

Nobody expected the government to do anything either.

No Larry King, No Oprah, No Chris Mathews and No Geraldo Rivera.

No Shaun Penn, No Barbara Striesand, No Hollywood types to be found.



Caravans of SUV's were sent out to pluck people out of snow engulfed cars. The truck drivers pulled people out of the snow banks and didn't ask for a penny. Local restaurants made food, and police and fire departments delivered it to the snow bound families.

Families took in the stranded people - total strangers. We fired up wood stoves, broke out coal oil lanterns or Coleman lanterns. We put on an extra layers of clothes because up here it is "Work or Die".

We did not wait for some affirmative action government to get us out of a mess created by being immobilized by a welfare program that trades votes for 'sitting at home' checks.

Even though a Category "5" blizzard of this scale has never fallen this early, we know it can happen and how to deal with it ourselves. In my many travels, I have noticed that once one gets north of about 48 degrees North Latitude, 90% of the world's social problems evaporate. It does seem that way, at least to me.

I hope this gets passed on.. Maybe SOME people will get the message ..The world does not owe you a living.

MAYBE THESE RULES SHOULD BE PRINTED ON THE WALLS OF ALL SCHOOLS, STARTING IN ELEMENTARY THROUGH HIGH SCHOOL.

Love him or hate him, he sure hits the nail on the head with this! To anyone with kids of any age, here's some advice.

Bill Gates recently gave a speech at a High School regarding 11 things they did not and will not learn in school. He talks about how feel-good; politically correct teachings created a generation of

kids with no concept of reality and how this concept set them up for failure in the real world.

Rule 1: Life is not fair - get used to it!

Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not

beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try de-

lousing the closet in your own r o o m .

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished grades and they'll give you as MANY CHANCES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF.