



SCOTTISH RITE PROGRESS

SCOTTISH RITE of FREEMASONRY, VALLEY of WASHINGTON, ORIENT of the DISTRICT of COLUMBIA

VOLUME 10 NO. 1 | MARCH 2016

2016 INSTALLATION of OFFICERS

Article on Page 4



Len Proden, SGIG,(R) obligating the 2016 Officers – L to R: Douglas N. Cohen, 32° KCCH, Mark H. Polansky, 32° KCCH, Ill. Bernard J. Michels, 33°, Basil N. Mossaidis, 32° KCCH



Foreground – Ill. George R. Adams, 33° G.C. presenting the KSA Chieftain's insignia (the grouse foot) to George E. Perez, 32°

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SGIG's MESSAGE

The 2016 term for our Scottish Rite leapt to a running start with the Valley of Washington's 146th Installation of Officers on Saturday, February 6th. The Brethren with their families and friends in attendance enjoyed a truly festive occasion marked by an inspiring ceremony and a lavish reception, both accompanied by live musical entertainment. I am proud to write that all of our newly installed Officers are accomplished men with rich Masonic pedigrees. We can look forward to a year of excellent programming that will engage, enlighten, and energize us while enhancing the experience of Brotherhood at our Tuesday evening gatherings and other events. I should like to mention that at our pre-installation meeting with the incoming Heads of the several Bodies, each man asserted his commitment to the notion that the Scottish Rite is dedicated to its long-standing role as a school of instruction and to that end each Body (Lodge, Chapter, Council and Consistory) will expand beyond the traditional areas of morality and philosophy and continue to include programs focusing on Masonic history, symbolism, personal development, current events and social issues. Their extensive efforts will become your gain when you enrich your mind at our weekly meetings.

I would like to publicly thank Ill. Charles S. Iversen, 33° SGIG Emeritus for assisting in the Installation Ceremony of the 2016 Officers. This year was notable as it marked his 25th consecutive ceremony and he gave his usual exceptional performance. Plaudits also to Ill. George R. Adams, 33° G.C. for deftly managing a very smooth transition between the outgoing and incoming Chieftains of the Knights of St. Andrew and the four Heads of Bodies and as he presented each respective past presiding officer their jewel for outstanding service rendered to the Rite. The flow of the entire program was smoothly managed by Ill. Jeffrey D. Russell, 33° who exhibited great aplomb with his inaugural appearance as our Master of Ceremonies for this auspicious occasion. Whether in the spotlight or behind the scenes, all those who played a role in making our Installation event successful (and you know who you are!) have my wholehearted gratitude.

Yes, we are off and running at a brisk pace! You may keep up by checking our calendar, website and social media for all of our upcoming meetings and special events, many of which are open to family and friends.

As always, thank you for being a Scottish Rite Mason. ▲



Illustrious Leonard Proden, 33°
SGIG in the District of Columbia

AMERICAN UNIVERSITY GRADUATE STUDENT RECEIVES INAUGURAL SR IVERSEN SCHOLARSHIP

Salman Haji is the inaugural recipient of the Charles and Eleanor Iversen DC Scottish Rite Scholarship for graduate students in the School of International Service (SIS). When Haji heard the news, he was ecstatic.

"I am so thankful and honored to receive this award," said Haji, who is a master's student in the Intercultural and International Communication program. "I know that generous donors have supported and motivated me to focus on my studies and pursue my aspirations."

The DC Scottish Rite, an appendant body of Freemasonry, established the Charles and Eleanor Iversen DC Scottish Rite Scholarship to be awarded to SIS graduate students who demonstrate financial need. The endowed scholarship, which will provide \$5,000 each year to an SIS graduate student, is named in honor of Charles Iversen, Sovereign



Grand Inspector General Emeritus of the DC Scottish Rite, and in memory of his wife, Eleanor, who passed away in April 2015.

Award recipients will be chosen from a pool of qualified applicants at the discretion of the SIS Dean. The scholarship may be awarded either as a one time, non-renewable scholarship or offered as renewable from year to year, provided the student is enrolled at AU and meets the university's eligibility requirements for scholarship assistance.

"I deeply thank the donors who have made this possible," said Haji. "Without generous support from American University (AU), I would not have been able to pursue a graduate education."

This article was originally published by the School of International Service at American University. ▲

IVERSEN SCHOLARSHIP RECOGNITION LUNCHEON at AMERICAN UNIVERSITY

On Tuesday, February 9, 2016, SGIG Emeritus Charles S. Iversen was feted at a special luncheon hosted by Dr. James Goldgeier, Dean of the School of International Service at American University. The event was in recognition of the scholarship established at the School by the DC Scottish Rite in the names of, and honoring Charles and his late wife, Eleanor.

At the time of the luncheon, the first Iversen Scholarship had already been awarded for the 2016 Spring Semester to a graduate student, Salman Haji, who is currently doing his course work in Istanbul, Turkey, and who briefly attended the gathering via Skype™. Mr. Haji told the audience how he had come to the United States from Tanzania as a child, and settled with his family in New Mexico. He also expressed his profound gratitude for the opportunity afforded him by the scholarship to continue his studies.

Dr. Goldgeier then provided an overview of the School of International Service, and its continuing popularity for both undergrad and graduate programs. Interestingly, he also stated that although in past years the School's graduates had been almost exclusively employed within the Federal sector; now, private industry and NGOs comprise the majority of graduate placements.

You are encouraged to visit the DCSR homepage at dcsr.org to learn more and to contribute to the Charles and Eleanor Iversen DC Scottish Rite Scholarship as part of your charitable giving. ▲



Daughter Joan Iversen Athen, Charles Iversen, and Dr. Goldgeier



Front Row (l-r): Jay Patterson, Supreme Council rep; Peggy Stoklas, benefactor; Lou Elias, benefactor; William Harvey, SR Trustee; Back Row (l-r): Carroll Collins, SR Secretary; Walter Hoenes, SR Staff; George Stoklas, benefactor; Jeff Holt, SR Staff; Joan Iversen Athen; Charles Iversen; Dean James Goldgeier; Len Proden; Akram Elias, benefactor



Peggy Stoklas, Charles Iversen, and George Stoklas

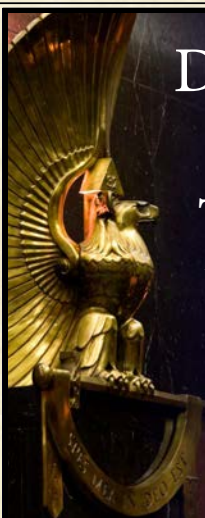
Save the Dates! VALLEY of WASHINGTON SPRING 2016 REUNION

May 13-14, 2016

FALL 2016 REUNION
November 11-12, 2016



Petitions online at dcsr.org
Click on Forms and Petitions,
then on Petition for Degrees



D.C. SCOTTISH RITE OPEN HOUSE

TUESDAY, MARCH 29TH

DINNER 6:30 PM, PROGRAM 7:30 PM

RSVP BY
THURSDAY, MARCH 24TH

telephone: 202-232-8155
email: reservations@dcsr.org

D.C. SCOTTISH RITE TEMPLE
2800 SIXTEENTH STREET NW, WASHINGTON DC 20009
202-232-8155 DCSR.ORG

2016 INSTALLATION of OFFICERS

The 146th installation of DCSR officers was held on February 6th before a well-attended audience in the auditorium of our Temple. SGIG Len Proden, ably assisted by SGIG Emeritus Charles S. Iversen, and former Deputy Ill. George R. Adams, 33° GC, conducted the ceremonies, which included transfer of the implements of the presiding officer from the old to the new, recognition and appreciation of the previous year's officers, and formal obligation of those who will conduct the work of the Scottish Rite in 2016. The new Chieftain of the Knights of St. Andrew was also recognized, and presented with the symbol of his office. The new presiding officers are listed below, and a complete list of officers for each of the bodies will be published in the 2016 Spring Reunion *Bulletin*.



A colorful addition to the culinary delights of the buffet.

Douglas N. Cohen, 32° KCCH..... Venerable Master of the Mithras Lodge of Perfection
Mark H. Polansky Sr., 32° KCCH..... Wise Master of the Evangelist Chapter of Rose Croix
Ill. Bernard J. Michels, 33°..... Commander of the Robert de Bruce Council of Kadosh
Basil N. Mossaidis, 32° KCCH Venerable Master of Kadosh of the Albert Pike Consistory
George E. Perez, 32°Chieftain of the Knights of St. Andrew



2015 Venerable Master Marlon K. Curtis, 32° KCCH welcomed the attendees, and the Knights of St. Andrew Color Guard presented the colors. Ill. Jeffrey D. Russell, 33° acted as Master of Ceremonies for the evening, our chaplains were Ill. Danial D. Darko, 33°, and Ill. Bilal M. Raschid, 33°. Musical entertainment was arranged by Ill. Marshall N. Willner, 33°, and our Most Worshipful Grand Master, Kenneth D. Fuller provided final remarks. A buffet reception in the refectory followed the ceremonies. ▲

Coloratura soprano, Rachel Ackerman, pianist Sophia Pileggi, and tenor Daniel Noone, provided entertainment to the near-capacity audience.

AMERICAN MILITARY SCOTTISH RITE BODIES NATO CLUB



On 15 December 2015 our Valley's AMSRB NATO Club Secretary, and Personal Representative in Germany, Ill. Ron Peterson, 33°, presents a donation from the Club to Paul and Ursula Ixmeier at the Kinderdorf in Markt Einersheim, Germany, where the Ixmeiers have been helping children since 1988. Frau Ixmeier and the children made the cookies, and two of the children came in to enjoy them with us. Paul and Ursula are great people.

On 22 December 2015, Brother Peterson presented a like donation from the Club to Frau Peschel at the Kinderdorf in Oberschwarzach, Germany. Frau Peschel is the assistance to Frau Fleischhauer, who is the Mother at this Kinderdorf. Also located at the Kinderdorf, is the Erich Kästner Museum. Kästner was a well-known author of children's books here in Germany.

IN and ABOUT the TEMPLE

How many, I wonder, have passed the Mathew Brady portrait of Albert Pike on the wall opposite the receptionist's desk without either noticing the inscription made by Pike, or to whom it was inscribed: curious or not, I will tell you, it was dedicated to Brother Allison Nailor Jr., 32° (33° in 1895).

Allison Nailor Jr. was a native Washingtonian and prominent local businessman who, along with his two brothers, operated several livery stables in the city; one of which was at 14th Street and Pennsylvania Avenue NW, where the Wilson Building now stands. He began his Masonic career on November 11, 1870, when he was initiated into St. John's Lodge No. 11, and was raised therein on January 27, 1871. During the next five years, Brother Nailor took the degrees in the Chapter, Council, Commandery, and Scottish Rite, became a Noble at Almas Temple, and a member of the Royal Order of Scotland and the Red Cross of Constantine. Prior to his becoming a Mason, Brother Nailor had been active in Central Lodge No. 1, of the Independent Order of Odd Fellows, where he was well-remembered for his service as Noble Grand during the Civil War years; and three-term president of the Oldest Inhabitants' Association.

As previously noted, Brother Nailor had been honored with the 33° at the biennial session of 1895, and had served as the representative to the Southern Jurisdiction Supreme Council from the Supreme Council of Mexico, to which he had been appointed as an honorary member by Mexican President Porfirio Diaz. In July 1903, Sovereign Grand Commander James D. Richardson appointed Brother Nailor as Grand Tiler to the Supreme Council; and with the death of long-time Secretary General Frederick Webber just after the biennial session of 1907, appointed Nailor to that office, as well.



