

Brent Hurst, D.D.S., M.S. Orthodontics

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Office Bulletin Board

It's that time again!! Summer time, that is, and time for this year's party at the **Wave Water Park**. Mark your calendar for **JULY 8 from 6pm to 8pm** and be sure to tell your friends and family. We will have more information available at the office after the first of May.

We want to congratulate those of you who ran in the Junior Carlsbad 5000. It was a beautiful day and a fun time had by all! It's a good thing that you do for yourselves and for your community!

Contest Winners



Congratulations to **Nikki Dean** who won last year's Halloween contest Grand Prize by guessing how many gold coins were in the

treasure chest. Nikki won a \$50 gift card to Toys R Us and four pirate movies. The \$25 Toys R Us gift card winners of the Halloween coloring contest were **Wesley Snoddy, Jake Buckman and Alex Rendler**. Great job everyone!!

The Holidays were happy for **Kailyn Halseth, Cole Dries and T.J. Robertson** who won the Holiday Song Match Game with prizes of \$100, \$50 and \$25 gift cards to Best



Buy and the Ornament Contest winners **Toria Downs and Ryan Nagano**.



This year the winner of the Valentine's Day contest was **Kathleen Dooley** who guessed how many M&M's were in the jar. There were 1216 M&M's and Kathleen took them all home along with a dinner to Island's Restaurant and a basket full of love!!

Upcoming Contest

Beginning in May is our "Family Fair Fun" contest. Spin the Wheel to win a prize and enter in a drawing for Value Packs to the San Diego County Fair. Four winners will enjoy free parking, free admission for four, four drink coupons and 20 ride tickets!

The summer "Picture/Postcard" contest will begin on the last day of school, June 17th. It will run through the summer and end on Labor Day. Mail us a postcard from your vacation spot or send us a picture of yourself on vacation. Three postcards and three pictures will be chosen to win \$50 gift cards to Target!

The number one casualty in orthodontics is retainers.

Everyday retainers are lost or broken and need to be replaced. All retainers are handmade to custom fit each patient. They are very labor intensive which is why they cost so much. In an effort to help defray the cost of retainers, we are bringing back a program we have had in the past. Here's how you can take the "bite" out of replacing your lost retainer. When you come in to pick up your replacement retainer, bring us a one page

story (like the example below) on how you lost/broke your retainer and we'll take \$25 off the cost. Feel free to be creative even if you aren't sure how you lost your retainer. The story can be fact or fiction! All of the stories will go into a book so others can read them and be inspired to not make the same mistakes.

Be creative, have fun and save money!

"Dear Dr. Hurst,

Sorry if this turns out to be messy, I'm writing it in the car. So far this is retainer number two lost and gone forever. As you may or may not know, I started working at Panera a while back and so far it's been really fun. Everyone there is really nice & I've made a lot of new friends. One day I was going to work on the register and I didn't want people to see I had a retainer. So when I got there I signed in, put on my hat and apron and put my retainer in my sweatshirt. I worked for about 6-7 hours and came back to find that my retainer was no longer there. I looked in all the lockers & even asked my manager if he had seen it but it was no use... it was gone and it will never be seen again... ever.

Signed, Jennifer"

WE LOVE TO BRAG ABOUT YOU

MAKING THE GRADE

Sarah Whitehurst has gone back to school to earn her Bachelor of Science degree.

Alexa Ott went to Washington D.C. over Spring break. She spent one whole week with some of her school friends.

Jaiden Shiring was Star Student at her school, Christa McAuliffe Elementary.



GOING THE DISTANCE

Jaiden Shiring tried out and earned a position on the Breakers Competitive Soccer team. Way to Go!!

Corinne Sammons and the Hurst Orthodontics "Purple Punishers" are having an amazing softball season.

Their record was 16 wins and 3 losses before heading into the finals in April. Corinne is the starting pitcher and has pitched at least 28 innings with 48 strikeouts and 4 walks. We think the Padres could use her talent!!



Jake Angel and **Chase Hellmers** are members of the Carlsbad Raptors under 12 baseball team. They are the current National Champions for their

division. In July, they will be going to Steamboat Springs, Colorado for the Triple Crown world Series!

