

Smile with Style

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Rock 'n' Rowan Contest

Guess How Many 45's are in the Container



(In 1949 RCA Victor introduced a 7-inch 45 RPM (revolutions per minute) microgroove vinyl single RECORD and compatible turntable.)

**Prizes: \$25.00 Gift Card to Cold Stone Creamery
\$25.00 Gift Card to Barnes and Noble
\$50.00 Break Time Gas Card**



Attention Patients..Be sure to look for our contest area when you come to your appointment. Look especially close to the poster. This must be an illusion, because that IS Dr. Rowan under all that hair and not ELVIS!!!

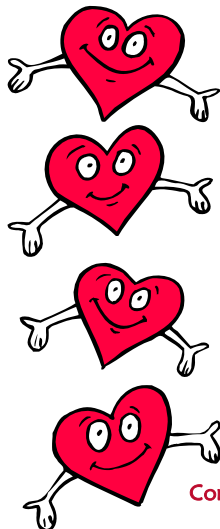
A hunka, hunka ORTHODONTICS.

Contest Dates:
March 1—April 29, 2010

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

708 Entries

Happy Hearts Contest Winner



Christy Riegel

There were 262 conversation hearts in the heart container.

Christy's guess was 264!

Christy, Jennifer Buese and Emily Duncan ALL guessed 264 hearts. It was Christy's lucky day because her name was drawn to break the tie.



The prizes for this contest were a \$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



By working in the Records Room, Courtney gets the chance to meet and work with all new patients that come to our practice. By doing this she sees the smiling faces that **BEGIN** treatment. She also “records” as they progress in treatment. She sees the phenomenal changes that are truly life changing.

Courtney said she never put much thought into needing orthodontic treatment, except for cosmetic reasons. But recently she’s watched the changes it can make to a person’s profile alone. These are great improvements, improvements that will last a lifetime!!!

OUR OWN -Courtney

Courtney got her braces on Feb. 3 and she has already noticed that the space between her centrals is almost closed.



Andersyn O. was here for a new patient consultation. She just happened to be our **FIRST PATIENT** to see Courtney in her **NEW** braces. **SHE** assisted us in taking **COURTNEY’S** photo (to the left) for our newsletter.

Andersyn and Courtney must think alike on the idea of braces.

THUMBS UP, GIRLS!



Alexandra is 15 years old and she goes by Alex. She is one of our patients who finished Phase I treatment and was immediately ready for Phase II treatment (braces). Her two sisters are also in treatment at this time. In her spare time she likes to watch tv and eat. Her favorite music group is the Jonas Brothers. She also enjoys her three dogs and one cat.

Alexandra Jessmon



This 13 year old young man has been seeing Dr. Rowan since February, 2007. Dr. Rowan had the privilege of treating his sister, Erin. Jack got his braces February 9.



Jack Hoerchler



Dalton is 13 years old and he is from Meta, Missouri. He has been coming to our office for observation appointments since July 2008 and he has completed Phase I treatment. Dalton was ready to begin Phase II treatment and he got his braces on Feb. 16!

Dalton Gumm



Margaret Stieferman

Margaret prefers to be called Maggie. She likes softball and volleyball. Her favorite music is Country, and she really likes Taylor Swift, Alan, Jackson, Carrie Underwood and Toby Keith. In her spare time, she likes to swim and play with her dogs. She likes funny **AND** sad movies and books!



Paige Prenger



Paige is 11 years old and has been in Dr. Ken’s Observation Klub since January, 2008. Paige started full treatment this month. She likes to play volleyball, basketball and softball. Her favorite vacation was going to Las Vegas and someday she hopes to be a doctor.



Audrey Goodin

Audrey was one of our adults to begin treatment this month. She enjoys painting, playing Bingo and reading. Her favorite performers are Tim McGraw and Vince Gill. She also likes listening to “oldies”. If she could meet someone famous it would be Pope Benedict. Her favorite vacation was when she went to London and Paris with her children.



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

Dr. Ken's Observation Klub

February



Adam Veit

Our Ken's Observation Klub winner this month is Adam Veit. Adam is 11 years old and has been coming to our office since last February. He likes to play soccer and video games in his spare time. Dr. Rowan has treated Adam's brother and his sister, Elizabeth is in treatment now.

