

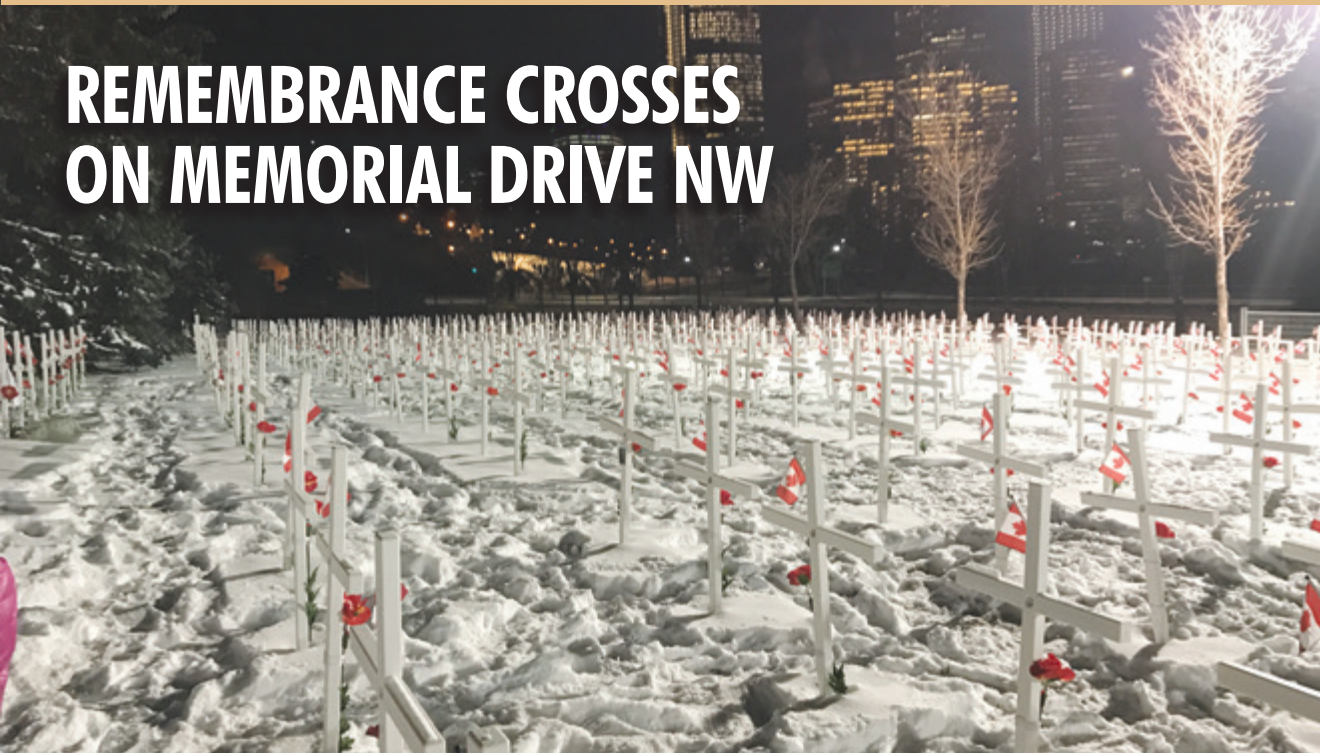
NOVEMBER 2024

DELIVERED MONTHLY TO 5,125 HOUSEHOLDS

the **CRESCENT** view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

REMEMBRANCE CROSSES ON MEMORIAL DRIVE NW



Find out what your home is worth in 2024



Richard Palibroda

403.560.0061 | richardpalibroda.com

crescentheightsyc.ca

Get a Heritage Guideline Area Lawn Sign!

Put up a lawn sign and help create awareness of the Heritage Guidelines that apply to development in Crescent Heights.

Help us preserve the rich heritage character of our neighbourhood.



Shoebbox Packing Party!
SEND GIFTS, GOOD NEWS, and GREAT JOY!
November 22 @ 6:30 PM



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samaritanspurse.ca/OCC

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WE'LL GIVE YOU

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- India Pho Nga Pulse Studios*
- Quesada Burritos & Tacos Royal*
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- Denture Clinic The UPS Store*
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Buy a \$50 gift card and
we'll top it up with another \$25

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CRESCENTHEIGHTSVILLAGE.CA



THE CRESCENT VIEW

Newsletter Deadline

The *Crescent View* is published 12 times per year. The submission deadline is 6:00 pm on the fifth of each month for the following month.

For example, to be published in the June issue, the deadline is May 5.