ON STAGE

Cody Dobbins plays the drums in the band "Without Warning". They won third place at the Carlsbad Battle of the Bands in January. They are currently recording a new CD which will be released in April. **Trevor Lerma** has been rockin' his way to the top! In his last two competitions, Revolution Talent Competition in San Diego, Trevor's jazz solo "Boom Boom" got a Platinum award and took First overall out of 45 solos. His lyrical solo "Permanent" got a Platinum award and First overall in that division. Trevor also does lyrical duos with his partner Alix Edge to "Lighthouse" and they took Platinum and First overall as well as a Judges Award for Best Chemistry. In March, at Thunderstruck Dance Productions in San Diego, Trevor's solo took a Lightening Gold Award and First overall out of 80 solos. He also received a Judges Award for Super Energy. That's our boy!!! **Patrick and Benji VanZandt** are two brothers that love rock music! They have been writing songs for a couple of years and have just produced a new CD titled "Now Is the Time". Their band, Zip Zap, has performed all around North County and recently opened for the Carlsbad Battle of the Bands. They were too young to enter the battle but were asked to play an exhibition. Patrick & Benji have a popular YouTube Channel, ZipZapTV and their CD is available in iTunes and Amazon.com

HONORABLE MENTION

Tyler Brinkman was voted "Best Smile" at Mission Hills High School! **Garett and Jaiden Shiring** got a new puppy for Christmas. It's name is Blu.

Dear Dr. Hurst...

Why do I have to wear rubber bands?

I am often asked "why do I have to wear rubber bands?" Rubber bands or elastics are the best way to help finish your "bite". After your top and bottom teeth are mostly straight, we want to ensure they fit together. This is accomplished with rubber bands.

We generally start you on the rubber bands about half way through your treatment. Initially you need to wear the elastics full time, that means 24/7. This will make your teeth sore at first, but just like the braces, your mouth quickly adapts. Without full time wear your teeth relapse to their original position when the rubber bands are off. This causes increased soreness from the constant moving back and forth.

Once your teeth are straight and your bite is correct, you will phase into wearing the elastics only at night. This is to allow the teeth to stabilize. If we stop the elastics suddenly, there may be some relapse.

It is important that you wear the rubber bands as directed in order to ensure a good result. This is the fastest way to

get your braces off. Not wearing the elastics is the number one reason why people don't get their braces off on time. Many people forget to put them back in after eating. If you find this is a problem, wear them while you eat or put the elastics around your pinky finger so that you will remember them. Good luck with the elastics, and remember to contact our office if you have any questions.

USE THAT WEBSITE!

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!

CONGRATULATIONS AND THANK YOU!!



Congratulations and many thanks to the Pham family, Kevin, Tracey and Cuong of Carlsbad, for winning our Best Referring Family Award for 2010. Kevin is in the 6th grade at Calavares Middle school and is a straight A student. He is very busy playing competitive soccer for Carlsbad Lightning as well as baseball and basketball. Kevin also plays the piano and is a Boy Scout! The Pham family referred the most family & friends to our office last year. Not only is our practice growing as a result of referrals like these, but we now have many patients as wonderful as the Phams! To show our appreciation for the compliment and confidence they have shown us, we have rewarded Kevin and his family with one year passes to Legoland California!

We are so thankful for all of our patients and their referrals. We are fortunate to have friends and patients who understand the importance of a healthy smile and are committed to passing that knowledge on to others. Every good deed has its reward, so when you refer your family & friends, be sure to tell them to say "You sent them" and prepare for a chance to win big in our Best Referring Family Award for 2010!

A NOTE FROM THE BUSINESS OFFICE:

- As a reminder, please notify Glenda in 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.
- 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.

During these difficult economic times, we have made every effort to help our patients meet their orthodontic needs. We now include all x-rays with treatment and offer flexible financing. We have a number of NO interest financing options including extended payments (where appropriate). If there is any way we can assist you or your friends, please feel free to contact our office.

Welcome to Braces!

October 2009

Katie Larson
Willie Lamond
Caleb McKinley
Zane Penix
Griffin Smith
Zoe Pollock
Stephanie Carter
Charlotte Jesse
Evan Kunkle
Alex Rendler
Alexis Gonzales
Evan Pratschner
Kayla Hampton

November

Nik Sharma
Matthew Schafer
Carol O' Brien
Alex Castanares
Grace Rethwisch
Tyler Larson
Travis Horning
Kameron Stewart
Renee Terbush
Makenna Riddell
Yesenia Mora

