

Smile Times

FALL 2005

Welcome to Braces!

April
Jeff Smith
Kaila Perry
Marcos Mensalvas
Searra Brayman
Tim Engebrits
Casey McPerry
Tara Langley
Johnny Ludlow
Kimberly Abrego
Argee Ceja
Michael Osgood
Catherine Sarnecky
Ben LoCicero
Eric Holcomb
Erinn Reilly
Leila Pedraza
Sonia
Meisenhelder
Joshua Henderson
Karlina Antol

Cindi Maher
Waren Henry
Spotts
Trevor Ball
Kimberly Fischer
Katelyn Gallucci
Christina Carabajal
Tyler Pahl
Kameron Drake
Stewart
Sarah Thomas
Sharon Jenkins

May
Chelsea Nanninga
Victoria Doyle
Garrett Williams
John Strom
Julia Christian
Sydney MacGregor
Doug Clifton

Emma Suster
Taylor Wyman
Cindie McMahon
Max Mathison
Alex Lancial
Hannah Mayo
Will Parsons
Taylor Haggard
Chase Haggard
Barrett August
Chris Marino
Joan Fitzgibbons

June
Nicole Smith
Jade Bartlett
Cynthia McNeill
Ruby Carr
Kellie MacPhee
McKenzie Kuhn
Nicholas Lucas

Kevin Ganelin
Derek Miller
Rhett Fraticelli
Haley Quartarone
Kari Gough
Madelyn Black
Paige Hines
Erin Machen
Jojo Goldenhersh
Ethan Brassey
Elizabeth Murphy
Eddie English
Brianna Weir
Erin Martin
Kelsey Moyer
Francesca Wright
Grace Eisiminger
Naomi Chen
Dana Grace
Christopher Weber
Ryan Vanderlinden

July
Nicholas
Mancinelli
Kira Hillman
Colton Roys
Jennifer Rose
Kenny Tucker
Eric Gavin
Hunter Pipp
Krista Jackson
Maeve Proctor
Emily Davis
Cheryl Dixon
Lauren McClure
Tyler Hobbs
Heather Miller
Wesley Moore
Tyler Hillesheim
Daniela Mellina
Cale Popovich
Diane Bryan

Zachary Grove
Trevor Handa
Mark Valin
Ben Brennan
Tracy Zook-Croxen
Bethany Dineen
Natalie Threadgill

August
Molly Embry
Kelsey Jones
Shannon Wailes
Reid Pipp
Kevin Cleary
Courtney Brown
Jerry Marrs
Mallorie McDowell
Tyler Mays
Mallorie McDowell
Kaylen Malley
Justin Feinman
Christopher Ta
Jessica Greene
Ashley Waters

Aaron King
Thomas Landon
Alex Aroyo
Andrew Suer
Jay Lambert
Sara Lambert
Cameron Haselrig
Lauren Rendler
Susie Huarte
Stephanie Bai
Kaetlyn Flaherty
Luc Fevrier-
Silberman
Caitlin Langford
Atusa Hangafarin
Noelle Accardi
Rachel Stine
Rachel Gilbert
Sam Granados
Kyle Mirich
Alex Durkin

September
Lauren Ochsner
Samantha Benline
Jace Mullen
Wade Lippert
Jason Berk
Michelle Eastwood
D.J. Boyd
Claire Bires
Nathan Piccirillo
Erica Haskins
Kirsten Van Pletsen
Melissa Richards
Shirley Bellerio
Camelia Bahadori
Leo Moore
Juliana Gould
Avianna Francis
Elizabeth Kennedy
Jessica Brodeen
Breezie Harris

Congrats On Getting Your Braces Off!

April
Kooper Macleay
Mary Bernard
Kyle Frey
Nicholas Morr
Ivy Deane
Chelsea Tate
Austin Newman
Amanda Blake
Lindsey Robertson
Bhanu Manchem
Sean Znachko
Jessica Emery
Dylan Fraijo
Anthony Borak
Emily Dineen
Austin Burns

Doug Jacobs
Jaime Tanner
Ian Morrissey

May
Peyton Rowlett
Ashley Hoda
Megan Brekke
Tori Roberts
Travis Collier
Bethany Vaughn
Brittany Peterson
Matt Gose
Melody Dinckan
Sean Funkhouser
Dalton Kuhn
Julia Stanton

