

Smile with Style



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Samaritan Santa

2 CHANCES TO WIN!!

Guess the **TOTAL WEIGHT** of the **BASKET** and Food Items

Guess the **TOTAL COST** of the Food Items (All food items purchased at Wal-Mart. Total cost includes sales tax.)

Each **WINNER** will receive a **\$50.00** gift card to Capital 8 Theaters



Food items will be donated to the Samaritan Center at the end of the contest.

A winner is the patient who guesses **CLOSEST** to the correct cost or correct weight.

Contest dates: November 2—December 17, 2009

Dr. Ken's Observation Klub

Christina or Chrisy as her friends call her is 12 years old and is from Eldon. Chrisy's name was drawn this month as the winner of our Dr. Ken's Observation Klub. Dr. Rowan and clinical staff go to Eldon one Thursday a month to make it easier for our patients from that area. Chrisy likes to dance...she enjoys clogging, jazz, tap and ballet. She is also interested in acrobatics and playing the piano. She likes to read boyish-books like "Twilight". Rock and Pop music is what she likes to listen to and her favorite performers are Miley Cyrus and Taylor Swift. As the winner this month Chrisy will enjoy a \$25.00 gift card to Target.

November



Christina Parker

Observation Kids—Remember to bring in a picture of yourself at EACH observation appointment. We draw a winner every month.

Thanks to all the Observation kids who brought pictures for the drawing this month.

BEGINNING SMILES



Emily Ziehmer

Emily is 14 years old and Dr. Rowan diagnosed her for



full treatment and she was ready to start this month.

Emily likes to play the clarinet and play volleyball. Her favorite program is "Family Feud". She also likes to read fictional books, likes to hunt and spend time outside. The best thing that happened to her was when she won the "Big Buck" Contest at her school with her 14-point buck.



David Steinmeyer

David is 13 years old and started treatment at our office this month.

David started collecting baseball cards when he was five. His other hobbies are reading, playing the guitar and playing video games. He hopes to play high school tennis and if he could meet anyone famous it would be Roger Federer. David thinks Federer is the best tennis player he's ever seen.



Karen Turner

Karen got her braces this month. She told us that her nickname is "Peanut".

Her favorite tv show is "iCarly" and she likes to read "Kingdom Keepers".

Karen has two dogs named Lucy and Patches. She is interested in singing, dancing and acting. (This sounds just like her big sister, Sydney, who also had braces here.) Karen's two wishes are to be on tv and to get braces...it looks like ONE of her wishes has come true.



Kyle Denney



Kyle is 12 years old and had braces put on this month. Kyle likes football, baseball and basketball.

His friends call him "Little Man". He enjoys playing outside and action movies like the Dark Night and Iron Man. Bon Jovi is his favorite performer.



Here are some other patients, who have been in our Dr. Ken's Observation Klub for several year. They were ready for full treatment this month, also. Dr. Ken's Observation Klub is for patients who come every six months for appointments for Dr. Rowan to observe their growth and development. Dr. Rowan likes to wait until they lose all their primary teeth before starting full or Phase II treatment.



Lindsey Griggs



Lauren Luebbert



Kylee Ratcliff



Shane Sandahl



Jared Breummer



Autumn Baker



REGULAR HOURS
Jefferson City Office

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

Thursday 7:30—4:00

Friday 8:00-Noon

PATIENTS IN THE SPOTLIGHT

In November we asked our patients...

- What are things you like to do alone?
- If you could pick one thing to improve about yourself, what would it be?
- Name three things that you are thankful for.



Alloch Burton

Alloch is "in the spotlight" because of his winning smile. He got his braces off on November 11. He took 9th in State Cross Country as his team took 8th place overall.

His hobbies are running, music (playing cello and piano as well as listening). He likes going to the movies on Friday night with friends.

- Listen to music while reading.
- Spend more time with family.
- Family, food and a **BRAND NEW** smile.



Jeanette Idel

Jeanette is being spotlighted in November because she had some interesting things to share with us at her last appointment.

She had recently returned from an extended vacation. After taking three planes (and 14 hours) to get to

her destination, she then cruised to Egypt, Turkey and the Greek Isles. This lady **LOVES** to travel...even if it's on a camel!!!

Her answer to the three things she was thankful for was— three planes to get her someplace exciting and three planes to get her back home!

Thanks for sharing your adventure with us!

PREVENTING DECAY

- Brush your teeth twice a day with fluoride toothpaste.
- Clean between teeth daily with floss or an interdental cleaner.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for professional cleanings and oral exams.
- Ask your dentist about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts.



