

PASTIMES

A DOG HOUSE FOR ALL SEASONS AROUND THE TOWN



HAZEL SWEITZER

My human Tom had a favorite cartoon character and stuffed animal when he was a child. Snoopy, from the Peanuts comics and cartoons. He has several Snoopy stuffed animals and decorations around our house. It's not very hard to find the

house that Tom and I live in because outside in our yard is Snoopy's dog house. That dog house originally was built for a musical he directed. "You're a good man, Charlie Brown." One day he just stuck it out there for fun and before he knew it, everybody in town told Tom that it made them smile. We have had the Snoopy house in the yard for 3 years, and Tom decorates it for each holiday. Hundreds of people each year stop with their families and take pictures of it. This last December, Tom was surprised when he found a letter and a dish of homemade Snoopy cookies on top of the dog house. The cookies and the letter were from a couple who visit Middleburg a few times a year. One of the things they look forward to during their visit to the town is to take a picture with their dog at Snoopy's dog house. Tom could hardly believe these "strangers" left us cookies and such a kind letter. The picture was of their Golden Retriever, happily sitting in front of Snoopy's dog house. Tom actually feels a responsibility now to make the dog house festive and inviting for the Middleburg community, as well as for the tourists. We both believe it's important to have a reason to smile and that's exactly what Snoopy's dog house does.

ORAL HYGIENE-WHAT'S MOST IMPORTANT?

MIDDLEBURG SMILES



DR. ROBERT A. GALLEGOS

The goal of oral hygiene is to remove plaque from teeth and gums. Ineffective removal of plaque leads to bad breath, cavities (decay) and periodontal (gum) disease. Plaque is the soft sticky bacteria-filled substance that clings to teeth. To accomplish this hygiene goal, we have been taught by our dentist and dental hygienist to first brush, then floss and finally rinse; but new reviews of the science are leading

us down a slightly different path. Traditionally, dentists and hygienists have been taught, and then teach their patients, that brushing is the most important part of home dental hygiene but plaque removal between the teeth needs more attention and for most adults should be a priority. Brushing is effective in removing plaque from the top (biting surfaces) front (cheek side) and back (tongue side) of the teeth and using an electric brush for two minutes at least twice a day is more effective than using a manual brush. However, brushing is not

effective in plaque removal between the teeth. Periodontal disease and most adult cavities start between the teeth and brushing does not reach these areas.

Usually after using the toothbrush removal of plaque between the teeth (interproximal areas) with floss is the next step. Bleeding from the gums when brushing or removing plaque between the teeth is a sign of infection. The gum tissues on the front and back side of the teeth, where the toothbrush touches, are keratinized (like our skin) and as such are more resistant to bacterial gum infection. The gum tissue between the teeth, where the toothbrush misses, is not keratinized and is more susceptible to gum infection. Flossing with string floss is minimally effective at removing plaque between teeth, especially if any gum recession is present. Due to its configuration, floss is not able to get into the concavities on the tooth surfaces found between teeth and floss can be difficult to use. Interproximal brushes are easier to use than floss and are extremely effective for plaque removal between teeth where most cavities

and gum disease start. There are many different sized and shaped interproximal brushes. Your dental team can assist you with the right choices. Water flossers like Water Pic® have been promoted for years as an alternative to flossing. New research confirms that water flossers are effective in plaque removal between teeth. For some, a water flosser is too messy so a shower flosser or interdental brush may be more appropriate.

Rinsing is usually the final step of oral hygiene. Sometimes certain rinses are recommended for their antimicrobial effects. Some rinses are specific for bad breath, others for cavities or gum disease. There are some rinses that are effective as a general antimicrobial rinse. Rinsing is not an effective means to deliver these antimicrobial materials between the teeth. Instead, these rinses can be used in a water flosser and/or used dipped on to an interproximal brush to get the needed antimicrobial material between the teeth.

The take home message here is that effective oral hygiene between the teeth needs to be a



priority in everyone's homecare regime. Interproximal maintenance with the appropriate tool, like an interdental brush, is more or at least as important as brushing. Each patient should ask their dentist and hygienist what they can and will do to achieve and maintain oral health so together they can come up with the best homecare routine.

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TONY RICE TRIBUTE

IN UNISON

STEVE CHASE

There is a great music website for every genre of music. For those inclined to acoustic music, Roots and Americana, or Bluegrass, my go-to site is The Bluegrass Situation (thebluegrasssituation.com). This West Coast based site keep me up to speed on the new music and talent across these genres. When I heard the news, just after Christmas, that Tony Rice, perhaps the greatest living bluegrass guitarist and vocalist, had died, I knew The Bluegrass Situation would soon be preparing a tribute. In late January, their Podcast Toy Heart with Tom Power released an amazing three-part series on Tony with Bluegrass luminaries like Sam Bush, David Grisman, Molly Tuttle, Peter Rowan, Sharon Gilchrist, Chris Thile, and Jerry Douglas. These are amazing oral histories in their own right, especially the stories told by Sam Bush and Jerry Douglas.

