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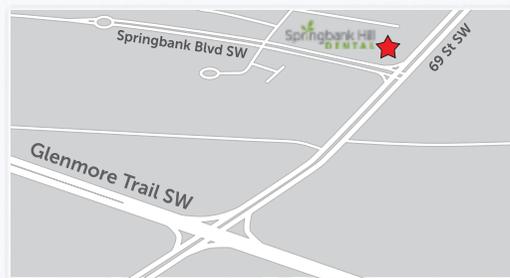
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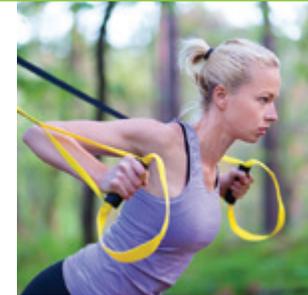


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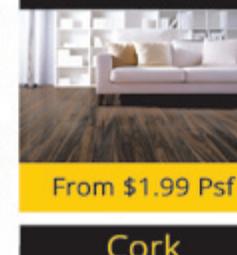
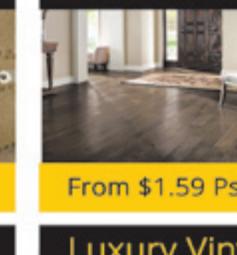
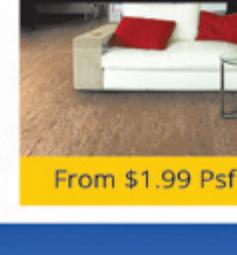
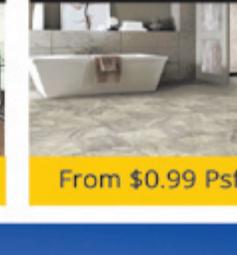
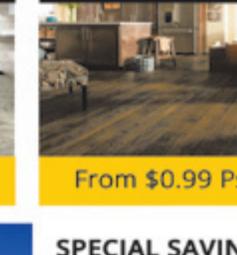
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DISCOVERY RIDGE COMMUNITY ASSOCIATION

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Email: ron.liepertC1A@parl.gc.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women’s Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	
Weather Information	511
Gamblers Anonymous	403-237-0654

HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA’s D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



VOLUNTEER

We couldn’t do what we do without the support of our volunteers.



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



DONATE

Text “Diabetes” to 587-600-6088 or honour someone online at diabetes.ca/donate.

Help Those in Need This Holiday Season with The Calgary Food Bank

Every year Calgary's 150 community associations, the Federation of Calgary Communities, and other community partners across the city join Mayor Naheed Nenshi in the Mayor's Annual Christmas Food Drive, in support of the Calgary Food Bank.

Last year, over 40 community associations participated in the event and with their residents helped raise more than \$16,000 in food and funds!

We invite YOU to help us raise even more this year by donating non-perishable food items at your local community association throughout the month of December!

Items on this year's "Holiday Wish List" include canned fish, vegetables and fish, soup, rice, pasta, pasta sauce, peanut butter, fruit juice, baby food and formula, and diapers.

In addition to your local community association donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more. Visit www.calgaryfoodbank.com for more information on items to donate and drop-off locations.

CALGARY FOOD BANK | **Donation Wishlist**
Empty calories shouldn't feed empty bellies

FRESH FOOD
These items must be donated directly to the Calgary Food Bank Warehouse Door #3 to ensure they are distributed in a timely matter while still fresh.

SPECIALTY HAMPERS
We provide items for those with Celiac Disease, Diabetes, Prenatal considerations and Renal issues.

HOW TO DONATE

- Drop off non-perishable food in the Calgary Food Bank donation bins at any major grocery store.
- Drop off fresh or non-perishable donations directly to the Calgary Food Bank Warehouse: 5000-11 Street SE, Food Donations Door #3
- Hold a Food Drive and have your non-perishable food picked up by our drivers.

Help us meet Canada's Food Guidelines by donating items on our wishlist:

PEANUT BUTTER

PASTA

PASTA SAUCE

BABY FOOD + FORMULA

CANNED FOOD

TOMATOES

FRUIT

SOUP

GREEN VEGGIES

MEAT/PROTEIN

FISH

5000-11 Street SE | Phone: 403.253.2259
Charitable #: 130 167 349 RR0001 | @CalgaryFoodBank | CalgaryFoodBank

HOURS OF OPERATION

ADMINISTRATION Monday to Thursday — 8 a.m. to 4:30 p.m. Friday — 8 a.m. to 4 p.m. Closed Saturdays, Sundays and public holidays.	WAREHOUSE Monday to Thursday — 8 a.m. to 7 p.m. Friday — 8 a.m. to 3 p.m. Closed Saturdays, Sundays and public holidays.
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BRAIN GAMES
SUDOKU

	6					3	
5	8		3			6	7
1				6		4	9
7				8			9
			9		2		
	9			5			6
8		2		3			1
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	3						7

FIND SOLUTION ON PAGE 10



Xmas Volunteers

Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.



