

THE CENTREPIECE

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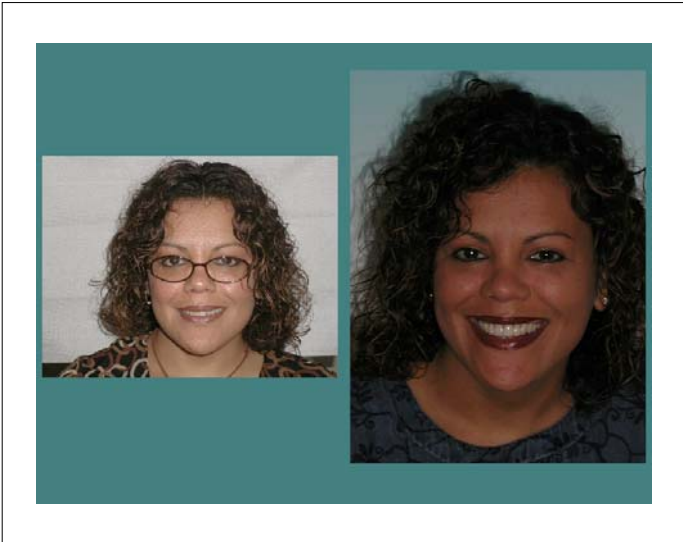
Special Points of

Interest

- Chocolate can help fight tooth decay
- \$7500 raised for Ronnie Mich
- Beauty tips from Audrey Hepburn
- New information available on our website
- Seating chart for Lincoln Financial Field
- Sedation Dentistry allows you to nap through your dental appointments
- Chocolate fights tooth decay.
- Weddings and Engagements
- Tongue and Lip Piercing
- The Golf Tee

OUR EXTREME MAKEOVER ISSUE

Over the past 20 years, Dr. Markus has spent considerable time enhancing his skills as a cosmetic dentist. While the state of New Jersey mandates that all dentists complete 40 hours of continuing education every two years, in the last two years, he is approaching 300 hours of advanced courses. That training carries over to the team at the Centre as well. We are constantly upgrading our skills, and our capabilities so that we can provide you with the absolute best service.



With the recent success of the TV series, Extreme Makeover, we thought we'd dedicate part of this issue to some of the exciting, life changing smile makeovers that we have completed in recent months.

We are in the process of altering our website to include a slideshow of recently completed cases. Dr. Markus will be becoming a Fellow in the Academy of Comprehensive Esthetics (F.A.C.E.) in mid-September. He is

This smile makeover was done while the patient was under

extremely proud of the artistically crafted smiles he has changed, and the lives he has altered as a result. Please visit our website, and tell your friends that we can take care of their smile makeovers here in the Delaware Valley, without them needing to travel to New York or L.A. Please share this newsletter with friends and family members who might be too embarrassed to smile, or too afraid to go to the dentist.

WE ARE 96.5FM FEATURED COSMETIC DENTISTS

Several of Dr. Markus' close friends in the world of cosmetic dentistry have been featured on the show Extreme Makeover. In fact, the concept of the ABC series was "pitched" to ABC by Dr. Bill Dorfman, another Crown Council dentist like Dr. Markus.

We have now brought the Extreme Makeover concept to the Philadelphia area. Beginning in September, The Centre for

Dentistry will be doing a smile makeover, in conjunction with needed plastic surgery by Dr. Lyle Back, for a deserving listener on Philly's 96.5 FM, The Point. If you, or someone you know might be interested in a life-altering makeover, fill out an application at www.phillypoint.com. There will be other pieces to this, including Lasik surgery, clothing, fitness, make-up and styling. Just like you've seen on TV.

Mental Games said to cut Alzheimer's Risk

BOSTON, June 18 (Reuters) - Want to ward off Alzheimer's disease? Play some mental games or go dancing.

Elderly people who frequently read, do crossword puzzles, practice a musical instrument or play board games cut their risk of Alzheimer's and other forms of dementia by nearly two-thirds compared to people who seldom do such activities, researchers said on Wednesday.

The findings, which stem from a long-term study of people over 75, are the latest to buttress the "use it or lose it" theory of staying mentally sharp.

Previous attempts to test the theory met with controversy because researchers had no way to tell if people who avoided mentally challenging activities were doing so because they were already in the early stages of Alzheimer's.

But neurologist Joe Verghese and his colleagues at the Albert Einstein College of Medicine in the Bronx, New York, adjusted for that potential complication by following hundreds of elderly volunteers for more than 20 years.

The study, published in Thursday's New England Journal of Medicine, showed, for example, that volunteers who did crossword puzzles four days a week had a risk of dementia that was nearly half that of subjects who did puzzles once a week.

