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## how rude!

**It's an unfortunate fact of life.** People are sometimes impolite to each other. The rude-ometer rates the rudeness.

**This week** Amy Allen of Norfolk is no longer a fan.



## the offense

**If you were standing arm's length** from a star NASCAR driver, what would you do? Ask for an autograph, right? That's what Allen and her boyfriend did when they attended a recent NASCAR race in Richmond and found themselves close to Kyle Busch's personal space. But Busch, Allen said, walked away without even glancing at them. He appeared disgusted, she said. "The sad thing is there was not even a large group of people, just two fans wanting a celebrity to make their day!"

**Ruling** Remember, Kyle: Your sponsor is M&M's. They're sweet, not sour.



## I beg your pardon

Fans won't stick around forever.

## your turn

**Tell us about** the good and bad things happening to you. Send rude incidents to how.rude@pilotonline.com or How Rude, Features Department, The Virginian-Pilot, 150 W. Brambleton Ave., Norfolk, VA 23510. Send examples of kindness to how.nice@pilotonline.com or How Nice at the same mailing address. Please be sure to include your full name, your city of residence and a contact phone number. We'll publish the best examples every Monday in The Daily Break.

## how nice!

**The flip side** Readers are deluging us with stories about people who brighten others' days with kindness.

**This week** Susan Frey of Virginia Beach was one grateful grandma.



## the good deed

**Frey read our "How Rude" a couple of weeks ago** about the man who encountered unkindness when he was trying to transport a carload of people with disabilities to the Virginia International Tattoo at Norfolk's Scope. So Frey wanted to share this thoughtful thing that happened when she and her husband took their grandkids to the Tattoo. Scope's aisles were very crowded, and someone accidentally knocked a box of popcorn out of Frey's granddaughter's hand. A gentleman standing nearby saw it happen and bought the little girl another box.

**Our take** And the Golden Kernel Award goes to ... Mr. Tattoo Nice Guy.

# the daily break

Monday

THE VIRGINIAN-PILOT | PILOTONLINE.COM | 05.25.09



mike gruss

## PLEASE (PLEASE), CUT OUT THOSE 'E.D.' ADS - IT'S FOR THE KIDS!

Please clip this column, fill in the blanks and send it to your local congressman. Together, we can make a difference. - Mike

Dear (insert the name of your congressman or congresswoman here),  
I am writing to you today about a very important matter: HR 2175 by Rep. Jim Moran of Virginia.

Because you're busy solving issues like the economy, you may not be aware of this bill, which is aimed at toning down the frequency and content of commercials for erectile dysfunction. And since the average age of a member of Congress is 57, I promise not to use those words again.

As a constituent in your district who is a television owner, and as someone who watches sports and who gets a little squeamish around public displays of affection, I support Moran's efforts.

First, a little history. The reason for the bill, Moran wrote in a letter to drug-makers a few weeks ago, is that "parents should be able to watch a football game with their kids without having to either mute the television or explain the side effects of a life enhancement drug."

He introduced a similar bill in 2005 and met with drug company executives who then agreed to tone down the ads, but he says they're back with a vengeance.

Gross. Here is why I hope you will support his cause.

These commercials give kids the wrong idea about sex.

In one ad, a couple is relaxing in side-by-side

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## inside

What's really going on with 'Jon & Kate'? The new season starts tonight on TLC.

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## Filling the gaps in dental care

Robert Blakely, 50, who hadn't visited a dentist since he was a boy, embraces Aisha Clayworth at the end of his appointment during the Beach Health Clinic's first free dental clinic. Blakely said afterward, "I've never been so scared in all my life."



PRESTON GANNAWAY | THE VIRGINIAN-PILOT

Organizations are working to provide care for the uninsured and the underinsured in South Hampton Roads

By Elizabeth Simpson  
The Virginian-Pilot

### VIRGINIA BEACH

The waiting room of a dental clinic for the uninsured is filled with stories of just how bad a toothache can get.

Juleah Best buys temporary fillings at a drugstore to relieve a decaying tooth.

The word "temporary" aptly describes them.

"Every time I inhale, it hurts my top and bottom jaw, clear up to my temple," said Best, a 29-year-old single mother who hasn't been

to the dentist in more than a decade.

Marchia Dolbow, 51, won't drink anything cold for fear of aggravating exposed nerves in her mouth. The physical pain isn't the worst thing, though; it's the ache of how she looks with only seven teeth in her mouth.

"I have been turned down for jobs I knew I qualified for, but because of my appearance, they say, 'I'm sorry, we're not hiring.'"

The Beach women were among 26 people who

showed up in mid-May for the Beach Health Clinic's first free dental clinic.

The dental services were a collaborative effort that involved volunteer dentists, the Navy, Old Dominion University, funding from foundations and companies, and the Beach Health Clinic, which serves the uninsured of Virginia Beach.

Dental care is a gaping hole for the uninsured in Hampton Roads, according to a community health

See DENTAL, PAGE 4

### if you go

Beach Health Clinic, 3396 Holland Road, Suite 102, Virginia Beach, has dental clinics scheduled for July 10 and 11, Sept. 11 and 12, and Nov. 6 and 7.

Services are limited to people who qualify for care at Beach Health Clinic, which serves Virginia Beach residents. Call (757) 428-5601 for information about eligibility.

For a list of some other dental resources in the region, compiled by Access Partnership, see Page 4.

## Time in a bottle? I don't think so



jamesetta m. walker between the seams

ALot CAN HAPPEN in four years. You can lose your mind and not even realize it.

A couple of months ago I received a pitch for a fragrance called Ageless. It's marketed as anti-aging. That claim alone made me game to try it. I was skeptical that anyone could just spray something and erase years, but science is amazing these days.

As soon as the package arrived, I tore it open and went to spritzing. The scent was so vivacious it made me want to slap your momma. I reeked of a mobile perfume lab, probably overwhelming plants and mammals

as I strutted by.

Ageless includes essences of pink grapefruit, mango, pineapple, leafy greens, pomegranate, jasmine and musk, plus the oils of Lily of the Valley and peony. The formula is supposed to be based on natural biochemistry. I don't know about all of that, but I know that one spray made me feel like turning back flips. (I said feel, not do.)

For six weeks, I've been rubbing this stuff down like crazy. Couldn't you smell me through the newspaper? Surprisingly, it wasn't until this week that my hubby remarked in favor. He said nothing, though, about whether he perceived me as younger.

And once I thoroughly read the accompanying product information, I started coming out of the fog.

Among Ageless' claims: "The fragrance is proven to help women defy their age by eight to 12 years."

"It counteracts a body chemical called noneal that men and women produce as we age. It supposedly occurs when fatty acids in the skin break down and cause the aging body odor. I always thought that was Ben-Gay or rubbing alcohol."

"A group of 75 men ages 20 to 60 smelled a series of single-note aromas - including vanilla, rose,

See WALKER, PAGE 3



Among Ageless' claims: The fragrance is proven to help women defy their age by eight to 12 years.

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