

# Smile Times

SPRING 2005

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

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*A note from Janet Russell, one of our chairside assistants...*

*I wish to share with you the joy with which my husband and I anticipate the arrival of our second child. Many of you have shared kind words of support during my pregnancy and I thank you. Regretfully, I will be leaving my chairside position with Dr. Hurst on June 9th. Dr. Hurst has found a very qualified assistant to fill my position and we will be working together to make this transition as smooth as possible. It will be difficult leaving this great team. I will miss all of you as well!*

## BIG NEWS

July 21 is "Dr. Hurst's Patient Appreciation Day!" We will be hosting a party in Vista at the Wave Water Park. We will gather from 6 p.m. to 8 p.m. for a great evening of fun with family & friends! The snack bar will be open and we are excited to be planning this occasion for all of us. Mark your calendars!

July						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Office Bulletin Board



**We would love to introduce our new team members, Carrie Scollick and Jackie Molloy!**

Carrie lives in Orange County but doesn't mind traveling to Carlsbad to work with a great Orthodontic Team! She attended Cypress College of Dental Assisting. She became interested in Orthodontics when she wore braces herself as a teenager. She wasn't the best patient and had her braces removed before she went to college in Utah. Now Dr. Hurst is re-treating Carrie and giving her a beautiful new smile! Carrie enjoys running, water skiing and snow skiing. She also enjoys shopping!

Jacque Molloy recently returned to this area after living in Juno Beach, Florida for the last 2 1/2 years. She is a native Californian and was raised in Vista. Coming from a family of seven, Jacque is a very family-oriented person. She has five nephews and two nieces. Jacque is a wife and mother of three boys, 10 year old twins and a 3 1/2 year old, and she says "yes, all boys!" Jacque graduated from Palomar College Dental Assisting Program and has worked in dentistry for 7 years. She is looking forward to being part of our team and is so happy to be back in beautiful Southern California!

**Congratulations** to our contest winners! Carlos Compise won our Fall contest by guessing the number of leaves in our basket. He had fun with that Westfield's Mall gift certificate!



**Our Halloween contest winner** was McCall Gulli. She guessed the exact number of candies in the Pumpkin piñata, 317!! Way to go, McCall! Tori Correll and Tess Herzog were top prize winners in the coloring contest each receiving \$25 gift certificates to Toys R Us. Honorable Mention awards were given to Austin Cook, T.J. Robertson, Devon Chea, Dominick Zocco, Nagel Vieira for their beautiful and creative work.

We would like to thank everyone who so generously participated in our canned food drive for Brother Beno's. Congratulations to Danielle Gram and Linda Hartman who won \$50 gift certificates to Vons and thanks to Gil Groves, Rachel Kelly, Taylor Benson, Weston Bracha and Hailey Dube for participating. We want to thank everyone for bringing gifts for Olive Crest Foster and Adoption Agency. We know all your gifts were much appreciated. *(continued on page 2)*

(continued from page 1 "Bulletin Board")



The luck of the Irish was with them as Ian Morrissey won first prize and Allie Brown won 2nd place in our Pot of Gold contest. Ian won the \$50 gift certificate to Pizza Port and movie passes for his family and Allie won movie passes too!

## We Love To Brag About You



### *Making The Grade*

**Becky Findon** won 2nd place in the Geography Bee at her school. **Victoria Doyle** performed a solo for her teacher and he loved it because she was on her counts! Victoria earned all A's on her report card and got to go Spoon's and Limited, Too as a reward!! **Hayley Ortman**, 6th grade student council member, got into the Speech contest. **Austin Burns** made the Honor Roll at Paloma Elementary School with a GPA of 4.0! He is also in GATE and doing great! **Karina Coscuna** went to Washington D.C. for Future City and received two special awards. The first award was for Communications and the second was presented by the Navy for Best Power Generation. **David VanHorn** has been accepted to college at USC! **Chase Quartarone** earned a first place award for his writing and won a free dinner for his family at Island's Restaurant.

