

Contents

From the Prez	1
Owner's Forum	1
Nose for News	3
Yard Sale	5
Hera	6
Easter Egg Hunt	7
Copperhead	9
The Great Flood	11
From the Stoop	12
Emergency Info	14
Economy & Dental Health	18

Spring Cleaning

The spring season is a season of renewal. As such, it is also the perfect opportunity to freshen up your property. Some items that residents should include on their spring maintenance checklist include:

Power washing driveways, porches and fences.

Repair and maintenance of fences. At least, replace broken/warped slats.

Maintain turf areas to remove thatch and weeds.

Add fresh landscape stone where appropriate.

Touch up exterior surfaces by scraping chipped, peeling paint and applying a good grade exterior paint. The better the prep work, the better the paint, the longer the finish will last.

For any questions, call me at 926-5500.

Port Warwick

From The President

By Cortney Cunningham

Hello friends and fellow residents. There is a lot going on in this issue, so I am relinquishing my space for this month. Rich Shermer (our UPA site manager) has some important information, so please read his column closely. Thanks for your support.

Homeowner Forum

By Rich Shermer, UPA

The warmer weather seems finally to have arrived at Port Warwick. I hesitate to say 'spring' has arrived; it felt like spring back in March. Since then, we've endured some crazy weather including summer-like heat, torrential rain and even some cold temperatures. I'll bet that before too long the hot and humid weather for which the region is famous- or infamous - will be upon us.

One of the most important things I can do to be effective is to communicate with Port Warwick residents and members. I have that opportunity every two months, thanks to this newsletter but I would like to do more. I would like to have email addresses and perhaps even emergency contact information for our residents and owners.

Why? I communicate weekly with the Board of Directors via email, recapping the week's activities and developments. I would like to establish a regularly scheduled email bulletin to all owners, too. I think it would be a win for everyone to be more informed about issues concerning the Conservancy, from landscape maintenance and the irrigation system, to community events and news of interest that arises from the monthly board meetings.

Further, there have been occasions that warranted an emergency outreach. Recently, a water main leak was discovered at a resident's home and I wanted to alert the resident ASAP. Unfortunately, the resident's home phone number was unlisted. Also, a member of the Basnight crew was recently bit by a Copperhead snake in the area near the lower (large) BMP. Since I don't have much in the way of contact information - except the internet white pages - I asked the several folks, including members of the Board, Don Karas and Tom Chapman to help send alerts to everyone they could.

I discovered that emergency contact information was collected from residents back in 2007. The data is far from complete - and it is certainly dated by now - but in a few cases I have benefitted from having it. Ultimately, I'd like to create a web site that will be informative and helpful for residents and owners. Community Association websites offer a great solution to the problem of keeping everyone informed as well as helping to build community among residents. At the Board's direction, I am already working on that with Gus Schalkham but in the meantime, **please consider completing an Emergency Information Form. The information you provide will be kept completely secure and confidential. The form is on page 14.**



DOES YOUR MONEY WORK AS HARD AS YOU DO?

You will spend upwards of 45 years working to support your lifestyle, provide for your family, and set aside money for retirement. We can help make your money work as hard as you do.

Call Lions Bridge Financial today for more information or to schedule a consultation.

757-599-9111

LionsBridgeFinancial.com



Jayne Di Vincenzo, AIF ®, CEP ®
President
LIONS BRIDGE FINANCIAL



**LIONS BRIDGE
FINANCIAL™**

Plan Well. Sleep Well.™

2110 William Styron Square South, Newport News, VA 23606

440 Monticello Avenue, Suite 1818, Norfolk, VA 23510

757-599-9111

TEAM@LionsBridgeFinancial.com

Securities and advisory services offered through LPL Financial, a Registered Investment Advisory Firm. Member FINRA/SIPC.

Nose for News

By Edna



Hello again, fellow dogs of Port Warwick. This is Edna, your Bulldog-Around-Town, bringing you the latest poop, oops, I mean scoop.