With the exception of dancing, physical activity did not

decrease the risk. Among the 25 people who danced frequently, their chance of developing dementia was 76 percent lower.

The Verghese team said mentally challenging activities may directly slow down the processes that lead to dementia or, alternatively, create a larger reserve of brain cells that a patient can tap once deterioration begins.

The study did not look at how many hours a day the volunteers performed mental activities, nor at how taxing those activities were on the brain.

"Although we didn't analyze the intensity of the activity, I think that would influence your risk of dementia," Verghese told Reuters. "And I would think an activity that is more challenging would probably be better than something that is less challenging."

More research is needed to confirm the findings and better understand the influence that genetic, physical activity and mental challenges play in controlling the timing of Alzheimer's, Harvard's Joseph Coyle said in a commentary in the Journal.

In the meantime, he encouraged elderly people to read, play board games and go ballroom dancing.

"These activities, at the very least, enhance their quality of life, and they just might do more than that," he said.

Volunteers who did crossword puzzles four days a week had a risk of dementia that was nearly half that of subjects who did puzzles once a week..

MERCURY EXPOSURE AND AUTISM CONNECTED

CAMBRIDGE, Mass., Aug. 25 /U.S. Newswire/ -- A study published this month in the International Journal of Toxicology, the official journal of the American College of Toxicology, provides the strongest clinical evidence to date supporting the theory that mercury exposure is tied to autism.

The study, co-authored by Mark Blaxill, a director of Safe Minds, suggests a biological mechanism for the hypothesis first advanced by Safe Minds that autism is a form of mercury poisoning and that exposure to the mercury-based preservative thimerosal in vaccines has likely caused neurological damage to thousands of children.

Blaxill, along with co-investigators Amy Holmes, MD and Boyd Haley, PhD, assessed mercury exposure levels among 94 autistic children and 45 normally developing controls. They found higher pre- and postnatal exposures in the autistic group. Then they took a novel approach to measuring mercury distribution in the study subjects during infancy: they collected the first lock of baby hair that had been taken years (page 3 ->)

National Pitch, Hit & Run Program “A Hit” at the Vet

(Philadelphia, Pa.) – Pepsi’s Pitch, Hit & Run, Major League Baseball’s official youth skills competition, took the field at Veterans Stadium on June 21, 2003. Area girls and boys ages seven to 14 competed in pitching, hitting and running skills contests for a chance to travel, all expenses paid, to Chicago to compete in the national competition at the Major League Baseball All-Star game in July.



Dr. Steve Markus, President, and Dr. Sandor White, CFO of Smiles 9, Inc. at Vet Stadium

Smiles 9 dentists have practices in the Philadelphia suburbs, Delaware Valley and in New Jersey, and are members of the Crown Council, a national alliance of leading-edge dentists that is the national associate sponsor of Pepsi’s Pitch, Hit & Run Program. As associate

sponsors, Smiles 9 dentists bring an oral-health related aspect to this health- and activity-focused program and will provide free dental work to members of the Boys and Girls Club of America, the official charity of Major League Baseball.

Smiles 9 provided charity oral-health care to the Boys and Girls Clubs of Greater Philadelphia, the official charity of the Phillies. On July 18, Smiles 9 held a dental service day at the Bridesburg Boys and Girls Club. (continued on Page 5)

There the dentists provided oral-health education

Smiles 9 dentists bring an oral-health related aspect to this health- and activity-focused program and will provide free dental work to members of the Boys and Girls Club of America,

MERCURY EXPOSURE AND AUTISM—FROM PAGE 2

earlier from each child to determine its mercury content. In a result that appears surprising at first, they found that the autistic hair mercury levels were only a fraction of the controls'. "Our findings might seem counter-intuitive," says Blaxill, "but if you take into account the higher exposures of the autistic children, you quickly see that these reduced hair levels suggest that less mercury was being excreted by these babies. This is because mercury must be in the blood in order to be taken up by the hair follicle, and mercury must be in the blood in order to be eliminated from the body. If it's not in the hair, then it is not in the blood. And if it's not in the blood to be eliminated, more mercury is retained and available to cause neurological damage in infants who subsequently develop autism."

One finding of the study that will be sure to draw attention is the relatively high levels of mercury in the hair of normal infants. These levels appear to be a direct result of the number of mercury-containing amalgam fillings in the mother, as well as the mother's fish consumption, during pregnancy. Many popular fish species contain high levels of mercury. These results appear consistent with the notion that mercury levels in women of child-bearing age are already dangerously high. Thimerosal-containing infant vaccines can then push vulnerable children over the edge.

