

Welcome to Braces!

October 2005
 Camille Huckaby
 Carrie Turner
 Ryan Ward
 Natalie Reece
 Natalie Rhodes
 Jeremy Korn
 Jeremy Holcomb
 Pramita Johnson
 Morgan Hansen
 Eric Reed
 Danielle Bryan
 Alex Merson
 Alissa LoCicero
 Jason Gomez
 Julia Pihl
 Erica Quintana
 Dana Han
 Derek Hahn
 Joshua Wells
 Alissa Chester

Tommy Cubillas
 Alyssa Bright
 Jeanette Marriott
 Jeffrey Homad
 Renee Homad
 Corey Winterbottom
 Gina Cunniff
 Esther SanNicholas
 Wyatt Snead
 Barbara Foulk

November 2005
 Veronica Dunham
 Brent Bjorndal
 Katy Naschke
 Sarah Runyon
 Kevin Funkhouser
 Jessica Streich
 Alessys Stroh
 Jacki Olafson
 Michael Rogan

Chris Nobis
 Justin Lyttleton
 Tyler Healey
 Eileen Rodgers
 Samantha Torretto
 Yessi Mora
 Haley Ortman
 Esperanza Soto-Suarez
 Jordan Glynn
 Leslie Nelson
 Joseph Ortiz-Luis
 Luke Haley
 Michael Sosnowski
 Amelia Wilson
 Silvana Baglietto
 Chelsea Cornwell
 Katharine Egan
 Robert Eisminger
 Emma Gumner
 Dan Engle
 Jamie Nieman

Becca Clifton
 Sara O'Neal
 Kelly Clausen

December 2005
 Taylor Brady
 Michael Traber
 Lauren Stephens
 Madison Menely
 Ryan Madril
 Brian Remas
 Kirsten Horning
 Lara Heck
 Caitlin Hurst
 William Wundtrach
 Spencer Engleson
 Tanner McQueen
 Jason Abrahamson
 Tess Herzog
 Lily Broach
 Chad Ragland
 Matthew Svatora
 Anna DeCervo

January 2006
 Dan Fleming
 Nicole Plotkin
 Devin Nilson
 Amanda Moon
 Kyle Day
 Jake Casillas
 Abbi Lewko
 Taylor Lewko
 Sophie Tesluk
 Karen Guzik
 Gregory Thompson
 Andrew Carstens
 Whitney Willhardt
 Malia VanDiepen
 Kyle Rivera
 Samantha Kasper
 Turi Fiske
 Patrick Beall
 Baylin Herington
 Jessica Spears
 Jennifer Spears
 Keshav Sharma
 Kelcie Potter

February 2006
 Maddy Montamble
 Sydney Reed
 Veronica Emrich
 Evan Reece
 Linden Foster
 Mackenzie Carten
 Rachel Fisher
 Jacki Trombino
 Chloe Popovich

March 2006
 Abby Tamondong
 Odin Snyder

Alexa Dunne
 Ryan Black
 Kasey Korbacher
 Kaylee Weil
 Maggie Davidson
 Rebecca Brendell
 Steven Osterlund
 Kristen Peters
 Taylor Gough
 Ethan Grant
 Luke Hallberg
 Alejandro Cabrera
 Mariajose Ceja
 Paige Weber
 Maritza Contreras
 Justin Hauser
 Dante Mancinelli
 Joey McCauley
 Avery Brinkworth
 Lynsey Parker
 Kaina Mendoza
 Alek Mendoza

Congrats On Getting Your Braces Off!

October 2005
 Theresa Berry
 Natalie Nellis
 Catie Conboy
 Christine Quintana
 Nicholas Mino
 LisaMarie Bocanegra
 Lauren O'Neal
 Yi-Ning Chen
 Ben Groves
 Sarah Embry
 Abby Suster
 Kyle Hansen
 Hailey Dube
 John Fitzpatrick
 Kevin Tyrell
 Gordon Lampe
 Jami Derby
 Hayley Bergsma

Nicole Consolacion
 Katharine Dwyer
 Jimmy Beall
 Ray Martino
 Anthony Calabrese
 Josh Hillman
 Felix Cruz
 David Lantz

November 2005
 Katie Simpson
 Samantha Kasper
 Brent Reilly
 Patti St. John
 Rylee Blair
 Courtney Voorhees
 Tyler Benson
 Taylor Contino
 Hailey Flett

Katie Tomkinson
 Kyle McNeil
 Hayley Mayo
 Caylin Hall
 Derek Stumphouser
 Tara Langley
 Rea Cameron
 Jordan Flett
 Joel DeGraff
 Tyler Christian