Buy one chocolate bar, get one free*!

Redeem this coupon at any Calgary **Chocolaterie Bernard Callebaut**® location for 1 complimentary 56 g solid chocolate bar when one is purchased.

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Snow White: The Snowy Owl

Article by Cheryl Bowman
Photo by Andrea S. H. Hunt

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Québec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.
- Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.
- Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered' (whereas the risk to other migratory birds is being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at www.calgarywildlife.org for more information or contact the CWRS at 403-239-2488 for assistance.

BRAIN GAMES

SUDOKU

4	6	7	8	2	9	1	3	5
5	8	9	3	4	1	6	2	7
1	2	3	5	6	7	4	8	9
7	4	5	1	8	6	2	9	3
3	1	6	9	7	2	8	5	4
2	9	8	4	5	3	7	1	6
8	5	2	7	3	4	9	6	1
6	7	1	2	9	5	3	4	8
9	3	4	6	1	8	5	7	2

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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.

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CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY

Happy Holidays

Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

Free Presents!

Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

The 2017 Reading Guide

The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.

WINTER WORD fair

BUY GREAT GIFTS FOR THE BOOK LOVERS IN YOUR LIFE!

Independent booksellers and bookish vendors will be on hand at Central Library with incredible book-related wares for sale.

December 1, 5:00-8:00 pm
Central Library, 616 Macleod Trail SE
calgarylibrary.ca

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HOURS OF OPERATION

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Saturday 3:00 pm - 10:00 pm

Sunday and Holidays 4:00 pm – 9:00 pm

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Discovery Ridge
mybabysitterlist

Name	Age	Contact	Course
Charlotte	13	403-686-4323	Yes
Modern Babies Playhouse	33	403-909-6525	Yes
Rhea	17	403-532-0294	Yes
Rose	42	403-991-3060	Yes
Shannon	16	403-663-0212	Yes

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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Email: ron.liepertC1A@parl.gc.ca

As we approach the end of 2016, I would like to take this opportunity to reflect on a few of the events of this past year since being elected Member of Parliament for Calgary Signal Hill.

I was privileged to be selected vice chair of the House of Commons Finance committee and it has been a busy 12 months. The Standing Committee held pre-budget consultations earlier this year prior to the introduction of the 2016 budget. The timeframe between the consultations and introduction of the budget was too short to have much impact on the actual document introduced in the House. Pre-budget consultations for the 2017 budget have just concluded and hopefully more of what was heard in our travels across the country will actually find its way into the budget next spring.

An important piece of legislation that was introduced this past year was Bill C-14 – Medical Assistance in Dying. Based on constituent feedback, I voted in favor of the bill which will provide comfort to many who face an end of life decision.

2017 will mark Canada's 150th Birthday and celebrations will occur throughout the year. Please feel free to contact our constituency office if you are planning an event and are looking for items you can use for this exciting occasion.

Locally, we are all too aware of the economic hardships that many Albertans are facing with the downturn in the economy and unfortunately the next 12 months may be just as difficult. Although we are seeing some small increases in commodity prices, industry will not make major investments until the situation stabilizes. 2017 will also see the conclusion of most capital projects still under construction in Alberta and there is little on the drawing board for the future. This is one time when I hope I am totally wrong but indications for the next period of time continue to be worrisome.

In addition, the devastating fires in Fort McMurray displaced many families from their homes and with the help of Albertans, we are now in a period of rebuild. This fall

has also been difficult for the agriculture community as many fields remain unharvested due to the weather. All of these difficulties makes this time of year hard on many families. I would ask that you continue to show the compassion and generosity we are known for by helping out neighbors and associations that are endeavoring to ease the burden on those affected during this holiday season.

Please let me express my sincere gratitude for your support and feedback over this past year and I look forward to representing you in Ottawa in 2017. Wishing you, your family, and friends a safe and joyous holiday season.

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to DIS@great-news.ca

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3 ways to stay on budget this holiday season

'Tis the season for lavishing your loved ones with good tidings and gifts — tidings may be free but gifts come at a cost. Keeping a cap on holiday bills may be easier than you think. Follow these simple tips to help you stay on track with your holiday budget:

1. Get on the nice list. Sign up for retailer emails. Many of your favourite brands share deals and discounts via email, especially during the holiday season. Sign up to get the inside scoop on promotions and first dibs on discounts.
2. Budget your spending and bag a deal. Many retailers offer online exclusive products and sales. Shop online during your lunch break or even from your mobile phone on your commute home to snap up holiday sales as they happen. Have a clear budget and keep it handy for quick reference to make sure you don't blow it on an impulse buy.
3. Look for free shipping. Many of your go-to holiday shopping destinations offer free shipping within Canada when you make purchases over a certain amount. If you

plan on sending gifts to loved ones in a different city, take advantage of free shipping to save yourself time and money.