Carroll J. Collins, 33°
General Secretary

IS YOUR CARD VALID?

If your Scottish Rite membership card is not sporting the current year's validation sticker, perhaps you have not yet paid your dues. Please remember that your timely payment of dues signifies your dedication as a Scottish Rite Mason, and is critical in supporting the Rite's mission and smooth operation. Please remember that dues are payable in advance and should be submitted prior to the start of the dues year. For instance, 2016 dues are to be paid NO LATER THAN December 31, 2015. So, take a second to look at your card. Is it valid and up to date? Do you still owe dues? If you have already paid your dues for this year – thank you! If you are an Endowed Life Member (ELM) – better yet! Annual dues are \$95 and an ELM may be purchased for \$1900.



Brother Nailor died at his elegant home at 15th Street and Rhode Island Avenue NW on January 2, 1908 in his seventy-second year, and was buried in Rock Creek Cemetery with Masonic services. His obituary in the *Evening Star* states that it was from his livery stable that John Wilkes Booth had rented the horse on which he had made his escape from Washington, but that bit of notoriety belongs to another stable owner, James W. Pumphrey, who operated his business at 6th and C Streets NW, a block from the old National Hotel at 6th Street and Pennsylvania Avenue, where Booth had been staying. In the turmoil following President Lincoln's assassination, Pumphrey was arrested and jailed as a possible conspirator, but was soon exonerated and released. ▲

CEREMONY of REMEMBRANCE and RENEWAL

TUESDAY, MARCH 15, 2016

Please join us in celebrating the lives of all those members who have passed on within the past year, so that their spirit can remain with us as we move forward in their absence.

DINNER 6:00 PM ~ PROGRAM 7:30 PM
Members, Family and Friends are Welcome

MAKE YOUR RESERVATION
Email: reservations@dcsr.org

CAPS REQUESTED

D.C. SCOTTISH RITE TEMPLE
2800 SIXTEENTH STREET, NW, WASHINGTON, DC 20009
202-232-8155 DCSR.ORG

In Memoriam



Those things that survive us – our works, our words, our immortal thoughts, our influences and the effects of our good deeds, are more to the world that survives than are we ourselves.

Name/Degree	Date Joined Scottish Rite	Date of Death
Edward M. Fern, 32°	10/20/1989	11/7/2014
Harvey A. Hansen, 32°	10/14/1952	1/1/2016
James H. Laughlin, Jr., 32°	11/15/2002	1/26/2016
John B. Nutter, 32°	10/18/1966	2/27/2015
Richard G. Sacra, 32°	4/19/1969	7/30/2015
Samuel Spiegel, 32°	4/25/1982	1/1/2014
Albert H. Ulitzky, 32°	4/27/1974	10/31/2013
Stuart L. Werner, 32°	10/14/1958	9/26/2013
Richard A. Whitley, 32°	03/16/1965	12/29/2015
John W. Yaag, 32°	10/27/1979	6/30/2014

A MASTER of the RING and the ROYAL SECRET

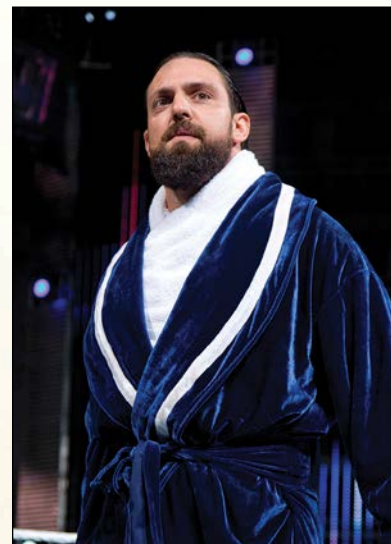
by Nicholas J. Sampogna



Aron Haddad, 32° and his SGIG in Kentucky, Roger Barnett, 33°

For me, Freemasonry has meant a lot of things. I believe that true Freemasons are truly the preservers of history, the leaders in their respective communities, learned men on a quest for more knowledge, and those who've chosen to honor a sacred bond uniting strangers into friends and brothers. There has been no better or more rewarding example of such an experience than my chance run-in with Aron Haddad, better known to the world as WWE Superstar, Damien Sandow.