### *Standing Ovarions*

**Danielle and Michelle Goldstein** performed in the "Nutcracker Book" musical recital at the Dove Auditorium in December. They have been playing the piano for six years! **Madison Whittaker** will be performing in the play "Gypsy". **Haley Quartarone** will be performing in the Carlsbad Community Theaters' Spring production of "Into the Woods" as Cinderella's stepsister. She will perform in Valley Middle School's production of "Guys and Dolls" as Mimi, a hotbox dancer.

At the school that **Hailey and Jordan Flett** attend, each year there is a Solo Festival with the Student Choir. They both won first place for their grade level!! They did so well that they are still getting compliments and their dad, Bill, is so proud he's telling everyone. **Ashely Masula** is performing the lead in "Seussica" at her high school, Coronado School of the Arts.

### *Seeing The World*

**Ryan, Scott and Alex Detaboado** went to England and Scotland for Christmas with their parents. Their aunt lives there. They took the Eurostar through the "Channel" to France and spent New Year's Eve in Paris!

### *Welcome To Our World*

**Curtis and Kim Burns** welcomed a new baby girl, **Emma Mae**, to their family on September 9, 2004. She's beautiful and has a proud sister, Meaghan, and brother, **Austin**.

### *Going The Distance*

**Chantel Cappuccilli** and the Girls Surf Soccer team beat the National Champions for their age bracket at the Nomad's College Showcase Tournament. Chantel scored two goals throughout the tournament. **Katie LaLicata** and the San Diego Mesa Volleyball Team won the Pacific Coast Conference with a 12-0 record!! Now they are going on to State Championships in Stockton. **Chase Quartarone** and his Kelly Elementary School football team won first place by winning their game in the few seconds. **Matt Higgins** is into Trap Shooting. It's a sport where you shoot clays with a shotgun. His squad went to Las Vegas and won 2nd place out of 5 states. Matt only missed 15 targets out of 200! **Maggie O'Rourke-Liggett** recently passed her test for Tae-Kwon-Do red / black belt. Congratulations to Gillian Sherif for running the L.A. Marathon with her dad! Her time was 5 hours, 9 minutes, 19 seconds

### *A Wish Granted*

**Abby Suster** had her wish granted by the Make a Wish Foundation! Abby is 7 years old and has had several successful heart surgeries. Her wish is to go to Hawaii and swim with the dolphins so Abbey and her whole family are going to the Big Island of Hawaii this June to have a true Hawaiian experience! Not only will she swim with the dolphins but she'll go snorkeling, surfing and every other fun thing she can think of!! Abby has become an Ambassador for the Make a Wish Foundation. She has been to Cold Stone where she's greeted customers with free ice cream and Make a Wish information.

## Breaking News!!

On April 12, Dr. Hurst was visited by Jim Laslovic from NBC Channel 7. Mr. Laslovic had the honor of notifying Dr. Hurst that he has been selected to participate in the 2005 Ironman World Championships in Kailua-Kona Hawaii this October! Dr. Hurst is one of 150 Americans chosen out of 4000 entrants. The Ironman competition involves swimming for 2 miles, riding a bike for 112 miles and then running a full marathon of 26 miles.

## Carlsbad 5000

We want to thank everyone who participated with us in the 20th Anniversary of the Carlsbad 5000. We had a total of 67 people sign up! Because of our solid 67, we won 1st place in the Corporate Cup Challenge, an annual award given to the team with the most participants! The day started out a little cloudy but by the time we gathered for the picture, the blue skies were forming. It turned into a beautiful morning for a walk or run. We want to thank everyone who stopped by for the picture! And we hope you all enjoy our new water bottles! It was fun to see familiar faces along the course and at the finish line winners of the Corporate Challenge. Hopefully, all you competitors did well and bettered your records. You're all winners in our book!



