

## Welcome to Braces!

<b>April 2008</b> Audrey Jones-Kellet Matt Hauser Maya Morris Eric Tarter Cheyenne Cox Nick Lucas Leah Johnson Morgan Henry Jack Cinnin Robert Austin Brooke Hymer Josh Maynard Meg Kirby Tate Chu Richie Nobis Craig Nielsen Christine Roddy Brooke Matzinger David Manning Oscar Sowell Arthur Nguyen	Erin Langford Alec Smith Zack Spanier Suzanne Dutley Kimberly Abrego Kerry Herington Christina Voris Robert Robinson Lori Webster	<b>May</b> Cory Woods Sophia Broman Cindy Acord Jennifer Fischer Sarah Ikeler Tyler Knapp Jack Bergstrom Sarah Henderson Sarah Hull Tori Correll Jennifer Loofbourrow	<b>Carina Richieri</b> Ethan Ciocca Jamie Derby Rianna Riego Courtney Dunn Krista Slade Joey Slade Matt Richards Reed Byrd	<b>June</b> Taylor Cox Aidan O'Connell Dominique Pope Maria Naranjo Karlynn Davis Chris Marek Natalia Steele Chase Bennett Caralina Casper Marshall Daines Maya Swaroop	Abby Suster Nicole Blue Katie Nelson Micah Gutierrez Sierra Mc Kay Shayne Redding Grace Baggett Katie Fogelstrom Andi Levy Luna Arellano Elise Albaugh Paige Kimm Gabriela Ayad Marisa Datko Pat Burns Erik Partolan	<b>July</b> Bethany Vaughn Liz Mortimer Sarafina Ford Sami Richards	Marlisa Olea Emily Manning Ty Pitkin Lia Drelleshak Kelsey Chase Kirra Quarrie Alyssa Grant Nathan Sotto Rebecca Sonn Karen Kogut Troy Bloomquist Allie Johnson Genevieve Simons Linda Alvarez Jan John Mark Johnson Christian Potter Alex Bayme Emma Mathison Hannah Fawcett Emily Adams Winter Bassett	Sarah Moore Jordan Martinez Emily Kinsey Athena Gavranian Lisa Shields Shane Levi Gary Robbins Brynna Macleay Martin Boyd	<b>August</b> Penny Thompson Nick Shields Andres Alvarez Ian John Natalie Hafezi Nicole Smith Chad Burns Trent Borger Morgan Hanson John Waters Dan Hoang	Jackson Rodewald Andrea Farias Ashley Kiolbasa Ashley Stone Sophia Sarracino Anyia Tugucheva Hailey Dube Malicai Sherif Kaitlyn Schwend Heather Runzel Erik Evans Taylor Yelland Julia Stanton Alea Phillips Kathleen Chavez Kina Cradde	<b>September</b> Sam Stadlberger Carolann Boissy Chloe Mc Govern Jazz Watts	Molly Wohlin Joey Dowdy Hannah Lin Alexis Gonzalez Sarah Salisbury Amanda Gresock Trent Lopez Mitchell Benner Drake Benner Kim Mc Bride Marilyn Nehez Brandon Chauv Cheryl Spoor Chelsea Portwine Griffin Carter Madison Cobian
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## Congrats On Getting Your Braces Off!