I had known Aron for about 2 years at the time of our fateful interaction, and we always had a friendly relationship, but it wasn't until we sat down in for a meal backstage at the TD Garden in Boston before a show that we learned of each other's Masonic connection. Aron mentioned his charity work with Kosair Shriners near his home in Louisville, and I told him that I was Master of The Colonial Lodge, No. 1821 in DC. His face lightened up, he extended his hand across the table and we



Damien Sandow, Photo courtesy of WWE

gave each other a small sign of recognition. This interaction led to further conversations about Masonic philosophy, ritual, and its role in our hectic lives, traveling to different cities every day of the week.

Approximately a year later, and with the help of House of the Temple leadership, DC Scottish Rite, and the Valley of Louisville, Aron received his 32° and became a Master of the Royal Secret. The generous support of Sovereign Grand Commander Ronald A. Seale, collaboration between Len Proden, SGIG of the District of Columbia and Roger Barnett, SGIG of Kentucky, and significant groundwork by Jason Van Dyke, 32° KCCH resulted in a wonderful day of degree conferrals (in which I was able participate) and fellowship: I would consider this a success if the story stopped here.

Since becoming a Master of the Royal Secret, I am pleased to report that Aron has been working on the Southern Jurisdiction's Master



At the conclusion of a special presentation of the SR Degrees, new member Aron Haddad, 32° (center) is congratulated by (L to R) Nicky Sampogna, 32°; SGIG Len Proden, 33°; Sovereign Grand Commander Ronald Seale, 33°, and SGIG Roger Barnett, 33°

Craftsman Program. His "school work," as he calls it, has become a weekly tradition for us and provides us both some time to step away from the crazy lights, noises, and distractions of a television to have discussions about the origins, evolutions, and meaning of the Scottish Rite system of degrees.

If nothing else, this experience has taught me to truly appreciate the connection that is implicit in joining a Masonic Lodge and the Scottish Rite – I know that Bro. Hadad is just beginning his Scottish Rite

journey and I'm just elated that I can be there to help it continue!

Special thanks go to DCSR staff, Illustrious Ted Berry, Luke Young, William Rule, Bros. Jason Van Dyke, Scott Brown, David Yao, House of the Temple Staff, especially Illustrious Dean Alban and Illustrious Art de Hoyos, the Valley of Louisville, and of course, Illustrious Len Proden, SGIG of DC, Illustrious Roger Barnett, SGIG, Kentucky, and Illustrious Ronald A. Seale, Sovereign Grand Commander. ▲

VMAP is designed to provide every Scottish Rite candidate, member and leader in our Valley with a useful working tool for planning and promoting a well-rounded series of activities to engage and involve every Member in the life and work of our Valley. As we come to the conclusion of the inaugural year of VMAP we reflect upon what the Valley has been able to accomplish by implementing the programs and requirements of this very worthwhile program.

Under the guidance of outstanding leadership and excellent participation by our members, the Valley successfully conferred two very successful Reunions during the year. The Spring 2015 Class immediately showed their commitment to our Valley by organizing and holding a Fundraiser that not only benefited our Scottish Rite Foundation but also brought together current members and potential new members. Prior to our Fall Reunion, the Valley hosted an Open House for prospective members and their families which peaked the interest of many who submitted petitions and are now our newest Scottish Rite Brothers from the Fall Class. At our Fall Reunion, the members of the Spring 2015 Class were presented with their 14th Degree Rings. Following the Reunion the new class enjoyed Fellowship with our Valley Leaders, Reunion participants and our Members during a Feast of Consistory.

