

# Smile with Style

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## Samaritan Santa



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

Guess the **TOTAL COST** of the  
**FOOD ITEMS** in the Basket.

**TWO** winners will be chosen.  
A winner is the patient who guesses  
**CLOSEST** to the correct cost.



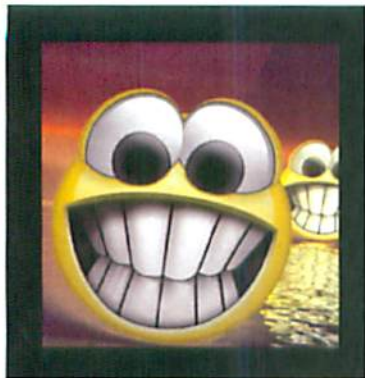
Each **WINNER**  
will receive an  
**iPod shuffle.**



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 21, 2011

### The SMILE: Number One Most Important Physical Trait



A national survey from the ADA, Crest, and Oral B discovered that the smile is what most folks find most engaging in others. The smile outranked eyes, hair, and the body as the most fascinating physical feature in others. Though males and females both ranked the smile as the most appealing feature in others, the genders differed when it came to looking after their teeth and gums. Of the representative sample surveyed, 86% of women vs. only 66% men said that they brush their teeth twice or more daily while only 49% of those surveyed declared they floss their teeth once every day or more. "We need to constantly get the word out how crucial it is to keep on top of your oral health," announces Ada Cooper, DDS, an ADA consumer advocate and practicing dentist.

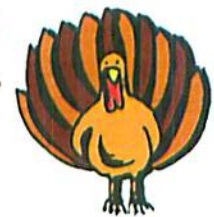
*Article from The Smile Journal*

### Let's Talk TURKEY

We will continue to  
collect until December 15.

Thanks for all the can goods that were re-  
ceived in our office. So far, we've received  
350 pounds of non-perishable food items.

What a great way to earn extra nickels  
and to help others at this time of year.



Receive **ONE** wooden nickel per item up to **FIVE** wooden nickels.

# BEGINNING SMILES



John Paden

John is 12 years old and he started treatment this month. John likes to play football, baseball and basketball. He likes playing video games, hunt and going to their farm in his spare time. John likes to read action and comedy books. He enjoys listening to classic rock and country music. His favorite performers are Journey and Toby Keith.



Grace Brewer

Grace is 15 years old and started full treatment this month. Grace enjoys playing volleyball and going to friends' basketball games. In her spare time, she likes to hang out with friends, read, listen to music and watch movies. Her hobbies are band were she plays the trombone at her high school. Her favorite books are fiction, adventure and comedy.



Shelby Voss

Shelby is 12 years old and started treatment this month. Shelby plays the clarinet, and also enjoys soccer, softball, basketball and volleyball. She likes to read fiction and mystery books. She tells us she's really good at dance and sports. The greatest thing that has happened to her was getting an iPod for Christmas. If she could do anything it would be to fly.



Clayton Haslag

Clayton is 11 years old and is one of our patients who is "beginning" his new "smile". Clayton likes basketball and baseball. His hobbies are dirt biking, hunting and fishing.



Zachary Bengel

Zachary is 14 and he started treatment this month. Zachary tells us his friends call him "Zach". He likes to play the violin. He says he is really good at baseball and really enjoys playing in his spare time.



Sarah Phelps

Sarah is 12 years old and she started treatment this month in our office. Sarah likes to play the piano, ride horses and swim. The greatest thing was when she got first place, doing the butterfly in swimming. She wishes she was able to drive.



Benjamin told us that most people just call him Ben. He is 13 years old and will be able to utilize our satellite office in Eldon for some of his orthodontic appointments. He enjoys basketball and baseball. Ben enjoys hunting, fishing and riding four wheelers. He also collects hot wheel cars and in his spare time he plays the guitar.



Benjamin Wilson

Here are several of our adult patients who began their **NEW SMILES** in November.



Reginald Gillispie



Lori Winfrey



Erica Wright



**Smiles are investments; the more you collect, the better you feel.**



**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

# PATIENTS IN THE SPOTLIGHT

## November questions

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.



Sam Heckart

Sam's being spotlighted this month because he's moved this upper 3's since his last appointment. He did this by wearing his head gear as recommended. He also deserves a pat on the back for great tooth brushing skills.

He enjoys playing basketball. He is thankful for life, family and friends.

