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President Shane Samy tells you why the Ginsu knife may lead to post-Bernie happiness.

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Join your colleagues for Spring Break 2010 in Roatan.

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Oregon Academy of General Dentistry

RECALL

www.oragd.org
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EXECUTIVE DIRECTOR

New adventures on tap for retiring exec



SO LONG, OLD FRIEND: OAGD Executive Director Bernie M. Taylor, CAE announced her retirement effective June 30.

by Bernie M. Taylor, CAE

It's been a grand run and I'm grateful for all the wonderful friendships I've made, but it is time to step aside for a fresh new face for Oregon AGD. I can never articulate the joy that I have experienced working with so many dedicated, progressive volunteers over the years.

I have been blessed with a great opportunity and only hope that my contribution has enabled the group to move forward and that the continuing education goal that has always been in the forefront has enhanced patient care in Oregon.

Thank you for all the laughs, happy times and friends that I will always cherish. I feel that I am leaving with a very strong board of directors in place. They have the vision, the drive and the energy to take Oregon AGD to new levels in the dental community. ☺

HOWARD MEMORIAL LECTURE

Rutkowski delivers *Straight Talk Pharmacology*

JAMES L. RUTKOWSKI, DMD, PhD will headline the 2010 Howard Memorial Lecture Friday, March 12 at the Multnomah Athletic Club in Portland.

Topics include effective use of analgesics, antibiotics and steroids to improve treatment outcomes; how the top-25 prescribed drugs used in medicine impact dental treatment and treatment of women's health issues and the use of dietary nutrition and supplements. Clinically significant drug interactions related

to the use of epinephrine by the dentist will be reviewed.

Rutkowski's high energy, informative and interactive presentation highlights the enjoyment of learning dentistry's new pharmacological aspects.

Charitable donation: "Susan G. Koman for the Cure" Breast Cancer Research.

Rutkowski, DMD, PhD is a general dentist in Clarion, PA. His practice concentrates on full mouth reconstruction and implant den-

tistry. His pharmacological know-how helps participants treat patients with decreased post-operative complications, making daily practice for the dentist and staff more enjoyable. ☺



James Rutkowski, DMD, PhD



MISSION

The mission of Oregon AGD is to serve as the premier provider of professional development for Oregon dentists.

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Executive Director

Bernie Taylor, CAE

The opinions expressed in this publication are not necessarily those of the Oregon AGD, its officers or directors.

CHANGE HAPPENS Another of life's curve balls



Kimberly Wright, DMD, FAGD

I USUALLY SPEND TIME THINKING about what I will write in my editorial and have my mind made up in advance of our publication due dates. As most things in my life go, stuff happens and original plans get thrown out the window as something new takes precedence.

Bernie announces retirement

As many of you have heard by now, on December 18 Executive Director Bernie Taylor notified the Board of Directors of her decision to retire from OAGD and gave us her six-month notice. We all have known this announcement was coming some day but no one was ever sure when that day would become reality.

Bernie's replacement will have *huge* shoes to fill. I am not sure that we will ever find anyone that will be as dedicated and committed to the goals and mission of the OAGD. Bernie has become a leader to look up to and a friend for so many dentists over the past thirty-plus years.

Included in this issue of *Recall* are some great thoughts by those whose lives and careers have been touched by Bernie. There will be more to come and a celebration will be organized so that everyone can share in reminiscing over the many wonderful years Bernie has spent with the OAGD. More to come on the celebration for Bernie's retirement!

Recall changes

My original plan for this editorial was to talk about some of the changes the Board has decided to implement. First, we will be limiting our printed *Recall* to twice yearly. Our goal has always been to have quarterly issues, but the reality is that three times per year is about all we seem

to get done. These issues will be in your mailbox in February and August.

In between issues of *Recall* we are going to add additional electronic communication through Constant Contact's e-mail marketing tools. This updated information should arrive in May and October. We have found electronic communication to be effective in getting information out before it is obsolete. It seems just about the time *Recall* is ready to print, something changes and what we print is no longer valid. Make sure we have your e-mail so that you won't miss any bit of Oregon AGD happenings.