Summer is here, and the time is right – for sniffing in the street. I highly recommend the Wednesday morning Farmers Market on the Square. The air is full of delightful smells, and if your parents are in a good mood, maybe they'll buy you some homemade dog treats. Also, don't forget the Wednesday evening concerts and, of course, the Thursday morning walks on the square to scout for dropped goodies.

I'd like to dedicate this column to our new canine pals that have recently moved to Port Warwick, the center of the canine universe. I want to start by giving a big lick to my best pals Rocco and Layla for keeping me informed. I am still

being treated for I.B.S. making it difficult for me to make my usual roving reporter rounds to the dog park.

We have Pekaboo, a Pek-a- Poo, whose proud owners are Mel and Don Karas. Boo is 11 weeks old and full of energy.

Then there is Reese, a very cute pup who belongs to Britney and Chris.

Finally, I would also like to introduce you to Leo and share his remarkable story. You will notice that this column features a picture of Leo, who is a 40-lb. Walker



Hound. As a puppy, he was surrendered to the Clarksville, VA SPCA where he spent the next 2 years of his life in a crate. On January 24, 2012, Leo arrived at the Animal Aid Society in Hampton where he lived in a run until March 3, when he was adopted by his new parents, Bruni and Rich. When Bruni and Rich brought Leo home to Port Warwick he was not house trained, could not go up and down steps, and would not go for a walk on a leash. After only one and one-half months, this amazing dog is fully house trained, walks on a leash 2-3 miles a day, and responds to the word "No" (what's that?). He loves other dogs and people and is very intelligent, having already devoured a number of good books. Leo has been as much of a blessing to Bruni and Rich as they have been to him. Please share his story with others who may be thinking of adopting a dog in the hope that they might save a dog as loving as Leo and, in turn, be as richly rewarded as Bruni and Rich.

Please remember to send your canine news to my Mom at: sycbyrd@gmail.com

Until next time, I remain
Stubbornly yours,
Edna

New for 2012...DIY Workshops

Do-It-Yourself: *In your own space
At your own pace
With support & resources to succeed
(In complete confidentiality, of course)*

**UNIQUE &
EMPOWERING
GIFT IDEA!**

- De-Stress Rx
- Moving Forward Authentically
- Detoxify
- Attracting Abundance
- Finding Your Life Purpose

For busy people seeking
**HEALTH
WEALTH
&
HAPPINESS**



www.ExecutiveWellnessCoaching.com

*To be healthier,
reduce our health
care expenses,
feel better, move
better, and have
more energy, we
all need to have
healthier lifestyles.*

***This is NOT about
a quick fix.***

*As Port Warwick's
oldest business,
we work with
people who
understand the
value of learning
and maintaining
healthier priorities.*

Our Trainers have college degrees in Exercise Science or Fitness Management and/or have national certification by the American College of Sports Medicine or the American Council on Exercise. In addition, we regularly earn Advanced Specialty Certifications in a variety of disciplines. We love our work and hope it always shows through our clients.

WE'RE HERE TO HELP YOU, TOO!

Call
Brian Cole
599-5999



Joey Wallen



Julie Sever



Brian Cole



Wendy Stephens



Stephen Sibert

PERSONAL TRAINING

Associates

PRIVATE STUDIOS



Yard Sale

Port Warwick held it's second community yard sale on Saturday May 19 between 8AM and Noon.



Twenty two families participated in the event which stretched from Styron Square, along the alleyways be-



hind Herman Melville and Walt Whitman, and the side streets in between.

The turnout from Newport News was smaller than expected, but those who did show up spent their money and most participants made a profit..

To see more pictures of the yard sale, turn to the last page of the newsletter.

HEALTHY CHOICES Nutrition & Fitness Column

By Cortney Cunningham

What do 62% of Americans do EVERYDAY that increases their risk of obesity by 450% and their risk of high cholesterol by 75%?

SKIP BREAKFAST! It's called breakfast because it breaks the fast your body naturally takes while sleeping. The reality is that your metabolism does not start until you eat. Always remember that eating increases your body's metabolic rate while dieting and missing meals slows your metabolic rate.

