

THE CENTREPIECE — Volume 25

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Special points of interest:

- We need everyone's help to make Smiles for Life 2005 the biggest and best ever.
- If you have an idea for "A Way With Words" send it to drmarkus@cent4dent.com
- Do you know someone who suffers with headaches? Why not see if we can help?

SMILES FOR LIFE—2005

Dr. Markus has just returned from Scottsdale, Arizona, where the charity was launched for the new year. Our office was honored as one of the top ten offices in the nation for 2004.

Together we raised over \$25000 in 2004, and a lot of that money stayed locally to benefit such organizations as Volunteers of America and Juvenile Diabetes.

This year we hope to do even more to benefit the children. We need your help in getting the word out about Smiles for Life to your friends, family and co-workers.

The best way to do that is to send them an email with a link to our website, where they will find all the information they need about Smiles for Life.

We use only Discus Dental products in whitening peoples smiles, and dentists nationwide owe a big debt of gratitude to Dr. Bill Dorfman (of Extreme Makeover fame), President of Discus for the donation of all the supplies.

In our office, Adrienne Wheeler handles all the



Dr. Markus receives a plaque for the office from Garth Brooks, whose charity, Teammates for Kids, benefits from the Smiles for Life dollars.

logistics of the campaign. She takes all the impression, pours all the models, makes all the trays and delivers them to the patients. She then does all the education and follow-up care.

We couldn't have done it without Adrienne, and her cohorts: Betsy Sides, Gloria McCormack, Amy Katz, Michele Theoharis, Melissa Faro, and of course, our great front desk team of Tina Tilton, Shannon Kane, and Sam Van Rossem.

LITERARY NEWSLETTER BECOMES BI-ANNUAL

In response to popular demand, Dr. Markus will attempt to put out two of these a year, albeit shorter than the last one he did, which was 14 pages.

To do so, he relies on the emails of friends and patients to fill these pages. If you run across something you feel would be interesting why

don't you forward it to us at:

Drmarkus@cent4dent.com

Dr. Markus would like to thank all the people who have contributed to this issue.



TOP TEN REASONS THE EAGLES LOST

FROM DAVID LETTERMAN

- 10. "Spent two weeks practicing the coin toss."
- 9. "Discouraged by half time show's lack of nudity."
- 8. "We were missing 'Desperate Housewives'--who could think straight?"
- 7. "We're overwhelmed by the awe-inspiring metropolis that is Jacksonville."
- 6. "Oh, suddenly referees are too good to take bribes?!"
- 5. "Who really wants to get Gatorade dumped on them?"
- 4. "Should have campaigned harder in Ohio."
- 3. "It's totally unfair, the Patriots are really good."
- 2. "Maybe being from the land of cheese steaks ain't a good thing."
- 1. "When Tom Brady looked at us with those gorgeous eyes, we just melted."

TOP TEN LOVESONGS OF ALL TIME

FROM WXP.N.COM

25 *Darling* Beach Boys 24 *Coming Down* David Gray 23 *The Tide Is High* Blondie 22 *I'm Gonna Love You Just A Little More, Baby* Barry White 21 *The Honeymoon Is Over* The Cruel Sea 20 *Pledging My Love* Johnny Ace 19 *She* Gram Parsons 18 *Fade Into You* Mazzy Star 17 *Because The Night* Patti Smith 16 *Too Late To Turn Back Now* Cornelious Brothers And Sister Rose 15 *Whole Wide World* Wreckless Eric 14 *Betcha By Golly* Wow Stylistics 13 *So Real* Jeff Buckley 12 *Hang On To Your Love* Sade 11 *Be My Baby* The Ronettes 10 *Everlong* Foo Fighters 9 *Arms Of A Woman* Amos Lee 8 *Someone To Lay Down Beside Me* Karla Bonoff 7 *Perfect Day* Lou Reed 6 *I Only Have Eyes For You* The Flamingoes 5 *That Girl* Stevie Wonder 4 *Here, There And Everywhere* The Beatles 3 *Melt With You* Modern English 2 *You Send Me* Sam Cooke 1 *Tupelo Honey* Van Morrison 1/2 *The End* The Beatles

What are your top five? Email them to us. Drmarkus@cent4dent.com

A WAY WITH WORDS.

SENT IN BY PETER MC CALLISTER

The Washington Post's Style Invitational once again asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition.

Here are this year's winners:

1. **Bozone** (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows

little sign of breaking down in the near future.

2. **Cashtration** (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period.

3. **Giraffiti** (n): Vandalism spray painted very, very high.

Send us your
 entries for *A
 Way with
 Words....ema
 il it to
 drmarkus@
 cent4dent.com*

HEADACHES CAN BE RELATED TO AN UNEVEN BITE

Dr. Markus has been featured on the local TV news twice in the past several months about headaches and bite.