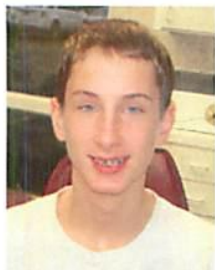


Mariah Forck

Mariah has been wearing her head gear as instructed. She wore it to her appointment this month and for that she **GETS WOODEN NICKELS!!!**

This busy young lady likes volleyball, cheer-leading, FBLA, farming, showing cows, riding horses and participated in the Academic Bowl.

When she's alone she practices cheers and studies. Mariah is thankful for family first and then friends.



Sam Burcham

At his appointment in November, the clinical assistants noticed what a good job he had been doing wearing his head gear. We think this is his

**THIRD** time in the spotlight. He's doing a **TERRIFIC** job! Interesting facts about him...He's a **GAMER!!!**

He likes playing video games when he is alone. Nothing needs to improve with this guy..."He's **PERFECT!**" Family, home and gaming devices is what he's thankful for this year!!!



Kelby Roark

This little guy came to our office back in March. He had been referred to our office by his general dentist. He has been trying to kick the thumb habit and when he

came for his appointment this month, **HE WAS SUCCESSFUL.** Kelby likes dirt bikes and his **THUMB TROPHY** reflected that!!!! Great job, Kelby! For a little fella, you sure made a very grown up decision! We are so proud of you!!!!

Ariona Batiste



This young lady got her braces in August and she is doing a **TOTALLY AWESOME** job with wearing head gear. Her tooth brushing is **SUPER!**

She likes reading, playing and sports.

When she's alone she likes to read. She'd like to have straight teeth as something she would improve about herself. She's thankful for family, her home and water.

# ELDON OFFICE

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

December 8, 2011  
January 5, 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

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



Molly D.



Randall S.

Saige is our winner of Dr. Ken's Observation Klub Drawing this month. Saige enjoys soccer, roller skating and ice skating. She absolutely LOVES jumping on the trampoline. She has a cat named Persia (or Purrrrr-sha). Her favorite vacation was going to the beach in Florida. She likes watching the tv series "Jessie". Saige enjoys spending time with her friends.



Saige V.

## NOVEMBER

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

## The Great Pumpkin Contest (Staff celebrating National Orthodontic Health Month)



Joan-1st place Mandy-2nd place Beth-3rd place

Patients, parents, siblings and staff had great fun with our Great Pumpkin Contest in Dr. Rowan's Pumpkin Patch. The staffs' decorated pumpkins added some awesome autumn flair to the season. Pumpkin winners received gift cards as prizes.

Pumpkins were numbered and our decorated pumpkins graced the lobby area (pumpkin patch) of the building. Patients, parents and siblings were asked to vote for their favorite pumpkin.

Barb Groner was also a winner!! She is the mom of future star patient Emily Groner. Barb chose Joan's pumpkin and we drew her name from all our patients and family members who also chose Joan's pumpkin. Congratulations to Barb, as well as THANK YOU to all our patients and families that voted in our contest. We hope Barb enjoys her movie passes and Pizza Hut pizza.



Jill  
LOVING her pumpkin



Carol  
The Tooth Fairy



Becky  
Little Pink Pig



Anne  
M-I-Z Z-O-U



Tina  
Cat on the fence



Carla  
The "MUMMY"



Jenny  
Mr. Pumpkin Head



Jennifer  
Injured Pumpkin

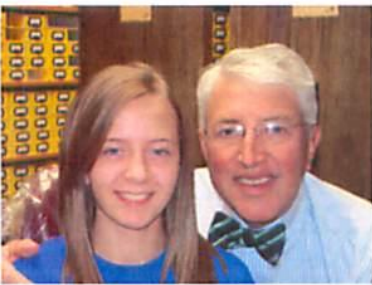
Permission has been granted from patients for us to use their photos in our monthly newsletter.

# HOLD THAT SMILE

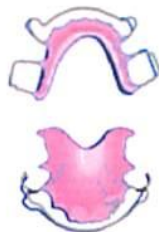
These patients have completed the ACTIVE phase of treatment. Now the RETENTION phase of treatment begins.

**NOVEMBER debands:** Taylor Alexander, Phoebe Boesch, Corey Brewer, Samantha Even, Ashley Green, Ryan Hylton, Elizabeth Laughlin, Laura Miserez, Cody Papen, Karson Schroeder, Rachel Shay, Austen Suchanek, Jessica Van Eschen, Erin VanDieren, Rachel Weaver.