What's the best breakfast to start your day? One that contains at least 25 grams of protein, 35 grams of carbohydrates, 8 grams of fat and is at least 300-500 calories depending on your body make up and your nutrition goals. Oatmeal is excellent for individuals with higher cholesterol levels as it has been proven to reduce cholesterol when eaten regularly. A breakfast of oatmeal with nuts and berries and an egg is a great breakfast choice. Two or three eggs or egg beaters with a piece of fruit, cottage cheese and fruit and also Greek yogurt with fresh fruit are all great energy producing and metabolism boosting breakfast choices. So yes, what you mother told you about breakfast being the most important meal of the day is TRUE.



Cortney is the President of Healthy Choices, Inc. and has been a Fitness Center Owner and Exercise & Nutrition Counselor for 16 years. She is trained and certified in Nutrition through the Cleveland Clinic and specializes in permanent weight loss as well as retraining and correcting the metabolism while losing weight. Cortney has counseled over 2,000 clients towards improved health & weight loss. She currently owns and operates 2 fitness centers and a yoga and massage studio here on the peninsula.

Ask Cortney

Questions about Diet, Nutrition or Exercise?
Email Cortney at healthychoices@cox.net and your question may be featured in her next column.

Goddess of Port Warwick

By Hera

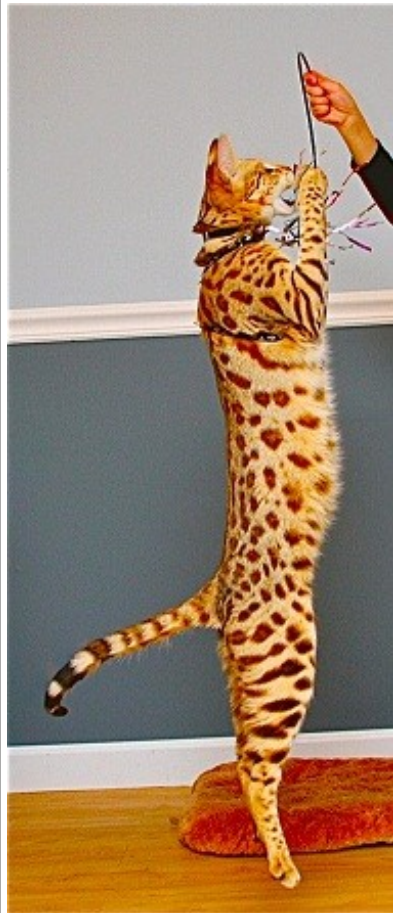
Friend - or competition - for the Goddess of PW?

I want a Savannah Cat.

Have you ever seen one of these? They're beautiful cats that are a combination of a domestic kitty and a wild Africa cat called a Serval. They are golden color, with big black spots and stripes, and they're large - up to 20 pounds!

In fact, the Savannah Cat was ranked "No. 1 Manly Cat" by Ted-Payne.com. I swear I didn't know this but I'm not surprised. I know how to pick men - just check out Zeus, my gorgeous 120-pound Anatolian Shepherd and best friend forever - and of course my sugar daddy Mike.

According to Ted-Payne, while Savannah Cats look wild and crazy, "they are one of the friendliest and most social cats." And, they can be trained to do dog tricks, like fetch, and walk on a leash. They like water. They can jump eight feet from a standing position. That would come in handy, right?



Said Ted: "Imagine walking a wild-looking cat around on a leash ... you'd be bad ass!"

In fact, it is recommended these cats be leashed while outside because ... well I'm not sure, but it sounds a bit sketchy. I think even dogs might have to worry if one got loose - even rough-and-tumble Edna over at "Nose for News."

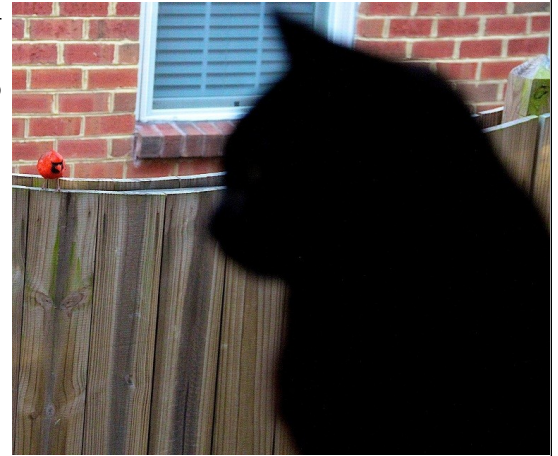
Can you visualize me strolling the streets of Port Warwick with Zeus and Savannah looking like we just stepped out of the jungle? Don't call animal control. Call the SWAT team!