## Dear Dr. Hurst...



### How can I have whiter teeth?

"Now that I've got my braces off, how do I make my teeth look whiter?" If you have ever wondered about this, you are not alone. According to the American Dental Association, patients ask their dentist about tooth whitening more than any other topic. This is because we are constantly bombarded with ads and movie stars who all have white teeth. Additionally, our teeth tend to yellow as

we age, especially those who drink coffee, tea, dark sodas or red wine.

There are several ways to whiten your teeth. You can chew it, paint it on, brush it on, stick it on or sit in a dental chair for an hour with a light shining on our face. Which of these really work the best? Let's talk about each of these:

- Chewing gums and toothpastes are really not very effective. They do not whiten the teeth but they may clean off some stains that are on the outside of the teeth. A good dental cleaning does this much better so I recommend seeing your dentist regularly (every 4 to 6 months) for cleanings. Cost of gum or paste = \$2.00 to \$8.00.
- Crest White Strips and other over the counter whitening strip items do work quite well, usually good results appear in about one week. They contain the same active ingredient that you get from your dentist but in an over the counter strength. We have seen a number of our teenage patients have good success with

these. The biggest drawback is that they are hard to keep on your teeth and may not be as effective as what your dentist can prescribe. The cost for these = \$20.00 to \$25.00.

- Bleaching trays and bleach prescribed by your general dentist give you the most options and work the best. They require a few appointments. They work well and allow you to do additional bleaching at any time. This is especially true if you have crowns, fillings, or extremely dark stains. Everybody's teeth will respond differently. The cost of this is about \$500.

There are no serious side effects with tooth whitening and it is considered safe for teens and adults. Many people experience some level of sensitivity after bleaching but this usually only lasts a day or two. One tip to help with the sensitivity is to brush immediately after with fluoride toothpaste or use ACT fluoride rinse. So, if you want your teeth to be "pearly white", ask your general dentist. They are the experts in this area and can help you get the best results.

# In The Spotlight

As a treat, we would like to feature a paper that was written by one of our patients, Lindsey Robertson. She wrote a paper for her class that she was happy to share with us!

## BRACES

By Lindsey Robertson #20  
November 5, 2004

### Introduction

My story is about the event of getting my braces. It is also about my braces. I will explain the adventures of getting and wearing braces. For example cleaning them, cleaning them is very important. Taking care of them is very important too.

One day I had an orthodontist appointment. I had to get braces! I was nervous, scared and anxious. My stomach was in knots and it had butterflies inside. When I got inside the office I smelled hot glue. My mom signed me in and I sat down in the waiting room on a blue and purple booth. Finally the orthodontist assistant called my name. She told me to brush my teeth until the timer stopped. I brushed my teeth with a turquoise, plastic toothbrush. I sat down in a crimson, comfortable and fluffy chair. Then the assistant released the chair all the way back. She said, "Ready for your braces?" I said "Yes." She asked me, "What color do you

want for your braces?" I answered, "Light blue, light purple and light pink." Then she put this blue mouth opener in my mouth. She gave me some bright pink sunglasses to put on my eyes so I couldn't get anything in my eyes. She turned on a bright neon blue light and put glue on every single tooth. The glue was white, thick and clear. The glue also tasted yucky and was very warm. She put the brackets on my teeth. The brackets were silver and metal. Dr. Hurst, the orthodontist, put on my wires and the colored rubber bands. Dr. Hurst walked away. The assistant told me to rinse out my mouth and gave me a bag full of dental items. The bag had dental floss, a tooth scrubber, toothbrush, toothpaste and instructions on how to care for my braces. She told me what I could eat and what not to eat. I walked into the waiting room and my mom and brother were very impressed. I couldn't help but look at myself in the mirror. I thanked the orthodontist assistant and the orthodontist.

### Conclusion

I learned that getting braces takes a long time and a lot of care. I also learned that braces take a lot of cleaning. Cleaning braces can be tricky and hard to do. Cleaning my braces is very important. Now you know about my braces.