4. Don't pay for return shipping. The turkey has been carved and the gifts unwrapped. Once the tissue paper has settled, there is time for you and your loved ones to reflect on your holiday gifts. If you purchased a sweater for your dad and it doesn't fit or the game you bought for your nephew wasn't exactly what he wanted, send the gift back. PayPal's newly launched Return Shipping on Us service will foot the bill for return shipping costs on eligible items, saving you up to \$30 per claim. Register here: www.paypal.ca/returns.

Don't let the holidays take control of your wallet. Become a bargain hunter, shop at your convenience, and hit the shops ahead of the crowds to take advantage of deals this season.

www.newscanada.com

HANUKKAH

Trivia

In 2016, Hanukkah from in the evening of Saturday, December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



COUNCILLOR, WARD 6 RICHARD POOTMANS

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F: 403-268-8091 • E: Ward06@Calgary.ca
Communications & Community Liaison:
Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6 • [f](#) [t](#)

December Community Newsletter

The Ward 6 team sends warm wishes to you and your family this holiday season. I enjoyed speaking with many of you at several events held this fall including: 37th Street Mainstreets Open House, Griffith Woods Debris Clean-up Event, the Ward 6 Community Traffic Safety Meeting, the Remembrance Day Ceremony at Battalion Park, two Sarcee Trail & Richmond Road Interchange Study Open Houses, as well as a Councillor Chat last month. I wanted to take this opportunity to share with you some City services that may come in handy!

Free Public Wi-Fi

Public Wi-Fi is a City program that provides Wi-Fi service in select city facilities or locations. The City has partnered with Shaw; the service is available to any member of the public at no charge. Shaw is providing Shaw Open (available to Shaw customers), and Shaw Guest (available free to the public, with the creation of an account).

Expanding public Wi-Fi to public spaces like recreation centres and CTrain stations is part of the City of Calgary's Customer Commitment. It's about investing in projects and initiatives that positively impact the customer experience. You can currently access public Wi-Fi at several LRT stations and City of Calgary facilities, please visit calgary.ca/public-wifi for a complete list.

Calgary Transit is currently working with Shaw to install Wi-Fi on the West (Blue) LRT line. Cable and mounting installs are underway and public Wi-Fi is anticipated to be available by the end of the year.

Snow & Ice

Before you step out of the house after a sprinkle or a dump, be sure to check calgary.ca/snow. You can type in your address to see if you are affected by a snow route parking ban, and when to expect clearing in your community. This one-stop-shop for all things snow and ice also has road conditions, and pathway and sidewalk snow clearing maps. You can stay up-to-date on expected weather conditions and Calgary Transit service updates if you use public transit to get around. Be sure to check here for how to prepare for a heavy snowfall as well as FAQs. Use this portal to report a problem to 311. Stay safe this winter season and be prepared for whatever weather comes our way!



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With winter weather already here, it is hard to believe that we are already nearing the holiday season.

This is my first community newsletter submission since the passing of former Premier Jim Prentice. I want to take a moment in this article to acknowledge the passing of the late Premier and share with you Jim as I knew him.

Many of you will remember that I was first elected in a by-election in October of 2014, along with Premier Prentice. I was honoured when Jim asked me to run for Calgary-West and join his team. We worked together many times on the campaign trail during that election. Even while being the Premier, he still found time to door knock almost every night. He also went door knocking with me in Calgary-West on a few occasions during the by-election. I was struck by how well he was able to connect with people at the door. He was a passionate man, and took the time to listen to the stories of folks he met, as he offered them his vision of a better Alberta.

After our election, even in the turbulent eight months that followed, Jim always made time for his caucus colleagues, including me. I will remember him fondly as a mentor, and as an incredibly capable and kind politician. On behalf of Calgary-West I have extended my condolences to his wife Karen, and their three daughters. Farewell, Jim, you will be sorely missed by all Albertans and indeed, all of Canada.

Mike Ellis, MLA

Christmas Tree Recycling Program

By recycling your real Christmas trees, you help keep 35,000 trees out of the landfill! This helps our collection crews stay on schedule during a busy time. Each January, the City collects real Christmas trees from homes that receive black cart garbage collection. Temporary drop-off locations are also available if you do not receive black cart garbage collection. Please remove all decorations, tinsel, plastic and string before placing your tree out for collection. You can leave your real Christmas tree next to your black cart which will be chipped into mulch and made available for residents for garden/yard use, which can be picked up for free from the East Calgary Landfill. For more information visit calgary.ca and type in **Christmas tree recycling program**.

NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOOLIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info www.calgaryzoo.com



EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers. Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info www.calgarymotorcycleshow.ca



JANUARY

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit: Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info www.oyr.org

January 13 Pop Fridays at Calgary Philharmonic Orchestra: Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info www.calgaryphil.com

October 6 - January 8 ATB Storytellers Exhibition at National Music Centre: Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info www.nmc.ca

January 5 - February 2 High Performance Rodeo multiple venues: Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page www.facebook.com/HPRodeo or more info and tickets www.hprodeo.ca

January 29 Bridal Fantasy at the Telus Convention Centre Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package - Including prizes from all of the sponsors. More info www.bridalfantasy.com



Does Your Puppy Have A Good Bite?

Throughout my veterinary career there have been months when one problem appears again and again in my patients. Recently, I have seen one case after another of puppies with malocclusions or teeth coming in incorrectly causing developmental problems. Also, many of these cases have been in dog breeds such as Labrador retrievers and beagles that typically have normal bites. A normal bite is when the bottom and upper teeth of the carnivore interlock properly and the mouth can be opened and closed without the teeth striking each other or being stuck in the soft tissue of the mouth. There are many types of veterinary pediatric dental issues these are just two of the most common.

Every puppy and kitten should have the mouth looked at as part of its routine examination during vaccinations and other procedures. Problems are much more frequently seen in puppies. Facial changes are less exaggerated in cats; therefore, problems are infrequent. A carnivore's teeth interlock from the big canines or fangs back through the premolars and molars. This is to allow them to bring down prey and tear into bone and muscle. Like us, carnivores have baby teeth or deciduous teeth that fall out and are replaced by permanent teeth. This ends in our pets by about six months of age. When we look at the dental arch we want to see the bones of the upper and lower jaws growing in unison as the pet grows and the face and jaw elongate without impediment by teeth locked in tissue or hitting each other.

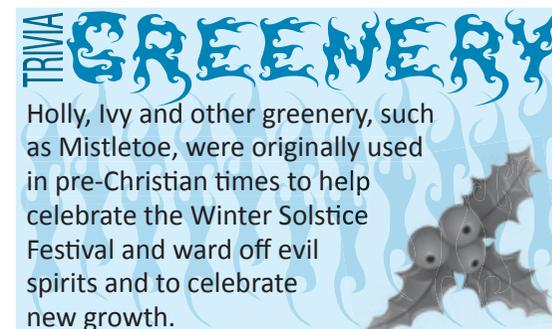
The most common problem in dogs is the big canines, the fangs, sometimes are directed too far inward towards the

middle and the canines from the bottom grow into soft tissue of the mouth at the top and this stops the lower jaw from growing properly. This occurs in domestic dogs because we have bred them to exaggerate certain traits, to get the appearance we seek in a particular breed, or sometimes it's just bad luck. When this happens, we recommend immediate removal of the baby teeth so the puppy's lower jaw can grow properly. Sometimes in mild cases we might ask to repeatedly see the young puppy so we can monitor whether interference is necessary. I love to speculate what a human orthodontist might do when faced with children with big fangs that will mature in six months.

Sometimes the puppy's baby teeth looked perfect but the adult teeth start to emerge in an abnormal position, usually inside the baby teeth, again necessitating early removal of baby teeth to open the normal pathway for the permanent teeth in the growing puppy. In the most extreme cases we are unable to correct the bite or the window of opportunity was missed and, yes, veterinarians refer dogs for root canals and crowns to specialists.

We see puppies with missing teeth, malformed teeth, teeth with extra crowns, teeth coming in at wrong angles, and extra teeth. Decisions are made based on whether we need to take advantage of the growing the pet will still do and the long-term risks to the pet going forward. Veterinary dentistry has come a long way in the thirty years I have been a veterinarian. We use equipment comparable to that used by your own dentist and take radiographs or x-rays to guide our decisions. We have specialists to refer to if the equipment and skills required are beyond those of us in regular practice. Just like with our own health and that of our children, your pet's health is intertwined with their dental health in the long haul. Make sure your puppy and kitten has its mouth checked in its early check-ups.

Jennifer L. Scott, B.Sc., D.V.M.



Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.

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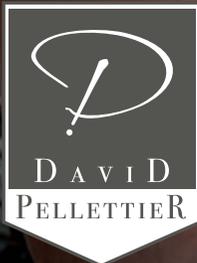
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