



PAID ADVERTISEMENT

WHY IT'S AWESOME BEING A DENTIST

So not that long ago, I just couldn't walk into a restaurant alone, sit at the bar, and enjoy a meal and the pleasure of engaging new friends. And the mere thought of going to a Pasadena Chamber breakfast and speaking in public or actually being on a non-profit board used to scare the crap out of me. Probably like most folks, leaving the insulated confines of my comfort zone was just a little too risky.

Then, about 15-years ago, I chose to break out of Temple City once in a while and take my act on the road to the big city; in this case, Pasadena. I started eating there, going to the gym there, marketing there...and a few weeks ago, I actually moved to the Rose City for keeps...on parade day.

One fateful Pasadena Chamber breakfast morning I made eye contact with the Director of Development of Pasadena's Haven House, the first shelter for victims of domestic violence, founded in the U.S. I wound up touring the place and by the time we hit the Teen Art section, I was sold. And I signed on.

A few years later, the board of directors welcomed a newcomer. Susan was an H/R Vice President at Disney and she was super-smart, hard-working, and committed; she soon became our president (and later would almost single-handedly save the historic organization in the wake of the U.S. economic collapse of 2008.) Susan eventually became a patient and a little while later referred her assistant, Jessica.

Jessica was a sweetheart; she carried the kind of positive energy that just had to put a smile on your face. Jessica was bright, funny, and (as we would learn) had a beautiful caring and generous heart. Jessica didn't take vacations; she did missions to the Philippines. If there was one thing about Jessica that showed the slightest hint of posturing, it was her smile. Jessica was

27-years old, had gaps between her teeth she didn't like and it was clear she'd declared it was time to do something about it.

Jessica had two congenitally missing front teeth; the result was five large gaps. Long story short: we provided Invisalign care, closed three of the spaces, and replaced the two missing teeth with beautifully restored dental implants. Jessica was an amazing patient; not only was she compliant, she was also an awesome source of energy on arrival for her 7:30AM appointments. Jessica's care, including the implant restorations, took slightly more than 2-years. A few months before the finishing touches were applied, Jessica shared she was a trained vocalist. I couldn't have been prouder of Jessica's result (splashed it all over social media.) And I wondered how Jessica's new look would impact her singing. I really had no idea.

A month or so went by when a Disney package arrived. I found a note and some Disney goodies inside. The note was written by someone who couldn't stop smiling; someone who would soon be living her dream. Jessica shared she'd left Disney and would soon begin a 6-month engagement as a torch singer, singing jazz and blues at the Grand Hyatt...in Hong Kong. Talk about fearless. Talk about seizing the Day.

These days, I get to follow Jessica's successes on Facebook; couldn't be prouder. And I realize Jessica probably would have eventually found a dentist who would have accomplished a similar transformative result. But if I hadn't overcome some of my own fears, I wouldn't have had the opportunity and privilege of serving Jessica and sharing this story.

It's a new year. Maybe it's time to take a chance. You just might find the same inspiration that's been looking for you.

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and aquifers from which we draw our drinking water supplies. Over time, as population and industrial pressure grew, so too did the chlorine concentrations, along with a host of additional additives intended to clean or otherwise "improve" the water.

The serious problems begin when chlorine reacts with other water treatment chemicals, or organic matter in the water supply, to produce often extremely toxic by-products called DBPs (disinfection bi-products.) There are hundreds of known DBPs found in municipal water throughout the country. "It's a no-brainer," says Guoin. "Don't drink tap water."

So who drinks tap water anyway? Apparently in our quest for "purity," we buy over \$11 billion worth of bottled water every year, so does that mean we shouldn't worry? First of all, if it's not self-evident that "the world simply cannot absorb any more plastic," as Guoin says, then stories of overflowing landfills and giant floating islands of plastic the size of some states, may have escaped your attention. Guoin is as concerned for the health

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of the planet as he is for you. And for both your sakes he says, "Don't drink water out of plastic bottles."

Water is one of nature's greatest solvents. Countless things dissolve in water. It absorbs almost anything it comes in contact with. Importantly, in the case of bottled water, that includes a whole host of toxins contained in the plastic of the bottle itself. And as long as we're comparing waters to waters, it should be noted that from a regulatory over-site standpoint (should you put your trust in that sort of thing), tap water is subject to far more scrutiny than the bottled water industry. Oh, and did I mention bottled water is typically at least four times as expensive as the gasoline you put in your car?

Fortunately, I was shown an alternative to this toxic water world at the Pasadena offices of the Ayzenberg Group. This local advertising and design firm has installed Guoin's Bio-Quantum Water Coolers on every floor of their building. Make no mistake, this is a serious commitment to water quality and conservation. PerfectWater systems don't come cheap. It's