

COLUMBUS COMMUNITY HOSPITAL COLUMN

It's important to establish a dental home by age 1

At Columbus Pediatric Dentistry, we believe every child deserves a healthy smile and a positive start to lifelong oral health. One of the best ways to ensure this is by establishing a dental home by your child's first birthday.



KAITLYNN HARVEY

Why age 1 matters

According to the American Academy of Pediatric Dentistry, children should visit a dentist by age 1 or within six months of their first tooth erupting. This early visit allows your child to become comfortable in a dental setting and gives parents valuable guidance on caring for their child's developing teeth.

Prevention starts early
By beginning dental

care early, we can identify potential issues before they become problems. Preventive care — such as gentle cleanings, fluoride treatments and education — helps reduce the risk of cavities and sets the foundation for a lifetime of healthy habits. Children who grow up seeing the dentist regularly are more likely to have positive dental experiences and less anxiety about dental visits as they grow.

Building confidence and comfort

Our goal is to make every child feel safe, comfortable and even excited to visit the dentist! At Columbus Pediatric Dentistry, our compassionate team specializes in working with children of all ages. From the moment your family walks through our doors, you'll notice the friendly smiles, fun atmosphere and genuine care we provide.

By starting early, children learn dental visits are a normal part of growing up — not something to fear. This comfort helps foster a lifetime of confidence in their oral health care routine.

Healthy habits for a lifetime

A dental home provides consistent care and guidance as your child grows. From teething to the eruption of permanent teeth, our team — led by Kaitlynn Harvey — partners with parents to create strong brushing and flossing habits, reinforce healthy nutrition choices and celebrate milestones in your child's dental development.

The long-term benefits

Children who develop a relationship with their dental team early often experience fewer cavities, less fear of dental care

and stronger self-esteem regarding their smiles. On the other hand, waiting too long for a first visit can allow small issues to progress unnoticed — sometimes leading to discomfort or treatment that could have been avoided with early care.

Compassionate care you can trust

At Columbus Pediatric Dentistry, we genuinely love what we do — and it shows! Our team takes pride in creating joyful dental experiences that shape healthy habits and bright smiles for life. Whether it's your child's very first visit or their fifth, we approach each appointment with warmth, patience and a gentle touch.

Dr. Kaitlynn Harvey is a pediatric dentist with Columbus Pediatric Dentistry.

Visit or call today!

402-564-7132 or 1-877-222-0780
www.cccneb.edu

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LIBRARIAN'S SHELF

Check out Irish-inspired books

ELISABETH WIELGUS

March is Irish-American Heritage Month. Not surprising in the month that features St. Patrick's Day!

So why not stop in to the library and check out something Irish inspired? Whether you would rather have something to read, a new recipe, or check out a program, the library has something for you!

In the children's section, you can find picture books like "How to Catch a Leprechaun" by Adam Wallace. Join a sneaky leprechaun as he causes mischief and cleverly avoids the traps set by numerous children over the course of St. Patrick's Day. All the while, he gloats about how you will never be able to catch him.

Want something for an older reader? Check out "Artemis Fowl" by Eoin Colfer, available in chapter book and graphic novel formats. With his father missing, Artemis Fowl seeks to restore his family fortunes by becoming the greatest criminal mastermind of all time. What better way to do that than by catching a leprechaun? Except it's not going to be quite that easy.

"The Call" by Peadar O'Guilin, based on Irish mythology of the Sidhe, can be found in the Young Adult collection. Every 25 years, teenagers in Ireland are summoned to the faery realm for 24 hours. However, very few make it back to the human world alive. Nessa Doherty is determined to be one of the few who does.

Check out "Irish Soda Bread Murder" by Carlene O'Connor, Peggy Ehrhart, and Liz Ireland for three Irish-themed short cozy mystery stories. Carlene's story, "Irish Soda Bread Murder," involves bride-to-be Tara Meehan solving a murder at a charity bake sale, organized by her aunt, who's too sick to show up and actually run it.

Peggy's story, "An Irish Recipe for Murder," finds Bettina Fraser working at a soda bread-baking competition, when one of the judges is murdered. Then, Liz's, "Mrs. Clause and the Sinister Soda Bread Man," finds April Claus and three elves dealing with a murder, where the murder weapon shows up in April's own craft fair booth.

For those who want something Irish for their St. Patrick's feast, "The Country Cooking of Ireland" by Colman Andrews is a fantastic resource. There are 250 different recipes from Ireland to try out. Not to mention the additional tidbits of folklore, poetry, songs, and photographs that appear alongside traditional Irish recipes and modern variations, including recipes like Irish Stew, or even West Cork Fish Soup, which blends Irish and French Mediterranean recipes.

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Sam Hogeland Reaches a Career Milestone at Ameriprise Financial

Columbus, NE – March 7, 2026 – Sam Hogeland, CRPC™, CRPS™, RICP® a financial advisor with Ameriprise Financial Services, LLC in Columbus, has reached a career milestone through the company's Circle of Success program by achieving years of consistently high performance.

Ten percent of Ameriprise advisors have earned this distinction. Hogeland was one of only 59 advisors to achieve this milestone in 2025¹.

He is also celebrating 30 years of experience with Ameriprise Financial.

As a financial advisor, Hogeland provides financial advice that is anchored in a solid understanding of client needs and expectations and provided in one-on-one relationships with his clients. For more information, please contact Sam at (402) 562-5919, visit the Ameriprise office at 2815 13th St., Columbus, NE or visit his website, ameripriseadvisors.com/samuel.j.hogeland.

About Ameriprise Financial

At Ameriprise Financial, we have been helping people feel confident about their financial future for more than 130 years². With extensive investment advice, global asset management capabilities and insurance solutions, and a nationwide network of more than 10,000 financial advisors, we have the strength and expertise to serve the full range of individual and institutional investors' financial needs.

¹ Ameriprise internal data. ² Company founded June 29, 1894.



Presenter:

Dr. Mark Howerter
Chief medical officer
Columbus Community Hospital

Lunch & Learn:
The importance of ADVANCE CARE PLANNING

with Dr. Mark Howerter

Thursday, April 16 • Noon-1 p.m.

Pawnee/Pioneer rooms
Columbus Community Hospital

Register at columbushosp.org or by calling 402-562-3380 by Tuesday, April 14.

Registration includes a light lunch.

You can speak up and have a say in your care.

Throughout your health care journey, you will make choices that impact your life in various ways. But not every option is right for all people. Advance care planning puts you in the driver's seat.

Join Dr. Mark Howerter, chief medical officer at Columbus Community Hospital, as he discusses the importance of advance care planning. He'll talk about why it's vital that you tell both your loved ones and your health care providers what matters most to you. Howerter also will address advance care planning from a provider's perspective. There will be time for questions and answers following the presentation.

You may choose to attend in person or via Zoom.

Webinar link:
columbushosp-org.zoom.us/j/82701782542?pwd=Ri5XCgaV1goye9w5ZEb29tMral7Vo.1

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