Alas, there are a couple of downsides to Savannah Cats. Because the breed is relatively new, it can be hard to predict the outcome. There could be some health and temperament issues.

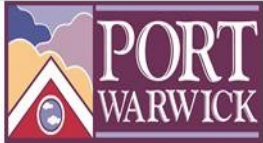
Plus Savannah Cats are expensive. One web site I looked at listed them for up to \$22,000. What? Get out! No way!

And then I saw one on Craigslist in Norfolk - without a price - and got pretty excited. But the guy never got back to me.

It's probably for the best. What if Zeus liked him better than me? What if Mikey did too? I can't live like that. I am Goddess of Port Warwick, and it needs to stay that way.



To learn more about Savannah Cats, go to [http://en.wikipedia.org/wiki/Savannah_\(cat\)](http://en.wikipedia.org/wiki/Savannah_(cat))



MID-WEEK FARMERS MARKET

Wednesdays

May 2 - September 26, 2012

8am - 1pm

www.pwfarmersmarket.org

Healthy, regionally grown seasonal food straight from the farm.

Artisans of hand-crafted items.

Live entertainment.

Educational sessions.



For more details and weekly updates, visit our website at

www.pwfarmersmarket.org

For questions call (757) 223-0284

Sponsored by Port Warwick Merchants Association

www.portwarwickshoppes.com



In addition to the egg hunt, the children and their adults participated in an egg balancing race and a water balloon throwing contest.



The weather was phenomenal, and a good time was had by all. Once again, thanks to Port Warwick's own Bunnies for a job well



2nd Annual Easter Egg Hunt

The Saturday before Easter, residents of Port Warwick and their guests were treated to an Easter Egg Hunt at Emily Dickinson Square. There were over 20 children there along with their parents and grandparents.



The Event Committee prepared and hid over 250 eggs stuffed with candy, and the finders of the "Golden Eggs" received a special prize.

The committee wants to ex-



tend a special thanks to PW business owner LaShonda Sanford from Scratch bakery for the beautiful and delicious cupcakes she provided.

EVERY
WEDNESDAY
6-8 pm



www.liveonthesquare.org

May 23—
August 29,
2012

Enjoy the summer night air on Styron Square listening to the area's best music. The concerts are free and all are welcome! Bring your own lawn chairs (no tents), blankets, food and drink.

PARTY PACKAGE

For a fee this package comes with set-up of a tent, tables and chairs. We can suggest catering choices.

Date	Performer	Genre
May 23	Party Fins	Beach-Buffer style music
May 30	Matt Lockhart	Rock-original songs and Classic Rock
June 6	Gina Dalmas and The Cow Tippin' Playboys	Country
June 13	Jae Sinnett Trio	Jazz
June 20	Bobby "BlackHat" Walters	Blues
June 27	Incognito	Rock/Blues
July 4	No concert	
July 11	The Terry Chesson Swing Band	Big Band/Swing
July 18	Mercy Creek	Folk Rock/Edgy
July 25	Martha & Triple Threat	Rock/Country/Blues
August 1	Coolin' Out	Motown
August 8	Kelly Rossum	Jazz
August 15	Tombao Salsero	Latin
August 22	Bill Deal's Original Rhondels	Beach Music
August 29	The Deloreans	80's Classic Pop/Rock





Vinyasa Yoga 200-Hour Teacher Training 6-Month Program Begins September 2012

**Our dynamic program
will inform & inspire
students to deepen their
personal knowledge &
teach with confidence.**



FOR MORE INFO VISIT ZENYAYOGA.COM

**Port Warwick
101 Herman Melville Ave • Newport News
675-9077**

Copperhead

WARNING: On 17 May an employee of Basnight was bitten by a Copperhead Snake and taken to the hospital. The incident was at the Lower BMP (the pond behind Walt Whitman). The snake was probably left behind after the flooding of Tuesday night. Although these bites are rarely fatal, they are VERY painful and can cause loss of a limb. Please be careful where you step or reach.