"This study provides the clearest proof we have seen so far," said Sallie Bernard, executive director of Safe Minds, "that small differences in mercury exposure and detoxification ability can drive huge differences in the brain development of small children. Recent studies sponsored by vaccine health officials that have attempted to reassure parents about the safety of so-called "low dose" mercury exposures from vaccines have completely failed to assess individual sensitivity to this neurotoxin. It only takes one child in 100 to have reduced excretion capacity and you can have an epidemic of neurological disease on your hands."

Safe Minds renews its call for action based on this latest report. The group calls for the following measures.

- The NIH must implement and fund the Institute of Medicine (news - websites)'s research recommendations on thimerosal, mercury and neuro-developmental disorders, including autism.
- The CDC must be removed from any supervisory role in vaccine safety research. Such research should be undertaken by independent researchers without ties to the CDC or to vaccine manufacturers.
- The Food and Drug Administration (news - web sites) (FDA) should issue an immediate recall of all thimerosal-containing vaccines. The FDA and the World Health Organization (news - web sites) should require the immediate production of thimerosal-free formulations and the investments in sterile production required to make these vaccines safe.

EXTREME MAKEOVER—96.5 FM

Look for updates on the 96.5 website (www.phillypoint.com), or listen for Dr. Markus on the Barsky show every morning, to hear about the people we're contemplating, and their cosmetic progress! One thing that all of our cosmetic patients report is that they all have tremendously higher levels of self-confidence, which is so important for the psyche.

Dr.
Markus'
friend and
Philly DJ,
Michael
Tearson has
written a
review of
the late
Warren
Zevon's last
album.
This review
was written
less than a
week before
his untimely
demise.

WARREN ZEVON, *THE WIND*

A REVIEW BY MICHAEL TEARSON

The best thing about *The Wind* is Warren Zevon was still around for its release. He recorded the album, and, I suspect, wrote most of the songs after his 2002 diagnosis of inoperable terminal lung cancer. At the time he was optimistically given three months to live. With characteristic black humor he remarked he just hoped he'd be around to see the new James Bong film coming out at Christmas. Fourteen months later he is still hanging on.

Writing these songs and recording the album certainly worked as therapy as these chores could only strengthen the will to live to complete the job. By all reports the sessions were a lot of fun as old friends kept dropping in to play and sing on the tracks. Given Warren's dire condition it is no surprise the album has a rough hewn, catch as catch can feel. He didn't linger over the tracks shining them to a finished gloss. There was no time for that. Instead most of the album feels like live studio performance. Overdubs are minimal. Engineer and co-producer Noah Scot Snyder deserves giant kudos for capturing all the life he did in these songs and performances.

Warren Zevon's songs have always fallen into two camps. Some are heartbreakingly pure, direct emotion. The rest are powered by Warren's black humor, mordant wit and a strong sense of film noir all fused with a staunch anarchy. *The Wind's* songs fit this dynamic, too.

Mindful of the potential for bathos rockers outnumber the sad ones, and Warren is careful never to place two emotional ones in succession. The sad ones are his saddest ever, and the funny nourish ones are as noirishly funny as anything since "Emotional Boy" and "Roland the Headless Thompson Gunner," both over 25 years old.

Significantly the album opens with "Dirty Life and Times," a brutally honest overview of a life dealt a tough hand. It is equal parts bravado and rue. How else to take a line like "I'm looking for a woman with low self-esteem!" Billy Bob Thornton and Dwight Yoakam sing backing parts as Ry Cooder's guitar, Jorge Calderon's bass and Don Henley's drums take care of business. A deceptively sprightly opener.

Right here let's acknowledge Jorge Calderon as the album's MVP. He co-wrote 7 of the 10 originals and plays bass throughout as well as assorted other instruments as needed. This continues collaboration dating back as far as 1976's *Excitable Boy*. Jorge always complements Zevon beautifully.

"Disorder in the House" features Bruce Springsteen on roughhouse guitar and vocal. This raucous track sports Bruce's most fiery, not at all polite guitar work in ages. It reunites a friendship dating back to their co-write on "Janie Needs a Shooter" on *Bad Luck Streak in Dancing School*.

"The set's only cover, Bob Dylan's "Knockin' on Heaven's Door" couldn't be a more perfect choice. Zevon's looming mortality gives the song a gravitas nothing else could. Indeed, to my ears this instantly became the definitive version of this oft recorded Dylan masterpiece. Thornton, Calderon, Jackson Browne, Brad Davis, John Waite, Tommy Shaw and Randy Mitchell join Warren to sing the choruses and vocal fills. Mitchell's slide guitar solo here is unforgettable.

