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Smile Files



Produced to improve your dental health and awareness of our community

Spring 2010

Who would have thought fifty years ago that an event to raise funds for a church Sunday school would still be here in 2010?

There's been significant additions and changes to this event, including the *NorCal Taiko Expo* becoming a separate experience. This allows for more Taiko groups to perform, which will take place at the *Morgan Hill Community Cultural Center's* outdoor amphitheater. Taiko groups, from Sacramento to Monterey, will perform percussion, music, and choreography from noon until 5:00 pm on Saturday, April 17th.

The *Haru Matsuri Committee* is also holding a Silent Auction of Japanese items. Those of you who attended Dr. H's *Sushi and Sake* event last year were so enthusiastic and the auction so well received, that another was in order. Many items will

be one-of-a-kind, which would be difficult to find except as a keepsake from a Japanese family. This will take place in the *Buddhist Community Center*, closing at 2:30 pm.

There will be many foods to try and a sake tasting, featuring a commemorative traditional sake drinking cup. To participate in the sake event, purchase tickets in advance - supplies are limited. Traditional Japanese beer will also be served. We hope to get tickets available in our office soon.

Congressman Mike Honda, Morgan Hill Mayor Steve Tate, and a representative from the Japan Consulate in San Francisco will be on hand to recognize the early founders of this event. Their foresight and courage have led to this *50th Anniversary Celebration*. Both the *Haru Matsuri* and the *NorCal Taiko* will be free to the public.

However, space and seating is limited.

Dr. Nguyen is aboard with us on a full time basis and this assists with giving our office the capacity to offer premium dental care to your family, friends and co-workers. We welcome new patients and truly appreciate your referrals!



Christian Is Getting Bigger!

In a lot of instances, bigger is indeed better. This is certainly the case with our Dr. Nguyen's first born, son Christian. It has been 4 months now and this future (physicist, carpenter, musician, physician, and dentist?) has doubled his weight to 15 lbs! More updates to come!

We invite you to visit our newly renovated website at www.jonhatakeyamadds.com

The Other Benefits Of Exercise

As First Lady, Michelle Obama takes on the fight against obesity in children; it points to the national effort by our nation's health experts to bring awareness of this insidious health threat to our nation. The illness and disease conditions which obesity brings, threatens to make our generation and those of our children's lifespan shorter than our own parents. This is amazing considering all the advances in health care, medical innovation, and scientific breakthroughs. Despite our deep well of knowledge, we cannot stop ourselves from eating to death. It is all well known that eating properly in quality and quantity is one part of the solution, and this information is readily available from a multitude of resources, as are the general benefits of exercise in keeping one's health.

While our ancestors' eating habits were largely dictated by what they could catch or grow, the eating part of the obesity problem is one of self restraint. Exercise however, since we

no longer need to run our food down or harvest grain from the fields, requires motivation. If your physician tells you, you will die if you do not develop an exercise regimen, that edict might be the ultimate motivation. However, hopefully, most of us are not that seriously impaired.

Although some of us respond to dire consequences, most of us get motivated more readily by positive consequences. So what are some of the hidden benefits of exercise? A growing body of evidence shows that regular exercise as simple as a brisk half hour walk 5 times a week can boost one's immune system by increasing certain white blood cells designated to kill viruses and bacteria. Researchers state that this exercise effect on one's immune system is stronger than any medicine or nutritional supplement in lowering the number of sick days people take.

Other studies show convincingly

that exercise lowers blood pressure, reduces the risks to stroke, heart attacks, glaucoma, diabetes and other diseases by as much as 70%. Several Harvard based studies show that women who exercised, had up to 39% less breast cancers.

**Hatakeyama
Running Team**



DR. DON NGUYEN

**SAN PEDRO PONDS
TREE PLANTING
OFFSETTING
GREENHOUSE GASES**

As has been mentioned many times previously, when Dr. H. established public access to the San Pedro Percolation Ponds involving a 10 year process with the City of Morgan Hill and the Santa Clara Valley Water District, he was just focused on providing the public with access to what is really public land.

With more walkers and joggers seeking locations, the San Pedro Ponds with its several miles of gravel based trails, has become the place in Morgan Hill to observe wildlife, get fresh air, and not be in a crowd of people. There is not a place in the residential core of Morgan Hill where this can take place in absence of cars, parking lots, and crowds which is accessible day and night.

Upon the grand opening in 1999, a nature based group called the San Pedro Ponds Volunteers, was formed to act as the official caretakers of this natural setting park. They have instituted regular trash pick up, supplied dog walkers with the necessities of picking up after their animals, and become the liaisons between the City of Morgan Hill and the Water District whenever improvements or actions needed to be taken.