I hope 2010 is a busy and prosperous year for all of you. ☺



LET'S HEAR IT!

Your OAGD *Recall* editorial staff would love to hear your feedback and comments. Drop us a line and sound off!

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Kimberly Wright, DMD, FAGD is OAGD Recall editor. She practices in West Linn, Oregon.

Executive directors, endorphins and the Ginsu

Shane Samy, DMD, FAGD
OAGD President

THE CIRCUMSTANCES IN WHICH I heard about Bernie's retirement announcement were not favorable. As a matter of fact, many circumstances in life are not favorable. Until a moment of unexpected clarity as I watched *This Emotional Life* on late night public television. During the program I experienced a moment of perspective about recent events at the Oregon Academy of General Dentistry.

Late night endorphins

In this moment of perspective, I remembered a joke by Jerry Seinfeld in which he described watching late night television and having to purchase the Ginsu knife, which can cut through sneakers and shoes. It makes absolutely no logical sense, but when you're watching late night infomercials you *must* have that knife and you *must* have—for some reason—the ability to cut through perfectly serviceable shoes.

Recent scientific studies have demonstrated that infomercials may have a euphoric effect on our brain physiology, increasing endorphins. If you wait at least ten minutes and allow these endorphins to wear off, you will generally end up passing on the opportunity to purchase that knife and cut your shoes!

Rethinking happiness

The final episode of *This Emotional Life* was entitled "Rethinking Happiness." In listening to stories of people and their rationale for the varied pursuits of happiness in their lives, I realized that Bernie is a perfect example of what this television program was attempting to convey. I experienced that late night endorphin rush and felt as though "Hey, we have Bernie on our side! How can we not succeed?"

You have heard analogies of personalities that are institutions. Bernie is no exception to this analogy. Bernie has helped create, and throughout her career has demonstrated, what the Oregon Academy of General Dentistry is all about. Her ethics, high standards, dedication, and honor are all qualities we aspire to.

Bernie's decision to move on was made at a time when she knew the Oregon Academy of General Dentistry was at the pinnacle of its strength and had strong momentum to continue its success and growth.

"In listening to stories of people and their rationale for the varied pursuits of happiness in their lives, I realized that Bernie is a perfect example of what this television program was attempting to convey."

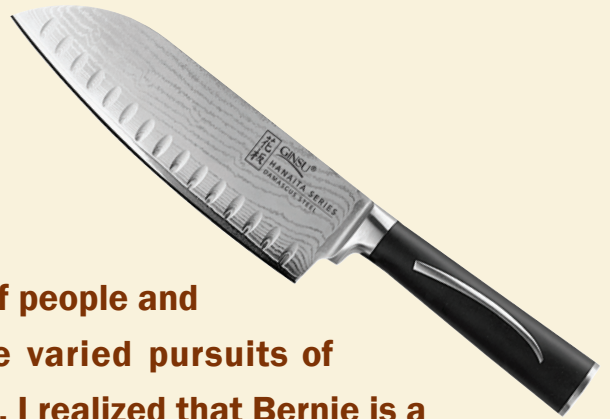
We all realize that no one will ever replace Bernie, knowing that she planted and nurtured the seeds of our success for nearly 40 years. She will be involved in choosing her successor to ensure the continued benefit of those seeds. This thought personally gives me the confidence and that euphoric feeling that Oregon Academy of General Dentistry will continue to grow and be the premier organization for continuing dental education and professional development for Oregon dentists.

Many thanks for all the years of service, Bernie. With gratitude,

Shane ☺



Shane Samy, DMD, FAGD is OAGD President. He practices in Eugene, Oregon.



Board Profile: Gary Boehne, DMD, FAGD



Gary Boehne, DMD, FAGD

Board position: Legislative (3-year term)
Year of graduation: 1985, OHSU
Practice locale: Salem, OR

Favorite AGD moment: Celebrating with other AGD Fellows in San Diego aboard the USS Midway.

