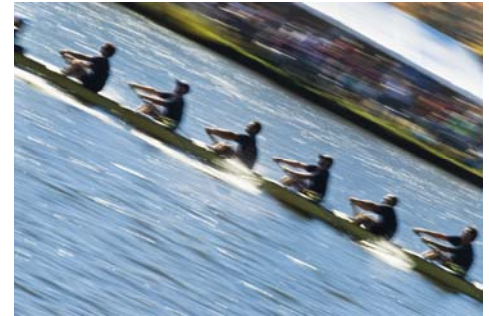


Dental Health Services

Offering you quality dental health benefit solutions from 35 years experience



Dental Health Services is proud to cheer on Lia Pernell — in the Olympics in Beijing this month.

Lia is the daughter of Gary, CEO and granddaughter of Dr. Godfrey Pernell, Founder of Dental Health Services

Lia is an example of continuous performance improvement—a goal we strive to achieve daily in our delivering of care and service. Join us in celebration of setting goals for our personal best!

Results

Lia Pernell makes her Olympic debut in 2008, rowing in the women's quadruple sculls. The seven-time national team member has rowed in four world championships and two world cups, never finishing out of the top ten. At the 2007 Worlds, she finished sixth in the quadruple sculls. Her most recent finish was a silver medal in the quadruple sculls at the 2008 World Cup stop in Lucerne.

Hard work and commitment

Her first years as a rower were hard, and she didn't enjoy the sport much. But she liked that she could see the results of her hard work: "I liked that it was hard and that I could beat people," she said. "It wasn't rowing that hooked me, but the competition. I liked the challenge and the simplicity."

Collegiate All-American

Pernell went on to row at Princeton University, where she was a three-time All-American and the captain of the varsity team in 2003.

Through all of these achievements and accomplishments, Lia has remained extremely humble and gracious. Dental Health Services wanted to take this time to give her our support and encouragement during this exciting time of the 2008 Olympics.

Long Beach
3833 Atlantic Avenue
Long Beach, CA 90807
Tel 562.595.6000
Fax 562.424.0150

San Diego
2515 Camino del Rio S #242A
San Diego, CA 92108
Tel 619.294.4025
Fax 619.294.2098

Seattle
936 N 34th Street, Suite 208
Seattle, WA 98103
Tel 206.633.2300
Fax 206.624.8755

www.dentalhealthservices.com