December 2005
 Austin Cunniff
 Lauren Marrs
 Chris McKeon
 Christina Burns
 Tyler Alvarez
 Anora Miller
 Kyle Standard

Jonny Sullivan
 Jim Trombino
 Riley Simpson
 Shawna Engle
 Manny Fernandez
 Karen Bliss
 Jake Guerre
 Patrick Steele
 Araceli Vazquez
 Bunny Cromer
 Brittany Roquemore
 Mason Slagh
 CarolAnn Boissy
 Kira Hillman
 Liz Argoud

January 2006
 Andrew Silvestri
 Erich Tomkinson

Amy Garner
 Trevor Robertson
 Kimberly Abrego
 Joey Fleming
 Adam Olson
 Ruby Carr
 Haley Quatarone

February 2006
 Taylor Strack
 Henry Baker
 Victoria Doyle
 Katherine Merchat
 Krista Merchat
 Kellen Hillman
 Evan Reece
 Logan Moore
 Sadie Amavisca
 Ariana Wagner

Vanessa Vincent
 Tierney Conklin
 Lauren Kwasnica
 Keelie Rocker
 Toni Brayman
 Carly Miller
 Julia Christian
 Dane Pitkin
 Tara Lovell
 Gordon Hood

March 2006
 Kiara Quinn
 Jennifer Rose
 Katelyn Gilbert
 Veronica Astroga
 Jaden Pratt
 Jill Ziereis
 Jack Fischetti

Meagan Hurst
 Ave Harmon
 Erin Martin
 Chris Withall
 Marianne Galaviz
 Nick Lucas
 Sarah Henderson
 Cheri Dixon
 Rhonda Hoynes
 Camryn Carroll
 Shelly Tauber
 Apriyl Orlando

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

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OFFICE BULLETIN BOARD

Calendar Art Contest!!

We're sure you're all aware of the Calendar we are creating - WITH YOUR HELP! We want to feature your art work in a calendar for 2007. The task is to draw us a picture of your birthday month with an orthodontic theme. You know, pumpkins with braces for October or flowers with shine smiles for May. Use your imagination!! Just stop by the office and pick up a calendar art kit. You can use any art supplies; crayons, markers, chalk, paint. The art work must be turned in by August 31st. If your picture is chosen for the calendar, you will receive a gift card and you'll be famous!! These calendars will be given to all our patients and your dentists!

Contest Winners Past, Present & Future!

Last Halloween, Derek Homad won the "GO Batty" contest by guessing how many bats were in the cauldron. He won a \$100 gift card to Toys R Us. His sister Renee was a close 2nd place winner.

The Halloween coloring contest was won by Julia Pihl with a prize of \$50 and Heather Holmes and Katia Mezey both won Honorable Mention awards and \$25 each. And, of course, the Costume Contest!! First place went to Kendall Davis, as a corpse bride, Second place went to Cathy & Heather Holmes as a pirate and Hawaiian girl and Trevor & Kyle Torres as Darth Vader and a horse.

During the Holidays, we had a count the animals contest. Chad Ragland, Catie Conboy and Parrish Bracha all won movie passes and Colton Roys won tickets to Sea World for the Humane Society Donations. Our Christmas ornament contest was so great. We took pictures of your smiling faces and decorated our tree and office with them. Jay Lambert won an "After Christmas Shopping Spree" when his picture was drawn.

Be sure to enter the Spring Contest by guessing how many chicks are in the pail. The prize is tickets for your family to the San Diego Zoo.



Many Thanks and Congratulations to the Rutz Family, Kevin, Tina, Garrett and Savannah for being awarded our "Best Referring Family of 2005". They referred the most people to our office last year. They were given year passes to Sea World for the entire family and a gift certificate to Dine with Shamu!! So when you recommend our office to your family and friends, be sure to tell them to let us know that you were the ones who sent them. Your name will be entered to win a fun filled family prize!! Thanks to all of you who send your family and friends!!



Valentine Contest Winner
Trevor Fox

- "Office Bulletin Board" continued

Upcoming Contests

Be sure to look for the upcoming contests! Enter your Dad in our Father's Day contest to win a gift card from Home Depot or maybe a Free Auto Detail! Match the famous beaches with their cities, states or countries and win some great prizes to get your summer started. Then we are having a great summer contest! Where in the World Have You Been?! Get your new Dr. Hurst's T-shirt and wear it on vacation. Take a picture of yourself in Dr. Hurst T-shirt at a vacation location and send it in to the office. We will be displaying all the pictures in the office and a Super Prize will be awarded to the best, funniest, most creative picture!