Funniest AGD moment: Watching Jeff Danielson, DDS sprint off into the desert on a camel.

Favorite book recently read: *The Golden Spruce: A True Story of Myth, Madness and Greed* by John Vaillant.

Professional obstacle you have overcome and how you did it: I don't enjoy public speaking. I've mostly overcome this by avoiding it.

Favorite professional development experience: Probably my most recent CE experience participating in the Maxi Course in Implant Dentistry with a great group of colleagues.

Professional pet peeves: The mid-level provider question and what could possibly lead to the fragmentation of the dental team model if our concerns are not heard and addressed. ☹

Leadership, professionalism and friendship

EDITOR'S NOTE: *Former AGD and OAGD President Bruce Burton fondly presents his look back at the wisdom of Bernie. Enjoy!*

Bruce A. Burton, DMD, MAGD

Great leaders walk the talk

Bernie is as good a leader as you will find. If you ever want to see a true servant leader, you could do no better than to observe her. Behind the scenes, she spent 35 years helping the leaders of Oregon AGD look great. For some of us that could qualify her for sainthood because it took some of her special miracles to pull it off.

She demonstrated her commitment to lifelong study in the association management world by earning her CAE (Certified Association Executive) credentials. It was not a job requirement; it was about her desire to be the best executive director she could be. Typical Bernie, over achiever!

Choose a restaurant by its dessert menu

If you have been fortunate enough to go to dinner with Bernie, you will remember that it is not as important what type of restaurant you choose, but rather how good are their desserts? In many ways, her philosophy in picking where we should go to dinner reminds us of how she helped so many Oregon dentists with continuing education so we could taste the sweetness of self improvement. Bernie does not care who you are, but *does* care enough to help you find the right study club or mentor. With a warm smile, she sweetly makes us all feel like we are one of her special friends. Bernie always knows your name when she greets you.

Take what you do seriously but not yourself

We all know Bernie makes sure we stay on task such as keeping our breaks at lectures and board meetings moving forward and reminding us about the mission of the Oregon Academy. Despite her ability to be the taskmaster, she has the most wonderful sense of humor that makes you forget that she is getting you to do what you were supposed to do. If you were fortunate to work closely with her, you got to spend a



Bernie M. Taylor, CAE

great amount of time in laughter. Her laugh is infectious and she has no trouble being able to laugh at herself or at whatever life brings, a quality of a leader who makes those around them more at ease. She was even a good sport when some of us started calling ourselves the SOB's (short for Son's of Bernie) when she was trying to rein us in. Her ability to make us feel like part of her family made us wish we were her sons, but when one of Vance and Bernie son's, Barry Taylor, became a dentist, we knew he owned the right to the name.

Great leaders inspire others to be their best

In 1998, Bernie was honored with AGD's Thaddeus Weclaw Award, given to a dentist who demonstrates: 1) dedication to the education of general dentists, 2) has served as a role model ethically and professionally to general dentists, and 3) has exemplified the principles and goals of the Academy of General Dentistry and has made exceptional efforts in promoting these ideals.

Her acceptance speech in Boston was one of those 'wow' moments for me. The message and the way it was delivered was second to none. It motivated me to want to serve AGD at a national level. By the way, she is the last ever non-dentist to be so honored.

It doesn't matter who gets the credit just that it gets done. Bernie has the gift of helping to create an atmosphere for groups to work towards common goals in a "Team Before Self" way. It goes along with Vance and her being masters at hosting group functions. The food is always exceptional and the company even better. She makes everyone feel a connection to her because she listens and takes an interest in what is happening in your life. How she keeps it all straight is a mystery to me.