<b>April 2008</b> Heather Newman Stephanie Johnson Michelle Wong Kyle Bliss Amy Calvert Kai Mateo Evan Seborg Matt Hafezi Kellyann Boyce Kaila Perry Michael Contrestano Ben Qi Carlos Alvarez Galen Sherif Tanner Harris Roaya Jannatipour Kaitlyn DiMarco Daniel Hargrove Matthew Abrahamson Sean Reece	Leslie Feltovich	<b>May</b> Jackie Knox Lauren Goldstein Daniel Scott Cathy Holmes Garrett Sarracino Megan Foster Will Mino Kellar Moore Dane Manary Tori Kullman Alyssa Netherland Hayden Carter Sean Plotkin Joe Tucker Francesca Horton Jeremy Holcomb Alec Maynard	Madeline Mendoza Patrick Campbell Justin Freeman Craig Nielsen Cindy Davis Dhamar Beltran Bobby Nichol	<b>June</b> Henry Spotts Joe Siegel Cassidy Jessup Lauren Holdcraft Raquel Marquez David Henderson Ricky Solis Abby Thompson Julia Mirich Griffin Tatum Levi Mc Lean Penn Lepp	Tyler Brinkman Martina Aleksandrova Ryan Cook Hayley Montamble Kaitlyn Murphy Noopur Mehta Kevin Pham Evan Reece Sangeeta Swaroop Austin Servais Monica Gurrola	<b>July</b> Jessie Piccirillo Otto Herrmann Raquel Carter Josh Henderson Mackenzie Guerre Rachel Casper Max Gough Kyle Landau	Amy Lee Juliana Gould Caroline Sung Madeline Fredin Tyler Kelly-Dresser Jacki Trombino Becki Kern Wyatt Brakebill Megan Nelson Ethan Grant Erin Donnelly Chelsea Cornwell Joanne Deese Luke Tesluk Ben Schafer Alesandra Mellina James Mownan Rebecca Christie Denise Mc Queen Siana Segler Alex Segler	Shane Levi	<b>August</b> Amanda Smith Sarah Nasim Megan Weber Noah Danguilan Leo Moore Brooke Batten Amanda Turull Garrett Ott Riley Herington Danielle Turrell Baileigh Karam Josh DeVille Linea Stern Raymond Sullivan Maria Hargrove Megan Noonan Julia Silvestri Perry Silverman Natasha White	Cristina Castillo Kacy Hele Kyle Cotton Ciara Turner Shea Robotta Lindsey Robertson Autumn Boatner Alina Gerken Katrina Karnes Rita Grillo Grant Zalka	<b>September</b> Brian Lee Corey Winterbottom Melissa Cochran Maria Hargrove Nathan Bazan Britta Durkovich Rachel Wilson Maggie Davidson	Josh Poblete Eric Pietrangelo Tatum Pfeiffer Stephen Valverde Daniel Perez Katie Sullivan Heather Trautman Alex Thomas Forrest Salisbury Drew Van Voorhis Stephen Francis Andy Kramer Karyl Loberg Michelle Catania Marlayna Kirby Sarah Hull Lisa Mc Weeney
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## Contest Winners!



Congratulations to **Emerson Waumans** who won the Earth Day contest by guessing how many mini globes were in the basket. He received an Interactive High tech Globe. Spring was a hilarious season with our Joke Contest in process. The winners were **Matt Ricci, Katie Bysor, Parish Bracha and Mike Valverde**. We enjoyed all the jokes that were submitted so much that we made a book of jokes. It's in the office for you to enjoy, too! The Summertime Postcard contest allowed us to vacation with all of you. We always love to see where your travels take you and how creative you can be. **Nicole Blue** won for Funniest postcard, the **Mathison family** and **Trevor Miller** won Most Creative postcard, **Amy Lee** won Most Beautiful, **Sophia Broman** won Farthest Away with a card from Japan (which is 5,604 miles from Carlsbad!) and the Best Overall winners were the **Stanton family**. They won a one year membership to the San Diego Zoological Society.



## Office Bulletin Board

Once again, the Wave Water Park party was a huge success. We had a record number of guests and a record number of prizes. The Grand prize winner was **Andrew Pietrangelo**. We hope he enjoyed all the beach gear!



Keep an eye out for the 2009 calendars! They should be here in the beginning of November. The art work turned out beautiful and the calendars are great!

## Upcoming Contest

The Halloween contest is underway. Guess how many Haunted Hawaiian leis are in the bucket and you could win a \$75 gift certificate to Toys R Us. If you are under 10 years old, you can color the Jack-o-lantern. Two pictures will be chosen to win a \$25 gift certificate to Toys R Us. In the middle of November, we will begin our holiday contests. This year we are having a Holiday Pet Photo contest. Take a picture of your pet showing it's holiday spirit and bring it in to the office. There will be prizes for the top three pictures. We are also going to be collecting donations for the Humane Society and Olive Crest Adoption & Foster Care Agency.

**\*\*\*DON'T FORGET DR. HURST'S CANDY BUY BACK!! FROM NOVEMBER 3 - 6, BRING IN YOUR UNWANTED HALLOWEEN CANDY AND WE'LL BUY IT FROM YOU FOR \$1 PER POUND!**

## Tooth Trivia...

Dr. Edward Angle (1855-1930) is considered by some as "the Father of Modern Orthodontics". In the 1890s, he was one of the first dentists to consider the importance of how your teeth come together to form your "bite". He founded the world's first school for orthodontic education in St. Louis, Missouri in 1899.

