

# Smile with Style



573-634-2694

Kenneth B. Rowan, DDS, MS  
1312 Southwest Blvd.

# NICKELMANIA

## BE OUR NEXT WINNER

Guess how many **WOODEN** nickels are in the container.



**TWO** patients who are the closest to the correct amount will be our next winners!

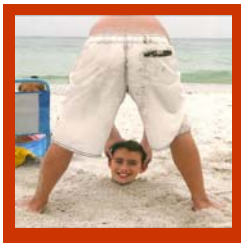
Each winner will receive a \$25.00 gift card to Pizza Hut and a \$25.00 gift card to Capital 8 Theaters.



Morgan Dolph placing her guess.

Contest dates: September 5—October 27, 2011

Contest for patients only, please.  
In case of tie, WINNERS names will be drawn.  
Vote ONE TIME per appointment.



## SMILE - SNAP - SHARE WINNERS

From July 11—September 15 we asked patients to share a photo of themselves with our office!!!

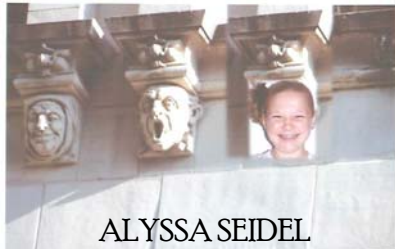
WINNERS were chosen from groups below:

Patients could enter via U.S. mail or e-mail.

WINNERS received \$25.00 CASH!

### GROUPS:

- Preschool or starting 1st or 2nd grade—NO ENTRIES
- Starting 3rd, 4th, or 5th grade—NO ENTRIES
- Starting 6th, 7th or 8th grade—Alyssa Seidel—7th grade
- Starting Freshman-Senior or Adult—Emily Ziehmer—10th grade



ALYSSA SEIDEL

"I loved the San Antonio River Walk, so I decided to make a permanent home there!"



EMILY ZIEHMER

"In my photo, we were at a drive through animal zoo in Springfield, MO. It looks like the elk is whispering in my ear to tell all my friends about Dr. Rowan's office."

# BEGINNING SMILES



Marianne Cisar

Marianne is 14 years old and she started full treatment in our office this month. She likes to play volleyball and swim. Marianne has two dogs, a lab and a Chihuahua. Her favorite music group is Maroon 5. She likes to hang with her friends in her spare time.

*Marianne and her family will enjoy having some appointments at our satellite office in Eldon.*



Kooper Wilson

Kooper started treatment this month and he is 11 years old. He says his favorite tv show is **SpongeBob SquarePants**. He has a dog, cat and two horses as pets. The greatest thing he has done is working cows. He thinks he is really good at playing football and working cows. Kooper's hobbies are playing football and watching rodeos. He likes country music. Kooper also enjoys playing on the trampoline in his spare time.



Braden Toebben

Braden is 16 years old and he started full treatment this month. He likes to play soccer and basketball, enjoys swimming and play the Xbox. If he could meet anyone it would be Lionel Messi, because he is the best soccer player in the world. The best vacation he has taken was going through eight different states and seeing a lot of National Parks on the way. He hopes to be playing soccer in college someday.



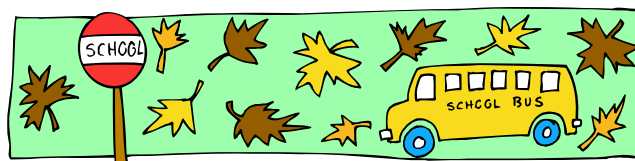
Logan Moore

Logan is 13 and started treatment this month. He likes football, baseball and wrestling. He has two dogs; a boxer and a Yorkie and three cats. Logan likes to collect "sports stuff" and play with his dogs in his spare time. He also plays the trumpet.



Katy Allen

Katy is 10 years old and started treatment this month. She plays the piano and loves to ride horses. Her favorite tv show used to be Roy Rogers and Dale Evans. She has two dogs, Buzz and Jesse. Katy likes to read horse books and in her spare time she builds Legos. The greatest thing that has happened to her was riding in a Mustang and seeing miniature ponies. If she could do anything it would be to have a horse of her own. (Katy's answers are from 2008.) Katy was a past contest winner in May of 2010. She was the winner of our Rock n' Rowan Contest.