Lori Dufour
Daniel Scott
Darrick Mortimer
Alek Ogden
Diana Lawson
Haley Shook
Mike Lynch

June
Sarah Booher
Pilar Landon
Katie DeSantis
Tara Whelton
Jalesa Armen
Justine Armen
Michael Russell
Erin Winters

Michelle Martin
Derek Dixon
Eve Simmons
Laura Cain
Brian Raub
Chase Hellmers
Garrett Hughes
Shannon Stars
Kyle Hansen
Dylan Meredith
Bethany Tipton
Jacque Eghtesadi
Michelle Mattson
Ryan Casper
Teresa Heberer
Shanti DeLand
Carol Frey

July
Renae Stanton
Nicole Consolacion
Octavio Espinoza
Megan Lemkuil
Ryan Varnals
Jamie Simmons
Cameron Sufficool
Allison Guarente
Dawn Poppleton
Rebecca Zambon
Nicole LaCroix
Eric Alvarado
Eric Correll
Victoria Macias
Corey Silvestri

August
Terri Monroe
Jordan Ramos
Andrew Rumps
Ronnie Crouse
Aaron Adame
Vince Bernal
Jennifer Strom
Katie Kloos
Kayley Ruppel
Carly Carroll
Katherine Dwyer
Lara Holleran
Melissa Hopson
Chris Morrissey
Pat Camarena
Dave Tweedy

Slawomir Garbacz
Cheyne Cegielski
Jessica Ford
Dana Ochsner
Dr. Howard Locker
Danielle Gram
Megan Gaffney
Greg Peirson
Elise Wilson
Jake Barbour

September
Peter VanVoorhis
Taylor Prescott
Samantha
Holloway
Amber Morasse

Katie McElroy
Sheilla Domingo
Shane Nowak
Jenny Simpson
Loren Dunn
Erin Spradling
Katherine Dwyer
Alex King
Amanda Wilson
Brett Nieman
Maysoon Madanat
Daniel Hargrove
Cailey Whittaker
Meera Keshav
Matt Higgins
Sergio Garcia
Dana August

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HERE ARE THE RESULTS FROM THE SUMMER POSTCARD CONTEST

Kara Breyer sent 21 postcards and won the Grand Prize for the Most Places Traveled. She won an iPod Shuffle!! CONGRATULATIONS KARA! Bethany Tipton went to Belize and won the runner-up prize for the Most Places Traveled. She sent in 12 postcards.

Now for the Furthest Traveled, John Ludlow traveled all the way to China! Paige and Grant Moreau, who traveled to Europe, were the runners-up. And last but not least, we have to mention Shannon Wailes, who went to Jamaica. CONGRATULATIONS TO ALL OF YOU WORLD TRAVELERS!

Next, we must recognize the Most Unusual postcards sent in. These awards go to Joe Minami and his family for sending in that cute family picture as a postcard from Disney World in Florida. And we cannot forget the coconut and the message in the bottle sent in by Nikki and Brooke Hymer all the way from Hawaii. THANKS YOU GUYS!

The Most Unusual postcard runners-up were Christina, Kathleen and Erica Quintana. They were in such a small town that they did not even have any postcards so they sent in a flyer. THAT'S USING YOUR NOGGIN! Although Keith Corcran also sent in a coconut from Hawaii, he won the prize for the Funniest Postcard. IT WAS SO FUNNY.

THANK YOU TO ALL WHO SENT IN POSTCARDS. 72 POSTCARDS WERE SENT IN AND WE ENJOYED READING ALL OF THEM. WE APPRECIATED ALL THE ENTHUSIASM TOO. CAN'T WAIT TO SEE WHERE YOU GO NEXT YEAR!!!!!!

Office Bulletin Board

GO DR. HURST!!!

Dr. Hurst will be participating in the 2005 Ironman World Championship in Hawaii on October 15. The Ironman Triathlon requires participants to swim 2.4 miles in the ocean, then get out of the water and get on a bike and ride 112 miles, then get off the bike and run a full marathon of 26.2 miles! He has been training very hard and his coach tells him he's ready!! Keep all your positive thoughts going on October 15 for Dr. Hurst. His goal is to FINISH!! We have a "FINISH LINE" poster in the office for anyone who would like to write words of encouragement and congratulations to Dr. Hurst for this great endeavor. Feel free to stop by the office to sign it or you can sign it at your appointment.

