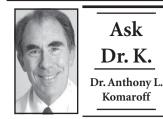
Dental checkups are necessary even for faithful flossers

Dear Doctor K: I take good care of my teeth, brushing and flossing regularly. Do I still need to have regular dental checkups?

Dear Reader: Even if you brush your teeth three times a day and floss daily, regular checkups with a dental professional are a must.

For most people, two checkups per year are enough. That's what I have. Routine visits usually include a professional cleaning, an exam and possibly



X-rays.

Professional cleaning rids your teeth of tartar. This thick stuff can build up in places that are hard to reach with a toothbrush. Or in places that are easy to reach with a toothbrush if you don't regularly use a

Ask

Dr. K.

Komaroff

If tartar is not removed, it can lead to cavities and tooth decay.

During the cleaning, the dentist or hygienist might use a small metal instrument with a bladelike end to scrape off tartar above and below the gum line.

He or she may also use an ultrasonic vibrating device to shake loose plaque and tartar.

The dentist or hygienist will polish your teeth with a lightly abrasive paste and finish up with a flossing.

clean, your dentist will examine them, looking for early signs of cavities, gum disease, oral cancer or other dental problems and take appropriate action.

He or she will look for signs of decay, using a metal probe and a small mirror with an angled handle. The dentist will check for gum disease by examining your gums for swelling and redness and by measuring the spaces between the teeth and the gums.

Your dentist will test

how your upper and lower teeth come together. He or she will look for evidence of tooth grinding, or problems with the joint that connects the lower jaw to the skull. The dentist will also check for signs of infection and oral cancer. Finally, your dentist will look for clues as to whether problems in your mouth are actually symptoms of other diseases in the body.

Virtually everyone who visits the dentist will have X-rays taken at some point. Teeth, bones, fillings and

restorations appear lighter because they block more of the X-rays than soft tissue. Decayed or swollen, pusfilled areas around teeth appear darker than healthy teeth.

X-rays are valuable for uncovering problems in places that can't easily be seen — cavities inside and between the teeth, for example.

They can also show wisdom teeth that have failed to come through the gum and bone deterioration below the gum line.





Contact A.J. Sylvis at 371-4200, ext. 2164 or email: asylvis@thecourierexpress.com













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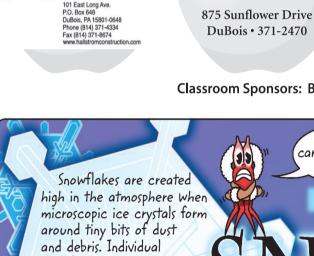








Classroom Sponsors: Bernard P. Snyder Funeral Home, Reynoldsville and Bernard P. Snyder, Jefferson County Coroner



CONSTRUCTION, INC.

microscopic ice crystals form crystals then join with hundreds of other crystals to form a snowflake. The countless variations of snowflakes created by this process means that the saying "No two snowflakes are alike" is a fairly realistic statement.

> Nearly all snowflakes have six sides, but some may have as few as three sides or as many as 12.



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This edition of Shortcuts is sponsored by Flake Shelton Where do

I think I'm the coolest guy on (snowflakes go to dance? The Voice

What did the Wilson Bentley was snowflake say to his girlfriend? I'm falling for you. one of the first people to THE

Most individual snowflakes are less than 1 cm (0.39 in.) in diameter, but some can measure nearly 2 cm (3/4 in.) across. An "aggregate" snowflake is formed when several snowflakes join together. The largest aggregate snowflakes can measure more than 10 cm (4 in.) in diameter.

BIG CHILL

A falling snowflake may take several hours to finally reach the ground



photograph snowflakes. Starting in the 1880s, he took more than 5,000 photographs of snowflakes, earning him the nickname 'Snowflake Man.'

A single snowflake may contain hundreds of snow



What do

nowflakes do or

Kepler, Rene Descartes and Robert Hooke. WORD SEARCH Can you find the hidden words? Search carefully because some words are backward or diagonal. GUESSWHATNEXT AGGREGATE SIX ICE DENDRITE FALL COLUMN BOB CRYSTAL SIDES STELLAR LOGOESEEKROXU DUST NEEDLE

OGGDFUNNEIIBM FLAKE ULATSYRCASCAN DEBRIS FORM CLOUD DARLINGOLFEET SNOW PLATE Distributed by Universal Uclick for UFS, Inc. What does © Jeff Harris 2015 1/19 snow eat for breakfasts Frosted Flakes.



There are several different types of snow crystals. The type of crystal that forms in a cloud depends on several factors, including the temperature and the amount of moisture in the cloud.



Needle

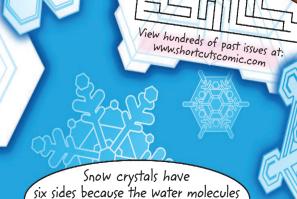








Spatial Dendrite Capped Column



For more information, check out these books: "Snowflake Bentley" by Jacqueline Martin and Mary Azarian (Houghton Mifflin Harcourt) or "The Snowflake: Winter's Secret Beauty" by Kenneth Libbrecht and Patricia Rasmussen (Voyageur Press).

inside them link to form six-sided

structures.