A ROYAL "ROWAN" SMILE



Morgan Frogge had braces from August 2005 to August 2007.

Morgan was recently crowned Homecoming Queen at Eldon High School. She's proud of the Mustangs Maroon and Gold.

Congratulations, Morgan!!!! You certainly do have a royal smile!!!

ELDON OFFICE

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

December 17, 2009

111 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.

HOLD THAT SMILE

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

November: Blake Berhorst, Ian Brauner, Shane Buscher, Kurtis Hoener, Jonathon Jarvis, Jacob Johnson, Ethan Klefner, Mandy Reider, Cody Ross, Rachel Vance, Bethany Vogel, Meredith Wilson



Blake did a great job with brushing, wearing headgear and rubber bands!!! Her sister Bailey was a patient here and they have ONE MORE!!!



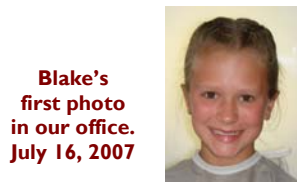
Rachel did a great job the whole time she was wearing braces. She was always smiling at each visit!!!

Blake Berhorst

Blake likes playing volleyball and traveling.

Rachel Vance

Her hobbies are dancing. Now that her braces are off she can't wait to eat corn on the cob.



Blake's first photo in our office. July 16, 2007

Now that her braces are off she can't wait to eat candy.



Rachel's first photo in our office. May 30,



Mandy Reider

Mandy's first photo in our office. December, 2006.

One of our clinical assistants wanted to highlight Mandy this month for getting her braces off.



She has a hobby and interest in art.

Corn Nuts are on her mind of this to nibble on now that her braces are off.

Dr. Rowan will prescribe the retention plan that is best for you. Some retainers are used full-time for the first 6 months; after that, the retainers are worn only at night, for a few years. Other retainers are worn full-time for about a week, and solely at night thereafter. Fixed retainers are normally kept in place for 5 years. Remember...Dr. Rowan will prescribe what is best for you!!!



The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.

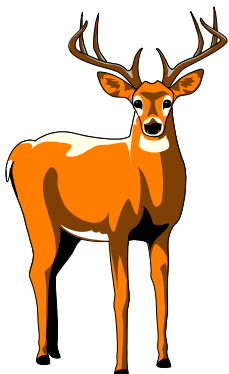
The first Thanksgiving in the USA was a feast in 1621, shared by the Pilgrims (who had recently settled Plymouth Colony in what is now Massachusetts) and the Wampanoag Indians, who shared their corn, squash and wild turkeys. This first feast was not repeated until over a decade later. Thanksgiving was declared a national holiday in 1863 by President Abraham Lincoln.



BRACE-FRIENDLY RECIPE

COOKING

Substitution Special: If you like beef jerky, you'll love...



Shredded Jerky Jumbles

While having braces you could miss gnawing on a strip of beef jerky. This is quiet easy and makes all the difference for tender teeth.

Ingredients:

- 2 ounces dried beef jerky, any flavor
- 1 cup boiling water

Cut the beef jerky into quarter-inch bits with a kitchen shears for sharp knife. Put them in a large bowl, and pour boiling water over them. Let the jerky bits soak for 30 minutes, then drain off the water. Eat them with a spoon—**HURRAY!!!!**



CORNER

LATEST INFECTION CONTROL PROBLEMS



Our commitment is to maintain the highest level of safety and well-being for our patients and staff. Our practice meets or exceeds all of

the requirements of the Centers for Disease Control, Occupational Safety and Health Administration, and the Environmental Protection Agency for infection control procedures in an orthodontic environment.

STATE-OF-THE-ART DIGITAL X-RAY EQUIPMENT

Our state-of-the-art digital imaging devices deliver the ABSOLUTE MINIMUM amount of radiation possible with today's technology. These images can be viewed immediately on computer monitors throughout the office.



- Laura B.—Assistant
- Carla B.—Assistant
- Connie B.—Scheduling Coordinator
- Bev C.—Marketing
- Rebecca D.—Assistant
- Jackie H.—Lab
- Tina H.—Financial Coordinator
- Angie H.—Assistant

- Dori L.—Scheduling Coordinator
- Joan M.—Training Coordinator
- Jill P.—Assistant
- Sarah R.—Assistant
- Carol U.—Insurance Coordinator
- Anne V.—Treatment Coordinator
- Courtney W.—Records

It isn't what you have in your pocket that makes you thankful, but what you have in your heart.