In the area of Degree Conferral Proficiency, our Valley continues a great history of successful Degree Conferrals. Our Members continue to give their utmost effort to make the Reunions something that our Candidates will remember for the rest of their lifetimes. Many hours of rehearsal and planning went into each Reunion and it shows. Behind the scenes the wardrobe department, stage crew and technology departments strived to enhance all aspects of the Degrees. Under the Leadership of our Director of Work, **III. Bill Rule, 33°**, we continued to add new Degrees. At the Fall reunion, a cast composed of Members of the **Knights of St. Andrew** did an excellent job in conferring the 28th Degree.

As Masonic Education is an integral part of the Scottish Rite and VMAP we continue to offer programs to benefit our Members and our Candidates. Our newly made Scottish Rite Masons were presented with copies of *A Bridge to Light and Morals and Dogma* and encouraged to pursue further Light in Masonry by enrolling in the Master Craftsmen courses taught by **Brother Walter Benesch, 32° KCCH** and/or the College of Philosophy taught by **III. Pierre Gaujard, 33°** and **III. Mensah R. Adjogah, 33°**. These programs are open to all Scottish Rite Masons. These are just some of the opportunities for Masonic Education in addition to presentations which are made at our Valley's stated as well as special communications.

Our Valley KCCH Club, under the direction of Co-Chairmen **Brother Marlon Curtis 32°, KCCH** and **Brother Teddy Kerefa-Smart, 32° KCCH**, has been instrumental in Membership Engagement and Membership Retention. In the Fall, the **KCCH Club Members** reached out to all of our 80 and older Members in any effort to follow up with these Brothers who may not be able to attend our communications and events as much as they used to. Many of these calls were very rewarding for the KCCH Brothers and the phone call recipients as well. In some cases we found that sometimes something as simple as a ride is all that the Brother needed to have him back at an event with his Brothers.



In addition, our Valley Mentoring Program is an area that encompasses many of the VMAP achievements including New Member Engagement, Recruitment, Education and Reunion Experience. Each of our **Red Cap Mentors** was assigned one or more Candidates at our Fall Reunion and will Mentor them throughout the year. The responsibilities of the Mentors include not only an introduction of our newly made Scottish Rite Brethren to our Valley and its Members but to find out their areas of interest and inform them of all the different aspects of the Scottish Rite and the many ways they can become and stay involved in our Valley.

Under the direction of our Valley Membership Committee we continue to work diligently in the area of Membership Recruitment. We maintain a list of newly raised Master Masons as well as non-Scottish Rite Masons. We had a D.C. Scottish Rite Open House on September 29th and invited all DC area Master Masons and their wives or companions to join us for dinner and a chance for them to learn about Scottish Rite Freemasonry. I believe that we received 11 petitions for our Fall Reunion as a direct result of the Open House.

As our Valley is fortunate to be able to meet every Tuesday evening, our Presiding Officers officially opened their respective Bodies at each meeting. The Valley Officers diligently worked to plan and conduct the statutorily required Feasts of Tishri, Remembrance and Renewal, Kadosh and of the Feast of the Consistory. Due to the Valley Officers efforts, each of these events were successful in quality and attendance.

Our Valley continues to thrive the area of Philanthropy and Public Image. In November, to Celebrate American Education Week, the Valley had our Education and Community Service Awards Program to recognize those who were awarded scholarships from the Valley and those who were recognized for their outstanding achievements in service to our community. Our Scottish Rite Center for Child Language Disorders continues its outstanding work and the Members of our Valley are helping to make Christmas special for the Children who utilize the Clinics Services by sponsoring a Rite Care Clinic Christmas Gift Drive. During the year our Valley again sponsored our D.C. Scottish Rite Golf Tournament, a Ladies' Tea for the widows of our deceased brethren, a Tough Mudder competition and continued to provide outstanding speakers and programs including a continued relationship with the PEN/Faulkner Foundation which have come to our Valley and presented forums and discussions on a variety of subjects. These are just some of the programs and events that were conducted or sponsored by our many Valley Organizations during the course of the past year.