*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.*



Elizabeth Laughlin



Elizabeth's advice to other patients with braces..."Hard work pays off in the end!"

## KEEPING YOUR RETAINER CLEAN

Soak your retainer in 1 Tablespoon white vinegar and 8 ounces (1 cup) of cool water. Let soak for 1 to 8 hours. (Not overnight, because you will be wearing your retainer at night time.) Use toothbrush to brush off vinegar and water solution. Nice & Clean!

**RETAINERS** are an important part of your treatment plan. Please bring them to your retainer check appointments.

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## TWO MYTHS about BRACES

### #1

**I Can Eat Anything I Like With My Braces On**  
Unfortunately, there are several types of foods and beverages, which may hinder the progress of treatment. Fortunately, they are foods that aren't good for your teeth and should be avoided in general. We recommend you avoid hard, sticky, chewy foods such as, nuts, popcorn, chips, taco shells, hard and chewy candies, bubble gum, ice and carbonated and acidic beverages such as sodas. Chewing on pencils and pens as well as using your teeth as tools should be avoided. These habits can result in breaking brackets, bands, wires, THE TEETH and injuring the tissue, thereby delaying treatment.

### #2

**Braces Are Too Expensive**  
Patients are finding orthodontic treatment more affordable today than ever. The cost of treatment is determined on the severity of the condition, complexity of the case, length of time, phases of treatment, etc. Insurance benefits and coverage is more progressive and our office offers flexible payment plans that are stretched over the course of treatment and can be worked into your financial plan. In many cases, the alternative to not having orthodontic treatment can be severe damage done to the teeth over time, resulting in more time-intensive and costly treatment to correct. The lifetime benefits of pursuing orthodontic care can be invaluable.



**COOKING**



# BRACE-FRIENDLY RECIPE

## Garlic Cheese Balls

Thanksgiving is an occasion where the entire family gets an opportunity to bond and share some quality time together. The accompaniment of good food will only add to the delight of this family feast. BRACE YOURSELF for the compliments and praises the you will receive after your friends and family have enjoyed this Thanksgiving appetizer.

### Ingredients

- 2 ounce cream cheese, softened
- 1/2 cup butter
- 1 Tablespoon prepared mustard
- 1 teaspoon garlic, minced
- 1 package ranch dressing mix
- 1 cup chopped walnuts or pecans

### Directions

In a medium glass bowl, add the cream cheese, butter, mustard, garlic and the dressing mix and mix them together by stirring the mixture. Make sure all the ingredients have mixed will and then place this in the refrigerator overnight. The next day, form balls out of the mixture and set aside. Spread the chopped walnuts or pecans on a plate, roll the cheese balls to coat them and then serve.



**CORNER**

On the fourth Thursday in November, Americans sit down with loved ones to celebrate Thanksgiving. A day for expressing thanks for all of the wonderful things in our lives, like turkey, mashed potatoes, football, the Macy's Day Parade, Grandma's secret stuffing recipe, oh, and our families.

Thanksgiving is such an American holiday that prolific short-story writer O. Henry called it the one day that is purely American.



**ADA** American Dental Association®

Now that school has been in session for a couple of months it is a great time to stop and really think about your future. Have you ever considered the career of dentistry?

How about dental assisting, dental hygiene or dental laboratory technology. Visit the American Dental Associations' website for more information.

### Did you travel to a Tasty Town for your Thanksgiving Feast?

Cranberry, Pennsylvania  
Turkey, Texas  
Roll, Arizona

Pie Town, New Mexico  
Yum Yum, Tennessee  
Spuds, Florida

Corn, Oklahoma  
Gnaw Bone, Indiana  
Pilgrim, Michigan

- Mandy B.—Receptionist
- Barb B.—Lab
- Carla B.—Assistant
- Bev C.—Marketing
- Tina D.—Financial Coordinator
- Rebecca D.—Assistant
- Jennifer H.—Assistant

- Dori L.—New Patient Coordinator
- Joan M.—Training Coordinator
- Jill P.—Assistant
- Jenny P.—Assistant
- Beth S.—Lab
- Carol U.—Insurance Coordinator
- Anne V.—Treatment Coordinator

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."  
- John Fitzgerald Kennedy



35th President of the United States  
May 29, 1917—November 22, 1963

