

January 13, 2009

Bright and Fair. Nice day in Kathmandu. I have spent the past two days going to the Dentist. I was pretty freaked out about going to the dentist here. A few days before I left I had a tooth that was really painful, especially to cold and sometimes hot. Greg Everson, my dentist and good friend, thought my tooth was cracking and very likely I would need a root canal. Not exactly what I was hoping for previous to leaving for Nepal. Luckily Pema Sherpa, Nurbu's wife was soon leaving for Kathmandu to be an assistant for an American dentist named Brian Hollander. He is a well known at the Ciwec clinic in Kathmandu which is an amazing facility. After Pema arrived I made an appointment and was pleasantly surprised at this amazing clinic.

Brian Hollander has been a dentist in Kathmandu since 1981 and moved to Bend a few years ago to allow his kids to finish school there. I actually had forgotten that I had met them once and read about their son who transferred to Mtn. View to play hoop. Small basketball world. Anyway, Brian and his wife Judy have an amazing clinic in Kathmandu and help many Nepali and travelers alike. Brian has been instrumental in several humanitarian and health improvements in many places in Nepal. The clinic is a nice combination of Nepali feel and American cleanliness and equipment. It also has good water and a heater. His staff is amazingly friendly and professional.

While we were in the clinic Ringboche from the Tangboche Monastery was getting his teeth cleaned. It made me realize that this was no ordinary clinic. I took Sunita in with me because she had a sore tooth and I was thinking that we could kill two bad teeth with a single stop. It was very touching watching Sunita, who is a bit afraid of the needle. She squirmed in the chair as the shot went in. I watched as Brian and his long time assistant took such gentle care of her. This is only the second time in her life that she has been to the city, and I think she was very nervous about this experience. They found a few more cavities and after two sessions, Sunita has the best teeth in the Sankhuwabava region. She did amazing in the chair. After the fillings Pema did a cleaning and fluoride treatment and gave her a brushing, flossing and dental health lesson. Now Sunita is armed with brushes, floss and a lot of knowledge to teach the other girls the benefits of dental hygiene.

My issue was a little more complicated. It is of course American prices for my root canal. My insurance does cover it, but not until I get home for reimbursement. Since I don't have a credit card, this cuts too deep into my travel budget, I am counting on anything extra to go to my motorcycle rental. It came down to three choices.

- 1 Get the work done at Ciwec and pay now.
- 2 Go to Nepali Dentist and have root canal.
- 3 Postpone work and eat left and keep mouth closed in cold wind.

Drinking is difficult, but I am finding that if I keep my head tilted left when I drink I don't get such a bad shock wave. I also found a good technique for helping when the wave comes. I jam my palm against my jaw and count to five. I think I have selected number three as my choice. I hope to wait till March and let Greg do it.

Dinesh has been working hard finding new children's homes and I have been working on purchasing a computer for the girls. Mark's friend Bijay is working on the details. Each day he shows up with a new piece of the computer on his motorcycle. First with extra hard drive then keyboard etc. He is quite a character and I am pretty sure he is getting me a good deal. I am setting it up and going to repackage tonight for the flight to Tumlingtar on Friday. I haven't visited most of the sponsored kids yet, because they are on winter break. I will see them when I return from the mountains.

Kathmandu is pretty fun in the free time. I meet people from all over the world when I am working in my little corner of the hotel. There are a lot of foreigners here at this time. Everyone is very open on this trip. I am not sure if it is because of the winter or because the power is out and everything is dark for most of the day. They are using a brilliant system here. The power is out sixteen hours a day. It is on for four hours during the day and from 2:00 to about 6:00 A.M.. No one can figure this out. They think it is the government's idea to save power while telling the people that the power is on for eight hrs per day. The news says it will be shut for eighteen hours then twenty two.

I feel so bad for the locals. Everything is hard here. My newest hotel friends are 19 Russian yoga instructors. They invited me to the rooftop at 7:00 a.m. for my yoga session. I do not understand a word of their teacher, he is not too impressed with my ability. It feels great afterwards and the scene is amazing. We are looking across the valley toward Swayambuth in the early light. It is the most peaceful time of the day. Honestly it is perfect.

I hope all is well at home. I am keeping track of home through my mom and Kolleen and of course Oregon Live for the outlaws updates.

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