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# TOOTH TRIBUNE

Volume 4, Issue 8

Dr. Clayton Fuller ORTHODONTIST

August Toothousand-Three

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## Clean Teeth

When was your last cleaning? When you first started treatment, we had you sign a “dental contract” with us. It said that you would agree to keep your teeth clean during your orthodontic treatment. Seeing your general dentist every six months for this is important. Summer time is an excellent time to plan this appointment because you will not have school schedules to work around. So, please call your dentist today and plan your cleaning before school starts!

## Brushing With Braces

- Brush your teeth after every meal and floss before you go to bed. As it is easier to get cavities with braces on.
- Bad breath is very uncool! Do not skip brushing, or you will get bad breath and no one will want to talk to you.
- When brushing, its best to have a routine. We like to start in the upper right, in the back. Brush in a circular motion, getting the bristles both above and

below the braces. Slowly work your brush forward and then over to the left side. Then brush the inside, working your way back to the inside of the upper right. Then you can move to the lower teeth. Do the biting surfaces last. It should take at least three minutes!

## AUGUST EVENTS

Christian Community Theater presents *The Music Man*. Showing at the Mt. Helix Amphitheater on August 14-30. For tickets call 588-0206.

## Role Model



Barbara Thomas-Rutledge  
with Dr. Fuller

Barbara is a Civil Engineer at B.F. Goodrich (Rohr) here in Chula Vista and one of our

patients. We felt she would be our role model of the month, because of the rarity of women in engineering. We decided to interview her.

**Q:** Why did you become an Engineer?

**A:** It’s in my blood. My Father was an Aeronautical Engineer, my Mother studied it, and my Grandfather was in construction. Even my personality tests score me as an Engineer.

**Q:** What do you Engineer?

**A:** At B.F. Goodrich I’m involved with commercial planes. We focus on the nacelle and the thrust reversers. I was always good at math, so I became a Civil Engineer. I wanted to focus on buildings and roads, but airplanes are what we do.

**Q:** What are the advantages of being a Civil Engineer?

**A:** It is an international world for us as far as our financial contracts go. We do a lot of business with France and Spain. So, the opportunity to travel or live in these countries is quite exciting.

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**Q:** What advice can you give to a student pursuing a job in engineering?

**A:** Learn to type and use a computer. Engineers are not as fixed to their drafting tables as in years past. The computer usage and social interactions with co-workers introduces a good dimension to this job. Also, if you can go away to college and live in a dorm, it makes the transition from home life to real life easier.

Thank you Barbara.

### **NEW FACES**

#### **WITH BRACES**

Michael Garner  
Sherian Uson  
Nicole Pota  
James Pota  
Chezarae Zeitler  
Christopher Murtomaki  
Elsa Lopez  
Robert Espinosa  
Amber Jansey  
Sofia Vincent-Vidal  
Becca Corrigan  
Brandon Lemus  
Brittany Phillips  
Ruben Bravo  
Cassie Ross  
Jadie Stewart  
Zsa Zsa DePaolo  
Kristie Eugenio  
Taylor Reynolds  
Sydney Buxbaum  
Allison Lemus  
Cameron McLean  
Rene Luna  
Conralyn Cabalbag  
Michele Najera

Cynthia Castillo  
Liz Vining  
Jonathan Ramos  
Ashley Lemus  
Donald Corn

### **GRADUATES WITH NEW SMILES**

Fernando Gonzalez  
Michel Chenelle  
Abraham Tan, Jr  
Kristine Martinez  
Johana Neri  
Adrian Sancen  
Abigail Meza  
Maritza Vega  
Nicole Proa  
Ricardo Rivera

### **NEWS FLASH:**

During the first week of August, Robin Hinton and her family will be camping in the Redwoods. They will also be staying on the beach in Santa Barbara, where they will enjoy some surfing and biking. *Wish we could go with them!*

### **HAPPY BIRTHDAY TO:**

Eli Mizrachi, Daniela Lozano, Carlos Laguna, Ashley Linton, Scott Walkey, Ana Isabel Blanco, Byran Roberson, Juan Biosca, Ricky Jones, Veronica Gonzales, Albert Yates, Julio Romo, Raymond Alvarez, Chris Campbell, Joshua Morales, Chris Ouji, Angela Lopez, Gabriel Cunanan, Melissa Arzave, Orens Carlos, Neil Allen, Alec Stephens-Doll, Austin Knobloch, Kevin Knoffsinger, Elisabeth Guffey, Victoria Walters, Jessica Sellers-Jones, Daniel Vitug,

Jordan Hagadone, David Hawley, Trey Johnson III, Megan Graham, Amanda Puente, Connor Martin, Natalye Pass, Marc Marsden, Luis Ortiz, Janissia Castillo, Olivia Spanjer, Maria Turner, Avery Llanes, Desiree Woodburn, Edward Kenneweg, Maritza Vega, Lauren Perez, Jesse Lambert, Aaron Perez, Amanda Boeldt, Michel Chenelle, Sandra Jimenez-Warren, Rebecca Thomas, Hayley Knapp, Kevin Huston, Paul Szkopiec, Dustin Wicarius, Steve Keyes, Princess Collins (Dr. Fuller's Assistant), Vanessa Angel, Jessica Maldonado, Kevin Ligocki, Brandi Hankins, Elizabeth Rivera, Melissa Sanchez, Susan Reyes, Lorena Orozco, Sherian Uson, Estella Castillo, Briana Lazo, Stephanie Mull, Jonathan Ramos, Raymond Zuilan, Salvador Sanchez, James Hynum, Raymond Chatterfield, Christina Morse, Nicole Crutchfield, Silvia Bojorquez, Jason Ramirez, Rey Felix, Leland Kriz, Jacqueline Angel, Jonah San Pedro, Daniel Park, Paul Gomez, David Lance, Carlton Cruse, Maritza Silva, Brandon Lemus, Ryan Santos, Marissa Ullman, Anna-Malissa Bracamontes, Nathalie Cervantes, Dustin Correia, Kurt Lauk, Heather Mayer, Stephanie Quintero, Tara Araiza, Joleen Hancock, Jennifer Schmidt, Sarra Smith, Robert Buddingh, Alexis Montano, Loren Melero, Mark Rocha, Shuron Stover, Carmela Cleaves, Samuel Greenberg!!