Please email your articles or event listings, as an attachment in MS Word form, to the editor at: newsletter@crescentheightsyyc.ca.

Digital photos that are community related are always welcome as an attachment to the email and be sure to send a caption and/or the names of people who are in the photo. The requirements are 250 KB for a smaller picture and 1-3 MB for a larger (full-page) picture.

Editor:

Elizabeth Stady

Email: newsletter@crescentheightsyyc.ca.

Vision, Mission, Values

Vision

We are a vibrant inner-city community with engaged and connected residents.

Mission

Crescent Heights Community Association works with residents, members and stakeholders to improve the quality of life for its residents by:

- Developing and enhancing community enjoyment, safety, connection and belonging and;
- Advocating on behalf of the community.

Values

- We value integrity and transparency in our communication with all stakeholders.
- We value a sustainable future.
- We value diversity of our residents.
- We value inclusivity and compassion as we work to build community.
- We value the contributions our volunteers make to build a strong sense of community.
- We value community engagement through the arts and support local artists.
- We value protecting and enhancing our public spaces, forests and historic resources.

CHCA Board of Directors

We are always looking for people to join our core group of volunteers. It's a great way to learn/exercise leadership skills and a great way to build and connect your community. If you're interested, then go to our Volunteer page and send us a message.

The Board meets at 7:00 pm every fourth Tuesday of the month and all CHCA members are welcome. If you are planning to attend, please send an email to secretary@crescentheightsyyc.ca at least 24 hours before the meeting.



Crescent Heights Community Association

Join Our Board!

We are looking for people for the following roles:

Planning Director
Engagement Director
Fundraising Director
Memberships Director

If you are interested or have any questions, please reply to: president@crescentheightsyyc.ca

VOLUNTEERING

Connects you to others
Is good for your mind and body
Can help start or advance your career
Bring fun and fulfillment to your life

JOIN THE CRESCENT HEIGHTS
COMMUNITY ASSOCIATION (CHCA)
MEMBERSHIP BENEFITS YOU, YOUR
FAMILY AND YOUR NEIGHBOURS
HAVE A VOICE
HELP US GROW COMMUNITY!



BOARD OF DIRECTORS 2024

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Treasurer	John McDermid	treasurer@crescentheightsyyc.ca
Secretary	Harmeet Singh	secretary@crescentheightsyyc.ca
Community Partnerships	Zachary Nagy	communitypartnerships@crescentheightsyyc.ca
Planning Director	Krista Beavis	planning@crescentheightsyyc.ca
Planning Director	Adam Schwartz	planning@crescentheightsyyc.ca
Parks Director	Humaira Palibroda	parks@crescentheightsyyc.ca
Facilities Director	Jordan Nabata	facilities@crescentheightsyyc.ca
Engagement Director	Vacant	engagement@crescentheightsyyc.ca
Communications Director	Elsie Ross	communications@crescentheightsyyc.ca
Traffic Planning and Mobility Directors	Marie Semenick-Evans Doug Carlyle	marie@crescentheightsyyc.ca doug@crescentheightsyyc.ca
Living Green and Sustainability Director	Stephanie Ho Lem	stephanie@crescentheightsyyc.ca
Membership Director	Dennis Marr	memberships@crescentheightsyyc.ca
Fundraising Director	Vacant	
Director at Large	Vacant	
Digital Platform Director	Matthew Clapson	digital@crescentheightsyyc.ca

We need you!

We're looking for **new board members** to join the **Crescent Heights Community Association Board of Directors.**



We have a number of open positions that we'd like to fill including:
Memberships | Fundraising | Planning | Engagement
For more info contact president@crescentheightsyyc.com

PRESIDENT'S MESSAGE

Hello Crescent Heights,

At the time this message was written, it was still a few weeks until the CHCA Annual General Meeting and the election of our 2024-2025 Board of Directors. I'd like to start by expressing a big thank you to all those who volunteered their time to serve on the CHCA Board this past year, and an equally big thank you to those who put their names forward at the AGM to form this year's board. We'll update you in December's newsletter with the new board roster and Director assignments.

We'd like to encourage you to share your feedback on the Crescent Heights High School Speed Bump Pilot Project, which is expected to remain in place for 18 months from the time of installation. To assess the efficacy of the pilot project, the City's plan is to conduct before and after speed studies, review public feedback, and evaluate changes in driving behaviour. Based on the results, they will decide whether to remove the temporary speed bumps or plan for permanent installation in the future. Your feedback is essential, so please share your thoughts at calgary.ca/speedhumps.

