



Smile Files



Produced to improve your dental health and awareness of our community

Winter 2009/2010

2009 WAS A VERY EVENTFUL YEAR FOR OUR OFFICE

For Dr. Don Nguyen, Dr. Hatakeyama's trusted associate these past 5 years, 2009 will be a year of great significance. For those who haven't met this thoughtful and warm young man, Dr. Don was born in Cleveland as the youngest of 6 kids. The family moved to Southern California where he had spent most of his formative years engaging in sports from basketball, skiing, tennis to golf. He eventually attended UCSD where he continued his sports activities, performing for the school's fencing team. Armed with degrees at UCSD in Biochemistry & Cell Biology with an additional Masters Degree in Neuroscience, he entered UCSF's School of Dentistry where he earned his DDS degree.

After marrying his beautiful wife, Donna, in the Italian village of Verona, 9 1/2 months later, on October 15, 2009, they were blessed with a healthy and vigorous 7lb 6oz baby boy, Christian.



Dr. Nguyen with the high caliber of science behind his dental degree, has become the office guru in Cerec™ crowns, a one appointment ceramic crown restoration, Invisalign® orthodontics, and many implant and veneer restoration techniques. You'll find Dr. Nguyen very user friendly and helpful. Meanwhile, like Dr. H, Dr. Nguyen has found many community interests in Morgan Hill. He welcomes, as Dr. H, your wonderful friends and family to our practice. We are fortunate that he is here to stay.

What more can we say about Dr. H? . . . The 2009's Morgan Hill's Man of the Year, recognized as Gavilan College's Community Spirit Award (2008) and Morgan Hill Foundation's Philanthropy Awardee in 2007.

Some things never change. We are fortunate to have two caring individuals who not only provide great dental care but work for the betterment of our Community. Read more at <http://www.jonhatakeyamadds.com/MeettheTeam.aspx>



Time For Reflection

The holidays are always a special time. I enjoy examining my life and what's important to me. Even when the normality of the new year returns, I try to keep this top-of-mind.

I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

Please accept my very sincere *thank you* as we start the new year together!

Dr. Jon Y. Hatakeyama, Dr. Don Nguyen and team

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

Fitbit . . .

A Fitness gadget to get you consistent

Living in Silicon Valley, there are gadgets created daily. Some of which are tough to figure out how to find a use for or even how to operate. However, of the many new gadgets being introduced during the holiday season, one which might prove useful for those who want to start 2010 on a healthy note, measures important fitness parameters.

The Fitbit accurately tracks your calories burned, steps taken, distance traveled and sleep quality. The Fitbit contains a 3D motion sensor like the one found in the *Nintendo® Wii*. The Fitbit tracks your motion in three dimensions and converts this into useful information about your daily activities. It has the ability to categorize the degree of exertion on your exercises. You can wear the Fitbit on your waist, in your pocket or on undergarments. At night, you can wear the Fitbit clipped to the included wristband in order to track your sleep patterns and quality of sleep.

Anytime you walk by the included wireless base station, data from your Fitbit is silently and automatically uploaded to *Fitbit.com's* website. At this website your recorded activity can be accessed and a history of these parameters can be compared. These gadgets sell for \$99. The access to your information on the Fitbit website is free. The Fitbit is currently in high demand. Pre-orders are being taken at *Fitbit.com*. Shipping these orders will take place Jan 31st, 2010.

Contact Dr. H in March 2010 to see what his experience has been with his Fitbit.

One of the people Dr. H admires greatly is a man who was born before his own father in 1914. Yet although his dad passed away at the ripe old age of 89, this man is still going strong at 95 years of age.

