

Smile with Style



Kenneth B. Rowan, DDS, MS
1312 Southwest Blvd.
Jefferson City, MO 65109

573-634-2694
573-634-5241-Fax

Samaritan Santa Winners

The **TOTAL COST** of the food items in
our Christmas basket was **\$66.10.**

Ashley Brent's guess
was \$66.00.



Shawna Taylor's guess
was \$65.99.

Contest is for patients only, please.
Vote **ONE TIME** per appointment.
In case of tie, winners name will be drawn.

Contest dates:
November 3—December 15, 2011

574 entries



*Food items will be
donated at the end of
this contest.*

Each **WINNER** received an iPod shuffle.

It's a 2012 Pizza Party

Who likes pizza? We all do!!!

Just fill out your pizza order on our ballot!

Four winners will be chosen.

- Pre-school—3rd grade—CHEESE bucket
- 4th, 5th, 6th grade—SAUCE bucket
- 7th, 8th, 9th grade—ONIONS bucket
- 10th, 11th, 12th grade & adults— MUSHROOM



\$25.00
gift cards
to winners!

Contests are for patients **ONLY**, please.

Vote **ONE TIME** per appointment.

CONTEST DATES: January 2—February 23, 2012

“Brace Yourself” for a Merry Christmas



Kaitlyn Veit

Kaitlyn is 12 years old and she began treatment in our office this month. She likes to play basketball and loves her two dogs, a yorkie and a basset hound. She was born in China. In her spare time she enjoys reading and when she watches movies, she wants

adventure and comedy flicks. Her hobbies are cheer-leading and shopping. She plays the clarinet and likes pop music.



Blake Koetting

Blake is 12 years old and started treatment in December, 2011. He has been in Dr. Ken's Observation Klub for several years and was now ready to begin treatment. Blake plays football and enjoys playing on the computer in his spare time. He really enjoyed his trip to Disney World and he has a cat named, Leo.

Tyler Evans

Tyler will be 13 soon and he got his braces on December 7. He likes to play sports and really enjoys swimming. His hobbies are collecting trains. He has a cat named Jesse. His favorite music is rap and he says that he is REALLY GOOD at math. The greatest thing that happened to him was a trip to Colorado AND he would really like to go to Nevada!!



Adam Allsbury

Adam is 11 and he wanted MORE than “his front teeth for Christmas”...he got braces. Adam likes soccer, baseball and basketball. He enjoys playing video games. He has a cat named, Smokey. His favorite subjects are math and science.



Grace Schollmeyer

Grace is 12 and she got her braces right before Christmas. She likes to dance, play basketball and volleyball. In her free time she likes playing on her Wii but she especially likes to rock climb. Grace enjoys music. The greatest thing that has happened to her is when she got a new kitty named Ace. She likes animals and hopes to someday be a veterinarian.



Nick Stark

Nick has been a patient in our office since 2008. He will be 12 in the late spring. Nick says his friends call him Nick. He likes to play football. As a kid, his favorite cartoon show was Scooby-Doo!!! His hobbies now are hunting. If he could do anything it would be to fly.

Allison Kerr

Allison got her braces when she was 13...but 10 days later she turned 14!!! She likes playing volleyball. Her pets are a black cat and an Australian Blue Heeler. Two of her favorite movies are Pearl Harbor and Roommate and she likes lots of other movies, too. She thinks the best thing about herself is that she likes “BEING CRAZY”!!!



A smile is a language even a baby can understand.



REGULAR HOURS
Jefferson City Office

Monday 8:00-5:00
Tuesday 8:00-5:00
Wednesday 8:00-5:00

Thursday 7:30—2:00
Friday 8:00—Noon

HOLIDAY "Twinklers"



Taylor Strope

We asked our patients these 3 questions in December:

- 1) What is the last thing YOU bought?
- 2) Where could you travel to RIGHT NOW?
- 3) What is your most missed memory?

Here are Taylor's answers:

The last thing she bought was gum. She could go to ITALY right now!!! Her most missed memory was going to Florida.



