

Smile with Style

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

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



291 entries

Samaritan Santa Winners



Each WINNER received a \$50.00 gift card to Capital 8 Theaters



Adrienne Strickfaden

The TOTAL COST of the Food Items

Adrienne's guess was 50 pounds, 3 ounces.

The TOTAL WEIGHT of the Basket and Food Items 50 pounds, 3 ounces.

Grant's guess was \$59.00.



Grant Haarmann

Contest dates: November 2—December 17, 2009

Food items were donated to the Samaritan Center for the holiday season.



Happy Hearts

Don't eat'um—Count'um!

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

Prizes for you and maybe your sweetheart:
\$50.00 Break Time Gas Card
\$50.00 Buffalo Wild Wings Gift Card



Contest dates: January 4—February 25, 2010

Contests are for patients only, please.
Vote ONE TIME per appointment.
In case of tie, ONE winner's name will be drawn.

BEGINNING SMILES



Savannah Bopp

Savannah came to see Dr. Rowan in early 2009. She had to wait almost a year before she was ready to start treatment. Her hobbies are sewing, skiing, swimming, tubing and softball. She plays the violin and wishes she could live without getting any more scars. The greatest thing that happened to her was moving to Jeff City.



Porsche Desha

Porsche is 15 and started treatment this month. Her hobbies are writing, music, going to church, being with friends and photography. Someday she wants to be a best-selling romance/horror author. The best vacation she ever took was when she went to Tijuana..or maybe it was the trip to Cancun, Mexico.



Reed Wiser

Reed is 12 years old. He likes to hunt and fish, collects guns and knives. His dog is Rockie and he enjoys reading comedy books. When listening to music she likes rock singers or rock bands.



Erin Eicholz

Erin's photo is from her first visit to our office in May of 2006!

Erin has been coming to our office since 2006 and she was ready and started full treatment this month. She is 11 years old and likes softball, doing crafts and reading chapter books. Erin said she is good at drawing and likes to paint. She would like to be an artist.

Dr. Ken's Observation Klub

December

Haley is the winner for December in our Dr. Ken's Observation Klub Drawing. She has been coming to our office since December, 2007. She has had appointments every six months for observation. Haley is in the 5th grade at St. Peter's School and is 11 years old. Her hobbies are playing sports such as soccer, swimming and basketball. She enjoys reading and likes school. If she could do anything...she would like to fly.

As the winner Haley will enjoy a \$25.00 gift card to Target.



Haley Goldman

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



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 December we asked our patients...

- What is the last thing you bought?
- Where could you travel to right now?
- What is your most missed memory?



McKenna McGill

McKenna is “in the spotlight” because she has been doing an outstanding job with headgear. She was banded in July.

An interesting fact is that she is a black belt in Tai-Kwon-Do.

Here are her answers to our questions.

What is the last thing you bought?
A dress for church.

Where could you travel to right now?
Texas to see my dad.

What is your most missed memory?
My dad who moved to Texas because he is in the military.



Kailey Wieberg



Kailey did an awesome job at wearing her headgear and keeping her teeth clean. In her spare time she enjoys swimming and shopping.

Here are her answers to our questions.

- **What is the last thing you bought?**
A Christmas present for school.
- **Where could you travel to right now?**
California or Florida
- **What is your most missed memory?**
When I sent to Disney World.



Many of our patients are taking advantage of T.Link to receive email and text appointment reminders, check current account balances, view future appointments and make FREE online payments. You may also correspond with our office by email if you need to cancel or reschedule an appointment.

Contact our office at 573-634-2694 or email your request to info@drkenrowan.com. We know your time is valuable and we are happy to provide you with this service.

ELDON OFFICE

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

Thursday, January 28, 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.

HOLIDAY SPARKLERS



BEV

On December 17, Beverly, again, so graciously, opened her home to us for our Christmas Party. Food was catered in, we had our usual "Thieving Elf" Christmas gift exchange and lots of laughter filled the air.