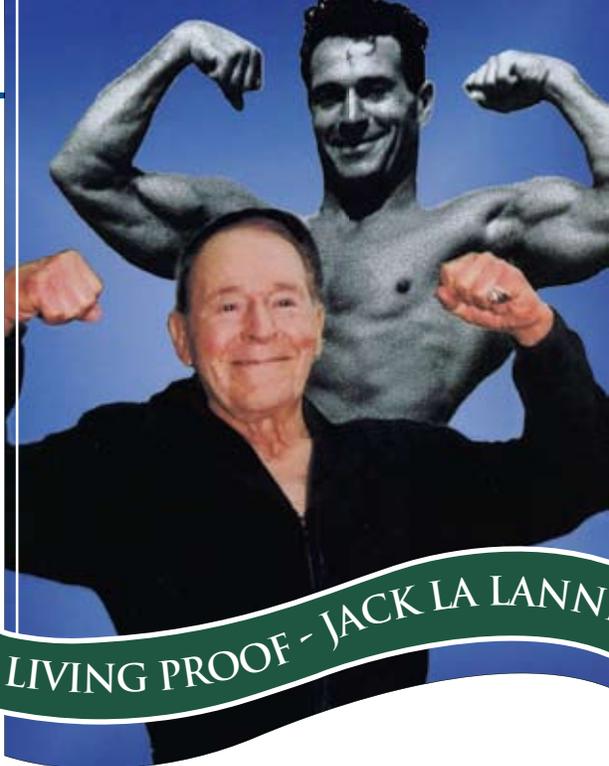
It's not just about the lifespan that Dr. Hatakeyama admires most about Jack La Lanne but how this man used a combination of intellectual pursuit and consistency to achieve a unique state of conditioning and strength which, in turn, provided Mr. La Lanne a fountain of mental capacity and unmatched productivity.

Many of us go through the motions of exercise as we intuitively know that this is a good thing. However, we should realize as Jack did, that exercise along with good nutrition are necessities, not optional. Human beings are but a higher form of animal life. Higher life forms evolved muscles to capture food or to avoid from becoming food. Survival of the fittest is not an empty phrase ...nerves evolved to control our many complex muscle movements, and the brain is but a control center for this system of nerves. Thus, if we do not use the 640 muscles in our bodies, they will atrophy. Along with this muscular atrophy, the nervous system which controls these muscles suffers, which although not scientifically proven, surely must affect aspects of brain function too.

It also stands to reason that as muscle builds and repairs, they must have the best materials to rebuild. Thus, it is important if not impossible to maintain good health with poor nutritional habits.

So for your 2010 New Years Resolution, exercise to sweat and strengthen. The current recommendation is to do cardiovascular exercise for at least ½ an hour a day, five days a week. Include with that training, strengthening exercise to build/maintain muscle mass. As we age, we lose muscle mass so this aspect is vital. Yoga, isometrics, the use of elastics and exercise balls, and upper leg exercises also provide core strength and balance stability to your regimen. Add to this, good nutrition ... avoiding processed foods, and consistency, then you have created a path for productive longevity with solid potential for good mental well being. Living long is not good enough. Living long with the ability to enjoy the physical nature of life with a mental capacity to know the significance is what we all should strive for.

This is much easier said than done... As Jack La Lanne put it, "Life is a pain in the butt, you've got to work at it."



The Salinas Wine & Food Festival At The Steinbeck National Center

On Saturday, January 30th 2010 the Salinas Rotary Club will be staging their 12th Annual Wine & Food Festival to be held at the Steinbeck National Center in Salinas. This event showcases over 70 Monterey County wineries and restaurants in a celebration of the food and wine available in Monterey County. Located in the historic Salinas downtown area with convenient garage and street parking, this is a unique event which the Salinas Rotarians sponsor. It has spawned wine related events for the entire week leading up to this grand conclusion.

Such a unique event – Where else can one view the life of such an interesting man as John Steinbeck and view museum artifacts, art and unusual photography all the while holding a glass of world class wine? For the more adventurous, there will be an exciting reverse drawing with the last raffle ticket drawn (reverse drawing) will win \$10,000. Tickets for the event will be available by going to the website <http://www.wineandfoodfestival.org/>.

For those who enjoy food, wine, museum quality exhibits and photos, this is a cant miss event.



Morgan Hill's Oldest Festival Celebrates Its

50th Anniversary

On April 18, 2010, the Morgan Hill Haru Matsuri will observe its 50th episode in a long line of Japanese cultural observance of a celebration of the coming of Spring. Many local and regional dignitaries and guests will be on hand to participate in this 50th Anniversary event. A more diverse selection of Japanese foods, wider range of cultural entertainment, and a premium Sake tasting are among the new plans for 2010. Also in the works is turning the Northern California Taiko Exposition, in its 14th year as part of the Haru Matsuri, into a separate event which is being proposed to take place in downtown Morgan Hill on April 17th. It will feature up to 14 taiko groups from all parts of Northern California. With artists and vendors, traditional music and displays, this



year's Haru Matsuri will be something which Morgan Hill and South County will all enjoy. Dr. Hatakeyama is an event coordinator for this 50th Haru Matsuri and will have tickets for the Sake tasting as well as further information of the event. He encourages everyone to join in the fun!



