

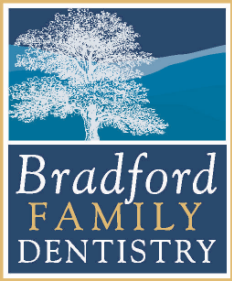


Bradford Family Dentistry  
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City, State Zip Code

# MARCH

## Magical Smile Newsletter



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# March

Magical Smiles Newsletter

### Inside:

- St. Patrick's Day Trivia...
- The Biggest Loser Secrets
- Good Coaching Makes A Difference!
- Irish Or Not, Celebrate With Style!
- Come party with us! B.F.D. celebrates our 9<sup>th</sup> birthday party!



## How They Did It: The Biggest Loser's Best Share Their Secrets

### Did you know...

- That green is associated with St. Patrick's Day because it's the color of spring?
- That the shamrock is a traditional symbol because Saint Patrick used the three-leaved shamrock to represent how the Father, the Son and the Holy Spirit could exist as separate elements in the same entity?
- That the first St. Patrick's Day in America was celebrated in Boston in 1737?
- That the following things on St. Patrick's Day will bring you good luck? Finding a four-leaf clover, wearing green, and kissing the Blarney Stone.

### Riddle of the Month

#### Last Months Quiz Question!

What goes up but never goes down?

Answer: Your age!

#### This Months Quiz Question:

What do you call a fake stone in Ireland?

Answer: Look for it in next month's newsletter!

### By Rochell D. Thomas

Here we turn to the minted diet experts from NBC's The Biggest Loser for free advice. And why not? After all, under the guidance of the show's ace team of doctors and physical trainers, many contestants lose more than 100 pounds in eight months — without surgery. Even more impressive, is that some of those people did it at home with no help from super trainers Bob Harper and Jillian Michaels, so they must be doing something right. If dropping a few is on your list of New Year's resolutions, consider the following:



The Biggest Loser Trainers  
Bob Harper & Jillian Michaels

### Eat five or six small meals a day / Amy Hildreth, lost 106 lbs

Most of the BL3 dieters eat 6 or 7 300-calorie small meals each day because, as Hildreth learned, "You have to eat to lose." "That was something that I never quite wrapped my head around before," she says. "I thought when you're hungry that means you're losing weight. But that's not the case. You need to keep your body fueled to continually lose and to have the energy to work out and perpetuate the cycle."

**Keep count / Jaron Tate, lost 160lbs** "Know how many calories your body needs and how many calories you're actually stuffing into your mouth," says Tate, who now eats 1,800 to 2,000 calories per day. "A quarter-pounder with cheese is 850 calories. A large apple [which weighs about the same] is 100. And if you're having a salad, put salsa on it instead of ranch." Two tablespoons of ranch dressing: 220 calories. Salsa: 20.

**Ginnie Borque, lost 114 lbs** "I do a lot of little things," says Borque, one of the 36 Biggest Loser at Home dieters. "I don't like coffee without sugar and cream, so I switched to tea. I started carrying water bottles wherever I go, traded cocktails for Diet Coke, and I fill up on broccoli instead of French fries."

*Stop the excuses and start making SMALL changes that can change your life!*

### Sedation Dentistry

*As Easy as a Smile*

Many dental patients experience a sense of dread at the very thought of going to the dentist. This can be the result of a painful experience or, in the case of many children, can be mediated to them by anxious parents, friends, even the media. Others may have extremely sensitive teeth, may resist "freezing" or find the numbing sensation too discomforting. Bradford Family Dentistry has the perfect solution, Sedation Dentistry.

Our highly trained staff can offer even the most nervous patient a comfortable option that can erase dental anxiety once and for all. We offer two sedation options, oral sedation or IV. Fortunately, sedation medications have an amnesic effect. That means you'll have very little, if any, memory of the sights, smells or sounds of your visit! Whether you opt for a pill or intravenous sedative, the result is a relaxed and comfortable dental experience that makes each dental visit as easy as a smile. Have that fabulous smile you always dreamed of by calling Andrea today! **(905) 775-5307**

# You are invited to join us for Bradford Family Dentistry's 9<sup>th</sup> Birthday!

Come out and celebrate with us!  
**EVERYBODY** welcome!

When: Monday March 1<sup>st</sup> – ALL Day  
Where: The clinic – 76 Holland St West

**Fun, food & presents for ALL!**



**Baby Evan**



## Coaching & Personal Development

**Neil Laughlin, Ed. D.**

*Department of Exercise and Sport  
Science - University of San  
Francisco*

For those in sports who stress the importance of character development, one of the most significant roles that can be modeled by a teacher or coach is that of a spiritual mentor. The role of a spiritual mentor embodies educational tenets that specifically focus on character development. 3 of most important are the following:

1. Teaching and coaching are cooperative arts. In other words, students and athletes learn from teachers and coaches by applying self-evident principles to certain competitive situations and, in turn, arrive at knowledge of things they did not previously know. Hopefully this knowledge leads to the pursuit of virtue.

2. While players possess an in-born potentiality for knowledge and good behavior, coaches help them actualize this potential. Thus, by giving good example physically, mentally, and morally, coaches should attempt to teach athletes to practice, compete, and live in a way which maximizes their full potential as human beings.

3. Teaching and coaching are centered in truth. Just as certain principles of practice and competition produce victory, they should also create good conduct.

While many coaches in sports differ in their methodology, there are few who do not use drills. Advocates of character development in college sports should approve of using drills as a method of coaching, especially when drills focus on or involve the mental and moral aspects of a given game. The more the coach emphasizes the use of mental faculties in sports, the more she or he trains the athlete's mind to make

rational decisions based on the stimuli presented in each situation. Thus the football coach, who trains his quarterback to make effective, rational decisions when reading defenses and modifying the play called, can to some extent be "setting the stage" for character development. If the quarterback carries over this rational thinking to his off-the-field, personal life and acts morally right, character development proponents should approve even more so.