A Copperhead snake bite needs medical attention, is extremely painful, and may cause extensive scarring and loss of use. Many people are bitten while trying to kill or handle the snake. Don't take chances -- avoid these snakes.



"Copperhead bites are typically not fatal," says Dr. Peter Bromley, N. C. Cooperative Extension Specialist in Zoology. Small animals, like small dogs, may receive a fatal bite from a copperhead. The venom causes local tissue destruction and secondary infection often sets in. If you or your pet is bitten by any snake that you suspect is venomous, get medical attention immediately. For the most part, if you let snakes alone, they'll leave you alone. North Carolina has the dubious distinction of the most venomous snake bites of any state in the U.S. Many of these bites could be prevented by avoiding the snake instead of trying to kill it or pick it up. **Avoid Copperhead snakes!** Allow it to go on its way undisturbed. Copperheads bite more people in most years than any other U.S. species, but they also have the mildest venom. University of Georgia Professor Dr. Whit Gibbons is conducting research to learn why copperheads inflict the most bites.

If escape is not possible, most snakes hold their ground, ready to defend themselves. A difference between copperheads and the other species appears in the next phase, when they are approached. Most rattlesnakes vibrate their tails and most cottonmouths sit with mouth open when a human comes near. Even some non-venomous snakes vibrate their tails. These displays are merely warnings not to tread on them. They are not aggressive attack measures. The snakes just want us to leave them alone.

What makes copperheads different from most other snakes is that they strike out immediately when they feel threatened. This behavior explains why more people receive legitimate snakebites from copperheads than from any other species of venomous snake in North America. Still to be investigated is another aspect of copperhead bites: many are not serious enough to require more than minor medical treatment. This may be so not only because the venom of a copperhead is significantly less potent than that of rattlesnakes or cottonmouths, but also because they seldom inject much venom.

The copperhead's initial threat display is to strike, but it lashes out at an enemy as a warning. If the enemy is close enough, the fangs may penetrate the skin. However, because this is a threat display, not an attempt to kill, the snake injects little venom. A copperhead has no intention of wasting valuable venom if it can scare away the menace with a minor bite.

Keep in mind, however, that even a non-fatal bite needs medical attention, is extremely painful, and may cause extensive scarring and loss of use. Don't take chances-- avoid these snakes.

for your Guests...

A Beautiful Suite in Port Warwick!

One of the best-kept secrets in Port Warwick, The Hopkins Guest Suite is a two-bedroom apartment available for rent by the day, week or month. It is located in Styron Square Apartments and is offered to Port Warwick residents and business owners exclusively. Overlooking Styron Square, it comfortably sleeps 6 people and an infant. This beautiful suite includes linens, cookware, a full-size washer & dryer, 2 HD flat screen TVs and an infant Pack 'n Play.

The next time you have more out-of-town guests than you can accommodate, give us a call at (757) 596-8000 for availability and reservations, or stop by our office located on Nat Turner, just north of Styron Square.



STYRON SQUARE
AT PORT WARWICK

P: 757.596.8000 • F: 757.596.4131 • WWW.STYRON SQUAREAPARTMENTS.COM

The Great Flood

On 15 May Port Warwick was inundated with 2.5 to 3 inches of rain within a two hour period between 5 and 7 PM. This was compounded by the fact that the ground was already saturated from showers earlier in the week. The result was that the rain could not soak into the ground fast enough and overwhelmed the storm drain system. The drain system deposits excess rainwater into both the Upper and Lower BMPs. The Upper BMP drains into the Lower BMP through a 3 foot underground drain pipe. Water exits the Lower BMP at the Southeastern edge of Port Warwick into a stream that eventually makes its way into Lake Maury at Deer Park and the Mariner's Museum.