Finally, the skating rink project continues to move forward, and by the time the next newsletter reaches your mailbox, we hope to be out skating and playing some pickup hockey in our refurbished rink. Thanks once again for everyone's continued effort on this amazing community project.

It's a wonderful community that we live in – be sure to get out and enjoy it!

Marie

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Membership Focus

Our members join the CHCA for various reasons including the Stampede Breakfast, seniors' fitness class, and the community garden. Others join because they use the community-maintained rink, enjoy the mini-galleries in Rotary Park, and value the community and river cleanup efforts. Still, others join because they appreciate the work done by the CHCA on dealing with the City on development permit issues, traffic and mobility issues, crime monitoring, enhancement efforts to the Goose and Bear Park that overlooks Edmonton Trail, and the work to install a human/dog fountain in Rotary Park. Finally, the CHCA interfaces with residents and the City on a myriad of other issues of concern to Crescent Heights' residents. Our community's strength comes partly from our CHCA membership numbers. Do you need more reasons to become a member? If not, go to the CHCA website and click on membership. The cost is a bargain, the benefits enormous.

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Embracing Change: Art on the Cusp at Mini Galleries

Mini Galleries is thrilled to present *Art on the Cusp*, an exhibition featuring six talented artists from Artpoint Gallery & Studios Society, one of Calgary's vibrant art collectives. Running from November through December, the exhibition explores the connection between natural landscape shifts and internal transitions in our journeys. The artworks capture the cyclical patterns of nature—spring's renewal, summer's flourish, autumn's decay, and winter's rest—and reflect on how these natural changes mirror phases of human emotion and experience.

Featured Artists

Dianne J Leong, BJ Sosa, Reva Diana, Sarah Slaughter, Erin Freed, and Terra McDonald.

Join Us for the Art Walk

Celebrate the opening of *Art on the Cusp* with an Art Walk on Saturday, November 9 at 1:00 pm, starting at Gallery No. 1 (107 7 Ave NE, Calgary, AB). This is a fantastic chance to meet the artists and learn about their creative processes. Dress warmly and enjoy art in the beautiful setting of Rotary Park.

Whether you're an art enthusiast or just looking for a new cultural experience, this exhibition offers the perfect opportunity to walk, meet people, reconnect with old friends, and learn something new.

ARTPOINT GALLERY & STUDIOS SOCIETY

MINI GALLERIES PRESENTS:

ART ON THE CUSP

NOV 1 - DEC 31, 2024

ROTARY PARK
6171 ST. N.E., CALGARY

OPENING RECEPTION: NOV 9, 1 PM

24/7 OPEN!

DIANNE J LEONG BJ SOSA REVA DIANA SARAH SLAUGHTER ERIN FREED TERRA MCDONALD

MINI EXHIBITION

ART POINT CRESCENT HEIGHTS

Word of the Month

Accismus:
noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

Our Missing Hearts by Celeste Ng

Our Missing Hearts is a book of poetry inside the novel *Our Missing Hearts* by Celeste Ng. In a dystopian United States not too far in the future, Margaret Miu’s book is banned for subversion. Although she wrote it about her garden and her feelings when she was pregnant, the title became a slogan amongst those protesting the draconian laws of PACT.

First, we meet Bird, the twelve-year-old son of Margaret and Ethan. He leads a blameless, quiet life with his father in a dorm. They follow all of the societal rules, and there are many. His mother left him and his father without any reason he knew, or that his father would tell. She was “dead” to them. He resented this, but he made the best of the parent he had.

One day he receives a postcard covered in innumerable drawings of cats, plus one tiny square inside a square. Clever enough, he decodes this message from his mother. With the zeal of a child raised on fairy tales full of heroes, he assumes that he can find her in New York City. There is a bus, and he has just enough money from minor earnings and birthday presents to buy a one-way ticket.

Just like the heroes, he does achieve his quest, although when he and his mother meet, he is still a resentful young teen. The narration changes to Margaret’s perspective. She left her family because the widespread use of her poem “Our Missing Hearts” and her Asian heritage made her a target of vigilantes and the government. She and Ethan knew that within a short time, the authorities would kidnap Noah (Bird’s legal name) and send him to an institution or foster family to be raised in accordance with the correct societal values. By abruptly disappearing, his mother at least left him with one parent – a very dedicated and frightened parent.

Since her disappearance into the maze of New York City, Margaret became involved in resistance to the overbearing government. She conceived of her own project that she keeps hidden until the time is right. Bird’s arrival interrupts her project for only a short time.

In the Author’s Note at the end of the book, Celeste Ng describes the factual bases for her story. She cites the principal in Margaret Atwood’s writing of *The Handmaid’s Tale* – no painful practices have been made up. All have repeatedly happened in our time and in other times.