It is important to be a good story teller. We are all telling someone else a story whether we realize it or not with how we live our lives. If we could get Bernie to tell her stories of working with Drs. Bonniksen, Mc Nerney, Ten Pas, Vorhies, Samy, Miller, Persichetti, Rosenthal, Wright—and the list goes on and on—I am sure it would be a night filled with much laughter, fellowship and some tears. The stories Bernie could tell are woven in the fabric that makes up dentistry in Oregon and nationally for the last 35 years. When you think of the story of Bernie Taylor, you are overwhelmed by the positive difference that she has made in our lives and the patients we serve.

Tough times don't make character, it reveals it

Watching Bernie handle life's challenges and accomplishments with equal grace and strength reveals a character that is well grounded in her faith. She never bragged or made a big deal of becoming a Rosarian. Health, family and dealing with us dentists have provided plenty of peaks and valleys, but somehow none of it seems to have taken away her positive energy.

One of the jobs of a leader is to find someone else to take their place. We all knew the day would come for Bernie to say "it's time," and each OAGD president for at least the last 20 years prayed it would not be on their watch. I, for one, made her promise

Turn to BERNIE, page 6

Egypt provides venue for implant surgery, pyramids and ‘baksheesh’

Gary Boehne, DMD, FAGD

THE CONTINUATION OF THE OAGD Maxi Course in Implant Dentistry is the Advanced Implant Study Group. One of the requirements of the group is to attend another in-depth implant CE course. Dr. Mohamed Sharawy’s “Mini-Residency Course in Implant Dentistry” fit the parameters of these requirements. Part of the challenge was getting there. It’s location: Cairo, Egypt.

OK, I’ll admit it. I’m a reluctant traveler. As I boarded my plane in Portland for what would be a very long flight, it was not without a bit of reservation or concern. I don’t have a fear of flying necessarily, but with all the airport security precautions it is certainly not as easy or hassle-free as it once was. One month earlier, Lufthansa had pulled their service out of Portland along with the reservation that I had made. Instead, I flew to Chicago for my connecting flight, then on to Frankfurt and finally to Cairo.

I met up with a few members of my group in Frankfurt. It was reassuring to see my colleagues and know that I must be at the right gate. We were soon winging our way to Cairo, where we touched down in the late afternoon. Total time en route was approximately 21 hours with a time change of 10 hours. That’s a long trip strapped down in coach class. Jet lag was beginning to set in.

Forget about driving in Cairo

The Cairo airport is new and very modern. We met our prearranged driver and his sparkling Mercedes limo for the first of what would be many wild rides to the hotel, which brings up a very important tip: Don’t even think about renting a car and driving in Cairo. The trip to our downtown hotel was like going back in time. The road transitioned from brand new and unhurried to extremely narrow and congested. Cairo is home to over 20 million people with another four million who travel into the city to work each day. The inversion layer from all the motor vehicle pollution appears to be permanent. In Cairo, traffic lanes and signals are merely suggestions. Horns are used more frequently than brakes and pedestrians have no rights. Fortunately, it was the last time we rode in a taxi when we didn’t have to pass the one remaining window handle among us to get some fresh air.



HERE’S TO CAIRO: Members of the Mini-Residency Course in Implant Dentistry toast a successful day in the clinic: (l to r) Dr. Shane Samy, Dr. Jim Delgado, Dr. Mike Cary, Dr. Trent Westover, Dr. Robert Gemmell, Dr. Jeff Williamson and Dr. Shawn Ekstrom.



ALL SMILES: There are a whole bunch of docs and auxiliary staff in this photo...

Hire a responsible guide

I, along with most members of our group, had one day to become acclimated to the time change before our work began at Esthetica Group. We took full advantage of our only off day to visit the pyramids and the Egyptian Museum, which leads me to tip number two: hire a responsible guide. Not only will you learn about the history of the area from a local perspective and not get lost, they will help negotiate your way through and around a sea of what may seem overly aggressive vendors, suitors or instant friends.