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Ph 760-729-8101

# We Love To Brag About You

## Making The Grade

**Nikki Dean** is so excited to finally be in Junior High!

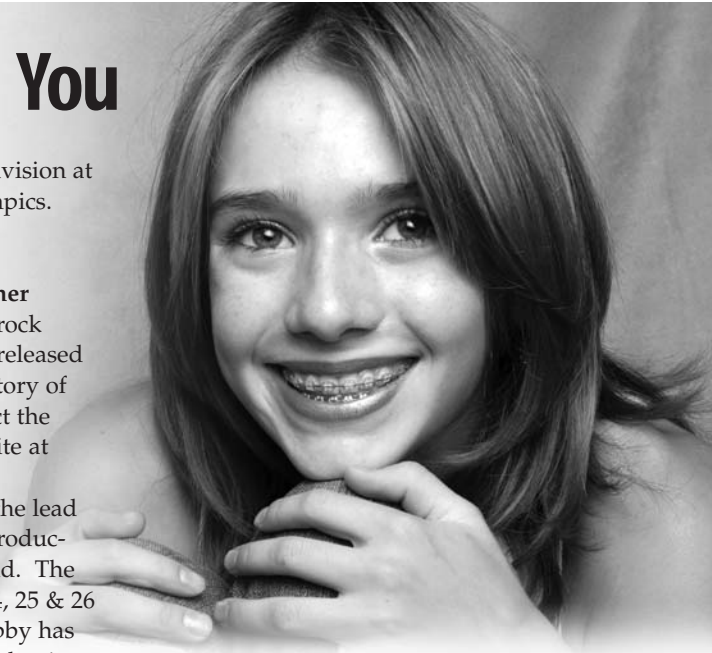
## Going The Distance

**Taylor Kullman** was named best offensive JV soccer player at St. Patrick's School. **Mackenzie Guerre** and the Solana Beach Volleyball Club won their division at the Festival 2008 in Reno, Nevada. **Tori Kullman** made the Freshman Cheerleading team at Carlsbad High School. **Kacy Hele** and her Spring League soccer team, the Pink Panthers, are undefeated! Kacy has scored a goal in every game but one. She loves soccer! **Tyler Pahl, Matt Luse** and their Pony League team won the Carlsbad Youth Baseball Pony Division World Series! The tournament is held among the Carlsbad Teams only. They mercy'd the other team 15 to 1. **Bryn Lutz** is now #1 in Longboard for San Diego County ISF Middle Schools. She is also ranked 5th in the state for Shortboard and 3rd for Longboard. Bryn is looking forward to joining the Carlsbad High Surf team next year! **Dominic Lerma** and the Vista National All-Stars little league won a Section 6 Championship and District 70 tournament. It's the first tournament win since 1994! Dom went 2 for 4 with 2 runs and 3 RBIs. **Savannah Rutz, Hayley Gough, Dulcie Manchenton, Samantha Torretto** and the North Coast San Diego/Carlsbad Water Polo team

placed 6th in the Gold Division at the National Junior Olympics.

## On Stage

**Jordan, Breezie and Tanner Harris** and their all new rock band, the "Vdubs", have released their first album titled "Story of My Life". You can contact the band through their website at [thevdubs.com](http://thevdubs.com). **Abby Tamondong** was cast in the lead role of "Ariel" in CYT's production of The Little Mermaid. The show will run October 24, 25 & 26 and November 1 & 2. Abby has performed in 19 CYT productions. She is having an amazing experience with them. **Leah Johnson** and **Victoria Doyle** attended the Spotlight Nationals Dance competition at Disneyland. They performed a duo called "Excellent Birds" for which they won 1st place out of all the junior duos and trios. Leah's small group tap dance called "Swingset" also received 1st place in the Junior division. Leah earned a Diamond award for her solo number and 5th overall out of 124 Junior solos. In addition, she received the "Outstanding Technical Skill Award". **Sami Richards** had the opportunity to dance with choreographers from the TV show "So You Think You Can Dance" at a dance convention in July. She got to dance hip-hop, jazz, jazz funk, lyrical and musical theatre. She had a wonderful time and hopes to dance with them again.



## WHO IS THE ORTHODONTIST?

Occasionally, a patient will ask, "What's the difference between an orthodontist and a dentist?"

