

Meridian dentist offers relaxing treatment for nervous patients

BY MONIQUE BOSOLET
IDAHO STATESMAN

A trip to the dentist can be an anxiety-ridden experience for some people who fear numbing needles, smoldering smells of the drill grinding against teeth and the inevitable discomfort associated with multiple visits.

However, Dr. Wade Pilling, dentist at the recently opened Aesthetic Smiles at 4795 N. Summit Way, Suite 1120 in Meridian, hopes to lure these people into his massaging dental chair. "Comfort is big," said Pilling. "We've got large flat panel televisions in all the ceilings. We provide warm scented towels after every visit." And if that doesn't relax customers, the anxiolysis, or sedation, will, according to Pilling. "It's similar to Nitris (laughing gas), but longer lasting." This can mean more work gets done without repeated visits.

Pilling, who is originally from Alberta, Canada, completed his schooling about two years ago in Louisville, Ky., before he and his family headed out West.

Andrea Hughes, who recently moved to Meridian from Norfolk, Va., appreciates Pilling's knowledge of the latest technology. She has seen the same Virginia dentist for years and is optimistic Pilling will provide years of dental care for she and her family.

"All three of my girls have had cleanings," said Hughes. "They're really nice (at Aesthetic Smiles)."

The 4,300-square-foot facility also includes a

supervised nursery for moms like Hughes. A camera in the nursery links to the television screens, so moms can watch their children while getting their teeth cleaned.

For more information call 888-0662 or visit www.aestheticsmilesidaho.com.

AROUND THE VALLEY

► "Wild Cooking", a new class offering at UI Ada County Extension, will give Idaho hunters and cooks recipes and safety tips for processing wild game. A class is scheduled in Boise on Sept. 12, with a similar class held Sept. 20 in Caldwell. Participants will learn how to precook and marinate jerky, get recipes, try samples and receive preservation tips to minimize wild-game spoilage in the field. Seating is limited. Pre-register by Friday for the Boise class or by Sept. 14 for Caldwell at 377-2107.

► The University of Idaho Canyon and Owyhee Extensions are offering a new class for women starting Nov. 1 at their Caldwell and Marsing locations. The class, **Strong Women**, focuses on strength training for women and is designed to increase muscle mass and reduce bone loss. The class also will be offered the Ada County Extension. The cost is \$15 for 10 classes. For more information on class times or to sign up, call Marsha Lockard at (208) 896-4104.

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