Before "Numb as a Statue" Zevon acidly states, "Let's do another bad one. 'Cause I like it when the blood drains from Dave's face." Dave is David Lindley who adds his signature lap steel guitar sound. The song tells of bearing up despite disastrous circumstances. It is one of only two where Warren plays piano. The refrain line "Get here before I fall asleep" stops me cold each time I hear it.

Henley returns with fellow Eagle Timothy B. Schmit for backing vocals on the gentle "She's Too Good for Me," a song delving the whys and hows of a messy break-up.

"Prison Grove" has a film noir atmosphere like "Roland." It is a prisoner's lament illustrated by Calderon's tremolo guitar, Cooder's chilling slide guitar, Lindley's eerie electric sax and a mournful chorus of Browne, Thornton, Lindley, Calderon, Springsteen, T-Bone Burnett and Warren's son Jordan Zevon.

"El Amor de mi Vida" is perhaps the song with purest loveliness here. Warren wrote it to the love of his life, a woman he let slip away and regretted letting her go forever after. He salutes the happiness she found after him while wishing it had been with him. James Raymond takes Warren's piano chair here. Warren's vocal on "Amor" is the shakiest of the album as it quavers through the song's emotion. But this very shakiness plays perfectly for the deep, obviously heartfelt feelings it is tapping. Calderon's harmony on the Spanish language chorus is stunning. (continued on P 11 ->)

BENEFIT FOR RON MICH A SUCCESS!

In the early days of our practice, a much younger Ronnie Mich used to come in to sell raffle tickets for Saint Rose of Lima Church and for The A.R.C. (Association for Retarded Citizens). When I started reading the headlines about how that criminal attorney Dennis O'Brien stole the money that Ronnie's dad had saved for his care to the tune of \$1.2 million, I was more angered than some, because I felt a connection. I also felt a need to help.

I have been on the Executive Committee of the Riley/Kennedy Golf Outing for all of its 21 years. Our sole beneficiary has been the Association for Retarded Citizens. This year, we have an additional cause -- to help put back dollars stolen from the estate, to help defray Ronnie's expenses (which now, unfortunately include lawyers, caretakers, and unpaid property taxes). At the bottom of this page I will explain how there is a way to have part of the dollars you spend on dental care can go into the estate. Ron's father Stan was an active member of the ARC Parent's Group. On September 13th, at our tournament, we raised over \$40,000, \$7500 of which will be going directly into the estate.

The Centre for Dentistry at Haddon has pledged to donate **25%** of your payment for **any dental care** at our office, directly to the trust account they have set up for Ronnie.

new patients only

August 1 – October 1, 2003

maximum donation \$150 per family

you must ask for the donation to be made at the time of payment.

SMILES FOR LIFE BRINGS \$5000 TO J.D.F.

On a in Friday August, Dr. Steve Markus, Dr. Sander White, and Dr. Buzz Waterston presented a check for \$5000 to the Juvenile Diabetes Foundation. This represented 10% of all the dollars raised in the Delaware Valley for Smiles for Life last year. Dr. Markus, who is on the International Advisory Board for the Smiles for Life Foundation is seen here at the presentation.



At the J.D.F. office in Bala Cynwyd

SMILES 9 CHARITABLE DONATIONS TO BOYS AND GIRLS CLUBS OF GREATER PHILADELPHIA

and free oral screenings for the participating youth, along with free additional dental work on those kids with severe dental needs. Phillie Head Athletic Trainer, Jeff Cooper, made an appearance that day at the club as a bonus for the kids.

and proud to support the Pepsi Major League Baseball Pitch, Hit & Run program and to volunteer our services to local Boys and Girls Clubs of America," said Dr. Steve Markus, of The Centre for Dentistry in Haddon Heights, NJ.

kids in our community get out there and play while having fun and staying healthy, too."

"Our group of Crown Council dentists are extremely excited

"We look forward to working with Pitch, Hit & Run to help



Our Charitable Beneficiaries this year have included:

Ron Mich

Boys and Girls Clubs of Philadelphia

Smiles for Life

Juvenile Diabetes Foundation

And many more!

FROM OUR INBOX— WE LOVE E-MAIL, SOME OF THE BEST THINGS WE'VE READ ARE INCLUDED HERE FOR YOUR READING ENJOYMENT!

I sat in my seat of the Boeing 767 waiting for everyone to hurry and stow their carry-ons and grab a seat so we could start what I was sure to be a long, uneventful flight home. With the huge capacity and slow moving people taking their time to stuff luggage far too big for the overhead and never paying much attention to holding up the growing line behind them, I simply shook my head knowing that this flight was not starting out very well.

I was eager to get home to see my loved ones so I was focused on "my" issues and just felt like standing up and yelling for some of these clowns to get their act together. I knew I couldn't say a word so I just thumbed thru the "Sky Mall" magazine from the seat pocket in front of me. You know it's really getting rough when you resort to the over priced, useless sky mall crap to break the monotony.

