

CVIT COUNSELOR



Connection



NOTHING YOU WEAR IS MORE IMPORTANT THAN YOUR SMILE!

October is **National Dental Hygiene month**, and your smile is one thing you will have for the rest of your life. That's why it's so important to take care of your teeth. Here's a few reminders from Delta Dental to keep you smiling for years to come:

WHAT'S INSIDE?

IT'S NATIONAL DENTAL HYGIENE MONTH

**STUDENT SPOTLIGHT--
MARLYANA MARISCAL**

**WHITE AND BRIGHT
(TEETH THAT IS)**

**THE BEST CELEBRITY
SMILES
(DO YOU AGREE?)**

UPCOMING EVENTS

**MENTAL HEALTH
MOMENT**

HOSA HAPPENINGS


- **Teeth aren't tools!** Don't use your teeth to open bottles, tear open packages, or break up ice (I'm guilty of this one!) It can lead to chips, breaks, or cracks in your teeth.
- **Be careful with those piercings!** Piercings in your lip, cheek, or tongue can open you up to infection in your teeth and gums. Avoid piercings in these areas, or if you do decide to go there, be sure to follow all instructions about cleaning and hygiene from your piercing professional and dentist.
- **Avoid sugary snacks!** Yeah right, Ms. D...it's Halloween season. BUT, try to avoid sticky things like chocolate, gummy bears, and caramel. Those sugars stick in your mouth for long periods of time.

Take care of your teeth, and you'll always have an Insta-ready smile!

A SMILE IS A
CURVE THAT SETS
EVERYTHING
STRAIGHT
-PHYLLIS DILLER

**STUDENT
SPOTLIGHT:
MARLAYNA
MARISCAL
PROGRAM:
1ST YR DENTAL
ASSISTANT
INSTRUCTOR:
MS. DONNA
NELSON**



(BTW, it's a total coincidence that she was picked and it's dental hygiene month, but how perfect is that?!) 



FUN FACTS ABOUT MARLAYNA
FAV FOOD: PIZZA
PETS: FOUR--
TWO DOGS AND TWO CATS
HOBBIES:
CHEERING FOR HHS
DREAM CAREER:
DENTAL HYGIENIST



Marlayana's instructor Ms. Nelson nominated her and says: So far, the one student that has been right up there is Marlayna. She has turned in every assignment on time and has great scores on all her tests and quizzes.

Great job Marlayana! It's obvious that you are committed to CVIT and your program. Keep up the awesome work!

THE SKINNY ON TOOTH WHITENING

Teeth can become discolored for a lot of different reasons. Drinking tea, coffee, or using nicotine products can darken them. If you are hit in the mouth during sports, or an accident, trauma to your teeth might also cause them to darken. Certain medications can also change the color of your teeth. If you've thought about trying a teeth whitening tool, it's important to talk to your dentist about the options out there. Some tooth discolor-

tation can't be helped, such as the ones caused by trauma or medication, so before you spend a ton of money on Crest White Strips, do your research to make sure that they will actually work. There are also bleaching options, either in your dentist's office or at home. Just don't overdo it, because over-bleaching can damage your tooth enamel and/or gums, so be sure to follow the instructions carefully so you have a healthy smile for years to come!



COSMETIC DENTISTS WERE ASKED...

what celebrity smiles are most requested by your patients?



GEORGE CLOONEY, JESSICA ALBA, HAILEY BIEBER, BEYONCE, SOFIA VERGARA, MATTHEW MCCONAUGHEY, GABRIELLE UNION

MENTAL HEALTH MOMENT

One great way to take care of your mental health is by stimulating your brain with experiences that engage all five of your senses. Scents like pumpkin spice and apple cider, or tastes like caramel apples or popcorn balls can release endorphins (feel good chemicals) in your brain. Pair them with a fun event like going to a corn maze or haunted house to forge happy memories in your brain that will come back everytime you experience that same taste or smell!

UPCOMING EVENTS:

October 27: Allied Health Advisory Meeting and Campus Tour

October 19: HOSA Officer meeting

October 31: HOSA Food Drive donations due!

November 2: HOSA Membership meeting

November 7: HOSA Fall Leadership Conference



DYK: OCTOBER 20TH IS INTERNATIONAL SLOTH DAY AKA MS D'S FAV DAY!

HOSA HAPPENINGS

On 10/5, HOSA held their second meeting of the year, where officer candidates presented a vision board and spoke to the members about why they should be elected. We are proud to present our new officer team! We look forward to their leadership and can't wait to share all of the awesome accomplishments of our organization in the coming months!

Also, congratulations to Carpenter Bryce who was appointed on 10/19 by the officer team to fill the position of Vice President!

Go to the pumpkin patch
Pick apples
Enjoy a hayride
Decorate for the season
Try a new fall drink
Carve or paint pumpkins
Make leaf prints
Watch a football game
Try a new pumpkin recipe
Do a family service project
Drink apple cider
Go to a corn maze



TimeForSeason.blogspot.com



Jump in a leaf pile
Enjoy a fair
Make homemade soup
Go to a Veteran's Day parade
Host a game night
Plant bulbs for next spring
Bake a pie
Take a family walk at dusk
Make a Thanksgiving table decoration
Take fall family pictures
Go to a new fall festival
Make button leaf branches
Start a Christmas craft

CONGRATULATIONS



WE'RE PROUD TO ANNOUNCE OUR
2023-24 CVIT
HOSA OFFICER TEAM!

PRESIDENT: LEX BARAJAS
SECRETARY: SERENITY GOAD
TREASURER: KAYCEE VALENCIA
PARLIAMENTARIAN: KAYLYNN PORTO
REPORTER/HISTORIAN: RIA DAS