Within 30 minutes after the deluge started, the system was overwhelmed and both BMPs overflowed their banks. The bank on the northern side of the Lower BMP is not as high as the southern edge, and the water rose one foot up the fence line. Our neighbors in the Water's Edge and Kingstown apartments suffered some damage to vehicles and equipment.

Additionally, the Styron Square apartments were struck by lightning several times. Apparently, lightning hit the Roth building and the parking lot barriers. Power was not interrupted, but many apartment dwellers had electronic equipment damaged by the power surges created by the strikes.

The Port Warwick entrance along Loftis Road became impassible to all but the highest trucks, and many residents had to enter the community through the Sentara parking lots. Resident Mike Finneran said "Just getting from the house to the car was a challenge. Luckily my house is tight as a drum, and I didn't have any water damage. Once inside, I actually enjoyed the lightning and rain beating a tattoo on the roof."

Basnight was quick to clean up the mess, and have begun replacing mulch that was displaced by the flooding.



From the Stoop

When you read this, we will have already celebrated Memorial Day. I hope you reserved a few minutes of your hectic day to remember the veterans who made the ultimate sacrifice as well as those still living in our community. Being so close to several military bases means that we have many military retirees and veterans as neighbors. If you didn't do so last weekend, shake their hand and thank them for their service.

The Easter Egg Hunt, Chili Cook-off and Yard Sale that I talked about last edition are now ancient history. The Egg Hunt was a big success, with over 20 children and their parent/grandparent attending. Emily Dickinson Square was packed, and it is the perfect place for such an outing. The weather was cool but dry, and everyone had a great time. Thanks to the Event Committee, and I would like to extend **special thanks to *Scratch Bakery*** for the mini-cupcakes. The children snapped them up and really enjoyed them (as did I, because I stole one and it was delicious).

Wish that I could say as much for the Chili Cook-off. I know the weather was iffy, but except for the Events Committee there was only ONE resident who took the time/effort to cook a Chili. In fact, there were only 8 residents who bothered to show up. We moved the event to the Conservancy Office, and the people who did attend had a great time, but it is very discouraging when we make arrangements, plan, set up, and execute an event for the community to only have **less than 2%** bother to show up.

We had 22 families participate in the Yard Sale, 3 from the Apartments and 19 from the single family residents. 22 doesn't sound like a lot, but it was more than we expected, and most people seemed to make money. The weather was perfect, and everyone was in a good mood.

Resident Mike Finneran said "I made \$130 and got rid of some big things cluttering my garage, so I'm happy. Plus I really enjoyed being outdoors and meeting people outside of the community as well as renewing old friends and acquaintances". The Events Committee did another great job, and we would appreciate any helpful hints to make these events better. We know we could do a better job on advertising, and the scheduled pickup by the Salvation Army was a mess, but we won't make the same mistake next time. Special thanks go to Gwen



and Lily Haas, and Brandon Nelson For their hard work.

It's Not Easy Being Green

In an attempt to be more ecologically conscious (and conserve Conservancy funds) we are going to a digital only format. You will get it through the Conservancy Website, Face-book, or email (if I have your address).

The advantages of this venue change (besides the ones above) are:

People who read the digital copy will see the Newsletter in **glorious color**. None of the pictures and ads are done justice in B/W.

You will still be able to print the Newsletter off if you want o hold it in your hand.

People who aren't interested and don't read it anyway will no longer be bothered with excess mail.

You will still be able to get a printed copy. To get one simply email karas45@cox.net, or if you don't have a computer call 594-8204. Leave your name and address, and we will ensure that you get your printed copy in the mail as usual.

Virginia Health Rehab

AT PORT WARWICK



Quality physical therapy from a caring team of your friends and neighbors.



**Virginia
Health
Rehab**

*Speech, Occupational
& Physical Therapy*

A DIVISION OF VIRGINIA HEALTH SERVICES

- State-of-the-art outpatient facility
- Close to home and convenient
- Flexible, extended hours
- Patient-centered rehabilitative therapy
- Accepting most insurances

Improving the quality-of-life for our patients.