The carryover of an athlete's behavior into the moral realm is important because the coach concerned with character development can sometimes be a moral cause of learning. A physical education teacher or coach can cause moral learning in a number of ways - for example, through modeling, persuasion, guidance, and encouragement!



## Tired of Doing Nothing On St. Patty's Day?

**-Celebrate your own  
heritage no matter  
what it is-**

While a very large percentage of people in Canada can claim some Irish ancestry, not everyone can. Why not use the occasion to celebrate your own unique heritage? Most people in Canada can claim an eclectic ancestry made up of many nationalities from all continents.

**-Throw a wine and  
cheese party-**

Just have your friends bring over a bottle of their favorite red or white, provide a bottle or two of your own along with the cheese and music. That's a recipe for a making of a great party!

## Office information

**Bradford Family Dentistry**

**Dr. Jesse Chai**

76 Holland St. W. suite 203

Bradford, Ontario L3Z 2B2

### **Office Hours**

Monday 9am - 7:30pm

Tuesday 7:30am - 7pm

Wednesday 9am - 7:30pm

Thursday 1pm - 7:30pm

Friday/Saturday alternating weeks  
8am - 2pm

### **Contact Information**

Office (905) 775-5307

Email [allstardentalteam@hotmail.com](mailto:allstardentalteam@hotmail.com)

Website [www.bradfordfamilydentist.ca](http://www.bradfordfamilydentist.ca)

### **Office Staff**

Alice.....Office Manager

Andrea, Jenn.....Administration

Kristi.....Marketing Director

Suada, Ashley.....Dental Hygienists

Linda.....Restorative Hygienist

Antonella, Colleen...Dental Assistant

*Thank  
You*

### **For your referrals..**

We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

*Frank C., Sandra T., Ashley W., Ashley L., Jen K., Colleen, Jocelyn B., Lisa F., Nelia C., Ryan G.*

When you tell your family and friends about us and they come in to Bradford Family Dentistry, tell them to mention your name and we will send you a gift as our way of saying thanks!! You will also be entered in our monthly referral prize draw! This month's prize is a Nintendo Wii – remember, the more you refer, the more chances you have to WIN!!

### **Welcome New Patients!**

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

*Arnab B., Surjit S., Mickael M., Kathy A., Rita S., Sherry J., Tony F., Shirley T., Jan P., Mira K., Katelyn W., Hayden W., Paul W., Juliet P., Steve D., Lee H., Jennifer T., Teresa M., Paul M., Kim G., Fred B., Matthew D., Elia D., Dina T., Tanya B., Kara S., Luke B., Josh B., Arthur S., Christina P.*

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us!

## **This Months Special Offer**

We will credit your dental account with **\$200** towards any cosmetic treatment over \$2000.00 that you may need or want upon completion of your regular exam.

**Call Andrea**

**(905) 775-5307**

to schedule your appointment and get started on your beautiful smile!



Dr. Hutt made a surprise visit a few weeks ago. It was great seeing him again and catching up with him!

## **Happy 9<sup>th</sup> Birthday Bradford Family Dentistry! *A Note from Dr. Chai...***

Can you believe it has been nine years! On March 1st, 2001, I took over the practice that Dr. John Hutt (pictured above with Dr Chai) built back in 1977. It's been 9 years and we're having a birthday party to celebrate. I invite all of you our wonderful patients to come celebrate with us. On Monday March 1st, 2010 all day we'll be serving cake, there will be prizes and giveaways to our outstanding & loyal patients!

Back in 2001, I decided to settle in Bradford. I originally grew up in Mississauga, went to Dental School at the University of Toronto, and spent the previous 3 years as an associate with various offices in Toronto, and nursing homes, and spending the majority of 2000 in Niagara Falls and Niagara-on-the-lake. After honing my skills for 3 years I decided that it was time to have something of my own.

Bradford was everything I was looking for (and I'll be honest I didn't even know where Bradford was until the Broker told me where it was). It was within an hours distance from Mississauga so I could see my parents and friends whenever I wanted to, and it was far enough from the city. It also had most of the conveniences I was use to close by (like Grocery stores, movie theatres, Futureshop, shopping mall and Walmart). I just had a really good feeling about this. No doubt the first few weeks I was really nervous and unsure of what I was doing as far as running the practice having never run a business before. The dental part is fun, the running of a business not so much.

Despite a few hiccups along the way the last nine years have been a great ride. A lot of my patients that continued with me in 2001 are still with me today and are more and more like friends as the years go by. We've had many, many new patients come through the last 9 years who have been an absolute pleasure to get to know and treat as well.

I have had a lot of success since I have been here, and that has all been because of you, our wonderful patients. I even won the Entrepreneur of the Year award in 2006 thanks to all of your support. Since I've been here we've added a lot of technology to the practice to improve the level and quality of service. I've attended more than 2000 hours of dental courses to improve my ability to bring the most current and up to date services to you as well. I just finished session 2 of the 4 session implant course I'm taking and it's amazing stuff that I'm learning. We have the finest staff right now that I've ever had, and we're only looking to get better and better.

In the span of 9 years, I've devoted a lot of time to this office and improving it, but I also managed to get married in 2004 to my beautiful wife, Alice. We also had our first child Evan, last January 2009. I want to thank all my patients that helped share in this experience. Evan by the way is doing awesome and is starting to eat a little bit of table food along with his baby food. He also just took his FIRST STEPS!!!

*Well it's been a great 9 years... Next year is the big 10! I look forward to our continued long-term relationship with you and I hope to see you on March 1st for our birthday party.*

*Dr. Chai*