Baksheesh

It’s also important to understand the concept of tip number three: *baksheesh*, or ‘tippage’, because nothing in Egypt happens without it. You will need *baksheesh* to get your camera back after having your picture taken and perhaps a few more Egyptian pounds for holding the reins to a camel you suddenly found was placed in your hand, and perhaps even a few more pounds for all the other camels that you

unknowingly had “hired” and moved into the background of the photo frame.

Our learning began every day with an early breakfast followed by a taxi ride to Esthetica Maxillofacial and Dental Hospital. The facility at Esthetica is in stark contrast to most of Cairo, which is an ancient city. Esthetica is a modern dental clinical hospital which has no counterpart in Oregon with which I am familiar. It is designed for outpatient as well as inpatient care with a 24-hour nursing staff. In addition to the dental clinic, there is a dedicated surgical floor with four OR suites.

We met in the morning for surgical rounds and lectures covering such topics as facial anatomy, regional anesthesia, spread of infection, medical emergencies, block and particulate grafting and sinus grafting. Our afternoon was scheduled for surgery where we worked in teams and were assigned a different mentor to work with each day. These were extremely long but rewarding days. It was interesting to develop a line of communication between the surgical assistants, the patients and us, since

Honduras offers best diving in Central America

JOIN US FOR FUN IN THE SUN and continuing education during Spring Break in Honduras, March 21–27, 2010. Dr. Kevin Kwiecien, Dr. Darin Dichter and Dr. Shane Samy present 15 hours of PACE-approved continuing education with *Updates to Make Your Practice Hum!*

These experienced presenters will tell the new story of occlusion; restorative techniques for predictable restorations; comprehensive case planning and case presentation and the wide world of implant dentistry. Additional details and registration information will be on our Web site soon at oragd.org.

Hosting our week of sun and fun is Infinity Bay Spa and Beach Resort, Roatan's most upscale and bio-sensitive retreat, set on the island's prettiest stretch of white sand beach. Here, you'll discover what many consider the best spot for diving, snorkeling, swimming and fishing in the Caribbean, with the world's second largest barrier reef just 100 yards off shore.

Couples enjoy Infinity Bay's privacy and luxury, while families revel in the spacious and comfortable accommodations. Infinity Bay offer a fun-filled Roatan vacation for those wanting to relax on a tranquil beach, for those



THE DEEP END: Enjoy some of the region's best diving during Spring Break 2010 in Roatan.

adventure seekers who like being active all day, and for those who want the best of both worlds. For more information, visit www.infinitybay.com.

There are two major carriers that fly direct from the US. Continental flies from Port-

land and connects at Houston and Newark (NY area). Delta flies from Atlanta. Room reservations now available. Contact OAGD at oragd@comcast.net or 503.228.6266 for more information. ☺

BERNIE

Continued from Page Four

she would stay until I was done as national president so we could enjoy the journey together. She has ensured that the Oregon AGD Board and leadership is loaded with great leaders to handle the transition. There is an old saying that goes "I have drunk from wells I did not dig and I have been warmed by fires I did not build. There is no greater honor then to repay those who went before me by helping those who follow." Bernie has made a bonfire and provided all the cool water one could want for the next executive director of the OAGD.

To Vance and the whole Taylor clan we want to say thanks for sharing the gift of Bernie with us. Bernie, it doesn't seem enough, but **thank you** from all of us that make up your AGD family. ☺

EGYPT

Continued from Page Five

they knew very limited English and we knew absolutely no Arabic. As the week progressed, I began to feel more comfortable and gain confidence in the surgical environment. The kindness of the clinical staff, the wonderful and thankful patients and the excellent instruction and mentorship are experiences I will never forget.

Friday was a religious holiday and our last day of surgery, which started later in the afternoon. The clinic and all business had shut down midday for prayer. We were always aware that Egypt is a Muslim nation. Religious beliefs are intertwined with work and everyday life, from the conservative dress of the Muslim women with their *burqas* and *khimars* to the religious prayers being played over loudspeakers from the mosques. From that we gained an appreciation for the rhythm and feel of this very large city and its people.