With everyone finally seated, we just sat there with the cabin door open and no one in any hurry to get us going although we were well past the scheduled take off time. No wonder the airline industry is in trouble I told myself. Just then, the attendant came on the intercom to inform us all that we were being delayed. The entire plane let out a collective groan. She resumed speaking to say "We are holding the aircraft for some very special people who are on their way to the plane and the delay shouldn't be more than 5 minutes. The word came after waiting six times as long as we were promised that "I" was finally going to be on my way home.

Why the hoopla over "these" folks? I was expecting some celebrity or sport figure to be the reason for the hold up.....Just get their butts in a seat and lets hit the gas I thought. The attendant came back on the speaker to announce in a loud and excited voice that we were being joined by several U. S. Marines returning home from Iraq!!!

Just as they walked on board, the entire plane erupted into applause. The men were a bit taken by surprise by the 340 people cheering for them as they searched for their seats. They were having their hands shook and touched by almost everyone who was within an arm's distance of them as they passed down the aisle. One elderly woman kissed the hand of one of the Marines as he passed by her. The applause, whistles and cheering didn't stop for a long time. When we were finally airborne, "I" was not the only civilian checking his conscience as to the delays in "me" getting home, finding my easy chair, a cold beverage and the remote in my hand. These men had done for all of us and I had been complaining silently about "me" and "my" issues. I took for granted the everyday freedoms I enjoy and the conveniences of the American way of life I took for granted others paid the price for my ability to moan and complain about a few minutes delay to "me" those Heroes going home to their loved ones.

I attempted to get my selfish outlook back in order and minutes before we landed I suggested to the attendant that she announce over the speaker a request for everyone to remain in their seats until our hero's were allowed to gather their things and be first off the plane. The cheers and applause continued until the last Marine stepped off and we all rose to go about our too often taken for granted everyday freedoms.... I felt proud of them. I felt it an honor and a privilege to be among the first to welcome them home and say Thank You for a job well done. I vowed that I will never forget that flight nor the lesson learned. I can't say it enough, THANK YOU to those Veterans and active servicemen and women who may read this and a prayer for those who cannot because they are no longer with us.

GOD BLESS AMERICA! WELCOME HOME! AND THANKS FOR A JOB WELL DONE !!!!!



Our Yellow Ribbon will remain on our sign posts until the troops are home

We love great emails like these. Hope you enjoy them too. They help make ours one of the most widely read dental newsletters in the nation! And one of the largest! Thanks for your support.

FROM OUR INBOX— WE LOVE E-MAIL, SOME OF THE BEST THINGS WE'VE READ ARE INCLUDED HERE FOR YOUR READING ENJOYMENT!

CHOCOLATE CAN HELP FIGHT TOOTH DECAY



We like giving our patients good news. What could be better than this article?

Maintaining healthy teeth isn't always a matter of more toothpaste and less candy. London health expert Angela Dowden says a bar of chocolate, or a cup of tea, or even sipping through a straw can help do the job. It may come as a surprise, but a dark bar of chocolate, with its high cocoa-to-sugar ratio, can be useful in protecting against tooth decay, she says. "Extracts of defatted cocoa have been found to reduce the ability of oral bacteria to make a substance that helps them to stick to teeth." Dowden also says tea is a natural dietary source of fluoride, which can help prevent the loss of minerals from teeth and thus help stop decay. And using a straw to sip sugary or acidic drinks can reduce their potential for causing damage to teeth. Researchers at Glasgow Dental School in Scotland also suggest using too much water to rinse the mouth after brushing the teeth can be harmful. Apparently this washes away the toothpaste's fluoride which otherwise would penetrate the teeth and provide protection.

Chocolate has antioxidants

New research published in the Medical Journal "Lancet", shows that eating chocolate could prevent cancer and heart disease and contrary to popular belief also fights tooth decay.

Research conducted by scientist from Holland's National Institute of Public Health and Environment shows that chocolates contain antioxidants called Catechins and Phenols. These antioxidants could prevent heart diseases and cancer.

Until now tea was thought to contain the largest amount of these antioxidants but this new research indicates that dark chocolate has four times as much as compared to tea. The researchers found that dark chocolate had 53.5 mg of catechins per 100 gm, milk chocolate contains 15.9 mg per 100 gm, and the black tea contains 13.9 mg per 100 ml.

Chocolate like the red wine - which is said to protect against heart disease, also contains phenols. These reduce the presence of free radicals that damage cells and DNA. Phenols are said to prevent fat like substances in the blood stream from oxidizing and clogging the arteries.