Over the last few years, bringing the San Pedro Ponds property to an original landscape congruous with Morgan Hill's past, has been a major objectives of the Ponds Volunteers, ably led by our patients, Stu Nuttall President, and Secretary & Treasurers Ken & Irene Mort. The Volunteers have embarked on a campaign to plant native oak trees on this property. One historian noted that once upon a time, one could view the valley floor of Morgan Hill from the local hillsides, and in some spots, could not see the ground due to the plentiful Valley & Blue Oak trees long since cut down for farming and development.

On December 19 of last year, The San Pedro Ponds Volunteers conducted their third planting of such native shrubs and trees. The plant materials were supplied by Our City Forest, a non profit organization out of San Jose at cost. A turnout of 30 volunteers working most of that morning to plant 70 shrubs and trees, made for a successful event. Our Dr. Don Nguyen (pictured), and his wife Donna, participated in this planting.

So now in addition to a great place to exercise and walk, and a place where we might experience the South County of old, we also have a location which will help offset the potential harm which the well acknowledged Greenhouse effect might bring upon us in the future.

Wine And Communism

Dr. Hatakeyama is often asked why he hasn't formed his own winery. His reply is simple, "One cannot make wine better than the grapes, therefore, in order to make good wine, you would have to manage the vineyards. It took my family two generations to get out of farming and I'm not about to go back into it".

Aside from the hard work . . . the wine business is tethered with illogical practices, as outlined in the following excerpts from the well-respected

owner/winemaker at *Calera Wine Company*, Josh Jensen in his recent article, "Wine & Communism".

"There exists a three-tiered distribution system, in which the wineries must sell to state licensed distributors/wholesalers. The wholesalers, in turn, sell to restaurants and wine shops. At each tier, markups for profits are gained. There are also a handful of states where the state government is the only legal entity that can buy and sell wine in their state.

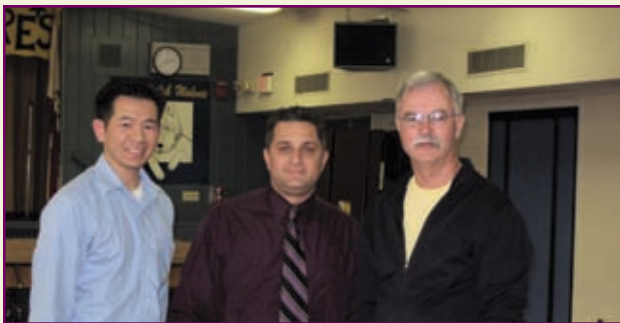
Each of these states requires any out-of-state winery to buy an annual license to have their wines sold in each state. In addition, all CA Wineries pay an alcohol tax and the State of California extracts a fee. These taxes are waived if the wines are sold overseas.



Since the Supreme Court has invalidated many states from prohibiting CA wineries from shipping directly to consumers in the states where licenses have been paid, these States now require an additional license to ship directly to consumers."

So, any takers to start a winery? You can't be serious!

Excerpts taken from "Wine & Communism" were with the permission of Josh Jensen, Calera Wine Company. For a complete article visit http://www.calerawine.com/news/ newsletter_FallWinter09.pdf



Teachers Aid Coalition: Helping our schools and community

February 2010 marked the Teachers Aid Coalition's (TAC) first classroom supply giveaway for our local public school teacher's at P.A. Walsh Elementary School.

