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**The Great Inca** *Citadel*



Before Columbus landed on what he thought was India in 1492, and before Pizarro later wiped them out, the Incas controlled the largest empire on the North American continent – and maybe the biggest in the entire world. The religiously and culturally diverse civilization spanned a huge portion of western South America, comparable to the most robust territories of Eurasia.

Nowadays, not much remains of the Inca Empire, save for some ruins and the otherworldly constructions of Machu Picchu. The Inca citadel, probably built as an estate for the Inca Emperor Pachacuti, still stands after over 500 years, and the blocks of polished stone overlook intense, vertigo-inducing views, considered by some to be among the most beautiful in the world.

If you're thinking of visiting the enormous agricultural terraces and fantastic stone constructions of Machu Picchu, it's best to go in May, right as the rainy season ends. That way, you won't

have to deal with the battering rain or the large crowds that form during the peak season of July and August. Both of these could potentially muddy the experience of such a historical location.

Fly into Cusco, then immediately take the train to Machu Picchu Pueblo, colloquially known as Aguas Calientes. It's a scenic 3.5-hour trip running along the Urubamba River, through the fabled hills of the Inca, with breathtaking canyon walls rising above on either side. Spend a night or two in the town getting acclimated to the 6,700-foot elevation, then head to Machu Picchu for some exploring before you return to Cusco. This way, you'll be able to minimize the unpleasant – and sometimes dangerous – effects of altitude sickness that such heights can bring.

You might find yourself dizzy from more than the altitude, though. The views are world class, and the feeling of being in such an ancient place imbued with cultural importance is electrifying.

**Howard County Smiles Announcements**

**Dr. Becker on the News!**

ABC 2 News-WMAR's Ashley James heard about all the wonderful things Dr. Becker is doing to help patients with TMD/TMJ concerns. They came to interview him for a news piece. We will keep you posted with the air date!

**Dentistry from the Heart**

We are so proud that the entire staff went to work at Dentistry from the Heart on Saturday June 3rd. This is a wonderful organization that provides free dentistry to the underserved. Thank you Hagerstown Smiles for allowing us to participate!

**ZOOM! \$50 rebate**

ZOOM! is offering a \$50 rebate. Get ZOOM! NOW for only \$449. CALL TODAY to schedule.

**Health Fairs**

Howard County Smiles attended 2 Health Fairs this Spring, WomenFest and HCPSS Health Expo, to spread the word about TMD and the JVA Quick for jaw joint concerns.

**CONTEST WINNER!**

The winner of our \$300 Weekend Getaway basket is Kristin Fallon for referring her daughter, Valerie. It just so happens, Valerie is a 3rd generation patient of Dr. Becker's. Congratulations and have fun!

*Dream Chasers*

**How My Own Children Inspire Me With Their Ambition**

If your kids live away from home, you know how special it is to get everyone together. It gets harder as time goes on. My children's passions and ambitions have taken them all over the country and world. In early May, we were able to all gather here in Howard County, and it was quite a treat. Instead of focusing on myself and my wife during this Mother's Day/Father's Day season, I'd rather talk about them and why I'm so proud of the lives they're building for themselves.

My son, Michael, traveled the furthest to be here. He currently lives in San Francisco where he does some pretty cool things in the film and media industry. How he got there is its own story: This past February, he knew he wanted to work in the communications hub of San Francisco, so he packed just a weekend bag, hopped on a plane, and went to a job interview with the intention of seeing if he could land the job.

He ultimately didn't get that job, so he started ingratiating himself into the marketing and film community there in San Francisco. He never asked for help – he didn't want it. Now, he owns his own media company and has plenty of work as a first camera and production assistant. His work has taken him all over the world, and he's worked on set with some famous folks from many different entertainment industries. Not bad for something that started with an overnight bag and one-way airplane ticket.

That's always been their style, though – throw yourself completely into something and give it your all. That's how my daughter Alexis did things with her culinary pursuits. She's currently in her final year at Johnson & Wales, which is essentially the Harvard of culinary schools, with notorious graduates like Emeril Lagasse, Julia Child, and the Food Network's Chris Santos.

She's always been a great talent in the kitchen. As she got older and her talents increased, she created more

opportunities for herself through her website and blog. She specializes in the artistic side of food, not just the taste. Last year, she created a 4-foot tall edible sugar sculpture that was chosen to be used by the governor of Rhode Island for their Thanksgiving festivities.

Artistry runs in the family. That's actually a strong reason why I got into dentistry. I have always loved art, and I believe, at its essence, the best dentistry is hands-on art. My daughter, Breanna, is the better and more conventional artist in the family. She's about to graduate from art school, where she excels in just about every artistic medium. She also interns for us here at Howard County Smiles, because her ultimate dream is to be a dentist.

This might surprise people, but the best dentists I know are unequivocally artists at heart. When you do great dentistry it's all in your hands, visualization, and how you're able to craft something that seems real for the patient. When you're an artist, you have the capacity to see details and recreate a higher level of work, especially if it requires creating beauty and function. I'm pretty accomplished in my field, but with Breanna's artistic talent I have no doubt she'll blow me away when she becomes a dentist.

I have been fortunate to witness many of your amazing children growing up over the years and have been proud to share in their many and remarkable achievements. I'm also incredibly proud of my own children and the direction they are going with their lives. They're following their passions and excelling in the things they love the most, and in today's job market, that's a remarkable thing.

