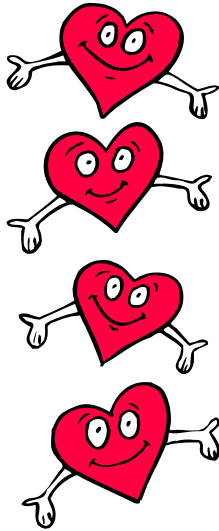


Smile with Style



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

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



Happy Hearts Contest



Joey Hartman

Don't eat'um—Count'um!

*A winner is a 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.



Dr. Ken's Observation Klub

January

WOW—Observation Patients—All you have to do is bring a picture of yourself to your observation appointments. YOU MIGHT BE A WINNER, too!!! Remember we have a drawing EVERY month.



Brooke Struempfh

Brooke is from Meta, Missouri, she is 10 years old. She was the lucky winner of this month's Dr. Ken's Observation Klub drawing. Brooke first visited our office last summer, she was not quite ready to begin treatment. She had another appointment this month.

Brooke likes basketball and softball. Country music is her favorite and she loves to listen to Taylor Swift. In her spare time, Brooke rides her bike, checks her cows and collects shells. It's a dream of hers to someday play the flute and guitar. Two of her favorite movies have been "Avin and the Chipmunks" and "Shrek 3". Brooke tells us she has wonderful parents!!!!

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

BEGINNING SMILES



Auriana Adrian

Auriana completed her Phase I treatment when her PSD (palatal spreading device) was removed. She just happened to be ready to begin Phase II treatment this month. She is 11 years old. Her favorite tv program is Full House and she really likes High



School Musical. In her free time she enjoys basketball and running. She tells us she is really good at art and she likes to sing. The greatest thing that has ever happened to her was her being able to live with her grandparents. If Auriana could be anything it would be a rock star or super star.



Delaney Connor

Delaney is 10 years old. She was ready to start full treatment. Her friends call her "Laney". The greatest thing that has happened to her is the day she got her dog. Her dog's name is Franciner. Laney's favorite

group is Breaking Dawn. She plays basketball and for fun she collects snow globes. Laney has friends that come to our office. Good luck and enjoy treatment here, Laney.



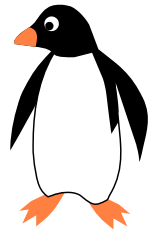
Christian Hake

Christian is 15 years old and he enjoys baseball, football, basketball, skydiving and eating jello! If he could meet anyone famous it would be Dr. Phil. He hopes to graduate from high school and meet an alien. It's great news to know that you began treatment this month. We will be interested in seeing you at your regular appointments and getting to know you better.



Ashley Even

Ashley is 13 1/2 and several of her friends come to our office. She was ready to begin her braces adventures this month. She doesn't have any pets but enjoys volleyball, crafts and collecting snow globes. She likes Hip Hop and Pop music. She says her greatest quality is being able to make people laugh. She has played the flute for a year and she likes to read romantic comedies.



Erin Masek



Erin is almost 16. She got her braces on January 25. She likes all kind of music, but her favorite group is Trans-Siberian orchestra.

She plans to go to college in a few years, but for now her hobbies are playing video games, computers and reading. As a child her favorite cartoon character was Sponge Bob. If she had two weeks to do anything it would be to travel the world. Her favorite vacation was going to Disney World with her family.



Tanner Laughlin

Tanner's brother, Tyler is also in braces at our office. Tanner is 12 years old and his family lies in Chamois, Missouri. Tanner likes Country Music, he likes to read and loves to watch comedy movies. Tanner plays baseball and basketball. He even likes to play baseball on Wii.



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 January we asked our patients...

- What was one of your greatest joys of 2009?
- Where were you on December 31, 2009?
- Who will you miss in 2010?

Lillie has been a GREAT, CONSISTANT, BRUSHER!!!

She likes volleyball, shopping and hanging out with friends.