Atherosclerosis, or the formation of plaque in the arteries, is caused by oxidation of LDL (low density lipoproteins) that 's one of the cholesterol particles. At first this leads to subtle damage, and then eventually to the formation of advanced plaque. The buildup of plaque can lead to clogging of the arteries, a major cause of heart attack.

By acting as a deoxidizing agent , the phenols prevent clogging of arteries, thus averting heart attacks. The researchers also believe that the cacao plant, from which chocolate and cocoa is derived, boosts the immune system and also restricts the formation of the type of cholesterol which damages heart.

Researchers believe that most of the bad effects of eating chocolate are either overstated or entirely false. For example, chocolate also has not been proven to cause cavities or tooth decay. Rather, it helps thwart mouth bacteria and stop dental decay. Tooth cavities start when streptococcus mutans bacteria produce a sticky molecule called glucan. This helps the bacteria anchor themselves to teeth and form plaque. These and other bacteria in plaque convert sugar to acids, which eat away the tooth's surface and lead to cavities.

Research shows that the cocoa butter in the chocolate coats the teeth and may help protect them by preventing plaque from forming. The sugar in the chocolate does contribute to cavities, but no more than the sugar in any other food. Scientists believe that antibacterial agents in cocoa beans offset its high sugar levels. Cocoa bean husk, the outer part of the bean, which usually goes waste in chocolate production in a potent source of these agents. Research has also shown that parts of cocoa bean, the main ingredient of chocolate, thwart mouth bacteria and stop dental decay. Also, eating chocolate neither causes nor aggravate acne, as is the general belief. In fact recent research has shown that eating chocolate or not eating it does not produce any significant changes in the acne conditions in human beings.

However, as in the case of any other food, eating too much of chocolate may cause health problems. The cocoa butter in chocolate does contain saturated fat, which can increase blood cholesterol levels, and high cholesterol may contribute to heart disease.

PATIENTS & TEAM IN THE NEWS

We appreciate all of your referrals of friends and family to the practice. The website gives you a way to tell people all about us. The best new patients are your referrals because they come in well-acquainted with us.

Since the spring publication we have seen several of our patients get married.

Don Gearhart and Amy Nelson, both of whom were patients long before they met, married in September.

Zulma Gonzales got married in August, as did **Laura Sebacher**.

Our office manager **Tina Olivieri** is now engaged.

Congratulations to **George Frake**, PGA professional at Little Mill CC for his second place finish in the Philadelphia PGA Sectional tournament. Congrats also to **Chris Cochran** for his strong showing in the Philadelphia PGA's



Dave Cepas ripping through a corner.

Carpenter Cup. **Dave Cepas** finished first in a major moto-cross race.

For the second time, **Dental Economics Magazine** has run an article about the best dental websites in the country, and for the second time **www.cent4dent.com** has been honored as one of the top 30 websites. Our website attracts many new patients each month. If you have any web savvy friends who might be looking for a new dental home, why not email them about us? Thanks.

SMILEREMINDER

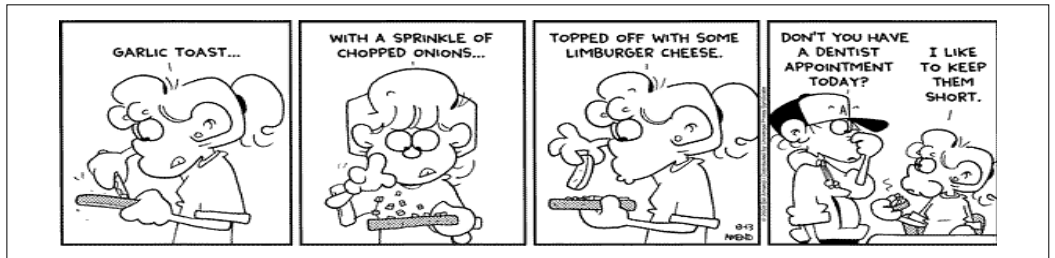
We have installed new software at the office that increases our efficiency, and eliminates interferences in your day. Instead of having to call to confirm your appointment, **SmileReminder** will automatically notify you about your next appointment 48 hours, and then two hours prior. The notification will either come by text message to your cell phone or by an email to your computer. If you like this idea, let us know.

LINKS TO THE LINC

Going to **Lincoln Financial Field** but unsure where your seats are? On the "links" page of our website, we've provided a link to the seating diagram for the stadium. In addition to this, we are happy to provide links for things to do in New Jersey. If you've never visited the links pages, we think you'll come away impressed with the variety of information at your fingertips without having to use a search engine!

TONGUE AND LIP PIERCING.