After you get braces soreness of teeth is to be expected for a few days, even up to a week is not unusual. Aleve, Tylenol or any other pain medicine used for your discomfort is helpful. Peroxyl or warm salt-water rinses will help the inside of your lips and cheeks become used to the braces. Also, use wax as necessary. Give your mouth some time and your lips and cheeks will soon adjust to your new braces.



Why Choose Our Office

We offer many compelling features that distinguish our office, including:

- An orthodontist who has taken the extra step to achieve his American Board of Orthodontics certification. Less than 25% of orthodontists have completed ALL aspects of their board certification. This certification means that Dr. Rowan passed a comprehensive written examination covering all aspects of orthodontics as well as completing an oral examination to assess his treatment planning abilities, orthodontic thought processes, and knowledge of past and present research in orthodontics. The most challenging aspect of Board Certification, Dr. Rowan has also presented patients to the Board that we have treated in our office.
- Experience! Dr. Rowan knows he is a better orthodontist now than when he began his practice. There is no substitution for knowledge that has been gained from treating what is now thousands of orthodontic patients.
- A highly skilled, experienced orthodontic team that takes great pride in continuing to learn and implement the latest proven technologies in orthodontic care.
- State-of-the-art technology in every aspect of our office, including computerized scheduling, e-mail and automated appointment reminders, and digital radiography (x-rays).
- TADs (temporary anchorage devices), used as anchorage for bite correction and moving teeth. TADs allow us to accomplish tooth movements that were previously not possible such as closing space from missing teeth or in some cases, even allowing our patients to achieve a successful non-surgical result where orthognathic (jaw) surgery may have otherwise been required.
- An energetic and fun environment in which to receive the very best orthodontic care available from a caring and compassionate orthodontic team!

ELDON OFFICE

Dr. Rowan and the Clinical Staff will be in the Eldon Office on:

February 9, 2012
March 8, 2012
April 19, 2012

North Oak Street
Eldon, MO 65026

(Eldon Office is at the same location as Dr. John Gambill)

573-392-3670
This phone is ONLY operational on the days that Dr. Rowan and Clinical Staff ARE IN the Eldon office.

Dr. Ken's Observation Klub

DECEMBER

Hunter's picture was drawn from the basket a this months winner of the Dr. Ken's Observation Klub Drawing. Hunter is 8 years old and has been coming to our office for over a year now. She is not ready for treatment, so we will continue to observe her every 6 months. She likes to dance and play soccer. She likes to watch tv and dress up in her mom's clothes. Hunter can shop at Target now with her \$25.00 gift card.



Hunter Rehagen

One winner is drawn every month for a FREE Target gift card worth \$25.00.

Thanks to all the observation kids who brought photos of themselves and entered our contest this month.



Observation Information

Observation Klub patients are seen at four to six month intervals. We want to stay ahead of any developing dental problems and watch growth so we can intercept any dental or jaw growth problems before they get to complicated. We continue to watch and make sure baby teeth are coming out when they should, the permanent teeth have the available room to grow in, and any bite related problems are not getting worse. These visits are a courtesy to our families and are done at no charge. We can not express enough the importance of Dr. Rowan seeing your child at these visits!



The kid with the GRIN from way back when.

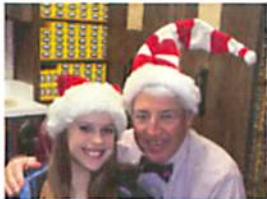
Permission has been granted from patients for us to use their photos in our monthly newsletter.

“Yule” see NO BRACES, only Retainers

These patients have completed the ACTIVE phase of treatment. Now the RETENTION phase of treatment begins.

DECEMBER debands: Sam Atkinson, Sophie Cassmeyer, Erin Eichholz, Carol Fischer, Jack Hoerchler, Seth Jorgensen, Lydia Linsenbardt, Katherine Lister, Lindsey Morris, Elizabeth Pollett, Danielle Roling, Niko Ross, Jeff Schaefer, Lucas Schrock, Taylor Strobe, Alyssa White, Kailey Wieberg, Phyllis Willibrand

We asked some of our patients who are getting their braces off to tell us what they liked best about having braces OR to share a tip for other patients about their experience.