The simplest answer is, "Two years." You see, an orthodontist is a dentist. But an orthodontist has also completed at least two years of additional, specialized training. Orthodontists are dental specialists—just as surgeons and pediatricians are medical specialists—and our specialty is concerned with the diagnosis, prevention, and treatment of "bad bite," or misaligned teeth or jaws. When an orthodontist corrects a misalignment in your mouth, this procedure not only makes you a better-looking person, it lowers your chances of developing decay or periodontal disease. Why? Because straight teeth are easier to care for, and therefore less prone to disease. In addition, misalignments can make it difficult to eat or talk comfortably. So, when an orthodontist straightens your teeth, he or she makes you a better all-around person—so you can be your best. There are over 8,000 orthodontic specialists practicing in the United States today...out of an estimated total of 121,000 active dentists.

Dear Dr. Hurst...

When do I get my braces off?

Usually about half way through treatment, the teeth begin to look straight and many people begin to wonder when the braces are going to be removed. This is a good question, because orthodontics is more than having straight teeth. Just because your teeth look straight does not necessarily mean that you are done. The real work is usually just beginning. To get your case properly finished your teeth need to be "fine-tuned" and your bite adjusted. This is generally accomplished through the use of elastics and a series of detailing appointments. It is important that the teeth fit together properly or they will wear down later in life.

If you remember back to your initial exam, we gave you an estimated treatment time. This time was based on the difficulty of your individual case. It also assumed a reasonable level of cooperation on your part. When we gave you this estimated completion date, we wanted to finish on that date so we can meet both of our expectations. To keep everyone on track, your estimated completion date is written on the top of your chart.

The main reason that I see for people missing their goal date is lack of cooperation. This can be missed appointments, not wearing elastics, broken appliances, poor brushing etc. Those patients who are excellent with their cooperation usually finish early. If you ever have questions about your progress or want to know when your estimated finish date is, please ask.

USE THAT WEBSITE!  
[www.carlsbadortho.com](http://www.carlsbadortho.com)

You can check your appointment time and account history, read past newsletters, print receipts for flex spending accounts, find out about office contest winners and receive appointment reminders via email. Register your email address at the front desk next time you're in the office!

## ANNOUNCEMENT

We are thrilled to announce the arrival of Dr. & Mrs. Hurst's baby boy, Ryan Jay Hurst. Ryan was born on September 7, 2008. He weighed in at 6 lbs. 14 oz. and measured 20 in. long. Father, mother and son are all doing well. Thank you for all your well wishes.



**Substitution Special:** If you like fruit chews, you'll love...

## Fruity Cut-Outs

Fruit chews, fruit snack, gummy bears - whatever your favorite, these smooth and soft fruit shape substitutions will satisfy your craving while keeping braces-hardware safe. Experiment with different fruit flavors to find your own special combination.

1 (6oz.) package cherry gelatin (dry)      1 cup cranberry-grape juice  
1 (6oz.) package raspberry gelatin (dry)      1 teaspoon lemon juice  
1 1/2 cup water

Empty both packages of dry gelatin powder into a large bowl. In medium saucepan, stir together the water and cranberry-grape juice; bring to a full boil, then remove pan from heat. Pour hot juice mixture slowly into bowl, stirring constantly with a large spoon. Keep stirring for two minutes or until all granules have dissolved. Add lemon juice and stir to mix. Pour mixture into a 9"x13" pan and place in refrigerator. Chill for at least 3 hours or until firm. Cut into squares with a knife or into shapes with cookie cutters dipped in hot water. If pieces are hard to get out, set entire pan for a minute onto a cookie sheet filled with 1/4 inch of hot water. Makes two dozen squares.

Find more brace friendly recipes in the Braces Cookbook at [www.bracescookbook.com](http://www.bracescookbook.com)

## A NOTE FROM THE BUSINESS OFFICE:

As a reminder, please notify our financial office if your insurance changes. We want to be sure you receive all the benefits that you have and this will ensure there will be no loss of benefits.

When your braces come off, you will be receiving a survey that helps us to serve you better. We would appreciate it if you would fill it out and mail it back to us. The more feedback you can give us the better!

Dr. Hurst is happy to accept requests for donations. We ask that the person making the request be a patient or family member of a patient and that the request be in written form. Dr. Hurst tries very hard to help as many as he is able.