By participating in and implementing the programs and activities of VMAP we have been able to make our Valley stronger, more successful and to provide an enhanced Scottish Rite experience and value for our Members. We are looking forward to the new challenges and goals that may be added to VMAP 2016.

For more information and to become empowered as a VMAP team member, contact **Brother Bradley D. "Brad" Andrukitis, 32° KCCH**, at kitis007@aol.com.

For general information and resources about VMAP, and to sign up for the **VMAP Working Tools** e-newsletter, go to scottishrite.org/vmap/. ▲

SCOTTISH RITE CALENDAR

March through June 2016

March 2016

1	Mithras Lodge of Perfection	7:30 PM
8	Evangelist Chapter of Rose Croix	7:30 PM

~ REMEMBRANCE & RENEWAL PROGRAM ~

March 15

Dinner	6:00 PM
Ceremony	7:30 PM
<i>This event is open to members, family and friends</i>	

22	Albert Pike Consistory	7:30 PM
29	DCSR OPEN HOUSE (<i>Membership Recruitment Event</i>)	7:30 PM

April 2016

5	Mithras Lodge of Perfection	7:30 PM
9	AMERICANISM / JROTC AWARDS PROGRAM	6:00 PM
12	Evangelist Chapter of Rose Croix	7:30 PM
19	Robert de Bruce Council of Kadosh	7:30 PM
26	Albert Pike Consistory	7:30 PM

May 2016

3	Mithras Lodge of Perfection	7:30 PM
10	Evangelist Chapter of Rose Croix	7:30 PM

~ 2016 SPRING REUNION ~

May 13

Registration	4:00-5:15 PM
Recess to Saturday	9:15 PM

May 14

Class reports; light breakfast	8:00 AM
Reunion concludes with Dinner and Festivities	7:30 PM

17	Robert de Bruce Council of Kadosh	7:30 PM
21	CELEBRATING THE CRAFT (<i>House of the Temple Event</i>)	7:30 PM
24	Albert Pike Consistory	7:30 PM
30	MEMORIAL DAY (HOLIDAY – DCSR Temple Closed)	7:30 PM

June 2016

7	PEN/Faulkner Program	7:00 PM
11	TOUGH MUDDER EVENT in Doswell, VA	
13	DCSR GOLF TOURNAMENT at Hobbit's Glen, MD	9:00 AM
14	Evangelist Chapter of Rose Croix	7:30 PM
21	Robert de Bruce Council of Kadosh	7:30 PM
28	Albert Pike Consistory	7:30 PM



Your Good Health Tip



HERE'S A GOOD HEALTH TIP YOU
CAN REALLY SMILE ABOUT!

Ten Steps to Happy Teeth and a Happy You:

1. **Floss once a day.** Without flossing you miss 40% of the tooth surface.
2. **Brush twice a day.** Brush for 2 minutes with a fluoride toothpaste, and brush your tongue.
3. **Schedule** at least 2 dental check-ups and cleanings each year.
4. **Eat healthy.** Cut down on sweets and eat more fruits and veggies.
5. **Stop smoking.** It's bad for everything!
6. **Drink more water.** Stop drinking soda!
7. **Relax.** Stress causes you to clench and grind your teeth, wearing them down and breaking your teeth. Have your dentist make you a night-guard if you do.
8. **Chew sugarless gum after meals.** This stimulates saliva flow to clean off your teeth.
9. **Wear a custom fit sports mouthguard when playing contact sports.** This helps prevent broken teeth and concussions.
10. **Smile more.** You will feel better.



Dr. Philip A. Gentry, DDS
Fellow, Academy of General Dentistry
Dean's Faculty, Advanced Education in General Dentistry
Department of General Dentistry,
University of Maryland School of Dentistry
Private Practice in Arlington, Virginia



DC SCOTTISH RITE TEMPLE

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