

Dr. Judy N. Sturm §

Associates
§ General Dentistry
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Cosmetic

Best Wishes for the New Year To All My Patients,

Just a fun little story from someone who loves coffee with her family and friends.

A professor began his class one day by picking up a very large empty mayonnaise jar and filling it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles, poured them into the jar, and they rolled into the open areas between the golf balls. The students once more agreed that the jar was full. The professor next picked up a box of sand and poured it into the jar, and sand filled up everything else. Clearly the students once more acknowledged that the jar was full. The professor then produced two cups of coffee and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed. "Now," said the professor "I want you to recognize that this jar represents your life. The golf balls are the important things---your family, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else---the small stuff. If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Spend time with your family. with your parents, with your friends. Take time to get medical (and of course, dental) checkups. Take your loved ones out to dinner. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand." And if you want to ask me about the coffee, well that just shows you that no matter how full your life may seem, there's always room for a few cups of coffee with a friend.

For me dentistry lies somewhere *between* golf balls and pebbles. Dentistry is not simply my "day job" , but I see it more as an opportunity to help others with their dental problems. It's about what I can do for people, how it can enhance their health, their appearance and ultimately at times even change their entire self -image. So, if chipped/worn teeth or gaps between your teeth inhibit you from smiling, laughing out loud, or from just feeling good about yourself, make an appointment and we can try to be of help. Over the last few years, I have embarked on a journey, learning about neuromuscular dentistry and advanced cosmetic solutions at the LVI Global Dental Institute in Nevada. This has made me even more passionate about what I do and eager to apply my growing knowledge, and skills to help my patients in line with their individualized budgets and needs.

Together with my long standing wonderful staff and my two outstanding associates , we try to provide you with the best in preventive dental treatment in a gentle caring environment and continuously strive for new ways to help our patients. Come by so we can be of help to you .

Thanking you, for your kind referrals of friends and loved ones.

Judy Sturm,

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