Pleasant SurprisesLodi Wine Country



In 1991, local Lodi grape growers and winemakers formed the Lodi Winegrape Commission to provide a marketing program, grower education, and viticulture research for this upstart wine region. From this modest beginning, presently over 100 Lodi wine brands have been formed in the intervening years.

Recently, Dr. Hatakeyama was invited by Sherri Cascaden, Executive Director of the Lodi Winegrape Commission, to attend *First Sip* - Lodi's version of *Monterey*

County Winery's Wine Passport Weekend. All wineries in the area were in an "open house" mode for visitors during the First Sip event.

Lodi's wineries are dominated by very small production families - operated enterprises with estate grown wines - and most feature a rustic farmhouse setting.

Exploring the Lodi wineries during First Sip is a great experience, we highly recommend it!



St. Joseph's Family Center

A local organization with a worthy cause

As this is the season for giving, there are many non-profit organizations deserving of donations. However during these hard economic times, one that is particularly worthy of notice is *St. Joseph's Family Center* in Gilroy. This organization has been the primary resource for South County residents in need for over thirty years.

St. Joseph's Food Assistance Pantry provided nutritious well balanced food baskets for over 11,000 meals last year. Each day homeless individuals come to St. Joseph's to receive a bag lunch, while the *Lords Table-Hot Meals Program* serves nutritionally balanced meals three days a week. Traditional meals are prepared for Easter, Thanksgiving and Christmas.

St. Joseph's also provides an Employment Services Program to help individuals overcome employment barriers, such as language difficulties, education, and skill deficiency.

Recently, Dr. Hatakeyama met the executive director of St. Joseph's, David Cox. David also serves as the Community Events Director for Leal Vineyards in Hollister, where he serves the winery well.

At a private event at Leal Vineyards, Dr. Hatakeyama provided a magnum of Leal Vineyard's flagship wine, *God Sent*, signed by owner/winemaker Frank Leal and autographed by all 24 guests. A live auction of this bottle brought proceeds and donations totaling over \$600 for St. Josephs.

Dr. Hatakeyama urges all to volunteer and donate what they can to worthy organizations like St. Joseph's. Especially during the holidays and the upcoming year as those less fortunate are in greater need than ever.

Scrumptious Sushi and Savory Sake was enjoyed by all



Sake & Sushi Tasting Raises Funds For JPNZ History Project

Haru Matsuri White Elephant Chairman Harry Yamano had been wondering why Dr. Hatakeyama was asking him for the last two years at Haru Matsuri time to pull back Japanese items from the White Elephant to save for a future event.

After much planning and preparation, on October 18, the long awaited "Autumn Sake & Sushi Tasting" took place at the Morgan Hill Buddhist Community Center.

Committee member, Marleen Puller, chairing the restaurant and sake distributor participation, did a magnificent job in getting Aoi, Big Grill BBQ & Teriyaki, Cre-Asian, Hanami Sushi, Sushi Okawa, and Tomo Sushi restaurants participating as well as sake distributors, Ozeki, Yaegaki, JFC, NA Sales, Sake One and Gekkeikan to pour their premium sake. There were approximately 20 different food samplings with over 70 different sakes available for tasting.

While all the tasting took place, Jona Denz-Hamilton, KBAY-FM radio personality, conducted the Silent Auction which with the culturally orientated décor using the newly created overhead hanging system for decorations, put everyone in a great mood for bidding on these items.

This was clearly a well received event . . . Mayor Steve Tate gave praise stating . . . "We enjoyed it—think Jon created another winner!"

Funds raised will go towards improving the 2 current displays depicting the local history of South County's Japanese Community and the 442nd RCT display.

If Harry continues to receive Jpnz items at next year's Haru Matsuri, we might put on another Sushi & Sake Tasting. Thanks for your support!

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