Guess what Sidney got on her thirteenth birthday? **BRACES!** As a child growing up her favorite cartoon character was SpongeBob. Now she enjoys volleyball, camping and swimming. If she could meet someone famous it would be Katy Perry because she is such a good singer. One of the best books she's read was Penderwicks on Gardam Street. What she likes most about herself is she thinks she a **GOOD** volleyball player!



Sidney Bernskoetter



**REGULAR HOURS**  
Jefferson City Office

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

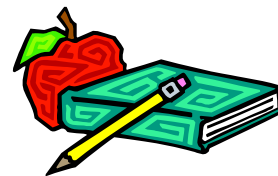
Thursday 7:30—2:00

Friday 8:00-Noon

# PATIENTS IN THE SPOTLIGHT

## September questions...

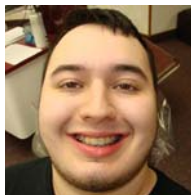
- 1) Did you have OR do you have a nickname? What is it? \_\_\_\_\_
- 2) Your favorite teacher in the whole wide world was/is \_\_\_\_\_
- 3) He/She taught you \_\_\_\_\_



**Clayton Carroll**

One of the assistants in the clinic want to SPOTLIGHT Clayton. At his appointment this month, she noticed he had AWESOME tooth brushing skills. He likes longboarding and photography.

His nickname is "C.C". Clayton's favorite teacher: Karen Ray, she taught me Journalism.

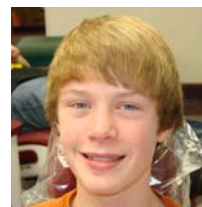


**Harold Powell**

Harold is being "spotlighted" because he has made a big turn around in wearing his rubber bands! Now he wears them ALL THE TIME "Pain is temporary, SMILES are FOREVER!!!" His hobbies and interests are MUSIC, he likes Hard Rock, Metal, also Classics like Pink Floyd, Bush....and he loves to play World of Warcraft.

He says his nickname is "wife", his favorite teacher: Mr. Hermann, who taught him Geography and Missouri History.

Sam has been listening and paying attention at his appointments. He knows how to have treatment and get out early. He's been doing a super, duper awesome job with wearing rubber bands. He has a real love of the game—BASKETBALL.



**Sam Storms**

No nickname, but his favorite teacher is Mrs. Wieble who taught him math.

## Let's Talk TURKEY

Help us collect canned goods and non-perishable food items for the Samaritan Center.

We will deliver items in time for Thanksgiving and again in December.

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

## ATTENTION PATIENTS



September 19–November 3, 2011

**ELDON OFFICE**

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

October 13, 2011  
November 10, 2011  
December 8, 2011

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

## SEPTEMBER



Dwight Hatfield

Dwight is the winner of this month's drawing, he tells us his friends call him "Titus". He is 11 years old and has been a member of Dr. Ken's Observation Klub for a year now. He's being observed by Dr. Rowan but isn't quite ready yet for treatment. Titus likes to read mystery books, play the piano and enjoys all sports. He especially likes to play ball, roller blade and spend time on the computer. His favorite music is Christian Music and the best thing that has happened to him was being saved. If he had one wish it would be to buy a remote control airplane.

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

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



Aubrey C.



Belinda H.



Chad K.



Corey K.



Jada S.



Kiley W.



Leanna S.



Nolan S.



Patients under the age of 12 who have not started full treatment are part of Dr. Ken's Observation Klub. These patients receive a special membership packet and postcard in the mail to remind them of their next observation appointment. As this age, it is especially important to see Dr. Rowan every 6 months to ensure that the baby teeth are coming out in the appropriate time. All Observation Klub patients need to bring a photo of themselves to EVERY observation appointment. Your photo enters you in the monthly drawing. One photo is drawn every month and that winner receives a \$25.00 gift card to Target.

### The Tooth of the matter!

I am sure that we can all agree that our teeth are very useful. Teeth allow us to cut and tear apart food so that we are able to swallow it. There is no denying that teeth play a huge part in the digestion of our food. Did you know that your teeth were intended to last a lifetime?

50% of people say that a smile is the first feature they notice about someone.

### Eating with Braces:

What can you eat? Let's talk about what you shouldn't eat! If you've been wanting to drop a few pounds, the first week wearing braces is just your chance! For the first day or so, stick to soft foods. Avoid tough meals, hard breads and raw vegetables. Before long, you'll be able to bite a cucumber again. But you'll need to protect your orthodontic appliances when you eat for as long as you're wearing braces.