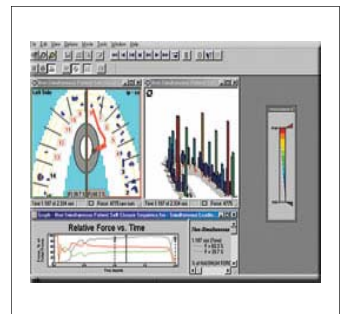
If you know someone who has not gotten any relief from their headaches, why not refer them to the headache pages of our website. We have recently expanded the site dramatically in this area. We seek to educate patients and physicians about the fact that if the teeth aren't meeting evenly, it can put the muscles in a state of imbalance. This results in muscle spasm, especially in the temporal region (behind the eyes, in front of the ears) of the skull.

The doctors of "The Centre" have now added Tek-Scan to their array of High Tech devices. Tek-Scan is a computer sensor that patients bite down on and convey far more information to the doctor than simply biting down on carbon

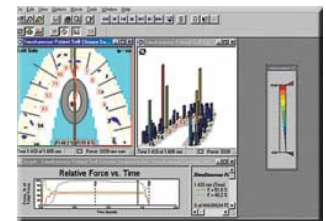
paper.

The doctors learn about the sequence in which the teeth hit, and the relative forces these teeth exert as the teeth come together. For much more information about how patients can be rid of headaches, and not on any pain medication, be sure to visit the headache section;

www.cent4dent.com



Pre treatment, uneven bite



After treatment, even bite

THE TRUTH ABOUT SODA AND TOOTH DECAY

Did you see Dr. Markus with Janet Zapalla on Fox's Good Morning Show? If you did, you would have learned about what sodas are the worst for your teeth. If you want to learn more, hit the "We were on TV" button on the left side of our website.

We have seen a tremendous increase in the amount of decay we are finding, especially among teenagers. We feel that parents have become complacent about their children's

teeth. The understanding they have is that no matter what, dentists today can save teeth. That is very true.

However, when you look at the long-term consequences of decay, and the drilling of teeth, eventually it can catch-up to you in terms of the need for root canal treatment and crowns. It is best to drink water. The best sodas are Root Beer and Ginger Ale. The worst are Mountain Dew and Sprite

To learn more about which sodas the study found to be unhealthy for teeth, log onto our website and look at the
We Were On TV

page

A WAY WITH WORDS CONTINUED — HOW CLEVER CAN YOU BE?

4. Sarchasm (n): The gulf between the author of sarcastic wit and the person who doesn't get it.

5. Inoculatte (v): To take coffee intravenously when you are running late.

6. Hipatitis (n): Terminal coolness.

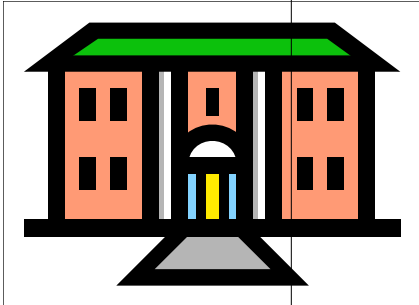
7. Osteopornosis (n): Degenerate disease. (This one got extra credit.)

8. Karmageddon (n): It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

9. Decafalon (n): The grueling event of getting through the day consuming only things that are good for you.

Lipstick in School

Sent in by George Luntz



Teaching Lessons in School!

According to a news report, a certain school in Garden City, Michigan was recently faced with a unique problem. A number of 12-year-old girls were beginning to use lipstick and would put it on in the wash-room.

That was fine, but after they put on their lipstick they would press their lips to the mirror leaving dozens of little lip

prints. Every night, the maintenance man would remove them and the next day, the girls would put them back.

Finally the principal decided that something had to be done. He called all the girls to the washroom and met them there with the maintenance man. He explained that all these lip prints were causing a major problem for the custodian who had to clean the mirrors every night.

To demonstrate how diffi-

cult it had been to clean the mirrors, he asked the maintenance man to show the girls how much effort was required. He took out a long-handled squeegee, dipped it in the toilet, and cleaned the mirror with it. Since then, there have been no lip prints on the mirror.

THE MORAL OF THIS STORY:

There are teachers, and then there are Educators.

If enough people receive this, maybe a seed of awareness will be planted and maybe good changes will evolve.

How many people CAN you send this to?

Better yet....

How many people will YOU send this to?

GET A BILL STARTED TO PLACE ALL POLITICIANS ON SOCIAL SECURITY

Perhaps we are asking the wrong questions during election years. Our Senators and Congresswomen do not pay into Social Security and, of course, they do not collect from it. You see, Social Security benefits were not suitable for persons of their rare elevation in society. They felt they should have a special plan for themselves. So, many years ago they voted in their own benefit plan.

