



**Fred Dreher, DDS.
The Smile Guy!**

News From The Smile Guy!

August 2008

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Close To Home

- LOCAL EVENTS**
- Farmers market, high rock avenue Saratoga wed 3-6 & Saturday 9-1
 - Farmers market, ballston spa wiswall park thurs 3-6 and Saturday 9-12
 - Aug 14—alive at 5 irish night with fireworks—Albany riverfront park free admission
 - Aug 22—travers wine tasting 7–11pm at national museum of racing, Saratoga
 - August 23—travers day!
 - Aug 28—sept 1 dba sidewalk sale in Saratoga springs
 - Sept 4-6 Saratoga wine and food festival

With gasoline and airline tickets selling at premium prices, many people are opting to stay close to home for their summer vacations. Reportedly, Lake George is having an excellent year for the tourism industry. Of course, Saratoga is in full swing since the opening of the season at Saratoga Race Course on July 23rd. These are two highly popular tourist spots, but certainly not the only options for those of us in Upstate New York.

One place you may want to consider is Cooperstown. It's not all about baseball! In addition to the Baseball Hall of Fame, Cooperstown is home to the Fenimore Art Museum and the Glimmer-

glass Opera. You can visit the National Soccer Hall of Fame Museum in nearby Oneonta, or ride on the historic Leatherstocking Railway, which departs from Milford, NY and offers special event trains from May through December. In 2005 Glimmerglass State Park was named as one of the top 100 campgrounds in the nation. In addition to offering performing arts as part of it's summer recreation program, Glimmerglass offers swimming, boating, biking, and hiking on the parks many trails.

Cooperstown was once the hops-growing capital of North America. The Cooperstown Beverage Trail, comprised of four local es-

tablishments, is New York's first official cuisine trail. Each stop offers tastings and tours, along with specialty



shops. Current partners include 2 breweries, a winery and a cider mill. A current promotion offers a free wine glass with a stamped coupon (available online) showing proof of visits to all four partners on the trail.

You can find more things to do in and around Cooperstown at www.cooperstownchamber.org

An Old Fashioned Night At The Movies

Although the cars parked in the lot have changed a bit since the beginning, the basic set-up for a drive-in movie theater has not. The first drive-in opened June 6, 1933 with a showing of "Wife Beware". The drive-in theater was invented by Richard Hollingshead of New Jersey, who worked out the dynamics in his own yard, using a sheet for a screen, and moving cars around in order to determine the correct placement for viewing the screen. During it's heyday in the 1950's and 1960's, the industry boasted over 4000 drive-in theaters. Today, less than 400 remain open. One of the largest was the All-Weather Drive In in Copiague, NY. The lot held 2500 cars, and there was also a heated and air conditioned indoor seating area with room for over 1200 people. The complex included a playground, a cafeteria, a full-service restaurant and a shuttle to

get people back and forth from their cars to the other play areas on the 28 acre site.

We are lucky to have one of the last remaining drive-in theaters right in our back yard. The Malta Drive Inn Theater Sign has been recently designated as a historical landmark. Although the price of admission has gone up substantially (from \$0.25 to about \$8.00—\$3.00 for under 12's) since it's inception, the fun factor still remains strong. The Malta Drive-In operates from April until September and shows new releases on two screens. There's even a concession stand, so you can do dinner and a movie under the stars. Visit them on the web at www.maltdrivein.com or call 587-6077 for more information.

Are you ready for that next kiss?

Have you ever wondered what causes bad breath? It's not necessarily poor oral hygiene. In fact, the onset of bad breath can be a warning sign of disease or illness.

Everyone experiences halitosis at some time. The mouth houses millions of anaerobic bacteria capable of causing odors. These bacteria feed on the proteins in the food we eat and putrefies them. The gases resulting from trapped food decaying produce an unpleasant odor and taste. Most people can resolve halitosis issues with proper oral hygiene; brushing, flossing and regular visits to a hygienist. Untreated cavities can also cause mouth odor as decay advances.