Here are her answers to our questions.

What was one of your greatest joys of 2009?
Getting a laptop!

Where were you on December 31, 2009?
In Columbia



Lillie Buxton
 Who will you miss in 2010?
No one

Brennan Stephens



Brennan always does a great job at wearing her head gear and brushing her teeth. She LOVES to read, enjoys ballet and likes spending time with family.

Here are her answers to our questions.

What was one of your greatest joys of 2009?
Going on vacation to Scotland with my whole family for two weeks.

Where were you on December 31, 2009?
I was in Texas with my father's family.

Who will you miss in 2010?
My sister, Kyrstin, who is away at college.



Rylee is being spotlighted because of her AWESOME brushing.



Here are her answers to our questions.

Where were you on December 31, 2009?
At a friend's house.

Rylee Rimiller

What was one of your greatest joys of 2009?
Being with friends.

Who will you miss in 2010?
Nobody

Some of our Young Faces Waiting For Braces

January



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

ELDON OFFICE

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

Thursday, January 28, 2010
 No Eldon date in February
 Thursday, March 4, 2010
 Thursday, April 8, 2010

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.

MORE PATIENTS IN THE SPOTLIGHT

Alexis has been doing a GREAT job wearing her rubber bands... LIKE ALL THE TIME....LIKE everyday!!!!

She enjoys playing volleyball, running track and cross country.

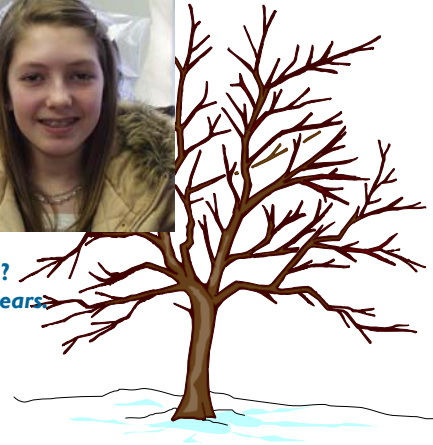
Here are her answers to our questions.

Alexis Peters



What was one of your greatest joys of 2009? *Vacationing in Colorado.* **Where were you on December 31, 2009?** *I was at my cousin's house celebrating New Years.*

Who will you miss in 2010?
My cousins who have moved away.



Micayla Strope

Micayla IS and HAS BEEN a consistent GOOD BRUSHER!!

Here are her answers to our questions.

- **What was one of your greatest joys of 2009?**
Being with my family and friends.
- **Where were you on December 31, 2009?**
At home.
- **Who will you miss in 2010?**
My friends when I graduate.



Jake Maue

Jake has worn his head gear into the office for appointments. He has been faithful in "getting' the job done!"

Jake's answers.

- **What was one of your greatest joys of 2009?**
Going to Big Surf.
- **Where were you on December 31, 2009?**
At my mom's.
- **Who will you miss in 2010?**
My Grandpa, because he died.



Kirk Twehaus

Kirk is being spotlighted because he is a fantastic tooth brusher!!!!

Here are his answers to our questions.

- **What was one of your greatest joys of 2009?**
I got a deer!
- **Where were you on December 31, 2009?**
At my dad's house.
- **Who will you miss in 2010?**
I don't know.

T-LINK

It's all about communication!

SIGN UP to receive ONLINE benefits!!

Make online payments, receive email and text appointment reminders, check your account activity and balance, view future and past appointments, print Cafeteria/Health Savings Plan receipts.



HOLD THAT SMILE

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

January Debands: Cassie Adams, Kegan Bauer, Zachary Boeckmann, Ashton Boessen, Carmen Boessen, Jeremy Burger, Caroline Graham, Ashleigh Haslag, Clayton Hearting, Del-Von Hite, Luke Job, Zachary Kruse, Jacob Mebruer, McKenzie Mehrhoff, Rachel Moll, Amber Morrison, Tristen Patterson, Nataleigh Reuter, Nathaniel Roudebush, Shelby Wankum, Robert Wilkins.