204 NAT TURNER BOULEVARD | NEWPORT NEWS, VA 23606 | HOME: 757-594-0330

www.virginiahealthrehab.com

Port Warwick Conservancy Emergency Information Form

Your home represents a significant investment. HELP US PROTECT YOUR INVESTMENT! If an emergency occurred such as a fire or a water leak, the Association would need to reach you immediately.

Please help the Association keep in touch by completing the form below and returning it to the Association office at 191 Walt Whitman Avenue. You may also fax the form to (757) 926-5168 or you can email a scanned copy of the form to rshermer@unitedproperty.org.

Property Street Address

Unit Number

City, State & Zip Code

Property Phone #

SECTION 1 - OWNER INFORMATION

Full Name

()

Work/Mobile Phone # (Circle One)

Full Name

()

Work/Mobile Phone # (Circle One)

Street Address

(If Different Than Property Address)

()

Best Phone # to Use

City, State and Zip Code

Best Email Address to Use

EMERGENCY CONTACT INFORMATION (IF OWNER CANNOT BE REACHED)

Full Name

()

Home Phone

Street Address

()

Work Phone

City, State and Zip Code

()

Mobile Phone

SECTION 2 - TENANT INFORMATION

Full Name

()

Work/Mobile Phone # (Circle One)

Full Name

()

Work/Mobile Phone # (Circle One)

Best Email Address to Use

()

Best Phone # to Use

Just For You... Port Warwick



\$45 One-Hour
MASSAGE

Schedule Now!
643-6900

Please mention offer code PWR
when scheduling appointment.



zenyayoga.com

101 Herman Melville Avenue

*Offer Expires June 31, 2012
*Limit One Per Person

Zenya
at Port Warwick
Yoga & Massage Studio



BAR & PATIO MENU

Appetizers

BLACKENED TUNA BITES~ tender chunks of fresh local tuna
blackened to perfection and served with a
blue cheese cream sauce 9.95

ONION RINGS~ Schlesinger's own beer battered onion rings fried golden brown and
served crisp with ketchup mannis 8.95

HOUSE OR CAESAR SALAD \$4.95

Add Protein to Either Salad

Chicken \$4.95

Grilled Sirloin, Salmon, Shrimp or Oysters \$6.95

Sliders

SLIDER BURGERS ~Certified Angus beef patty on a
toasted split top roll with cheddar cheese & a pickle 1.75 ea

CRAB CAKE "slider"~ 2 oz jumbo lump crab cake served on a
Fresh potato roll with red pepper aioli 4.95 ea

FRIED OYSTER "slider"~ Crispy fried fresh local oysters
served with Creole Remoulade on a fresh potato roll 1.95 ea

SLIDER TRIO~ One each sliders: burger, crab cake and oyster 7.95
(NO substitutions)
Add French Fries \$4.95

Sandwiches

PRIME RIB SANDWICH ~Thinly sliced slow roasted Prime Rib
served on a toasted sub roll with horseradish cheddar, lettuce,
tomato and red onion.

Served au jus with French Fries 10.95

BLACK ANGUS BURGER ~ The highest quality ground beef served on a toasted
Ciabatta roll with lettuce tomato and red onion,
your choice of cheese with French Fries 14.50

CRAB CAKE SANDWICH Lump & Jumbo lump crab, no filler, with red pepper aioli
Served with Fries \$12.50

Served Nightly beginning at 4:30 in our Bar or on our Patio only

BECAUSE PAINTING IS PERSONAL™



Proudly Serving
PORT WARWICK

At CertaPro Painters®, our reputation is based on Certainty- your **Certainty** of a job well done. We focus on the details of every project- **Interior and exterior**- and we focus on you, our client.

