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**The Kirks**  
Celebrating 25 years in Castle Rock  
**INSIDE BACK COVER**



# What Happened to Preston Polson?

Today he is Dr. Polson, the dentist, and is here in Castle Rock at Meadows Family Dentistry

*Coming home...*

Legendary novelist Thomas Clayton Wolfe published a book about it titled, *You Can't Go Home Again*. The novel reveals a darker side of Wolfe through a fictional outcast character named George Webber who was shaken by the force of outrage and hatred that greeted him when he return to his home town.

For Preston Polson the scenario couldn't be more different. "One of the most important things that happened to me in my life happened here in Castle Rock. It was a gift to have great teachers like Mitch Koppel at Douglas County High School [who is still there]. He pushed me, and my brothers, and he inspired all of us such that we knew that somehow all of us would have science at the core of our careers."

Dr. Preston Poulson as a teenager at Douglas County High School, circa 1988.





**ABOVE:** Dr. Polson revisits his alma mater, Douglas County High School. PHOTO: Jimmy Dozer.

**RIGHT:** Dr. Polson with his family.



# Q + A

With Dr. Polson

**Q How did your education at Douglas County affect your life's path?**

**A** Douglas County High School became a both a foundation and springboard to an interest in science and the challenge of learning. In general I was inspired by all my teachers but a few were present at certain crossroads and were a catalyst as I prepared to go to college. Mr. Koppel and Mr. Kissler were my biology, chemistry and AP Chemistry teachers. Not only did they influence me but they influenced my younger brothers. Each of us have bachelors and graduate degrees in the sciences. (Preston - DDS, Nolan - PhD and Drew - MD). Mr. Koppel still teaches at Douglas County and continues to inspire students as they begin a life-long relationship with the sciences.

**Q In what ways did growing up in Douglas County contribute to your professional life?**

**A** Living in a small town you learn small town values that provide a frame work for your future success. Fixing fence and stacking hay are good examples of what you learn. Hard work is not always fun but it is always rewarding. You get paid for what you produce, so messing around earns nothing. If your stack falls down you restack it for free, so do it right the first time. Stacking hay has no regard for your feelings, gender, race, or oppression of your ancestors, so quit whining and get to work. Good fences make good neighbors so always keep your fence in good repair to always be good to your neighbor. They in turn will be good to you.

Life is simple when working with hay-hooks or fence posts and a demanding profession with complex issues becomes simplified when you look through the lens of stacking hay or fixing fence. Douglas County was a great place to grow up. There are values and principles you just can't learn anywhere else but in a small rural community. Here's to valued education, hard work, dedicated family, life-long friends, and small town living.

**Q What type of education and training did you receive in your Hospital Residency.**

**A** Sometimes there is a disconnect between overall health and oral

health. The residency taught me how medicine and dentistry interface. Not only did I work in a hospital clinic providing care for medically complex patients but the program included rotations in anesthesiology, emergency medicine, oral surgery and the operating room. Weekly evening lectures and presentations by various specialists gave me a unique perspective and advanced training in a broad spectrum of dental procedures and comprehensive dentistry.

“Education is not the filling of a pail, but the lighting of a fire.”

*- William Butler Yeats*

**Q Tell about your experience as Affiliate Faculty at the Idaho State University, Dental Education Program?**

**A** After relocating to Idaho from Vermont I immediately became an affiliate faculty member at the Dental Residency Program at Idaho State University. For 13 years I had both clinical duties and hospital duties. Teaching other new dentists requires the attending to be on the cusp of research, techniques and procedures. It also requires one to develop the wisdom to translate research into that to real world application. I loved working with the residents and hoped to encourage and inspire them like past teachers and professors inspired me.

**Q What comprehensive procedures do you offer?**

**A** Over the years I have been able to offer patients the option of sedation dentistry and eliminate their fear and anxiety. Sedation dentistry opens the doors to many individuals that have a debilitating fear of the dentist. It allows them to receive the proper care they have wanted to do but could get past that first hurdle. Sedation density can be done for simple cleanings and fillings to complex dental rehabilitation or cosmetic work. Complementing sedation dentistry we can provide treatment for extractions, root canal therapy, crowns, bridges, cosmetic veneers and in-office whitening.

## SEDATION DENTISTRY EXPLAINED

### IV Conscious Sedation

Many people experience some form of anxiety over dental treatments. Sedation dentistry lets you easily overcome this common fear and think instead about the importance of professional dental



COVER STORY

care. This care is easier than ever to obtain because of the stress-free state induced during I. V. Conscious Sedation Dentistry. You can greatly lessen the need for more intrusive — and uncomfortable — procedures later on, by choosing to experience I.V. Sedation dentistry.