Brianna Lock

Brianna's comments: "I like having straighter teeth". "Be patient. It might seem hard, but it'll be over eventually."



Landon Mouse

Landon is a guy who likes to play sports. Now that his braces are off he can't wait to eat amazing food again. His tips for others with braces—"Do what they tell you to do!"



Jacob Maue

Jacob's orthodontic tip: "Always wear your rubber bands." He's anxious to start chewing his favorite gum and some of his interests are football and collecting minerals.

For our patients health and well being our office provides mouth guards for any patient in treatment who participates in sports or other physical activities. While you are in active treatment Dr. Rowan prefers you wear the mouth guards that are provided from our office and not something purchased at local stores.



LOVE your RETAINERS

WALL OF FAME



Portraits by Tracy

Many patients look forward to getting their braces off BEFORE school pictures, senior pictures or the holidays. Everyone wants to be photographed with the pretty "brace free" smile. For several years, we have been sending our patients for a FREE studio portrait after their treatment is completed. We've been sending our patients to "Portraits by Tracy" to get the full "royal treatment".



Tracy does a sitting for our patients and sends us an 8 x 10 of one of the pictures. These 8 x 10's are framed and placed on our "Wall of Fame" in the treatment coordinator's office. Tracy prepares a proof booklet for our patients to view. If you would like, she also offers you the chance to order photos. All of our patients have really enjoyed her and her work is outstanding. She makes it such a great experience that even if you don't like having your picture taken, you'll enjoy it with Tracy! Check her out at www.portraitsbytracy.com

COOKING



BRACE-FRIENDLY RECIPE

CORNER

Shepherd's Pie

Tools: A large Dutch oven or large sauce pan, wooden spoon, deep pie plate or baking dish.

Ingredients:

- 2 1/2 Tablespoons olive or vegetable oil
- 2 cloves garlic, minced
- 1/2 cup onion, minced
- 1 large tomato, chopped
- **6 cups mixed vegetables, finely chopped
- 1 cup vegetable stock or water
- 1 teaspoon soy sauce
- pepper
- 2 to 2 1/2 cups mashed potatoes

****Some vegetable possibilities:**

- Bell peppers
- Carrots
- Celery
- Corn
- Green Beans
- Leeks
- Mushrooms
- Spinach
- Zucchini

Garnish ideas: paprika, minced parsley, sesame seeds

Method: Heat 2 teaspoon oil over medium hear, add garlic, and sauté for 2 minutes. Add onion and continue sauting until soft, about 5 minutes. Add tomato and cook for two more minutes, stirring frequently. (If you need to make the mashed potatoes, start them now).

Add stock and vegetables, bring to a boil, cover, lower heat, and cook until vegetables are tender, about 5-10 minutes. Add soy sauce and pepper, taste and adjust seasonings as necessary. Preheat oven to 350. Use remaining 1/2 t. oil to grease pie plate. Arrange vegetables in it, then cover with a layer of mashed potatoes. Garnish. Bake until bubbly, about 30 minutes. Serve hot.



SPANISH
Feliz Navidad

GERMAN
Froehliche Weihnachten

FRENCH
Joyeux Noel

AMERICAN
Merry Christmas



Please Keep Us Up-To-Date



Keeping your patient information updates is important for many reasons. Please inform the front desk staff of any changes to your address, phone number, etc. We also need to know if there are any changes in allergies or medical information that we have on file. We can serve you better when we are informed. THANKS!

Merry Christmas to ALL and to ALL a good bite!

- Mandy B.—Receptionist
- Carla B.—Lab
- Bev C.—Marketing
- Tina D.—Finandal Coordinator
- Rebecca D.—Asslstant
- Jennifer H.—Asslstant
- Dori L.—New Patient Coordinator

- Shannon McD.—Records
- Joan M.—Training Coordinator
- Jill P.—Asslstant
- Jenny P.—Asslstant
- Beth S.—Lab
- Carol U.—Insurance Coordinator
- Anne V.—Treatment Coordinator