December

Samuel Gower

Will Gower
Melissa Gower
Stella Stefanovich
Devon Valdivia
Austin Acord
Ellie Keane
Clinton Jolley
Manny Fernandez
Christian Marsella
Jeff Knapp
MariaJose Ceja
Katie Nardo
Manon Wogahn
Tyler Grove

January 2010

Chad Ragland
Duke Blue
Jordan Sheive
Samantha Elvin
Jordan Rushworth
Rodelle Tan
Erin Taylor
Victoria Downs
Kristen Phillip
Julia Pihl
Alexis Dytko
Jennifer Spears
Jake Huggins
Malia Magro

Parker Janke
Lauren Kwasnica
Brian Bufton
Jennifer Corriea
Beryl Lewis
Bradley Powers
Dallin Haslam
Lindsay Lemkuil
Daylen Turner

February

Chase Griffin
Pamela Potter
Megan Lacy
Patrick VanZandt

Sophie Tesluk
Andrew Connelly
Adriana Granda
Lily Silva
Nathan Smith
Paul DuPree
Allen Foster
Bella Garcia
Michael Deveau
Alexsys Stroh
Brianna Wince
Hailee Everest

March

Selaina Nanci
Tanner Walker

Amanda Godfrey
Alex Segler
Susan Young
Kellar Moore
Kathy Kain
Lee Lowell
Jaiden Shiring
Jayden McClendon
Chris Nobis
Casey Granahan
Tate Landau
Kat Bingham
Molly Baggett
Ryan Zanardi
Amanda Severson

Congrats On Getting Your Braces Off!

October 2009

Penny Thompson
Hahn Nguyen
Erik Partolan
Hartley Franklin
Margot Hillman
Matt Luse
Georgiana Gilbert
Dennis Hernandez
Dylan Bergman
Garett Shiring
Michael Mensalvas
Joey Dowdy
JoAnn Severson

November

Andie Levy
Evan Jones
Nina Accardi

Sharla Kleibenstein
Gary Williams
Julia Stanton
Andres Alvarez
Paayal Desai
Mason Cayaban
Nick Lucas
Scott Bullard
Sarafina Ford
Sierra Bean
Jacob Turull
Morgan Hanson
Alex Guy
Max Burdette
Cheyenne Cox
Mya Morris
Andrew Hill
Savannah Segneri
Meg Kirby

Michael Olson
Katie Agner

December

Astra Manary
Jacob Snodgrass
Madison Oss
Jeff Smith
Ben Beiswenger
Derek Dacey
Chris Sellers
Jake Buckman
Erik Nelson
Ethan Altshul
Hannah Lin
Jackie Nakamura
Audrey Jones-Kellett
Emma Mathison
Jackie Eghtesadi

Ariana Wagner
McCall Smith
Erik Evans
Ashley Vasquez
Maloree Naaktgeboren

January 2010

Nicole Blue
Athena Gavranian
Gregory Davis
Sarah Blake
Joey Slade
Erin Kelly
Cody Pinner
Katie Maddox
Holly Sundberg
Reagan Mack
Jazz Watts
Zack Spanier

Eric Nieman
Ethan Brassey
Nikolas Bandis
Allie Johnson
Mariana Valderhaug
Liz Mortimer

February

Chloe McGovern
Reed Byrd
John Bird
Chris Rhynes
Ximena Osorio
Dominique Pope
Don Wells
Max Giffin
Tara Cobb
Kush Patel
Corinne Sammons

Chris Marek
Duncan MacPhee
Brynna Macleay
Nick Nobis
Emily Manning

March

Brett Wilhelm
Marlisa Olea
Andrew Bohannan
Tara Langley
Alexis Gonzalez
David Manning
Alyssa Ford
Chase Heck
Rafael Navarro
Jonathan Cremonesi
Lizzy Johnson
Max Gough

Ethan DuPlessis
Rhea Bingham
Shaun Robinson
Brandon Chauv
Bryanna Mundy
Griffin Cartin
Coral Algra
Elise Allbaugh
Jake Silverman
Tori Correll
Scott Ward
Corey Cox
Kirra Quarrie
Alex Bayme
Abby Tamondong
Ricardo Vasquez
Ethan Nagano
Jack Boyce

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The 2011 Calendar Artwork packs are now available so stop by the office and pick one up. Remember to draw us a picture of your birthday month with an orthodontic theme. You can use any kind of art medium, for example, crayon, pencils, markers, paint or chalk. Use your imagination. All artwork must be on the paper provided and is due back in our office by July 31.

Show Your Talenti!

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