### The End

## UPCOMING EVENTS...

Hey Batter, Batter, Batter!!! Spring is here and baseball is starting! Be sure to enter our baseball contest. You could hit a Grand Slam if you match all the teams with the cities they represent. Grand prize is \$100 towards tickets to Petco Park, home of our San Diego Padres! So give it your best shot!

As you know, Janet, one of our assistants, is expecting a baby in July! We have designed a contest along the "new baby" theme. There will be great prizes to whoever can guess the date of birth and gender of the new baby, so look for the BABY LOTTO!!

Before we know it, it will be Summer! Yeah!!!! Be sure to pick up our business card so you can send us a postcard while you're on vacation for our "Wish we were there, too!" contest. Big prizes will be awarded for different categories! Check your itinerary for future information.

# Welcome to Braces!

## September

Kevin Frey  
Caylin Hall  
Andi Maciejewski  
Sofia Sarracino  
Zeny Mateo  
Maysoon Madanat  
Felix Cruz  
Rachel Mattingley  
Emily Eshom  
Corey Silvestri  
Carmen Farrington  
Jessica Squires  
Amber Squires  
Tatum Pfeiffer  
Myra Mejia  
Zachary Bergstedt  
Navid Kurokawa  
Brian Brentlinger  
Emily Holley  
Hank Lin

## November

Lori Dufour  
Teresa Rodriguez  
Danielle Gram  
Hayley Bergsma  
Taylor Bloomquist  
Nicholas Mino  
Mary Withers  
Mark Schneider  
Jake Feehan  
Ruthie Smith  
Kaitlyn Ziegler  
Jenny Simpson  
Tiffani John  
Eric Fielden  
Matthew Higgins  
Katrina Olson  
Wesley LaCroix  
Jack Fishetti  
Elise Wilson  
Luc Fevrier-  
Silberman

## December

Peter Carl  
Grace Carl  
Camryn Carroll  
Kyle Urzetta  
James Losack  
Chris Withall  
Patricia Marquez  
Jonathon Gacnik  
Meghan Brown  
Diane Bryan  
Logan Wilson  
Damen Miller  
Ruben Flores  
Gina Thomas  
Kristy Wilkinson  
David Lantz  
Kelly Munson  
Trevor Robertson  
Ashley Mercereau  
Erin Spradling

Rebecca Kellogg  
Erich Tomkinson  
Katie Tomkinson  
Steven Martinet  
Brooke Hymr

## January

Maggie O'Rourke  
Jennifer Anderson  
Megan Mensalvas  
Marianne Galaviz  
Manuel Fernandez  
Kalen Eidenschink  
Lizette Argoud  
Sara Vladic  
Beth Williams  
Sean Silvestri  
Trevor Fox  
Keith Corcran  
Brandon Browning  
Chantal Partolan  
Tayor Contino  
Jimmy Beall

Scott Fleming  
Trevor Torres  
Taylor Wagner  
Theresa Mathison  
Jacqueline Dean  
Kelly DiMarco  
Dulcie

Manchenton  
Jessica Miller  
Christy Osterlund  
Sadie Amavisca  
Cheyne Cegielski  
Lauren Kwasnica  
Miguel Ortiz  
Alissa Clark  
Rory Oquita  
Cheray Watts

## February

Brittani Thornton  
Craig Reynolds  
Christina Sawin  
Allison Guarente

Remi Rivera  
Xavier Cajucom  
Allysa Ford  
Tara Bodman  
Sachi Pitkin  
Alexa Dickson  
Danny Tuck  
Grant Moreau  
Tanner Harris  
Melissa Penix  
Veronica Astorga  
Cheyne Cegielski  
Madison Olson  
Patrick Steele  
Claire Jones  
Kim Tucker  
Ariana Wagner  
Emily Griffiths  
Matthew Cook  
Carolann Boissy  
Jon Tenberge  
Marlene Torres  
Savannah Sims