My group made it to the airport that night for a very early morning flight home. Knowing you don't leave Egypt without *baksheesh*, I gave the last of my Egyptian pounds to the agent as my bags went through security so they would get back home as well. Rumor has it that a trip to India is being planned for next year. I never thought I'd be traveling the world through dental implants. I'm looking forward to the next adventure. ☺



Gary W. Boehne, DMD, FAGD is a member of the OAGD Board of Directors. He practices in Salem, Oregon.

Lamb receives 2009 DOY

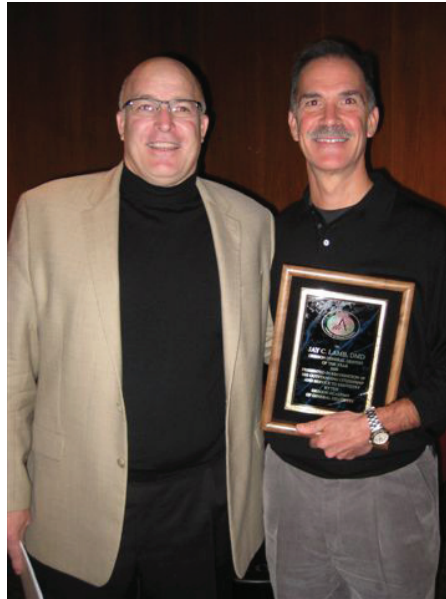
Bruce A. Burton, DMD, MAGD

A VERY SURPRISED JAY LAMB, DMD, accepted the Dentist of the Year award on November 6, 2009 at the OAGD annual meeting. Usually the recipient is notified prior to receiving the award, but due to circumstances of the meeting date change, the board knew Dr. Lamb had already signed up for the annual meeting lecture with Dr. Hatcher. Dr. Bruce Burton summarized the qualities of the 2009 Dentist of the Year without raising any suspicions from Jay. It soon became clear that Bruce was speaking of him and the look on Jay's face was priceless.

Lamb has maintained a private practice in Eugene for 29 years and spent all of these years also serving not only our profession but his community. Criteria for the award include service to dentistry; service to the community; clinical skills; and contribution to and participation in continuing education.

Lamb has participated in numerous hours of continuing dental education through hands-on study clubs. He has held elective offices in the Lane County Dental Society and the Lane Dental Independent Practice Association. He served on the board for the Bend Dental Hygiene School and the Lane Community College Dental Advisory Board.

Lamb has been involved in the community and served with Rotary International Committee with the United Way; the University of Oregon Library and volunteered with the Food for Lane County program. He works with the Women's Assistance League Children's Dental Clinic and the Whitebird Dental



DENTIST OF THE YEAR: Jay Lamb, DMD receives the 2009 Dentist of the Year Award from AGD Past President Bruce Burton, DMD, MAGD.

Clinic. Both his professional and personal leadership skills truly represent the Oregon AGD Dentist of the Year. ☺

A Comprehensive Review of General Dentistry

presented by Capt. Larry Williams, DDS

REGION XI IS ONCE AGAIN SPONSORING a two-day course on comprehensive general dentistry. The dates are May 21-22, 2010, at Multnomah Athletic Club in Portland.

This presentation is an overview of the basics of general dentistry in areas pertaining to the everyday comprehensive dental practice. Attendees will discuss management of cases presented and develop answers to questions generated by the presentations. While this is mainly an overview of general dentistry, it will also serve to guide attendees in preparation for the AGD Fellowship exam.

Objectives

1. Enable attendees to review and discuss case management strategies for comprehensive dental care.
2. Provide a review of various key areas of care provided in a comprehensive dental practice.
3. Encourage attendees to critically discuss cases presented. ☺

Occlusion Without Confusion Study Club

Dr. Albert Ambard presents a basic understanding of occlusion, its implication in all other aspects of dentistry and the overall health of the head and neck system. Fridays at OHSU February 26, April 23 and May 21, 2010. 503.228.6266 for more information.