JACKIE



JENNY



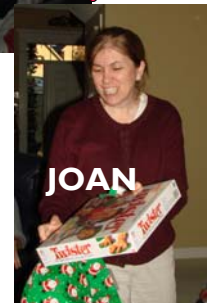
ANGIE



SARAH



Joan received a special gift and recognition from Dr. Rowan for her 30 years of service to the practice.



JOAN



CONNIE

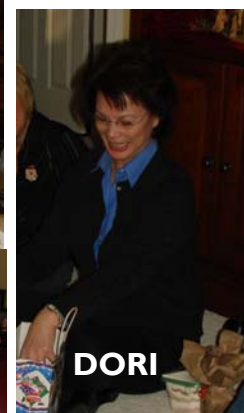


ANNE

JILL



TINA



DORI



CARLA

BECKY



COURTNEY

LAURA

Several of us challenged Dr. Rowan to Wii bowling. Wii noticed that Dr. Rowan does not excel at everything he attempts!!!!

HOLD THAT SMILE

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



Keith's first photo in our office. February, 2008

Keith Boessen

Keith likes to play Pokemon games and racing. Now that his braces are off, he can't wait to eat jaw breakers.



Marissa's first photo in our office. May, 2007



Marissa Carter

Marissa did awesome! She loves playing football. She can't wait to chew gum and eat popcorn now that her braces are off. Twin sister, Michaela still has her braces on, but expecting good news in 2010.



Lauren's first photo in our office. March, 2007

Lauren Denny

Over treatment time Lauren improved on rubber band wear and GOT THE JOB DONE!!! She was always a delight to work on and was a terrific toothbrusher.



December Debands: Keith Boessen, Marissa Carter, Lauren Denny, Katie Dinolfo, Christina Goff, Matthew Hendrickson, Britany Kaiser, Katie Kirschman, Katy Lam-birth, Makayla Litty, Joshua Livingston, Jason Mears, Nathan Pemberton, Mark Reha-gen, Reagan Schnieders, Caitlin Woods.



Dentists Treat People—not just teeth and mouths. They interact with people of all ages, cultures and personalities. Dentists Are Creative—as well as scientists. To brighten one tooth or realign an entire jaw, dentists must have an artist's aesthetic sense to help their patients look their best.

BRACE-FRIENDLY RECIPE



CORNER

COOKING

Cranberry Splash Punch



This would make a refreshing summer time beverage. Why not try it now and add a little “sparkle” to your holidays.

- 1 (2-liter) bottle ginger ale (chilled)
- 1 (64 oz.) bottle cranberry juice (chilled)
- 2 Tablespoons lemon juice
- Ice cubes
- (optional: lime slices)

In a large punch bowl, combine ginger ale, cranberry juice and lemon juice. Stir well. Add a dozen or more ice cubes to keep the punch chilled, and optional lime slices for decoration. Serves 12-16.

For a variation, try cranberry-raspberry, cranberry-rape, or cranberry-cherry juice.

Dining out with BRACES is Do-able

Think if your stuck at home with your braces, or doomed to carry a sack lunch everywhere? With a little creativity, your away-from-home eating can still be delicious and safe for your braces. Just remember to cut all food into smaller-than-usual bites.

Read on for do-able ideas.



In restaurants:

- Tamales instead of tacos
- Corned beef hash instead of steak, roast or pork
- Sloppy Joes instead of hamburgers
- Lasagna instead of pizza
- Noodle dishes instead of thick pasta; you may be able to order them “well done”
- Cooked vegetables instead of raw ones
- Baked or mashed potatoes instead of French fries
- Baked or steamed fish instead of fried fish

At parties:

- Instead of eating hard crackers with a dip, see if there are bread slices and spread the dip with a spoon or small knife
- Try potato chips instead of tortilla chips
- Ask for a fork and knife to cut up finger foods into individual bites
- Offer to bring a dish that you know will work for you!

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



The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.