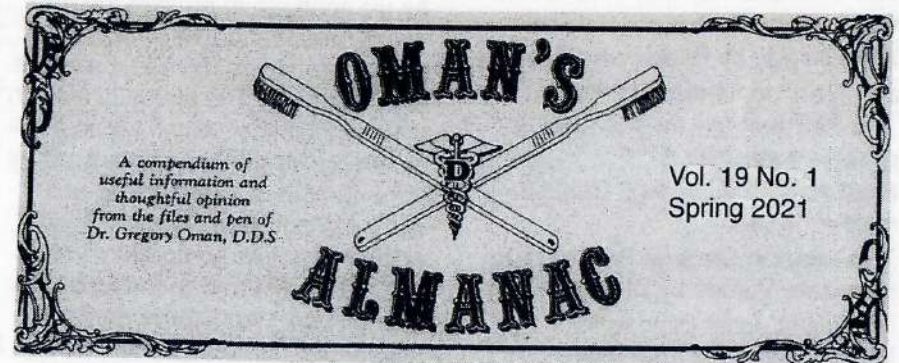


Gregory G. Oman DDS PC  
1480 Orchard Suite 111  
Bountiful UT 84010

### New Technology, Old Fashioned Service

on in our society. About half the people like it and about half the people don't. Without DST though from May to August the sun comes up pretty early disturbing those people who like to sleep-in.

With all the things that have been destroyed with the Cancel Culture these days I sure hope nothing associated with dentistry gets canceled. Like the word Decay. That seems brutal to suggest that a tooth is destroying itself through no fault of its own. All of the forces of the mouth can't help it. It is as if Sugar doesn't even give the tooth a chance. (Tongue in Cheek BTW) Or plaque and stuff that gets on the teeth. It isn't our fault this happens. There are people we see that have white, gooey plaque layered all over their teeth and it never occurs to them that it can cause some real problems. Maybe we need to develop some ATM machines (Automatic Tooth Maintenance) where a person can step up, insert a health card and the machine totally cleans their mouth right there on the street corner, or outside the local supermarket. Of course, nobody would use them; one could get Covid or something like that. Maybe we will have to think on that for a while. Everyone is welcome at our dental office though. We will get them clean for you.



### DOCTOR TALKER

Today is not Groundhog Day. That was in February. If you have seen the movie by that name you will know where I am coming from. I look back to March 2020 and we thought we were going to have a spectacular year. Then April hit and it has been uphill for most people. We get up and head for our scheduled activities of life and sure enough, we have masks on, maybe different clothing, but it looks just like yesterday. From a positive stand point I suppose one could say that even pre-Covid each day was like the day before. For most it is work, lunch, work, go home. We can't direct or influence the world much. What happens is what happens no matter what our desires might be.

The good news is Spring is coming and the Equinox will be here in a couple of weeks. Daylight Saving Time is coming too. That is an interesting time of year. Somehow an hour gets lost and in doing so the sun sets later in the evening and comes up later in the morning. I know everyone is different, but I do better during DST. It's just me I suppose. The sun setting at 9:03 on the Summer Solstice is great, I do yard work into the evening or get some time on the golf course. It's wonderful being out there at 7 PM with the lowering sun still providing enough light for me to torture a golf ball. It is interesting to see surveys taken on this subject. It seems like it assimilates every other thing going (Continued on Page 4)



Dr. Oman's Reading List

**The Thin Man** by Dashiell Hammett

♥♥♥

**King Peggy** by Peggielene Baratels and Eleanor Herman ♥♥♥

**The Sentinel** by Lee and Andrew Child ♥♥♥♥

**Fred Astaire** by Joseph Epstein ♥♥♥♥

**The Lennon Sisters: Same Song-Separate Voices** by Dianne, Peggy, Kathy and Janet Lennon ♥♥♥

**Black Rednecks and White**

**Liberals** by Thomas Sowell ♥♥♥♥

**The Gift** by Richard Paul Evans

♥♥♥♥

**The Historic Buildings of Downtown Salt Lake City** by John S. McCormick ♥♥♥

**Over on the Dry Side** by Louis L'Amour ♥♥♥

**Written Out of History** by Senator Mike Lee ♥♥♥1/2

**A Better Heart** by Tom Christofferson ♥♥♥1/2

**Persons Missing or Dead** by Cliff Black ♥♥♥

**Backstage with the Original Hollywood Square** by Peter Marshall and Adrienne Armstrong ♥♥♥

**I Don't have to Make Everything All Better** by Gary and Joy Lundberg ♥♥♥♥

**Wind Sprints** by Joseph Epstein ♥♥♥♥

**Dental Insurance, Again**

As we continue to provide the best dental care for you we realize that the decisions you have to make are not easy ones. The status of a tooth may be indistinct. Shall we do a full crown on the tooth or can we get by for a number of years with a well placed filling. Sometimes the answer is not as straightforward as one would think. Depending on the service performed some dental insurances can be quite unhelpful. It is becoming more of a wrestle with some dental insurance providers. Yes, their plan may cover a procedure, kind of, but many of the things we have done over the years no longer works with them. We have some clients who are told one thing by their insurance carrier relating to covered procedures, but our office is told something else and we end up looking like the bad guys in the situation. The companies sometimes do not want to communicate, or they let situations drag on until it becomes stressful for the client and for us. Unfortunately we need to collect fees to pay the costs of providing dental services, which are rising all the time. If you have or have had disconcerting experiences with you insurance carrier we sympathize with you. Just know that we will always do everything we can to be helpful and try and get a good outcome for you.

**Covid (A Report)**

This is a followup on the blurb in our last Almanac in December. It is evident as of March 1, 2021 that the cases of infection for Covid are decreasing. It will be most enlightening to see what happens in the few states that no longer have a mask mandate. There are arguments on both sides of that question. As a report to you we have no reports of anyone who has come to our office for dental care having been infected with Covid, nor any other infectious disorder or any kind. The big question from a rational evaluation is to what extent do precautions need to be taken. We have tried to schedule appointments for clients so there is no crowding in the reception area. This has generally been successful but once in a while there may be two clients there. Wearing masks and distancing have not been a problem as far as we can evaluate. We know there are some practitioners who have their clients call the office from their car in the parking lot. A staff member then goes and asks them the Covid questions and then escorts them into the office. Every office, every business and every family are doing what they feel is effective and efficient in avoiding viral contact.

We will continue to follow the guidelines we have in place until we are allowed to relax them and return, hopefully, to life prior to 2020. The American Dental Association and the State of Utah are the entities that have given us the guidelines to follow and we have done it. Our office is sanitized regularly during the day, our dental instruments and equipment are sterilized. There is not much more that can be done. Yes, this has been a unique and terrible time in some ways. Interestingly enough, I have heard some people indicate that the isolation and lack of social interaction has caused them to look at life a little differently. They appreciate their immediate family more. They evaluate their lives and their decisions in a different light. These are usually people 50 years old and younger.

The older generations, those 70 and older have had a different experience. It has been in many cases lonely, and fearful; fearful in being infected and having a terrible illness, a life ending illness. Hence, they never leave home and rarely see anyone. It is hard to think of many things more difficult than that. Good health to you all.