2010 William Howard Competition underway

Michael Carlascio, DMD, FAGD

THE WILLIAM HOWARD COMPETITION has become an annual event at the OHSU School of Dentistry. Third and fourth-year dental students are invited to compete by demonstrating their knowledge of dentistry through case presentations. Students prepare and present a fifteen minute Powerpoint presentation. The OAGD and its sponsors encourage students to participate and handsomely reward the top three finalists.

Sixteen students entered competition this year. Each student was assigned a dentist mentor from the OAGD or OHSU faculty. Mentors help students with treatment deci-

sions and case presentations. Members of the OAGD and OHSU faculty will judge the case presentations in February to determine the final three. Case presentations are judged on quality, completeness and evidence-based decision making.

The final three are asked to present again during the OAGD meeting on March 12 with Dr. Rutkowski. Attendees at this event will vote for their choice among the final three to determine placement. The OAGD and its sponsors have provided cash prizes for first (\$1,000), second (\$750) and third (\$500).

Last year's winner was senior dental student Matthew Moen. Matthew returned to Montana after graduation to practice with

his father Dr. Don Moen. Dr. Bill Bonnicksen was Matthew's mentor. Second place went to third year student, Jennifer McLeod who was mentored by Dr. Peter Morita. Third place was a tie and shared by senior dental students Nathan Shires and Travis Agee. Dr. Eric Anderson was mentor for both of these students.

This year's competition will be excellent. There are many interesting and challenging cases. The final three participants will truly earn their award. You are encouraged to register for Dr. Rutkowski's course on March 12 at the Multnomah Athletic Club and vote for your choice. ☺



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Oregon Academy of General Dentistry

RECALL

CALENDAR OF EVENTS

February 26-28, 2010	MAGD	Team CE Event	Missoula
March 12, 2010	Howard Memorial Lecture	Rutkowski	Portland
March 21-28, 2010	Spring Break	Samy, Kwiecien & Dichter	Infinity Bay Resort, Honduras
April 8-10, 2010	Oregon Dental Conference		Portland
May 21-22, 2010	General Dentistry Review	Prepare for the FAGD Exam	Portland
July 6-12, 2010	AGD National Meeting		New Orleans
October 1, 2010	OAGD Annual Meeting	Millis - The Team Approach	Portland
October 22, 2010	LCDS/OAGD	Malamed	Eugene
October 29, 2010	OAGD	Allman - Sleep Disorders Update	Portland

THE BACK PAGE

Evidence-based random thoughts and comments

The 2009 OHSU Dental School graduates are the first class to graduate without needing a gold onlay requirement. A clinical instructor commented, "It's a slippery slope..."

I had a teacher in the office yesterday and she asked if, as a dentist I was rooting for the 'yank'-ees in the World Series. I told her, no, I was rooting for the 'phill'-ies. Yeah, she groaned just like that. Then I remarked it was really a 'dental' World Series this year.

An Ode to the Spelling Chequer:

Prays the Lord for the spelling chequer

That came with our pea sea!
Mecca mistake and it puts you rite
Its so easy to ewes, you sea.

I never used to no, was it e before eye?
(Four sometimes its eye before e.)

But now I've discovered the quay to success

It's as simple as won, too, free!
Sew watt if you lose a letter or two,
The whirled won't come two an end!
Can't you sea? It's as plane as the knows on
yore face
S. Chequer's my very best friend
I've always had trubble with letters that
double
"Is it one or to S's?" I'd wine
But now, as I've tolled you this chequer is
grate
And its hi thyme you got won, like mine.

— Janet E. Byford

Spell checker can't distinguish 'pubic' from
'public'...

"The thoughtless are rarely wordless."

— Howard W. Newton

When going through hell, continue going.

"If you take the time to listen, you may be able to help your patient. If you take the time to care, you may be able to help a patient for a lifetime. — MDC, 2010

Only those who are willing to do "whatever it takes" will be able to achieve "whatever they desire."

Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.

The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'. ☺