Just In: Dr. Brent Hurst, 37 year old orthodontist from Carlsbad, California, finished the 2005 World Championship Ironman Triathlon in Hawaii. With a smile on his face, he crossed the finish line with an overall time of 12:44:39 to position himself #1392 overall. He was greeted by his family and the cheers of the crowd. All of Carlsbad could not be more proud of Dr. Hurst and his accomplishment! Dr. Hurst, You Rock!

New Member

We would like to introduce our new team member, **Theresa Wood**. Theresa is a native San Diegan who grew up in Mira Mesa. She and her husband and 3 boys (2 dogs & 2 cats) live and play in Oceanside. Theresa likes taking the boys to the beach and watching them surf! She also enjoys her pets, gardening and cooking. She attended the Pacific College for Medical and Dental Assisting. She has worked in orthodontics her entire career. Theresa loves working with the kids and their families!



We Love To Brag About You



Making The Grade

Chantal Partolan graduated from Carrillo Elementary School in June. She earned straight A's on her report card and received a "Triple E Award" which stands for "Excellent Effort in Everything". **Toni Brayman** finished her modeling classes at John Casablancas in San Diego. She was a state finalist in the Miss American Co-ed pageant in May. Toni was Miss Photogenic runner-up at the Oceanside Harbor Days Pageant.

Going The Distance

At the First Miramar Invitational Shotgun Shooting Event, **Matt Higgins** 185 out of 200 targets and received first place in his division. He placed 6th overall out of 72 shooters. At the State Shoot, **Matt Higgins** and his team placed 2nd in the state. They only missed 1st place by 5 targets! In all, they missed 53 targets out of 1000 which is a 95% average. **Melody Dinckan** finished the CIF Prelims and went to the CIF Championships for Track. She was very excited to make it this far for her Senior year at High School. **Chantel Cappuccilli** and her Surf Soccer Team went to Aurora, Colorado and won the Far West Regional Championships! She helped her team win with a score and an assist. **Chantel** and her team went on to Florida to compete in the National Championship in July. Last school year, Nolan Thomas, as a Freshman, swam with the Carlsbad High School Varsity Swim team as they captured the CIF Swimming Championship. This year, hopefully, as a Sophomore, Nolan and the CHS swim team look to repeat their CIF win! **Emily Vikesland** is now taking Tumbling and Trampoline and is doing great! In her last 2 competitions she earned 2 Gold Medals in Tumbling, a Silver Medal on the Trampoline and a Silver Medal on the Double-Mini. That's awesome for just starting in these sports!! As an entering Freshman

at Vista High School, **Taylor Contino** tried out and made the Dance III dance team! **Evan Gaspari** and the LaCosta Bandits competed in the National Triple Crown Tournament in Steamboat Springs, Colorado. They went all the way to the championship game and lost 9-4 against a team from Kansas City, Missouri. They competed against 23 teams from across the nation. **Ally Tomkinson** got to go to the Junior Olympics with her swim team. **Larry East** and the Oceanside Attack Baseball team went to Tennessee in July for the Baseball World Series. Larry is the catcher, #22. Bryn Lutz is the short stop for the Carlsbad Girls Fastpitch Softball team and they qualified to play in the State Championships in San Diego this summer!

Note Worthy

Tyler & Trevor Ball want to congratulate their dad, Chip, on his recent marriage to Quay. They are happy to have a new step-mom and new brother, Zeke and sister, Hannah. **Matt Wohlin** wanted us to know that he just saved a bunch of money on his car insurance by switching to Geico! Funny guy!!

In The Spotlight

Look out Steven Spielberg!! **Alex Carracino's** film, "A Girl and Her Squid" passed two rounds of judging at Best Fest America, the largest Student film festival. His film was chosen as an Official Selection to this year's festival. 503 students from colleges and high schools across the country submitted entries and only 51 films were screened at BestFest in San Diego this July. Alex submitted a second film that received an Honorable Mention Award. WOW!!



(continued from page 1 "Bulletin Board")

Watch for the Upcoming Contests!!

Don't be scared this Halloween but we're "Going Batty!" Guess the number of bats in the witch's cauldron and win a container of Halloween goodies and a \$100 gift certificate to Toys R Us! You can also enter the Halloween Coloring contest for 9 years old & younger and win a \$50 gift certificate to Toys R Us AND if you come in to the office on Halloween in a costume (you don't even need an appointment), we'll take your picture, give you a treat and the best costume will also win a \$50 gift certificate to Toys R Us!!