ATTENTION OBSERVATION KLUB MEMBERS

At EVERY observation appointment you can bring us a recent photo of yourself to enter the drawing for that particular month. Be sure to print your name, your age, and your home phone number on the back of the photo. Then, all you have to do is drop your photo into the ballot box. We have a drawing on the last Thursday of EVERY month.

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

Some of our Young Faces Waiting For Braces



CAN YOU IMAGINE EATING THAT MUCH SUGAR?

Spoon out 10 level teaspoons of sugar (actually high fructose corn syrup) to see about how much is in a 12-ounce can of regular soda. Now spoon out 17 teaspoons for a 20-ounce bottle.



Can you imagine eating that much SUGAR at one time?

If you think diet soda is better, think again. It may not have the sugar but still contains acid that can harm tooth enamel, which can lead to decay.



ELDON OFFICE

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

Thursday, April 8, 2010
Thursday, ***

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.

PATIENTS IN THE SPOTLIGHT

In February we asked our patients...

- Are you a morning or night person?
- What do you do in the **EARLY** morning?
- What do you do **LATE** at night?
- Do you have any bad habits?
- Which bad habits do other people have that drive you crazy?
-

**Abby
Brinkmann**



Abby has been doing a great job wearing her head gear! As much as 11 hours per day!!!

Here are her answers to our questions.

- **Are you a morning or night person?** Night person
- **What do you do in the EARLY morning?** SLEEP
- **What do you do LATE at night?** Talk to friends, watch a family movie.
- **Do you have any bad habits?** I hate touching feet.
- **Which bad habits do other people have that drive you crazy?** People who pop their knuckles.



**Jacob
Boss**



Jacob comes for his appointment and we always notice that he is a great tooth brusher!!! He likes basketball, baseball, likes school and LOVES hunting.

Here are his answers to our questions.

- **Are you a morning or night person?** Morning
- **What do you do in the EARLY morning?** Sleep or hunt
- **What do you do LATE at night?**
- **Do you have any bad habits?** I pop my knuckles.
- **Which bad habits do other people have that drive you crazy?** Nothing, really.



**Madison
Scott**



What a smile AND what a brusher! Kudos Madison for doing a good job! She loves playing volleyball and ice or roller skating.

Here are her answers to our questions.

- **Are you a morning or night person?** Night
- **What do you do in the EARLY morning?** Go back to sleep.
- **What do you do LATE at night?** Read or dance.
- **Do you have any bad habits?** no
- **Which bad habits do other people have that drive you crazy?** When people talk with their mouth full.

Throughout treatment Will has been a great brusher! Keep up the good work, WILL!!!!



Here are his answers to our questions.

- **Are you a morning or night person?** Morning
- **What do you do in the EARLY morning?** Watch TV
- **What do you do LATE at night?** Watch TV
- **Do you have any bad habits?** no
- **Which bad habits do other people have that drive you crazy?** none



**Paul
Wallendorff**



Paul is being "spotlighted" because he has been wearing his head gear faithfully. He admits to wearing it 15 hours a day. He likes to hunt deer and arrowheads.

Here are his answers to our questions.

- **Are you a morning or night person?** Night
- **What do you do in the EARLY morning?** Eat
- **What do you do LATE at night?** Brush my teeth.
- **Do you have any bad habits?** Not practicing my guitar.
- **Which bad habits do other people have that drive you crazy?** none



Will Miller

HOLD THAT SMILE

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

February Debands: Adam Bexten, Lauren Bolinger, Michaela Crane, Ashley Durgin, Robert Getz, Stephanie Gladbach, Connor Hulett, Taylor Lehman, Erica Stone, Nathan Stratman Laurie Woodruff.

Keep Your Bite Right... **RETAIN!**



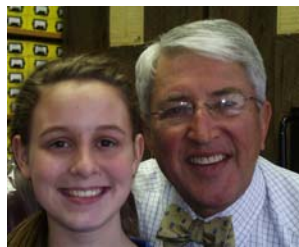
Stephanie is smiling so BIG because she followed the Doctor's instructions and finished treatment four months early.