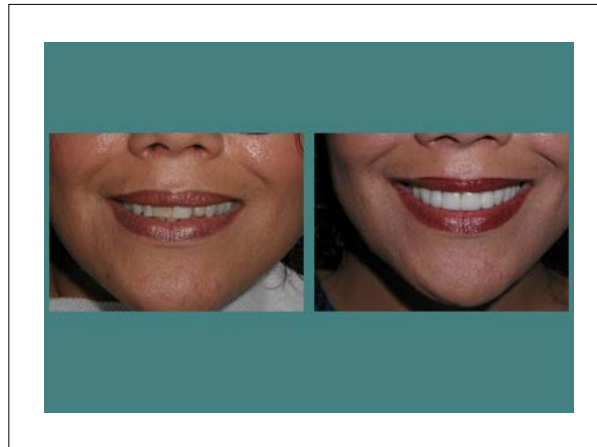
Dr. Markus was interviewed on KYW 1060 on the subject of the hazards of piercing ones tongue and lips. Apart from the potential for infection, we have seen several patients come in with broken teeth attributed to these metallic wrecking balls. There is a very clever **powerpoint** you can get to from the links page, to dissuade those you are concerned about. Let us know how you like it.



SEDATION DENTISTRY —NAP THROUGH YOUR DENTAL APPOINTMENTS—INFO ON THE WEBSITE

The following smile makeover was done while the patient was under sedation. If you don't know about sedation dentistry, we invite your inquiries. We have the capacity to take care of substantial amounts of dentistry, while you nap. You won't feel, or remember a thing, as was the case for this bride to be. She was concerned that her wedding pictures wouldn't look perfect. Her smile needed some repair. We are sure you will agree she must have made a beautiful bride.

Most of our smile makeover are accomplished on sedated patients for their comfort through the visit.



We would love to tell you more about Sedation Dentistry, why not call us, or log-onto our website. Sedation Dentistry is ideal for people anticipating lengthy dental appointments.

Sedation Dentistry enables people who need extensive dentistry, or who have normal fears of dental treatment to undergo long-visit dentistry without any pain, and one of the side-effects is no memory of the procedure.

Beauty tips from Audrey Hepburn

- * For attractive lips, speak words of kindness.
- * For lovely eyes, seek out the good in people.
- * For a slim figure, share your food with the hungry.
- * For beautiful hair, let a child run his fingers through it once a day.
- * For poise, walk with the knowledge you'll never walk alone.
- * People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anybody.
- * Remember, if you ever need a helping hand, you'll find one at the end of your arm.
- * As you grow older you will discover that you have two hands, one for helping yourself; the other for helping others.

Tale of the Tee

The unassuming golf tee has been around since 1896, when George Grant, an amateur golfer and Boston dentist, tired of the practice of mixing water and sand to form a muddy perch for the ball.

Grant, one of the first African American golfers in the post-Civil War United States,

fashioned a wooden peg with tools from his office and secured the first U.S. golf tee patent in 1899.

The device didn't gain



The original package of Reddy Tee's, available on E-Bay!

wide acceptance until 1921, when another dentist, William Lowell of New Jersey, came up with the "reddy tee." Lowell painted his tee red and persuaded pro golfer Walter Hagen to use it in professional events.

More than eight decades later, the tee still stands, albeit a bit taller.

EMAIL FROM THE IN BOX

The Bill of Non-Rights

The following has been attributed to State Representative Mitchell Kaye from GA.

"We the sensible people of the United States, in an attempt to help everyone get along, restore some semblance of justice, avoid more riots, keep our nation safe, promote positive behavior, and secure the blessings of debt free liberty to ourselves and our great-great-great-grandchildren, hereby try one more time to ordain and establish some common sense guidelines for the terminally whiny, guilt ridden, and delusional.

We hold these truths to be self evident: that a whole lot of people are confused by the Bill of Rights and are so dim they require a Bill of NON-Rights."

ARTICLE I: You do not have the right to a new car, big screen TV, or any other form of wealth. More power to you if you can legally acquire them, but no one is guaranteeing anything.

ARTICLE II: You do not have the right to never be offended. This country is based on freedom, and that means freedom for everyone -- not just you! You may leave the room, turn the channel, express a different opinion, etc.; but the world is full of idiots, and probably always will be.

ARTICLE III: You do not have the right to be free from harm. If you stick a screwdriver in your eye, learn to be more careful, do not expect the tool manufacturer to make you and all your relatives independently wealthy.

ARTICLE IV: You do not have the right to free food and housing. Americans are the most charitable people to be found, and will gladly help anyone in need, but we are quickly growing weary of subsidizing generation after generation of professional couch potatoes who achieve nothing more than the creation of another generation of professional couch potatoes.