CertaPro Painters®
★★★★★

Call us today to schedule your
FREE in-house estimate

1-800-462-3782

Or visit us online

newport-news.certapro.com

The Dangers of the Economy on Our Dental Health

Lisa Marie Samaha, DDS, FAGD, PC
Port Warwick Dental Arts



It's all in the national news; dentists are suffering because of the economy. As the Founder and Director of a recognized teaching institute, I have the wonderful opportunity to present seminars to dentists throughout the country. I run with some very sophisticated dentists, so although Port Warwick Dental Arts has grown by leaps and bounds during the recession, I know the press is reporting the truth. ***People are putting off taking care of their dental needs because food, shelter and jobs are more important. Dentists understand that. Your teeth and gums don't.***

Your teeth do not know you have all those distractions. They just are happy being useful. ***Injured or infected teeth can't heal themselves like the skin or bones can. Regardless of the economy, decayed teeth are going to continue to decay. Gum and bone disease will spread more, eat more bone and infect other parts of the body. Cracked teeth will continue to crack.*** A disease doesn't care what the stock market is doing. In fact, we know that during stressful times, we clench and grind our teeth more, have more TMJ pain and generally, more emergency dental needs. Additionally, stress is a major risk factor for periodontal (gum) disease. All in all, devastating effects on our dental health – and as a result, our general health – can occur in a very short period of time.

The Replacement Value of Your Teeth

Sadly, if it hasn't happened to us, we all probably know of someone who lost a home in a fire or a flood. Naturally, when such a disaster happens, the owner researches his/her insurance policy and hopefully, the home will be covered for "replacement cost" - meaning the insurance company will reimburse the owner for the cost of rebuilding the home.

Using the same thought process to determine the replacement value of teeth, the dollar sum of replacing all of them would be a staggering \$98,000 to \$140,000. Think about this before you consider that crazy. Not counting wisdom teeth, everyone should have fourteen teeth on the upper and fourteen on the lower. Each healthy tooth sits in solid bone and is its own entity just like a house and its foundation. If a burned down or flooded house is rebuilt, the foundation must be removed and replaced first. If a tooth is lost, replacement to the original state would require a surgically placed implant and sometimes even a bone graft, just like the new foundation of a home. The new tooth would also require a porcelain crown which would represent the house. Fees for this ONE tooth range from \$3,500 to \$5,000 PER tooth depending on the area you live in and the skill of the doctor. Multiplying those figures by twenty eight teeth and you will get the unbelievable replacement cost mentioned above. (Now certainly there are options to replace a missing tooth that are much less costly, but you get the point. We are talking about "replacement value.")

Rationalizing What We Buy

During the Christmas season, there were riots over the Air Jordan tennis shoes. There were mobs demanding to be the first to pay \$180 for a pair of shoes. Nike has done a better job of making tennis shoes appear more necessary for the “good life” than the dental profession has done with teeth.

It is easy to rationalize buying something you want like shoes, a car, diamond ring, etc. On the other hand, it is even easier to rationalize not doing something like dieting or going to the dentist, right? Who wants to have someone stick their hands in your mouth, poke around and then tell you the bad news? (We like to say that the perception of an examination is quite different in our office, but nonetheless, when a dental tragedy happens, the bad news and the cost investment inevitably follow.)

Reasons for Not Going to the Dentist

The top rationalizations for not going to the dentist in 2011:

No dental insurance
The economy
Lost job
Insurance will not pay for the service
Hate dentist
Kids in college
Single parent
Don't want to hear the bad news
Every time I go, something is wrong

Large, older style fillings – typically made of silver/mercury - can act like a wedge and crack and split the teeth. Once this happens, expensive and compromising root canals, crowns and/or extractions are likely. ***And most dental disease shows no symptoms until its middle to late stage.***

What to Do

Never depend on your “insurance” to take care of your total dental needs. There is no such thing as dental “insurance,” especially replacement insurance.

If each time you have gone for a dental check-up something is always wrong, something is not right. We want you to be open and honest with us. After all, it is your health, your teeth and your money. And we are here to help you make the right decisions - for you.

We want to help you remain healthy and dentally stable, with a good looking smile - for life.

If you have been putting off care, remember that waiting is always more costly, more uncomfortable, and more risky. Call us today! 757.223.9270 or go to our website to request an appointment www.PWDentalArts.com We especially love to care for our PW neighbors!



United Property Associates
739 Thimble Shoals Blvd.
Suite 1003
Newport News, Va. 23606

