

Welcome To **Can-am** Country

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Monday-Friday
8am - 5:30pm
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Follow us on



PROPER Brushing Technique

- Position your toothbrush at a 45 degree angle, directing the bristles to where your gums and teeth meet.
- Brush with a gentle, circular motion. Don't scrub, as brushing too hard can damage gums.
- Clean the chewing surface, cheek side and tongue side of each tooth.
- Spend at least 30 seconds brushing each quadrant of the mouth. A thorough brushing should take 2 to 3 minutes.
- Try reversing your usual brushing pattern. Always brushing teeth in the same order may cause you to miss the same spots every time.

Source: Canadian Dental Association

Good dental hygiene habits help prevent cavities and gum disease. They're also important to your overall health! Follow these essential tips to aid in maintaining a healthy smile:



Take Care of Your TEETH & GUMS



Dr. Kelly Anderson, DDS,
FAGD, American Academy
of Dental Sleep Medicine
Accredited

SANDHILLS
Family Dental

BREATHE BETTER. SLEEP BETTER.

SMILE BRIGHTER.

- ✓ Does your child snore or breathe through their mouth?
- ✓ Is your teen struggling with sleep or focus during the day?
- ✓ Do you experience frequent fatigue or poor sleep quality?

THESE CAN BE SIGNS OF AIRWAY OBSTRUCTION OR UNDERDEVELOPMENT OF THE JAW.

Offering specialty airway focused orthodontics, including 3D imaging and functional breathing evaluations with customized treatment plans!

Early Intervention For Growing Children.

402-376-1942

275 N MAIN ST, VALENTINE, NE 69201
SandhillsFamilyDental.com



DATES

Turkey - Archery & Shotgun	Oct. 1 - Nov. 30, 2026
Squirrel	Aug. 1, 2026-Feb. 28, 2027
Cottontail	Sept. 1, 2026-Feb. 28, 2027
Jackrabbit (west of US Highway 81)	Sept. 1, 2026-Feb. 28, 2027
Pheasant, Quail & Partridge	Oct. 31, 2026-Jan. 31, 2027
Prairie Grouse (east of Hwy 81)	Sept. 1, 2026-Jan. 31, 2027
Youth Pheasant, Quail, Partridge	Oct. 24-25, 2026
Dove (Mourning, White-winged, & Eurasian Collared):	Sept. 1 - Oct. 30, 2026
Eurasian Collared-Dove	Year-round
Rail (includes Virginia and sora rail)	Sept. 1-Nov. 9, 2026
Snipe	Sept. 1-Dec. 16, 2026
Woodcock	Oct. 3-Nov. 16, 2026
Crow	Oct. 10-Dec. 10, 2026; Jan. 9-March 11, 2027
Early Teal:	
Low Plains	Sept. 5-13, 2026
High Plains	Sept. 5-13, 2026
Ducks & Coots:	
Zone 1: (Low Plains)	Oct. 24-Dec. 6, 2026 and Dec. 19, 2026-Jan. 17, 2027
Zone 2: (High Plains)	Oct. 3-Dec. 15, 2026; and Jan. 6-27, 2027
Zone 3: (High Plains)	Oct. 24, 2026-Jan. 5, 2027 and Jan. 6-27, 2027



Deer	
- Archery	Sept. 1-Dec. 31, 2026
- November Firearm	Nov. 14-22, 2026
- Muzzleloader	Dec. 1-31, 2026
- Late Antlerless Only Firearm	Jan. 1-15, 2027
Antelope	
- Archery	Aug. 20-Dec. 31, 2026
- Muzzleloader	Sept. 19-Oct. 4, 2026
- Firearm	Oct. 10-25, 2026
- Nov Doe/Fawn Late Season	Nov. 1, 2026-Jan. 31, 2027
Elk	
- Bull Archery	Sept. 1-Oct. 31, 2026
- Bull Firearm	Sept. 21-Oct. 31, 2026
- Early Antlerless	Aug. 1-Oct. 31, 2026
- Late Antlerless	Nov. 1, 2026-Jan. 31, 2027
Bighorn Sheep	Dec. 1-22, 2026



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