Sana Hussain  
Josh Smith  
Danica Avina  
Drake Empey  
Sushani Keshav  
Arielle Cunniff  
Kelsey Swift  
Mason Slagh  
Monique Asti  
Lucas Hobbs

## March

Ave Harmon  
Holden  
Blumhagen  
Amy Kong  
Derek Merson  
Sarah Embry  
Molly Embry  
Maddie Guerres  
Jill Zieris  
Emma Delcamp  
Madison Whittaker

Lacey Watkins  
Chantel  
Cappuccilli  
Matthew Ling  
John Knight  
Josh Henderson  
Matthew Ling  
Tim Engebriets  
Kevin Ahnert  
Michael Garcia  
Marina Donnell  
Troy Forester  
Kelle Lawson  
Caitlin Conboy  
Katie Rodrigues  
Katherine  
Wilkinson  
Justin Barbour  
Giorgio Frondoni  
Dakota Adan

# Congrats On Getting Your Braces Off!

## September

Tyler Kelly  
Erin Langford  
Zane Penix  
Michael Wilson  
Katie SantaAna  
Dain Santarelli  
Joe Minami  
Derek Favini  
Alison Mart  
Evan Szuch

## October

Alex Argumedo  
Jacob Broesel  
Max Bell  
Kelsey McCabe

Blake Van Vleet  
Ryan Benson  
Clay Johnson  
Emily Kloos  
Alex Guy  
Kristin Phillip  
Ann Holston  
Trent Batchelder  
Kyle Johnson  
Lindsey Forrester-  
Archer  
Jordan Goo  
Ben Spector  
Heather Holmes  
Morgan Allbaugh  
Shuleena Alvarez  
Don Demary

## November

Bryanna Datko  
Laurie Martino  
Rachel Kelly  
Alex Guy  
Trevor Cornwell  
Shane Rusing  
John Hall  
Karl Leider  
Jordan Wilhelm  
Velda Trotter  
Haley Cochran  
Terrah Trayer-Taylor  
Lori Christie  
Serena Patel  
Matthew  
Abrahamson

## December

Evan Seborg  
Patrick Gilbert  
Emma O'Brien  
Maria Aarhus  
Jimmy Contino  
Sean Beck  
Grace Balentine  
Laura Kloetzer  
Liana Heberer  
Veronica Emrich  
Bryce Logan  
Elaine Allen  
Hannah Gaspari  
Max Gallagher  
Sydney Horner

Gregory Kellogg  
Annie Worthman  
Caroline Floto  
Denise Nielsen  
Joey Wilhardt  
Amanda Blake  
Chelsea Main  
Bryn Lutz  
Madeline Burritt  
Sue Porter  
Gabe Garcia  
Andrew Cook  
Dominick Zocco

## January

Brittan Salisbury  
Melany Hadorn

Chris Rasmussen  
Rebecca Christie  
Stephanie Inscoc  
Travis Gough  
Alex Medina  
David Thomas  
Tyler Ball  
Samantha  
Slavinsky  
Lindsey  
Hollywood  
Kevin Burmeister  
Gerry Morris  
Hayley Gajewski  
Patrick Mortimer  
Meghan Stang  
Eric Scolman

Allie Olguin  
Elizabeth Hafeman

## February

Alex Potter  
TingTing Li  
Ricky Mora  
Marlisa Olea  
Arly Stroben  
Megan Marrs  
Shawn Martin  
Michelle Adams  
Tori Correll  
Michael Zambon  
Andrew Hart  
Ryan Detaboada  
Courtney Gay

Leah Johnson  
Ashton Eghestadi  
Courtney Dunn  
Bria Lambert  
Analisa Quinn

## March

McCall Gulli  
Erik Anderson  
Chandler Jones  
Sarah Tillery  
Kyle Simmons  
Ashli Pardi  
Adib Towfiq  
Charles Seiler  
Stephanie Bours  
Callie Tuck

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