Over 100 eager teachers stocked up on basic school supplies needed for

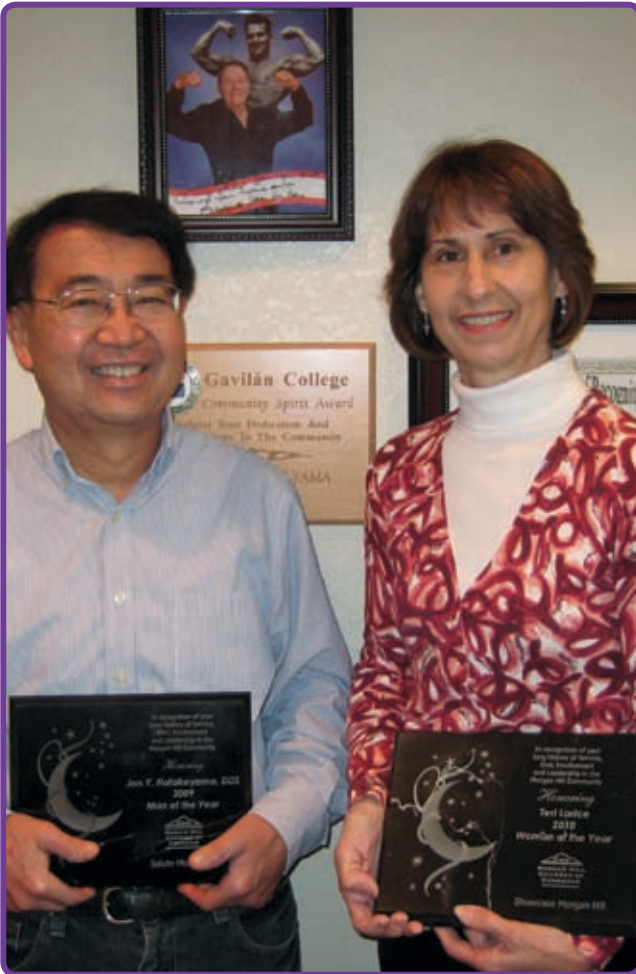
their classes. On hand setting things up for this tremendously successful giveaway were TAC President, Roger Beaulieu, Judy Beshears, Lorritta Johnson, Kiki Nakauchi, Adelita King, Cindy Miller, Carolyn Corothers, Don Nguyen, DDS and TAC founder

Dr. Jon Hatakeyama. Morgan Hill Unified School District Superintendent, Dr. Wesley Smith also came early to help with the set up of this giveaway which speaks volumes of his efforts to improve our public education system.

EDUCATOR OF THE YEAR ENCOURAGES HER STUDENTS TO BE INVOLVED

Ellen Costa was the overwhelming favorite of the Morgan Hill Chamber of Commerce selection committee as Educator of the Year for 2010 based on her enthusiasm in teaching English as a Second Language at Gavilan Community College. With her Masters degree in Teaching English to Speakers of Other Languages (TESOL) and her degree in International Business Management, it is evident her love of learning is inherent in her teaching style. Ellen is also a great patient who has learned her oral hygiene well from Neva Peterson, RDH, herself a leader of the Kiwanis Club of Morgan Hill, the recipient of the Non Profit Organization of the year for 2010





Teri Larice

Morgan Hill's Woman Of The Year 2010!

Getting Involved - What goes around comes around

We like to think we have the best group of patients of any dental practice. Many of our patients are actively engaged in our community ... individuals who volunteer, and who probably, as a group, contribute the most to making Morgan Hill such a uniquely dynamic and pleasant place.

Occasionally, an individual or group gets so involved, it's impossible not to recognize their efforts. This past year, Jona Denz Hamilton, KBAY radio personality, won the *Gavilan Community College's 2009 Community Spirit Award for Morgan Hill*. Jona, ironically, was the emcee when Dr. H received this same award in 2006.

However, perhaps the most established and meaningful recognitions, given for selfless efforts, are the *Chamber of Commerce's Man & Woman of the Year*.

For 2010, our patient, Teri Larice, was selected as Woman of the Year. 2009 Woman of the Year, Denise Melroy, commented that Teri is always helping her with senior activities and is well deserving of her award.

We salute Teri, as her commitments have elevated our community.

BAWSI Girls at Rod Kelley Elementary School in Gilroy.



South County Women Athletes Motivate Healthy Lifestyles

In 2005, US Olympic soccer star, Brandi Chastain became instrumental in forming, the Bay Area Women's Sports Initiative, (BAWSI, pronounced, "bossy") to create programs through which women athletes motivate health, wholeness and self esteem to 2nd through 5th grade girls. BAWSI focuses their work in underserved communities, specifically, the Title I schools, where at least 51% of the student population are from families living below the poverty level.

Our patient, Sandra Roman, program director for the BAWSI activities in South County and a member of BAWSI's Board of Directors, related to Dr. H that currently they have 3 sites in Gilroy at the Rod Kelley, Glen View and El Roble Elementary Schools. She recently appointed, 24 hr fitness trainer, Nicole LeVell, to be the Gilroy Site Manager

For two 8 week periods, 75 minute sessions are offered at each school during the course of the year. Many of these young girls helped are struggling with weight problems, poor nutrition, and self esteem issues. With women athletes from Gavilan Community College and Gilroy High School, these youngsters are exercising and running under the strong leadership and role model tutelage of these high school and college athletes. Through these interactions, these impressionable young girls are exposed to admirable traits and encouraged to take charge of their lives and steer towards a healthier lifestyle.

For those who wish more information to be involved, go to www.bassi.org or contact our patient, Sandra Roman at snroman@yahoo.com or by calling (408) 209-2994.

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