We Love To Brag About You

Making The Grade

Laurel O'Brien won \$200 in an essay contest sponsored by the Elk's Club. **Lily Broach** earned all A's on her report card. **Luke Tesluk** collected the most money at his school Jog-a-thon. He is also the school president and ambassador to Christ. In January, **Mackenzie Carten** represented Oceanside at the Congressional Youth Leadership Conference for 8th & 9th graders. It was a four day conference held in Irvine. Mackenzie made lots of friends from different parts of California and Arizona while learning leadership methods. And she did it all while in a full leg cast that she broke while playing goalie on the El Camino JV soccer team. Mackenzie hopes to attend future conferences. Membership in the elite group makes her eligible to attend the next Presidential Inauguration in Washington, D.C. **Navid Kurokawa** received the "Peacemaker Award" for his class. He is also a peace officer for his 4th grade class. Navid just earned his merit badge in his Webelos troop.

Going The Distance

Savannah Sims and her team, the Sunbursts, made the soccer playoffs! Way to Go!! **Devin Reynolds** made the All-Star Soccer Team. **CarolAnn Boissy** and the St. Francis Wildcats volleyball team are undefeated. **Zeny Mateo** won the Oceanside Swim Club's "Animal Award" for her tenacity, determination and always improving times! **Robert Gleason** got 3rd place at the wrestling match for the Army Navy Academy. **Grant Moreau** is training to become an "IronKid". The course is a 2 mile run, 4 mile bike ride and a 100 yard swim. We're going to call him Grant "Armstrong" Moreau! Speaking of running, **Dana** and **Derek Hahn** ran the L.A. Marathon on March 19!

Note Worthy

Robert & Grace Eisiminger went on a boating adventure. They left at 2 o'clock in the morning for a 4-6 hour ride to get to an island where there were sea lions. They swam in the 40-50 degree water with the sea lions. The sea lions swam



right up to them and would touch their faces. It was an amazing experience! **Kasey Korbacher** got her braces placed on March 8 and then went and got her hair cut and donated her ponytail to "Locks of Love". Big changes for Kasey!

In The Spotlight

Savannah Pipp is tap dancing with the Carlsbad Dance Center competition dance team this Spring! **Maddie Wilkinson** performed in the play "Aladdin Jr." in the beginning of March. **Jaden Pratt** and the "Destination Imagination Group" performing "676@ a cell phone" won the Regional Competition in Orange County on March 4th. They go to State finals in Sacramento in April. Jaden has also been accepted to the San Diego Academy for this Fall and she got her braces off on March 9th. She's having a great year!!

Dear Dr. Hurst... When is the right time for my child to have an orthodontic exam?



One of the questions that I am often asked is "When is the right time for my child to have an orthodontic exam?" The short answer is about age 7. According to the American Association of Orthodontists, every child should have an orthodontic screening by age 7. This is not to say that every child needs braces or treatment at age 7 but that major problems can usually be detected at this time.

The reasons for this are, we can usually see the front teeth erupting and the 6 year old molars are also erupting. Differences in jaw sizes are also detectable. While the majority of 7 year olds do not need treatment, some will benefit from having early treatment. These are usually children that have severe problems such as severe crowding, large overbites, underbites, crossbites, early loss of baby teeth, etc. These children usually have 2 phases of treatment. The first phase usually takes place at about age 8 and involves about a year to a year and a half. The main goal of this first phase is to create enough space for all of the permanent teeth to erupt and to line up the jaws. After this first phase of treatment, the child will then go into a holding or observation period for a few years until all of the permanent teeth erupt. The second phase of treatment usually takes place at about age 12-13 once

all of the permanent teeth have erupted. The main goal of this second phase is to finish and line up the teeth with braces now that all of the permanent teeth are present. This phase usually lasts about 15-18 months.

Although this approach requires 2 phases of treatment, it results in a better treatment outcome. The results are better looking, more stable and usually avoid the need for permanent tooth extractions. The child also benefits from improved self esteem after the first phase is complete, especially if they had a severe problem. Another side benefit that we have noticed is that 8-9 year olds usually approach orthodontics quite enthusiastically, while most teens are just OK with it.

While we have done exams on patients from age 4 to 81, the best time is usually age 7. By having a good working relationship with many of the local dentists, we have been able to catch many of these severe problem cases at an early age. This has helped us have an extremely low extraction rate and great results to boot. If you have any questions, please do not hesitate to ask and remember exams and observation appointments are complimentary.

SUMMER WATER PARK PARTY



Be sure to mark your calendars this summer on July 13 for our water park party at the "Wave" in Vista. We had such a great time last year and we are looking forward to another great time this summer!! Tell your friends and family to reserve that date for a fun night in the water!

17th Annual Junior Carlsbad 5000

Thanks and congratulations to all of you who joined our team for the Junior Carlsbad Run. Everyone who participated did so well. We are very proud of all of you.