In more recent years, no congressman has felt the need to change it. After all, it is a great plan. For all practical purposes their plan works like this:

When they retire, they continue to draw the same pay until they die. Except it may increase from time to time for cost of living adjustments. For example, Senator Byrd and Congressman White and their wives may expect to draw \$7,800,000.), with their wives

drawing \$275,000.00 during the last years of their lives.

This is calculated on an average life span for each of those two Dignitaries.

Younger Dignitaries who retire at an early age, will receive much more during the rest of their lives.

Their cost for this excellent plan is \$0.00.

NADA....ZILCH....

This little perk they voted for themselves is free to them. You and I pick up the tab for this plan. The funds for this fine retirement plan come directly from the General Funds; **"OUR TAX DOLLARS AT WORK"!**

From our own Social Security Plan, which you and I pay (or have paid) into,-every payday until we retire (which amount is matched by our employer)-we can expect to get an average of

\$1,000 per month after retirement.

Or, in other words, we would have to collect our average of \$1,000 monthly benefits for 68 years and one (1) month to equal Senator! Bill Bradley's benefits!

Social Security could be very good if only one small change were made.

That change would be to: Jerk the Golden Fleece Retirement Plan from under the Senators and Congressmen. Put them into the Social Security plan with the rest of us, then sit back....

and see how fast they can fix it.

If enough people receive this, maybe a seed of awareness will be planted and maybe good changes will evolve.

You know you're living in 2005 when...

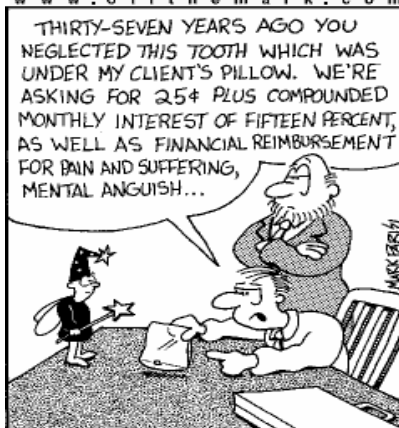
Submitted by Paula Lammons

1. You accidentally enter your password on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of 3.
4. You e-mail the person who works at the desk next to you.
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
6. You go home after a long day at work you still answer the phone in a business manner.
7. You make phone calls from home, you accidentally dial "9" to get an outside line.
8. You've sat at the same desk for four years and worked for three different companies.
10. You learn about your redundancy on the 11 o'clock news.
11. Your boss doesn't have the ability to do your job.
12. You pull up in your own driveway and use your cell phone to see if anyone is home.
13. Every commercial on television has a website at the bottom of the screen.
14. Leaving the house without your cell phone, which you didn't have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
15. You get up in the morning and go online before getting your coffee.
16. You start tilting your head sideways to smile. :)
17. You're reading this and nodding and laughing.
18. Even worse, you know exactly to whom you are going to forward this message.
19. You are too busy to notice there was no #9 on this list.
20. You actually scrolled back up to check that there wasn't a #9 on this list.

AND NOW U R LAUGHING at yourself.

Go on, forward this to your friends ...you know you

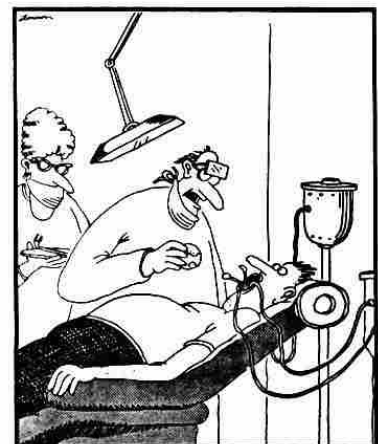
off the mark by Mark Parisi
www.offthemark.com



CARTOONS:



"Root canal? You've charged me for the Suez Canal."



"Now open even wider, Mr. Stevens. ... Just out of curiosity, we're going to see if we can also cram in this tennis ball."

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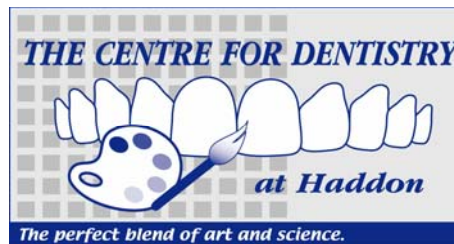
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HOW TO STAY YOUNG

(by George Carlin)

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever.. Never let the brain idle. " An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.



**The Ugly Duckling turned
into a swan?**

**Did she have an
Extreme Makeover?**