Stephanie Gladbach



Stephanie's first photo in our office. November, 2007

In her spare time, she enjoys reading and she is seriously trying to write a book! Now that her braces are off she can't wait to eat Silver Dollar City taffy. Yum! Yum!



Taylor Lehman

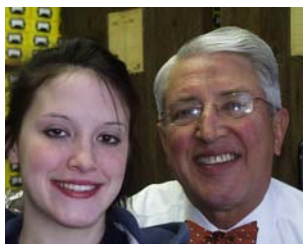


Taylor's first photo in our office. October, 2003

Taylor was a great kid, she had a little trouble in the beginning, but got a hold of it and turned it around and got the job done! Great SMILE, Taylor!!!

Her interests are playing basketball and volleyball. Now that her braces are off she can't wait to SMILE at everyone!

Ashley Durgin



Ashley finished ON TIME and did great throughout treatment. She likes riding horses, basketball, photography, hanging with friends and going to college for fashion merchandising!



Ashley's first photo in our office. August, 2002.

Now that her braces are off she can't wait to have her picture taken and actually smile. Going soon to have her Senior picture taken. Smile, Ashley, Smile!

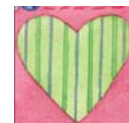
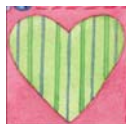


Robert Getz

Robert did a great job with everything! He enjoys hiking and biking. Now that his braces are off, he can't wait to eat nuts!!!!

Secret recipe for CLEAN & FRESH RETAINERS.

Mix 1 Tablespoon of white vinegar with 1 cup of cold water. Soak retainers in this solution. You can soak them all day if needed. Use your toothbrush to brush off vinegar and water solution. Nice & Clean!!!



COOKING



BRACE-FRIENDLY RECIPE

Sometimes simple is best. When everything else seems too tough to manage, try straightforward red beans and rice, a traditional combination that lends itself to spicing up (add a few drops of hot sauce) or as is for humble satisfaction. Boiling the beans before mixing them with the rice is the key to tender texture.

CORNER

Red Beans and Rice

- 3 1/2 cups water (total)
- 1 (15 oz.) can red kidney beans, drained
- 1/2 c. onion or 2 Tablespoons dried onion
- 3/4 cup chopped green pepper (or any sweet bell pepper)
- 1/4 t. minced garlic
- 1/2 t. dried oregano
- 1/2 t. salt
- (optional: 2 teaspoons dried basil or 6 crushed basil leaves)
- 1 cup dry long-grained rice



In a large saucepan, combine 1 1/2 cups only of the water with the beans, onion, bell pepper, garlic, and oregano. Bring to a boil, then lower the heat to simmer and cook for 20 minutes.

Add salt, optional basil and the remaining 2 cups of water. Bring to a boil again, then lower the heat to simmer and stir in the rice. Cook for 20 minutes, or to your favorite level of softness. For a Cajun twist—Add smoked sausage links cut in bite size pieces to the last 20 minutes of cooking time. —Serves 6 to 8

What is a Board Certified Orthodontist?



A board certified orthodontist is a dentist who has completed an American Dental Association accredited graduate program in the specialty of orthodontics. A dentist graduates from a specialty program becomes an orthodontic specialist who is eligible to become board certified through the voluntary examination process of The American Board of Orthodontics (ABO). Involvement in the certification process is a demonstration of the orthodontist's pursuit of continued proficiency and excellence.

The certification process involves a thorough Written Examination covering all areas of information on which an orthodontist should be knowledgeable. Successful passage allows the orthodontist to present treated cases which will be evaluated by expert examiners of the Board during a Clinical Examination. Certification is now awarded for a time-limited period and the orthodontist must re-examine on a periodic basis to retain the board certified status.

Our very own Dr. Rowan was an examiner for the American Board exams. Dr. Rowan spent several days in Dallas at the end of February for this yearly event.

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

Dori L.—New Patient Coordinator
 Joan M.—Training Coordinator
 Jill P.—Assistant
 Jenny P.—Assistant
 Carol U.—Insurance Coordinator
 Anne V.—Treatment Coordinator
 Courtney W.—Records

Common looking people are the best in the world: that is the reason the Lord makes so many of them.



- Abraham Lincoln