Rice was a transformational figure in music and one of the greatest guitarists that ever lived. He changed to way bluegrass music was played, bringing it to a level of the jazz players that he almost exclusively listened to--Miles Davis and John Coltrane. It must have been strange to visit his home and listen to music. This amazing acoustic guitar player sitting in a big arm chair playing one of Coltrane's Village Vanguard recordings. Rice was able to make the most profound personal musical statements in his solo playing, but he could

astound you even more with his incredibly empathetic and selfless rhythm guitar playing. And mandolinist Chris Thile called Rice's singing Buddhist in his approach--simple, unadorned, crisp, and without any self-consciousness.

I always thought Rice was from the deep south, but he came from southern California, and began playing with his brother Larry on the J.D. Crowe and the New South's seminal album Bluegrass Evolution, which blew people's minds and affirmed the work by bands like the Newgrass Revival. For whatever reason, he hesitated initially in playing with David Grisman, but whatever problems he had to overcome to play guitar on the groundbreaking 1977 jazzgrass album The David Grisman Quintet. I read recently some recollections from mandolinist David Grisman on working with Rice, where he said Rice had questions about whether or not he could compose good music. Grisman persuaded him to put a tune together, and that song, Swing 51, is one of the great tunes on that album.

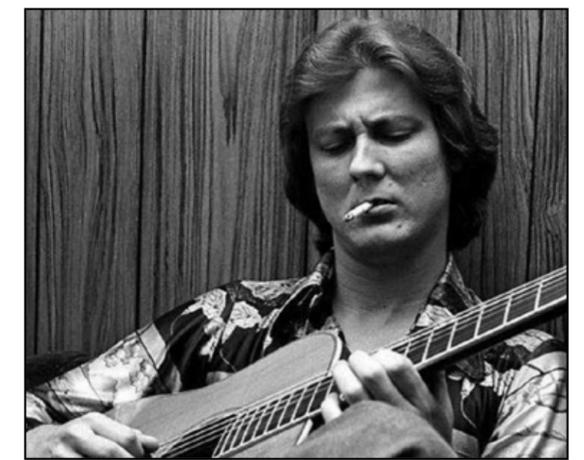
Tony played with everyone back then, Sam Bush, Bela Fleck, David Grisman, Jerry Douglas, Jerry Garcia, and he inspired a new generation of amazing musicians who have continued to change and evolve bluegrass and progressive acoustic music. He was also a major influence and friend to one of our local acoustic music stars, Larry Keel.

I have my favorite Tony Rice Albums, here is a starting list of recommended music.

1) JD Crowe and the New South--The album that changed the direction of bluegrass features a mix of traditional bluegrass tunes and modern songs bluegrass style. Rice joined Crowe, Jerry Douglas, Ricky Skaggs. The album stretched the genre and leader Crowe gave his fellow musicians equal musical billing, allowing everyone to shine.

2) The David Grisman Quintet--The David Grisman Quintet --The album that introduced the world to Dawg Music, this amazing set drew jazz and rock enthusiasts under the acoustic music tent. Rice's Swing 51 is a sublime jazz tune that shows off his composing, and his picking on throughout keeps up with Grisman's mandolin, if not passing him a few times. Make sure you continue through the Grisman recording catalog to hear the many contributions by Rice to Grisman's music over the decades.

3) Manzanita--The Tony Rice Unit. Rice created or was associated with so many transformational musical efforts. Manzanita is another example--from the opening chords of Old Train to the last notes of Home from the Forest. Rice always put together extraordinary bands, and this album is no exception. Sam Bush, Ricky Skaggs, and David Grisman share mandolin duties, Darol Anger on violin, Jerry Douglas on Dobro, and Todd Phillips on bass. I love the sublime interplay of Rice's guitar with Grisman's mandolin on the title track is sublime. This is an album that would play over and over on some folk's stereos, one



of the very best of the history of the genre.

4) Backwaters--The Tony Rice Unit. Rice had a car he called Spacegrass. This album has been called by one critic a Spacegrass album, makes sense to me. I call it an amazing opus of new acoustical music that again changed the entire genre, building on the early Grisman Quintet music, but going beyond Dawg into its own genre that speaks to Rice's love of jazz. The ultimate feel good album to listen from start to finish.

6) The Pizza Tapes Extra Large Addition--Garcia/Rice/Grisman. I've written about his legendary album in the past. A pizza guy delivered some pies tom Grisman's home and stole the tapes that Grisman had left

on the coffee table. Soon everyone had copies of the tapes. This expanded edition, released in 2011, includes all of the recordings made over two nights in 1993 by Grisman, Rice, and Jerry Garcia. It's a set of old-time, jazz, and folk tunes, highlighted by the best rendition of Shady Grove that you will ever hear. In the banter at the end of that cut, Garcia remarks "Try to restrain yourself, Tony, jeeez, that was great! Smokin!"

Give a listen to my Tony Rice playlist at <https://tinyurl.com/585td5kq> with some additional albums and tunes.

Steve Chase is in Unison playing double bass along with Tony Rice's album Manzanita.

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