

# Ask the experts



## Alex Farr, DDS DENTIST

Dentistry  
River Oaks Dental  
1424 Live Oak Blvd  
Yuba City, CA 95991  
(530) 671-2344

### Q. Is bleaching safe for my teeth?

**A.** Whitening your teeth is an easy and safe procedure when done under the supervision of a trained dental professional. There are numerous studies supporting the overall safety of whitening your teeth. If you want to whiten your teeth, the best place to start is with a healthy mouth! Tooth decay, sensitivity, or gum disease should be treated before any whitening procedure. Otherwise, the whitening process could aggravate any existing problems and cause additional discomfort. Your dentist can evaluate, diagnose and treat any pressing oral health conditions and advise you about different options to safely and effectively whiten your teeth. Dental professionals can also help you to avoid sensitivity, which is an occasional side effect of intensive bleaching, and may suggest protecting your teeth further with a fluoride treatment. Talk with your dentist about the pros and cons of different whitening options and which would be best for you.

**WE MAKE DENTISTRY FUN AND AFFORDABLE! CALL US TODAY AND WE WILL HELP YOU KEEP THAT PRETTY SMILE FOR THE REST OF YOUR LIFE!**

IF YOU'VE BEEN PUTTING OFF STRAIGHTENING YOUR TEETH, NOW'S YOUR CHANCE TO HAVE THE STRAIGHT BEAUTIFUL SMILE YOU DESERVE WITHOUT ANYONE KNOWING. JUST GIVE OUR OFFICE A CALL TODAY, AND WE'LL EVALUATE YOUR SMILE AT A

**FREE INVISALIGN CONSULTATION**

**FREE WHITENING INCLUDED** (530) 671-2344  
DR. ALEXANDER FARR, DDS

WITH TREATMENT ACCEPTANCE. **RIVER OAKS DENTAL**  
1424 LIVE OAK BLVD. YUBA CITY



## Michael Lyman SHREDDING

Information Destruction Specialist  
Titan Shred  
1040 Lincoln Rd., St. A127  
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### Q. At our office, workers wear ID card or badges. Is it important to destroy these when they no longer work for us?

**A.** In a nutshell... Yes. As an employer, you always think about safeguarding your employees' information when it comes to records and applications that have their personal information. You do this by storing them someplace safe and when you no longer need them, you destroy them, hopefully by shredding. Equally as important, you need to safeguard your business. You don't leave the door unlocked when you close for the day, so why would you not destroy the access card and badges for employees' that no longer work for you? Do your employees' wear uniforms or shirts with your company logo? In many ways, this is an ID badge allowing them access to areas you would not want the general public, like your records room or computer terminals. It sounds like something out of a movie, but ID thieves, or a disgruntled ex-employee will go to great length to steal information.

## Titan Shred

Mobile Document Destruction



It may not seem important, but it is to an ID thief. Don't give them the tools they need to socially engineer your hard earned dollars out of your pocket, and into theirs. At Titan Shred we can help you by shredding a little, or a lot, to stop ID thieves in their tracks.



Give us a call today with your shredding needs.  
**530-751-2727**



## Nadine Murphy BEAUTY

Owner  
Red's Beauty & Barber  
Supply & Salon  
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### Q. How do I choose the right hair spray?

**A.** In years gone by hair sprays, when overused, could leave your hair feeling stiff or get flaky after brushing. Recent technological breakthroughs have created an amazing range of products to choose from. Sprays fall into two categories, wet or dry. Wet sprays take a little time to dry resulting in a higher shine and firmer hold. Dry sprays, dry more quickly and have a greater range from softer to firmer hold with less of a shine factor. Please check the REDKEN hair sprays below to see which one might be best for you.

*Wind Blown* - mild control for an airy tousled body effect and soft matte finish.

*Fashion Work* - medium control with movement and humidity resistant.

*Quick Dry* - maximum control fast drying workable spray with a healthy shine.

*Forceful* - maximum hold with high shine and 24 hr. humidity resistance.

*Control Addict* - maximum hold with a soft matte finish and 24 hr. humidity resistance.

# 20% OFF REDKEN HAIR SPRAY

\*offer expires 11/15/14, must present coupon for discount



# RED'S B&B

Retail Center  
673-9764

Salon Appointment  
673-5217

668 Shasta St., Yuba City