#### Foods to AVOID:

- Chewy foods: bagels, hard rolls, licorice
- Crunchy foods: popcorn, ice, chips
- Sticky foods: caramels, gum
- Hard foods: nuts, candy
- Foods you have to bite in to: corn on the cob, apples, carrots
- Chewing on hard things: pens, pencils, fingernails

All these things can damage braces. Damaged braces will cause treatment to take longer.



# HOLD THAT SMILE

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

**SEPTEMBER debands:** Autumn Baker, Seth John, Anthony Mebrewer, Emily Reeves, Shane Sandahl, Madison Scott, Anna Thibon, Zachary Thoman, Gavin Williams, Matthew Worley



**Tony Mebruer**

This guy loves baseball and basketball!!! Now that his braces are off, he can't wait to SMILE for his classmates. He admits he just liked having braces!!!

**9-14-2011  
BRACES OFF!**

Here are Tony's TIPS: "Just do what they tell you to do and you will get them off sooner than later."

## TONY'S BEEN SPOTLIGHTED SINCE HE STARTED TREATMENT. HE DID GREAT!!!



As a new patient  
5-2008



Spotlighted  
3-18-2010

Tony was "spotlighted" in March of 2010 for great tooth brushing skills and for just being an all-around good patient.



Spotlighted  
7-7-2010

Spotlighted in July, 2010 for being a great brusher and doing a good job with wearing head gear.



Spotlighted  
4-19-2011

Tony was again spotlighted because of his SUPERIOR job with tooth brushing.



**Autumn Baker**

Autumn is being spotlighted because she completed treatment early.

She plans to chew some GOOD, OL' BUBBLE GUM, now that her braces are off.

Autumn's tips to other patients with braces: "Wear your head gear and rubber bands, you will get your braces off sooner."



Anna in 2008 as an observation patient



**Anna Thibon**

Anna is another example of patients following instructions and finishing treatment early. She got her braces off at the end of September. She likes Cross country, volleyball and basketball. Now that her braces are off she can't wait to "Just S-M-I-L-E"!

One of the things Anna liked about having braces was the different colors of rubber bands to choose from.

After braces are removed the NEXT PHASE OF TREATMENT begins. This is called the RETENTION PHASE of treatment. Retention is the phase of treatment that attempts to keep teeth in the corrected position after the use of orthodontic braces. To prevent relapse almost every patient who has orthodontic treatment will require some type of retention.



COOKING



# BRACE-FRIENDLY RECIPE

## Apple (NO TOO) Crisp

### INGREDIENTS:

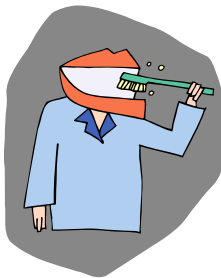
- 4 cups (about 8 large apples), peeled, coarsely sliced apples (MacIntosh and Rome apples work well; avoid Delicious apples)
- 1/4 cup water
- 1 t. cinnamon
- 3/4 cup all-purpose flour
- 3/4 cup sugar
- 1/3 cup margarine, chopped into small bits



CORNER

**DIRECTIONS:** Preheat oven to 350 degrees. In a 9" x 13" pan, spread sliced apples. Sprinkle with the water and cinnamon. In a small bowl, combine flour, sugar and margarine with a pastry cutter or fork, until mixture becomes fine crumbs. Sprinkle crumb topping over apples. Bake for 35 to 40 minutes at 350 degrees. Cover with foil while warm to soften topping. Makes about eight servings.

## Teeth With Braces Need Special Care



To make sure that your teeth look their best when your braces come off...**YOU MUST KEEP THEM CLEAN!!!**

Brackets, wires and loose bands can trap food and plaque and make it very difficult to keep your teeth clean.

Proper brushing and flossing is **YOUR** job throughout treatment. Keeping your teeth clean and healthy is such an important part of orthodontic care. We advise you to visit your general dentist every six months for a check up and cleaning.

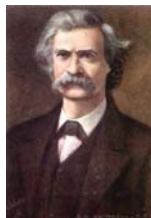
To maintain a healthy smile throughout treatment just follow these simple rules:

- Brush after every meal.
- Use a soft bristled brush and fluoridated toothpaste.
- Make sure to remove all plaque and food debris on **ALL** surfaces of the teeth. Pay particular attention to your gums.
- Floss once a day, usually at night before you go to bed.
- Inspect your teeth and make sure they are spotless.
- If not...**BRUSH AGAIN!!!**



**"I never let my schooling interfere with my education."**

- Mark Twain



- 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