Gingivitis, or gum disease is another source of bad breath. The more we learn about the oral systemic relationship, the more we find about how detrimental gum disease can be to a person's overall health. Other causes include; eating foods rich in protein (milk, meat, fish, eggs, cakes, nuts. etc.), biofilm on the cheeks and tongue—don't forget to brush them too!, gum retraction which allows food particles to be trapped between teeth and gums, plaque and tartar deposits, lesions in the oral cavity (cold sores), lesions in the nose and/or ear, diseases of the salivary glands, tonsillitis or sinus infections, tobacco use, fevers, food particles

caught in the cracks of dentures, fasting and/or dehydration (a dry mouth favors bacterial activity), diabetes mellitus, and diseases of the stomach, esophagus, intestines, liver or lungs.

If you are suffering from halitosis, call and make an appointment with your hygienist. A clean and healthy mouth can reduce the incidences of bad breath. Your hygienist can introduce you to a new and effective product called Closys II. Closys II is a toothpaste and mouth rinse system that targets and kills the sulfur producing bacteria most often associated with bad breath. Be ready for that next smooch!

An Update on Adirondack Dental Assisting School, Inc.

We're now into our second year operating our dental assisting school. The school is held in our dental office, with students "working" on each other in order to gain hands-on experience. So far, we've graduated thirty-eight students, have a class currently going and are starting another one on September 6th. Five of the ten students in our last class had obtained employment prior to graduation. We have doctors actively seeking graduates of the class. The market for dental assistants is pretty hot right now. As you've probably heard, the health care industry is booming. This promises to continue as baby boomers advance in years and require ever more care. For those of you not familiar with our program, here's the scoop. It's a ten week certificate course in dental assisting. It normally runs on Saturdays from 8 am to 5 pm. The school is registered with the New York State Department of Education, and closely monitored. Students are taught dental terminology, radiography, sterilization, OSHA regulations, four-

handed dental assisting, and more.

So far, the response from our students and the doctors who have hired them has been overwhelmingly positive. In

"This course was awesome!...I loved the fact that we were able to practice what we learned..."
(quote from a former student)

addition to the quote below, students said "The course was very thorough and extremely uplifting...It truly has given me a lot of pride in who I am..." and "I liked that class was very relaxed, yet fast-paced. I learned a lot..." . Our hygienist, Karen, is the director. With over 16 years in the dental field, and two degrees, she is the perfect choice, and is doing an excellent job running the school, as well as teaching. Our head assistant, Melissa is doing a fabulous job teaching also, and the students praise her highly in their testimonials.

Our office has kind of "adopted" a

local soldier of our own, Marissa. Marissa is an amazing woman, who lost her legs while serving her country. She inspires us with her positive attitude and willingness to try new things. Marissa recently graduated from our school, which Dr. Dreher invited her to attend free of charge. Others who have graduated include moms returning to the workforce after staying home with their children, recent high school graduates who chose not to attend college at this time, hair-dressers tired of a no-benefit career, CNA's (certified nursing assistants) and others who were tired of working in retail, or other fields. We've enjoyed working with them, and look forward to graduating at least another forty to fifty students over the next year.

If you or someone you know is interested in finding a new, rewarding, challenging career that offers good pay and benefits, call Karen at 363-0008 for more information.

New Rules for School!

Believe it or not, it's already time to start thinking about getting the kids ready to go back to school. This year, children enrolling in pre-kindergarten, kindergarten or first grade in a public elementary school need to provide the school with a dental examination certificate. You can go to www.schoolhealthservicesny.com (where you can also get a list of required immunizations) or to <http://assembly.state.ny.us/leg> —search for bill number A00581—for more information. Technically, this law does not take effect until September 1, 2008. We have received numerous requests from parents, especially of kindergarteners, for the

certificates, so many schools are already enforcing this soon-to-be law.

If you haven't yet made an appointment for an examination and cleaning for your child just entering school this year, now is the time to call and schedule it!

Walmart has lists of supplies needed for many area schools posted in their stores. This will make it easier for parents to shop for back-to-school. The four percent state tax on clothing and footwear under \$110 is in effect all year long now, so no need to wait



Time to get ready for...
BACK TO SCHOOL!

for a special week to shop for back-to-school clothes!

In Ballston Spa the first day of school is scheduled to be Thursday September 4th. September 2nd and 3rd are superintendent conference days.