New Parking Guidelines

For the new fee structure and to apply for a parking permit, visit www.calgaryparking.com/parkingpermits.

For more information, visit www.calgary.ctvnews.ca/there-s-a-fee-for-that-city-of-calgary-launches-first-change-to-permit-parking-program-1.6247738.

If you do not have access to the internet, please contact the customer service team at 403-537-7000 and they will help you set up an account.

SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT

<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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Swish is a locally-owned dental clinic where oral care meets self-care. Since opening our doors in 2022, we've earned over 500 5-Star Reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

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Direct Billing

Experience
the Extras at
No Extra Cost



The key to great
care? It all starts
with our people.

Book an appointment with
our dream team at Swish
Bridgeland.

Cosmetic Dentistry 101

Want to freshen up for fall? We've got you.

Our clinic team is in the know and able to help you decide what cosmetic dental procedures might be a good fit for your goals.

What is it?

Cosmetic Dentistry describes a range of services and treatments, including Veneers, Implant Crowns, Cosmetic Bonding, and, of course, Whitening.

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You may be a candidate for cosmetic dentistry if your teeth are:



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*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



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825-540-7183

Find us online:



swishoralcare.ca

hello@swishoralcare.ca



[@swishoralcare](https://www.facebook.com/swishoralcare)

Sharon Danish Lutheran Church

A part of the Crescent Heights community since 1930

November 2024

- Sunday, 3rd** 10:00 am - English All Saints Service
- Sunday, 10th** 10:00 am - English Worship Service
11:15 am - Danish Worship Service
- Saturday, 16th** 11:00 am to 2:00 pm - 61st Annual Christmas Bazaar at the Danish Canadian Club
- Sunday, 17th** 10:00 am - English Worship Service
- Sunday, 24th** 10:00 am - English Worship Service
11:15 am - Danish Worship Service



Contact Pastor Charlotte Berg: 403-277-5804
Email: office@danishlutheranchurch.ca
Website: www.danishlutheranchurch.ca
Facebook: Danish Lutheran Church in Calgary



Everyone is Welcome!

(A congregation of the Danish Seamen's & Churches Abroad)

Photo Corner

by Gavin S. Mills



Rotary Park People & Pet Fountain Fundraiser



Crescent Heights we are so close to the finish line

We have raised \$16,800.00

The City requires us to have:

a concrete pad and electrical for a drainage pump

Calling all Concrete Contractors!

We need your help to install a small concrete pad for the fountain

email: Humaira Palibroda- parks@crescentheightsyycc.ca



Receive a tax receipt from Parks Foundation Calgary.
 Use the new QR Code linking Donations to the Parks Foundation on our website:
<https://crescentheightsyycc.ca>



Donate to have the Rotary Park Fountain in 2024
 Let's do it Crescent Heights!



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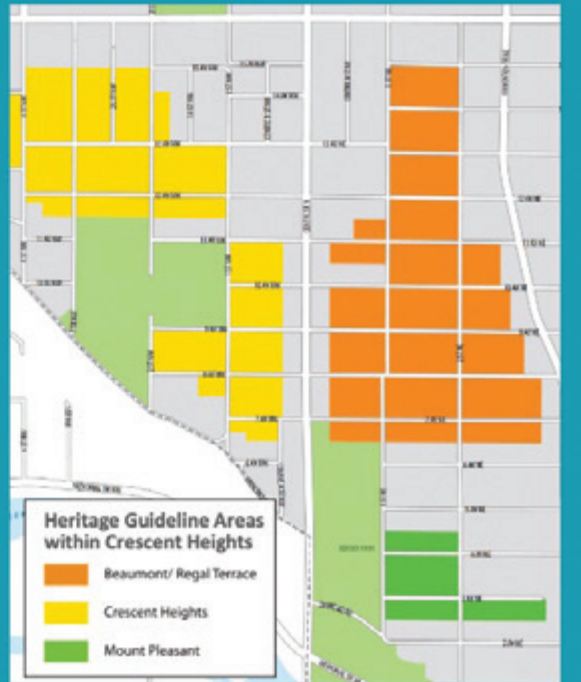
Licensed by Avenue Financial

Building, renovating or purchasing a home in Crescent Heights?

Your property may be within the Heritage Guideline Areas that apply to much of our community.