In November, we are taking care of our four-legged friends. It's our "Share a Basket with a Pet" Event! Our goal is to fill 2 large baskets with "dog & puppy" and "cat & kitten" food, blankets, kitty litter and toys to deliver to our local animal shelter. For each item that you bring in, you are entitled to enter to win a GREAT PRIZE! *That means if you bring in six cans of food, you get six entry slips! ALSO, if you bring in a picture of you with your pets, you'll get another entry!!* Look for the Pet Baskets starting in the end of October.

Christmas is just around the corner! We are making ornaments and we need your help. When you come in for your appointment (or you can just stop by), we would love to take your picture with a Holiday Hat! We are going to put the pictures on our tree and after Christmas we will draw one picture for a prize. It will be a gift certificate for an "After Christmas Shopping Spree". We will also be collecting donations of toys and personal items for Olive Crest Foster and Adoption Agency. So please look for the fliers with more details beginning in November.

Dear Dr. Hurst... Why do I have to wear rubber bands?



One of the things that I am often asked is "why do I have to wear rubber bands?" The main reason we ask you to wear elastics is to help finish correcting your "Bite". Usually after your top teeth and your bottom teeth are mostly straight, we start to worry about how they fit together. This is usually best accomplished with rubber bands.

Generally, we start you on the rubber bands about half way through your treatment. Initially, we ask you to wear the elastics full time. This will make your teeth sore at first, but just like the braces, you will get used to them. Without full time elastic wear, your teeth will move while you wear them, but will move back when you stop. This will also cause a lot of soreness from the constant moving back and forth.

After your teeth are straight and your bite is correct, we will then ask you to gradually wear your rubber bands 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 elastics as directed in order to ensure a good result. This is **the** fastest way to get your braces off. Failure to wear the elastics is the number one reason why people don't get their braces off on time. This is usually due to people forgetting to put them back in after eating. If you find this is a problem, you can wear them while you eat or put the elastics around your pinky finger so that you will remember.

Good luck with the elastics, and remember that if you have any questions, please ask.

MORE CONTEST WINNERS!!

Good job to Christian Hellmers for matching the correct teams with their cities in the Baseball Contest. Chris won tickets to Petco Park to see the Padres play ball!

Our assistant, Janet Russell, delivered a beautiful, bouncing baby boy on June 30! Congratulations to Andrew Alvarez and Logan Moore who guessed the gender and date of the baby. They shared the jackpot of \$300 and all those Lotto tickets!

What a great time we all had at the Wave Water Park this summer!! We are so glad that so many of you were able to join us on that warm, summer evening. We were able to give away some great prizes, too!



Chip Ball won the Boogie Board and Pipeline beach towel. Hope he had fun with that this summer. We're sure Tyler and Trevor also enjoyed it!! Congratulations to all the other prize winners: Will Parsons, Kelli Quinn, Tracy Thornton, Joe Camera, Andrea Daou, Darrick Snipes, Brent and Travis Bjorndal, Bella Johnson, Keith Corcran, Tate Landau, Betsy and Jenny Simpson, Ryan Cook, Maddie Montamble, Leo Moore, Katia Mezey, Aaron King, Jessica Schulz, Elizabeth Rasmussen, Emily Jones, Daniela Mellina, Jacob Runyon, Hailey Dube, April Miller, Meagan Hurst, Maddie Guerre, Eric Bodman, Tyler Pahl, Britani Thornton and Lewis Juergens.

Dear Friends,

We have some sad news to share with you. We're sure you remember Jacque, our chairside assistant who joined our team after Janet had her baby. Over Labor Day weekend, Jacque and her 3 boys were in a serious car accident. Their car was demolished. Fortunately, there were no fatal injuries; something the Highway Patrol said was a miracle. The boys ended up with scrapes and bruises. Jacque suffered the most serious injury; she has lost her right index finger and part of her thumb. She will require several surgeries. At this time, she is unsure if she will be able to continue in this profession.

In order to help Jacque and her family get through this hard time, there has been a benefit account set up in her name. If you are able to contribute, please send your contributions to the following address or our office and we will be happy to forward it for you. Please keep Jacque and her family in your thoughts.

Checks payable to:
Benefit for Jacque Molloy Nares
Mission Federal Credit Union
P.O. Box 919023
San Diego, CA 92191-9023