In Saratoga Springs, school starts on Wednesday September 3rd. September 2nd is a staff development day for Saratoga.

Happy appointment making and shopping!



ATTENTION RECENT HIGH SCHOOL GRADUATES!

OUR FALL CLASS STARTS SEPTEMBER 6, 2008

SATURDAYS ONLY FROM 8 AM TO 5PM - 10 WEEKS

IN JUST 71 DAYS YOU COULD HAVE THE SKILLS YOU NEED TO BECOME A DENTAL ASSISTANT

DOCTORS ARE SEEKING GRADUATES!

CALL KAREN AT 363-0008 FOR MORE INFORMATION.

**ADIRONDACK
DENTAL
ASSISTING
SCHOOL, INC.**

Rain, Rain, Go Away Already!!!!!!!

Well, it sure has been a wet summer. For many of us, that means a lot of excess moisture in our homes. There are several options for dealing with this problem. Purchasing a dehumidifier is one option. Prices at Lowes.com range from about \$150 to \$1400. You can also purchase a mini dehumidifier for under \$100 which is designed for small spaces, like closets or utility rooms. One thing to consider when

purchasing a dehumidifier is the size of the collection tank. A smaller tank needs emptying more often, unless you hook up a continuous drainage hose. This is usually only practical in the basement. It's best to check reviews prior to purchase. Some can be very loud, or have small tanks which require constant dumping.

DampRid is a really cool product. There are several types of packages

available, from larger collection units that you would put on the floor, to hanging units that trap moisture and freshen your closet. It's easy to use, effective, and a good option price-wise if you only have the occasional issues. Also, it's totally silent and you don't have to dump a tank daily. Prices for Damp Rid products run between \$3 and \$15. Let's hope for a drier August!

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thesmileguy.net

NEW IN OUR OFFICE!

DR. DREHER HAS RECENTLY STARTED OFFERING MINI IMPLANTS! MINI IMPLANTS CAN HELP DENTURE WEARERS SECURE THEIR DENTURES IN ORDER TO EAT WHAT THEY LIKE AGAIN AND SMILE MORE CONFIDENTLY. CALL TODAY FOR YOUR FREE CONSULT!

COMING IN THE FALL!

DR. DREHER IS GOING TO BE CERTIFIED TO DO ORAL CONSCIOUS SEDATION DENTISTRY. IF YOU EXPERIENCE HIGH LEVELS OF STRESS RELATED TO DENTAL PROCEDURES, THIS COULD BE FOR YOU! LOOK FOR MORE INFORMATION IN OUR NEXT NEWSLETTER ISSUE!

Keeping Cool At Area Water Parks

Upstate New York in the summer can be unbearably hot for some. Luckily, we have options when it comes to cool places to play. Of course, we have the Great Escape, Splashwater Kingdom and the Great Escape Lodges indoor water park in Lake George. Lake George is also home to Water Slide World, a smallish water park in the village. If you're willing to travel a bit further, Enchanted Forest Water Safari in Old Forge, NY comes highly recommended. Water Safari bills itself as New York's largest water theme park, with 31 HEATED ("Hooray!" say all us over 40's) water rides, and another 20

or so rides and attractions, including an arcade and go-carts. There are several restaurant options, circus shows and occasional guest stars, like Dora or Spongebob Squarepants. Reviews on the internet are overwhelmingly positive. Local lodging is plentiful, including motels and nearby campgrounds. Water's Edge Inn across the street got good reviews, and offers a discount on tickets to the park. Coolers and food are allowed at this time, which can help your family cut down on spending. Admission prices are reasonable; about \$26 for 12 and ups, and \$23 for 3 to 11 year olds. Park hours vary, so call

ahead to (315) 369-6145, or check the internet at www.watersafari.com for details.

There are a couple of other nearby parks—Thunder Island in Fulton, New York is a small park with slides, go-carts, jungle golf and a Ferris wheel. Admission ranges from about \$13 to \$17, with children's admission higher than adult fees! If you go after 4pm, the next day is free. Call 315-598-8016 or visit www.thunder-island.com to check it out. An hour south of Albany, you can visit Zoom Flume in East Durham. Admission there ranges from \$13 for a "spectator" pass to

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