I.V. Sedation dentistry is the answer for many people who would rather not face the dentist, but need essential treatment. There are different levels of sedation, all of which bring about different states of relaxation, which enables us to accomplish more dental care in one appointment.

Your vital signs are constantly monitored during your entire dental procedure. I.V. Conscious Sedation dentistry is very safe and effective. Best of all, it enables people like you to achieve that smile you have always desired or get routine dental care accomplished that you might be otherwise hesitant to schedule.

- For moderate to extreme dental anxiety
- Very safe and effects felt within minutes
- Maintain your reflexes
- Amnestic affect
- An escort/driver is required
- Possible to get all dental work done in one appointment

Oral Sedation

Oral conscious sedation, or OCS, significantly reduces your fears and discomfort utilizing oral sedative medication. OCS is less expensive than IV sedation and does not require needles to be administered. Oral Conscious Sedation Benefits:

- For mild to moderate anxiety it is very effective
- Extremely easy and safe
- Speak and breathe on your own with ease
- Expense is less than IV Sedation

It is possible to complete ALL of your dental work in one easy appointment. The wonderful quality of oral conscious sedation is that you are able to breathe and speak on your own, unlike general anesthesia in which you are completely unconscious. You will complete your appointment in a state of relaxation that is

Insurance Plans Accepted Include:

- Aetna
- Ameritas
- Anthem
- Assurant
- Blue Cross
- Carington
- Cigna
- Connection Dental
- Delta Dental PPO
- Delta Dental Premier
- Dentemax
- Guardiuan
- Humana
- Metlife
- United Healthcare
- United Concordia



ABOVE: Dr. Polson treats a young patient as part of his work with the “Give Kids a Smile” program, which provides humanitarian dental services to children in Mexico and Guatemala.

increased to the level that you most likely won’t even remember much about your procedure, but you will be awake but resting the entire time. Your time in our chair will feel like only minutes and all of your dental needs can be met during this relaxing time.

Nitrous Oxide Inhalation Sedation

Nitrous oxide (laughing gas) can significantly reduce your fears and discomfort as one of the options available in Sedation Dentistry.

Nitrous oxide benefits:

- For mild to moderate anxiety it is very effective
- Extremely safe to use
- Pain relieving effect
- Very few side effects and quick acting
- No escort needed to or from appointment
- Normal activities may be resumed immediately
- Possible to get all dental work done in one appointment

Nitrous oxide is the most commonly used method of sedation and is best for mild to moderate anxiety. You will be conscious and breathing on your own.

HUMANITARIAN DENTISTRY

Over the years Dr. Polson has participated in local and international dental humanitarian service hours. For the past 12 years he has participated in the ADA sponsored “Give Kids a Smile Program” by offering free dental care to needy children.

Dr. Polson has also traveled to Mexico and Guatemala various times as a member of a dental mission. It is rewarding to serve others in your home town and in other countries.

To learn more about Dr. Polson and Meadows Family Dentistry, go to meadows-familydentistry.com. Here you will find dozens of pages of information regarding the

practice, dental services, new patient forms and much more.

Be sure to check out the ad for Meadows Family Dentistry on the following page!

Clinical Excellence with Small Town Values

“Welcome to Meadows Family Dentistry, your neighborhood dental office here in the Meadows providing oral health care in an individualized and personal manner.

Having been raised in Sedalia and graduating from Douglas County High School, Dr. Polson’s treatment philosophy is influenced by the small town values of historic Castle Rock. These values are the driving force that allows Meadows Family Dentistry to exceed your expectations by providing ideal oral health care for your family and first-class aesthetic treatment for each individual.

We look forward to seeing you in the office and the community. Smile Brilliantly!”



PRESTON H. POLSON, DDS



PROCEDURES OFFERED:

- Composite Restorations & Cosmetic Dentistry
  - Porcelain Crowns & Veneers
  - In Office Teeth Whitening
  - Root Canal Therapy
  - Full-Mouth Reconstruction
  - Invisalign
  - Extractions
- Dentures & Implant Retained Dentures
  - Implant Procedures
  - Sedation Dentistry
  - ... and much more



Dental anxiety?  
We offer sedation dentistry!  
**Fall Special**  
**\$175**  
(When Scheduled by 10/31/14)

Renewing Insurance Soon?  
Remember...  
**We Accept**  
**Most Insurance**  
**Plans!**

Schedule a New Patient Exam by 10/31/14 and receive a  
**Free**  
**Whitening**  
**Kit**

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