ARTICLE V: You do not have the right to free health care. That would be nice, but from the looks of public housing, we're just not interested in public health care.

ARTICLE VI: You do not have the right to physically harm other people. If you kidnap, rape, intentionally maim, or kill someone, don't be surprised if the rest of us want to see you fry in the electric chair.

ARTICLE VII: You do not have the right to the possessions of others. If you rob, cheat, or coerce away the goods or services of other citizens, don't be surprised if the rest of us get together and lock you away in a place where you still won't have the right to a big screen color TV or a life of leisure.

ARTICLE VIII: You do not have the right to a job. All of us sure want you to have a job, and will gladly help you along in hard times, but we expect you to take advantage of the opportunities of education and vocational training laid before you to make yourself useful.

ARTICLE IX: You do not have the right to happiness. Being an American means that you have the right to PURSUE happiness, which by the way, is a lot easier if you are unencumbered by an over abundance of idiotic laws created by those of you who were confused by the Bill of Rights.

ARTICLE X: This is an English speaking country. We don't care where you are from, English is our language. Learn it.

(lastly....)

ARTICLE XI: You do not have the right to change our country's history or heritage. This country was founded on the belief in one true God. And yet, you are given the freedom to believe in any religion, any faith, or no faith at all; with no fear of persecution. The phrase **IN GOD WE TRUST** is part of our heritage and history, and if you are uncomfortable with it, TOUGH!!!!

If you agree, share this with a friend. No, you don't have to, and nothing tragic will befall you if you don't

If you stick a screwdriver in your eye, learn to be more careful, do not expect the tool manufacturer to make you and all your relatives independently wealthy.

WARREN ZEVON, THE WIND

CONTINUED FROM PAGE 4

Next the rocking "Party for the Rest of the Night" is the spiritual antidote. It's a balls to the wall fun rocker with Tom Petty and Heartbreaker guitarist Mike Campbell featured. Purest fun.

The final three songs are the ones that deal most frankly, openly with the impending finality Warren cannot help facing. They summarize everything that has gone before in Warren's life and art.

"Please Stay," Warren's other song at the keyboard, is a naked plea to a lover who is leaving. The lover could as easily be a metaphor for life itself. The language could not be plainer: "Will you stay with me 'til the end/when there's nothing left but you and me and the wind." That the album's title comes from that line underscores how central this song is to Zevon. Emmylou Harris' harmonies on the chorus magnify the song's heartbreak. Gil Bernal's sweet sax graces the song with elegance. The way his last lingering note hanging in mid-air ends the song is another chilling moment.

In "Rub Me Raw" Warren talks frankly about the ravages his illness and condition have wrought couched to a degree in satiric black humor. Between the funny lines Warren speaks bluntly about dealing with his disease with class, just how sick he feels, how he doesn't want to talk about it in platitudes that only let others not feel as bad and how he wants no pity or "\$50 words." This is the song that does the most to make the listener uncomfortable and Warren's unflinching honesty and acceptance does it. Humor comes no blacker than this. Joe Walsh's slide guitar provides substantial sizzle to the song.

The Wind must have a last song. Here the last song is truly a last song, a final farewell. "Keep Me in Your Heart" is precisely that, a last wish to those who love him to

keep his memory alive in them "for awhile." I have trouble not tearing up when I listen to it.

The Wind might be the best album Warren Zevon has ever made. Certainly it is the most deliberate, the most naked, the most intense. Here by necessity he stripped his art to barest bones. The utter finality of his condition (I refuse to call it "predicament," and I'm sure Warren would be pleased by this distinction) is the substance of the set. Out of this terrible situation Warren has crafted a beautiful cycle of songs.

I really dreaded writing this review. I hated the prospect, and I put it off as long as I could. For one thing I have had special appreciation for Warren's songs since first meeting him musically and then personally with 1976's *Warren Zevon*, his proper debut if not truly his first



Warren Zevon, 1947-2003

recordings. His noir sensitivities and mine run quite parallel.

But I have a more personal stake in Warren's condition. The great love of my life, my second wife Lynne, was classically tragic. Lynne had undiagnosed terminal cancer when we met. It was found, disclosed and treated as well as it could be after one shining year together. For our last four years I had to watch her die by millimeters. She fought her illness heroically always keeping her innate joy of living alive to her very last night. She shared that joy with

everyone she encountered. I have never gotten over losing her even more than eight years later.

Warren Zevon's struggle will be shorter. With *The Wind* as his testament his endgame is no less heroic. His songs, his art will remain. But when it comes his passing will be a tough bitter pill to take.

Some things you just never get over.
(Michael Tearson) 9/03

*Michael
Tearson, one
of
WMMR's
original DJ's
has written
this review
for our
newsletter*

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