

Bedford Orthodontics

Insiders Guide and Surf Report



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In This Issue

- Aloha from Dr. Hesby *page 1*
- Fun Things to Do *page 2*
- When to See The Orthodontist *page 2*
- The Fun List *page 3*
- Collecting Hawaii *page 3*
- Surf Report *page 3*
- Treatment Options *page 4*

Aloha
From Dr. Hesby



Welcome to our first issue of what will be a quarterly newsletter! Watch this space for insights and happenings with our office.

Today I want to start by answering a question most of you ask me, or least wonder about. After seeing the cool office decor, everyone asks, "What's up with all the Hawaiian décor?" or "Are you Hawaiian?" Well, I'm glad you asked!

As a child I lived in Hawai'i for four years as my dad, a navy dentist, was assigned to a naval base on the island of Oahu. I have many fond memories of living in Hawai'i. We'd spend the days going barefoot (you should all the barefoot kids in my class photos), climbing the monkey pod trees, and "swimming and catching waves at the beach across the street. And of course, I can't forget about the delicious local food! My mom was born in Hawai'i and lived there until she was ten when her family moved to California. I still keep in touch with friends and family there, and I enjoy the macadamia nuts they send my family - - cont page 2

Welcome New Patients & Surfers!

Here at Bedford Orthodontics, we are so glad you joined us!

We look forward to showing you how you can get the most out of your experience. We strive to give the highest level of care in a warm, welcoming and fun environment. We want to keep you up to date on the latest news and events. We want the newsletter to help you be aware of all the services we offer, introduce you to fun ideas, places to go, and fun things to do.

You have made an excellent choice to invest in yourself and your future, and we want to help you get the most out of life !



What They Are Saying About Us

"Well run office, convenient location, excellent staff. We have already been referring friends to the practice for years!" Ellen F.

"My son's smile looks terrific! We are so happy with the results. It was always a pleasure to be in the office. Dr. Hesby is top notch." Dennis G.

"The office is so nice! I always see friends from town there. My daughter loves the Pez!" Beth V.

Continued from page 1

Aloha



every year.

One of my hobbies is to collect Hawaiiana, as vintage Hawaiian things are called. I also collect vintage surfing memorabilia and anything “tiki”. My wife Nancy loves to collect vintage travel items such as the travel bags, luggage tags, tickets and posters. New finds we acquire from antique stores or a recent trip to the islands will be placed somewhere in the office to give that old Hawai’i “vibe”. It’s hard to find vintage Hawaiiana out here in New England, but if you happen to stumble across anything in your travels, please text me a photo. I may follow up on it!

Many of you have mentioned that your vacation plans will be taking you to Hawaii in the near future or you have expressed interest in one day making the LONG flight out there. I love hearing about your visits and especially enjoy learning of some new places to see and sharing with you my favorite spots—good plate lunch places, snorkeling beaches, day hikes, etc.

To be Hawaiian means to be at one with nature, to be generous and kind, to take care of ohana (family) and keep the spirit of Aloha in our lives. With that... aren't we all Hawaiian?

When to See An Orthodontist

The American Association Of Orthodontists Recommends a child sees an Orthodontist before the age of seven. An early evaluation and treatment may prevent or intercept more serious problems from developing and may make treatment at a later age shorter and less complicated. Please call us today at 781.275.0575 for a healthy, beautiful smile!

Fun Things To Do

Brimfield Antique Flea Market

Lucky for us, we are within driving distance of one of the greatest antiques hunting grounds in the country. Brimfield, as it is called, is held in town of the same name along Route 20 in mid central Massachusetts. With fields on both sides of the two lane road, the market is a daisy chain of “shows”, which have staggered opening days of the week long event. The shows are independently run markets and each has it’s own flavor, depending on the vendor. Some fields are open Tuesday through Thursday, while others start their show on Wednesday and continue through Sunday. This gives the visitor a chance to see fresh items every day of the week, regardless which day you visit. The selection is vast...antiques, vintage, industrial arts, collectibles, memorabilia mid century modern, ephemera, posters, furniture, eyewear, gobs of one of a kind items, almost all of it old. Don’t be surprised if you see a “Sold to Ralph Lauren” sticker or “Tommy Hilfiger” sticker on some items. Their prop stylists for their stores shop there early and tag all the items they want. We have had luck finding vintage Pez dispensers for the office, Hawaii posters, menus, cool picture frames, tikis and hula noddies, and other unique travel items on display at the office. If you love antiquing or one of a kind items, this is heaven for you! If you go, my tip is to pack a picnic lunch and some foldable chairs. After an early morning of shopping, stop back at the car for a relaxing tailgate to rest and fuel up for a few more afternoon hours. Bring cash, comfortable shoes, and remember it’s rain or shine! Check out their website for more details and have fun! You may even spot a celebrity or two!

Upcoming dates:

July 14-19, September 8-13.

www.BrimfieldAntiqueFleaMarket.com



Hawaiiana

Ever wonder about any of the Hawaiian themed items in our office? Vintage Hawaii collectibles are called “hawaiiana” and here is the spot in the newsletter where we give you the backstory.

The vintage looking signs you see around the office are custom made by artist Steve Neill, whose studio is in Puna, Hawai'i on the Big Island. He grew up in Southern California and was an avid surfer. His father was a sign artist and did custom painted lettering on airplanes, yachts, and movie props for Hollywood studios. Following in his dad's footsteps, Steve developed his own artistic look. Crafting signs from images of old logos, storefront signs, local business, highway markers, and even clothing, he used hand drawn lettering. He hands cuts stencils to carefully construct colorful typography and images and screens then layer upon layer on a shaped cutout board. The signs reflect images of days gone by in Hawaii. His studio is a converted home on an old anthurium farm in rural Pa'ho'e, a town which a recent active volcano lava flow threatened the roads. He puts personality into his art, which is something treasured by collectors all over the world. These signs help bring the peacefulness and calm of the islands back home.



Steve Neill in his studio with Dr Hesby

The Fun List

Summertime is a fun time to have some adventures and create

memories that last a lifetime. How about adding a mission to try the most intriguing ice cream flavors this year... whether to visit the ice cream stand or order on line...Road trip anyone?

Here is a sampling of distinctive flavors. Please report back to us if you have tried them.

- Sweet Corn and Blackberry – Steve's
- Coffee and Donuts Steve's Ice Cream in Brooklyn
- Van Leeween Earl Grey Tea NY
- Ooey Gooley Butter Cake
Ample Hills Brooklyn
- Snoqualmie's Ginger Ice Cream WA
- "The Munchies" Ample Hills Brooklyn
- Blueberry Pie Graeter's Elena's WA
- McConnells Churros Con Leche CA
- Garlic Flavor Gilroy
Garlick Festival CA
- Sweet and Salty at our local scooper.
Bedford Farms! MA



The best selling flavor everywhere. Vanilla!

Uncle Richie's Surf Report

North Shore O'ahu

Rest of Today: Trace NW swell leftovers for weak waves mainly under knee high along the North Shore. Tradeswell wrap offers occasional slightly larger set breaks .



Local boy
"Uncle" Richie



Bedford Orthodontics



Shifting teeth and crowding is a natural part of aging. We can help! Look younger, more refreshed, and smile with more confidence with a short term orthodontic treatment by a Board Certified Orthodontist! Call today for a consultation to look your best! **781.275.0575**

We make retainers!



We appreciate our patients! Please pass this along to a friend. Also, check your email for other updates from us. Please email us at info@bedfordorthodontics with any comments or concerns. Aloha!

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