Familiarize yourself with the Heritage Guidelines Implementation Guide and Checklist.

crescentheightsyc.ca/planning



Are You Considering an Electric Vehicle as Your Next Car?

by Stephanie Ho Lem, CHCA Director of Living Green

Electric vehicle (EV) technology has come a long way and with climate change, there's an urgency to increase EVs and reduce internal combustion engine (ICE) vehicles. My current car is an ICE vehicle with a manual transmission. A manual transmission requires you to operate a clutch and a shifter. I love my manual transmission vehicle, but it will be inevitable that I will have to give it up. With the current federal government mandate, stating that all new passenger vehicles and light trucks must be zero-emission by 2035, and 60% by 2030, my choices will be limited when it's time to buy a new vehicle. Less and less ICE vehicles will be manufactured.

"Environment Minister Steven Guilbeault told CBC's Power and Politics that in 2035, 100 percent of new vehicles sold would have to be electric vehicles. But people who have gas-powered engines would be able to continue using them past 2035; they just won't be able to buy new ones." Clearly, as a consumer I have difficulty with governments dictating choices via a mandate. So far, according to Statistics Canada, of the 1.7 million new vehicles sold in Canada in 2023, about 8.1% were electric. At this rate, EV sales may not meet those targets set out by the current federal government as 2035 is only ten years away. Another reason EV sales are slow according to a recent survey by McKinsey & Co., prospective EV buyers want the same convenience they now enjoy with ICE vehicles. The survey also indicates that respondents would rather buy at least one more traditional ICE car before switching to an EV.

As someone concerned about the environment, my next car should be electric, but convenience matters, especially accessibility of charging stations and range. At last count, there are not sufficient stations for public charging in Alberta and in adjacent provinces and the future network will not meet the surging demand. If more EVs are on the road, you have to ask would there be a lineup to access a charger and how long would it take to charge? The mandate and timelines set by governments are ambitious.

In the interim, I fall into the same category as those respondents who would rather buy one more traditional ICE vehicle before buying an EV. Having concern for polluting emissions, a hybrid car can run on electric energy and emit fewer emissions. I will likely commit to an EV purchase, but for the interim I am leaning towards a hybrid vehicle for some of the following reasons.

- Not enough minerals for EV batteries. Manufacturers can construct 17 hybrid batteries with materials necessary to make one EV battery.
- EVs are more expensive to buy and maintain. Living in Calgary, we have huge variances in temperatures (+30 degrees Celsius in summer and -40 degrees Celsius in winter) that will impact battery performance and lifespan.
- Because of their weight, they chew through tires about 40% faster. Important to rotate tires.
- EVs are more expensive to insure because they cost so much more to repair if they are involved in an accident.
- EVs may save on gas bills but batteries need more attention. To increase the life of the battery, never drain it, but keep it optimal at 20% to 80%.

Do your homework, as more information is available to help with your choice.

Please note that the content provided is for informational purposes.

Sources: Calgary Herald "Global mandates for EV sales are doomed to fail"; CBC News posted Dec 20, 2023; McKinsey & Co. Survey "Exploring consumer sentiment on electric vehicle, Jan 9, 2024"

stephanie@crescentheightsyyc.ca

So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



Tips and Gifts for a Less Stressful Holiday Season

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:


- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.


Wishing all of you a wonderful and stress-free holiday season.



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CRESCENT HEIGHTS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

YOURS TRULY, JOHNNY DRYWALL: A big thank you to all my neighbours and new friends for a fantastic year so far! If you have any drywall or ceiling repair needs, please call/text Brad at 403-771-5228. Estimates and advice are always free.



YOUR CITY OF CALGARY

Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.



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✉ len.webber@parl.gc.ca

Making Time to Remember

Have you ever wondered why Canadians and Americans don't celebrate Thanksgiving at the same time?

Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11 as Armistice Day.

The day was intended to celebrate the Allied victory in the First World War but quickly became a day of remembrance for those who had died in WWI and conflicts before.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day. Early remembrance ceremonies were observed primarily within the military community but with the passage of time it became an occasion for the general population to show appreciation and remembrance.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11 every year. It reflected the public sentiment that the occasion should focus on the memory and sacrifices of those who served and died in defence of our nation instead of celebrating the political and military successes that led to victory in WWI.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November, and they conduct their remembrance activities during the Memorial Day weekend in May.

This November 11, Canadians will again pause to remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation.

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- Offer anticipatory guidance
- Examine your child's teeth for decay
- Examine your child's gums and soft tissue for disease or problems
- Determine when x-rays and fluoride treatments should be started
- Evaluate the way that your child's teeth fit together, i.e. "the bite"
- Identify any potential problems or deleterious habits
- Show you and your child how to properly clean his or her teeth at home
- Answer your questions or concerns



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