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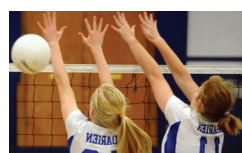
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CHRISTMAS BREAK VOLLEYBALL CAMPS
SESSION 1, DEC. 23 & SESSION 2, DEC. 30 • ONLY \$25 EACH OR \$40 FOR BOTH SESSIONS**Basketball America**

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XTREME VOLLEYBALL LEAGUES!League Volleyball Shirts,
Ref Fees and Awards Included!
All Players must be evaluatedEnter a team, with a friend
or as an individual**GIRLS VOLLEYBALL
2nd - 4th GRADE**Register by Nov 20, 2014
Evaluation Nov 20 at 5:30pm
Session Runs Every Thursday
5:30 - 6:30 for 8 weeks**GIRLS VOLLEYBALL
5th & 6th GRADE**Register by Nov. 30
Evaluation Dec. 7 at 2:00pm
8 Game Season & Top 4 Tournament**GIRLS VOLLEYBALL
7th & 8th GRADE**Register by Nov. 16
Evaluation Nov. 23 at 4:00pm
8 Game Season, Playoff champs
will go in the BA Hall of Fame!**3-on-3 Basketball Leagues!**

Registration fee of \$120 must be paid by Nov 23

**GIRLS LEAGUES
MONDAY GAMES**
REGISTER BY NOV 23RD
Girls Evaluation Date:
December 1stSoutheast Div ages 7-8 at 6 pm,
Northeast Div ages 9-10 - 6:30 pm,
Southwest Div ages 11-12 at 7 pm,
Northwest Div ages 13-16 at 7:30 pm

- All players must be Evaluated -

**BOYS LEAGUES
WEDNESDAY GAMES**
REGISTER BY NOV 23RD
Boys Evaluation Date:
December 3rdMidwest Div ages 7-8 at 5:30 pm,
East Div ages 9-10 at 6 pm,
South Div ages 11-12 at 6:30 pm,
North Div ages 13-14 at 7 pm,
West Div ages 15-17 at 7:30 pmInstructional Division Mondays Ages 3-6 for Boys & Girls
Register by Nov 23rd,
Evaluation Date Dec 1st at 5:30**Coach Jims Xmas
Basketball Workouts**

Dec 22 & Dec 29, 10 - 1pm

Boys and Girls Ages 10-16

Basketball Drills and Skill Development
One 3 hr Session \$25, Two Players \$40**ADULT LEAGUES
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COLUMN

3 Things Your Dentist Wishes You Knew:

Do you dread going to your dental appointments because you feel as though you are always getting lectured? Despite popular opinion, dentists do not enjoy lecturing you at your visits. The continual reminders to floss and the recommendations that we give you in order to improve your overall dental health can sometimes feel like we are nagging, but for the record, this is not our intent. Our job is to educate you and to identify issues so that you not only understand the problem, but can find ways to address them... but we need your help! Here are a few little "secrets" that your dentist really wants you to know that will make their job easier and your dental visits less stressful.

a very small percentage of people in the world, the more likely cause of dental problems are one of two things: 1) Diet 2) Improper home care

Diet: This doesn't mean you necessarily have an unhealthy diet because you can actually destroy your teeth with healthy foods like milk or fruit. However, your teeth can only handle so much. Every time you ingest something, with the exception of water, bacteria in the mouth breaks down food into acids which can weaken your teeth. Typically your saliva will neutralize that acid pretty quickly, however, if you are constantly snacking or sipping on something your teeth are constantly

Dentally Speaking
by
Jeffrey S. Haddad D.D.S.

ly soaking in acid which leads to decay.

1) We Know if You Floss...

When you get your teeth cleaned and your hygienist asks "how often do you floss?" we actually already have a pretty good idea. A couple of things can clue us into how diligent you are with your home care. People who floss do not bleed and jump when they get their teeth cleaned. People who do not floss typically have a lot bleeding and wincing during a dental cleaning. A common mistake people make when they see bleeding while brushing or flossing is to stop brushing or flossing. This is actually the exact opposite of what you should do! Bleeding gums are usually a sign of plaque and other particles causing an infection and it's important to remove the irritant as soon as possible. It's similar to leaving a sliver in your finger for an extended period of time. It will eventually become red, swollen and ultimately infected. Flossing is like a workout for your gum tissue, the more you do it the better you feel. If you let "stuff" sit under your gum tissue for days...weeks...6 months, your tissue will become inflamed.

2) "SOFT TEETH" is not an excuse for getting cavities...

Having soft teeth is kind of like saying you have soft bones, it is extremely rare and usually not the actual cause of cavities. Although certain dental abnormalities effect

Homecare: Most people know that good oral hygiene includes brushing your teeth at least twice a day. However, did you know that proper brushing requires at least two minutes? Most adults spend a fraction of that time brushing their teeth every morning and night. Try looking at the clock when you start brushing, then brush normally and check the time when you're finished. Chances are you didn't spend enough time to thoroughly clean your teeth. To really do a good job and ensure better oral hygiene, spend two minutes brushing twice a day and flossing once at night.

3) Kids will do better without you...

You would be surprised how well most children do in the dental chair. They haven't had "old school" dental experiences like most adults have. They have nothing to fear and only prizes and new toothbrushes to gain. Kids do however tend to get more apprehensive when their parent sits in the room holding their hand, rubbing their leg and telling them "everything will be OK, no one is going to hurt you." For most kids that wouldn't even enter their mind. In fact, I just did several fillings for a 3 year old girl and one visit was with mom in the room and the other was without mom. It was like a

different child was at each appointment! Children love attention from their parents, and sympathy is often sought out in these situations which can really affect the experience of the dental visit. I am a father of three children and I understand that your first priority is protecting them because you have to do what you feel is best for your child. However, this protection may actually result in a more negative experience for your child. Ignorance truly is "bliss" when it comes to dentistry. Your child will never see or feel our injection because they aren't even aware they are receiving one.

We may refer to a little "pinch" after we rub "jelly" on their tooth to put it asleep, but that is the extent of it. And when mom or dad are not present to indulge in the child's desire for attention, their behavior is perfect. I highly recommend parents staying in the waiting room while their child is brought back because we witness these successful dental appointments every day. However, if you are there for moral support, be sure that your presence is making the experience more comfortable and stress free for your child, and not the opposite.

The number one goal of your dentist is to help you reach and maintain optimal oral health. Most dental patients only see their dentist 1-2 times per year so we want to make sure you have as much education and knowledge about your oral health so that you can maintain things on your own. Therefore, it is during these few appointments that we want to make sure you have the necessary information to keep your mouth and overall body as healthy as possible. Hopefully, this article will help you further in this goal.

Jeffrey S. Haddad D.D.S. of Doolin & Haddad Advanced Dentistry completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ disorders and practice management.

For more information, visit www.rochesteradvanced-dentistry.com.