It took my nephew's wedding to finally get us all together. It was a lovely weekend. One of the most memorable parts was when we all went shopping as a family for the girls' dresses. That's not a typical activity for us guys, but when getting together becomes increasingly rare, it's about sharing time, and the activity you do tends to matter less.

I hope that everyone gets to share special Mother's and Father's Days with their families!

*- Dr. Becker*

# The Rosetta Phone

## Language-Learning Apps for Everyday Life



It's said the best way to learn a new language is to be fully immersed in another country. Unfortunately, most of us need to be at work on Monday. So, if taking an extended trip for an immersive language lesson is out of the question, consider one of these language-learning apps, perfect for learning around your 9-to-5.

### DUOLINGO

Learn a new language on your own time with Duolingo. This app lets you select your lesson intensity based on how much time you're able to dedicate to each session and can be adjusted at any time. Lessons can range from 5-25 minutes, meaning you can be learning a new language during your lunch break! Additionally, Duolingo blends video game aspects into the learning, awarding students with experience and providing support and encouragement as you advance through the lessons.

### BUSUU

Along with writing and grammar exercises, as well as flashcards and quizzes, students can communicate with any of the 60 million other users across the globe through audio recordings.

Users can get help with pronunciation and find answers to questions from native speakers with firsthand knowledge. An independent study conducted by City University of New York determined 22.5 hours of busuu Premium offered the same level of knowledge and experience as a semester in a college-level language course.

### BABBLE

Using speech recognition technology, the Babble app really focuses on helping students get their pronunciation correct right from the start. Rather than overwhelming students with grammar rules, vocabulary comes first, with students learning grammar as they go. Babble offers more customization in its lesson plans, meaning you can focus on the vocabulary that's relevant to you and your current needs.

Whether you need to learn a new language for travel, work, or just for fun, apps like these can help turn you into a real multilingual logophile.



If you don't watch the news and have no immediate plans to come into the office, another way to learn more about your jaw pain and other unique services is to follow the Howard County Smiles YouTube channel! Patients like you have told us it's a great way to better understand and explain to your family and friends the things that makes Howard County Smiles different! Since launching it in April, we've uploaded videos on CEREC same-day crowns, jaw pain relief, replacing missing teeth, and over 20 others. Feel free to visit [youtube.com/user/DocRayB](https://youtube.com/user/DocRayB) and subscribe for more educational videos.

## A Real Headache

### How We Helped Joni With Her TMJ Pain

Dr. Becker takes many opportunities to educate the public on TMJ. But the magic happens right here in our office with our patients. We were happy to give Roni the experience she needed to move on from TMJ-related headaches. This is her story, in her own words:

"My headaches were debilitating to the point where I would call in sick to work. It was pain that would go ... throughout your whole face. When you have that pain, it can mimic a sinus headache or a tension headache, so it was extremely debilitating.

"I went to my regular dentist and kept complaining, and he kept giving me this steroid pack. Then I thought I had a toothache, which is normal with TMJ. So, I went to the dentist again, and he said, 'There's nothing more I can do for you. Go get an MRI and go see an oral surgeon! I was crying on my way out of the dental office.

"I came back home and just started Googling 'TMJ dentist Ellicott City,' and I ended up at Howard County Smiles. On the first visit, Dr. Becker took an hour and explained the whole thing to me. He created a specific appliance for me.

"I got relief two weeks after first using the appliance Dr. Becker got me. I can rest at night ... and headache reduction is at about 98 percent."

To watch her video and learn more about TMJ and other services, subscribe to the Howard County Smiles YouTube channel!

Share this informative link with your family and friends to learn more about what makes Howard County Smiles special!



## Inside and Outside the Office

### How Dr. Becker Stays Busy Educating the Public

Dr. Becker and the Howard County Smiles team love to see your smiling face when you come into the office. These days, though, Dr. Becker has been visible in more places than our location on Dorsey Hall Drive. In fact, if you frequently watch the morning news, there's a good chance you'll see him on your television screen educating the public about TMJ.

As he wrote in our March/April newsletter, Dr. Becker was recruited in early spring by Ivanhoe, the world's largest news-gathering organization, to do segments on occlusion for their viewers. The broadcast company covers medical breakthroughs and important family health issues, and syndicates the segments on 65 stations to 30 million viewers.

Later in the season, Dr. Becker was able to educate the public in a more local setting. The practice sponsored the 9th Annual Howard County WomenFest on Saturday, April 29, where Dr. Becker ran his own workshop for the women who attended. We love community programs like WomenFest and were pleased to be a part of an event that inspires so many.

The following month, Dr. Becker was asked by ABC Channel 2's morning news show to talk about occlusion, TMJ, and popular ways to relieve jaw pain. He was happy to accept. Educating the public is a key part of our mission here at Howard County Smiles, and we are grateful for every opportunity to share what we know.

## Marvelous Macaroni Salad



### Ingredients

#### Dressing

- 1 cup mayonnaise
- 2 tablespoons vinegar
- 1 tablespoon mustard
- 1 teaspoon sugar
- 1 teaspoon salt
- ¼ teaspoon pepper

#### Salad

- ½ pound macaroni, cooked, drained, and cooled
- 1 cup sliced celery
- ½ cup chopped green pepper
- ½ cup chopped red pepper
- ½ cup chopped green onion

### Directions

1. Mix together dressing ingredients.
2. Mix together salad ingredients.
3. Mix dressing and salad together. Chill before serving.
4. Enjoy!

Recipe inspired by [bbcgoodfood.com](https://www.bbcgoodfood.com).

## Laughing Gas