Keep Your Bite Right...RETAIN!



Jacob Mebruer

Take a look at Jake's smile! He's smiling because he finished treatment early. Just remember, Jake YOU DID THIS!!!!

He likes to play baseball, hunt and ride dirt bikes in his spare time.

Jacob is anxious to eat A LOT...now that his braces are off.

Cassie did great with her appliances and finished treatment early!

Her current interests are dance, volleyball and band. She also likes to swim and hang out with friends.

Once those braces are off she can't wait to eat corn on the cob and raw carrots.



Cassie Adams

HELIAS 2010 HALL OF FAME



Helias High School celebrated and honored nine individuals that were inducted into the Helias Hall of Fame on January. 24. A special Mass was held with a social hour, dinner and the induction program with relatives and friends in attendance.

In an effort to recognize outstanding individuals whose lives have helped to establish Helias High School, the Hall of Fame was created in 2008. Individuals must have: graduated at least 20 years before induction; demonstrated loyalty and/or service to Helias; distinguished themselves in a chosen field; and have exhibited moral standards to the credit of the school.

Dr. Rowan a tried and true Crusader!





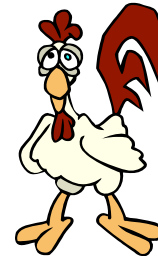
BRACE-FRIENDLY RECIPE

This dinner pie is one of the best reasons to have cut-up cooked chicken on hand in the freezer. Ditto for bags of frozen chopped broccoli and frozen potato "shreds." Add canned soups, refrigerator crescent rolls and a few seasonings, and you won't want to go back to those ordinary meat pies again.

Preheat oven to 400 degrees.
Bake for

Tender Chicken Pot Pie

- 1 (10 3/4 oz.) can undiluted cream of celery soup
- 1 (10 3/4 oz.) can undiluted cream of chicken soup
- 3/4 cup milk
- 1/4 t. thyme
- 2 cups chopped frozen broccoli (thawed)
- 2 cups cut-up cooked chicken
- 2 cups shredded frozen potatoes (thawed)
- 1 cup cooked carrots (fresh is best, rather than frozen)
- 2 (8 oz.) cans refrigerated crescent rolls (8 per can)



In a 9" x 13" pan, stir together the two cans of soup, milk and thyme. Stir in the broccoli, chicken, potatoes and carrots. Bake uncovered at 400 degrees for 15 minutes only. Remove the pan from the oven, but leave the oven on. Unroll both cans of crescent rolls, and divide each can into four rectangular sections (don't break them into triangles.) Lay all the rectangles across the top of the chicken mixture, overlapping as necessary to fit. Place pan back in the oven again at 400 degrees for another 15 minutes, until rolls are nicely golden. Makes 10 to 12 servings.

EXTRACTION versus NON-EXTRACTION

The necessity of extractions in a particular patient is most commonly a result of inadequate space availability in the dental arch. The crowding can be so severe in some people that entire teeth are blocked out of the arch. In those cases, the need for extraction is more obvious than in other patients. There are also times where it may be possible to fit all of the teeth into the arch with braces and align the teeth, however, doing so may be at a detriment to the stability of the teeth, the gum tissue, or the esthetic appearance of the teeth or soft tissue.

Other reasons for extraction could include bite correction, midline correction, or soft tissue/profile improvements. The decision making process can be quite complex, and all of the information gathered at the records appointment needs to be taken into consideration prior to making a final decision.

Generally, the bite, midlines, amount of crowding, position of the jaws, position of the teeth, future potential for growth, sizes of the teeth, soft tissue/profile, and other attributes are analyzed by the specialist/orthodontist to determine the best treatment course.

The debate about pulling teeth for braces has been going on for over 100 years.



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

Angie 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

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.



-Martin Luther King, Jr.