

January – February 2010

# THE ORTHODONTIC EXAMINER

## contests

### T-SHIRT CONTEST



The T-shirt drawing winners for November were Andrew Anderson and Derek Ostermiller. The winners in December were Trinity Wynn and Rebecca Bischoff.

### LAST MONTH'S CONTESTS



For November, our contest was called "The Price Is Right Thanksgiving Grocery Game". The winners were Paige Clark and Diana Salazar. They received gift cards to Wal-Mart

In December, our contest was called "Name That Christmas Carol". Our patients got to guess which Christmas carol was being portrayed in each picture. The winners were Jaxon Hodges and Chelsa Dredge. They received the game "Monopoly City". Congratulations to all of the winners!

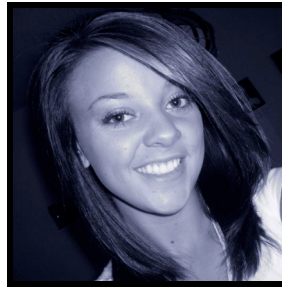
### NEXT MONTH'S CONTEST

2009

Our contest for January is called "Events of 2009". It is a quiz to see how much you know about what went on in the year 2009. We will have some cool prizes for the winners! Good luck and have fun!

## EMPLOYEE SPOTLIGHT

Allie Cooper



Allie works as an assistant in both the Idaho Falls and Rexburg offices.

How long have you worked at  
Elison Orthodontics?

8 months

Where were you born?

Boise, ID

What is your favorite food?

STRAWBERRIES!!!

What is your favorite  
holiday? Why?

*I love Christmas because I love watching how excited my husband gets when he opens his presents!*

If you could go anywhere in  
the world, where would it be?

*I would love to go to Greece!*

What are some of your  
hobbies?

*I love to scrapbook, play card games with my family, and go fly-fishing with my dad.*

Anything you would like to  
say to the patients?

*I know everyone hates impressions, but please don't throw up on me!*

## IT'S a BOY!



JACK RYAN WILLIAMS

Born: November 16, 2009

Weight: 6 lbs 6 oz

Length: 20"

Congratulations Chelsey & Ryan!



## Orthodontic fun fact

People who drink 3 or more sugary sodas daily have 62% more dental decay, fillings and tooth loss.



## NEW YEAR NEW ATTITUDE

"Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections."

-Unknown

### ATTITUDE

By: Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our attitudes

### Braces-Friendly Recipe

## Pasta Pomodorini



#### Ingredients:

- 3/4 lb spaghetti
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 1/4 cup sliced garlic
- 1/4 teaspoon red pepper flakes
- 1 pint small cherry tomatoes, stems removed, crushed between your thumb and forefinger
- Sea salt, preferably gray salt
- 1/2 cup fresh basil leaves, each torn into 2 or 3 pieces
- Wedge of Parmesan cheese

#### Directions:

Bring a large pot of salted water to a boil over high heat. Add the pasta. While the pasta cooks, heat the 1/4 cup olive oil in a large skillet over moderate heat. Add the garlic and cook until the slivers are golden brown and crisp, then add the chilies and cook for about 30 seconds. Raise the heat to high and add the tomatoes. Simmer briskly to soften the tomatoes and thicken the juices, about 3 minutes. Season with salt. When the pasta is al dente, scoop out about 1/2 cup of the pasta cooking water, then drain the pasta. Return the pasta to the warm pot off the heat. Add the sauce and the basil and mix well. Add some of the reserved cooking water if the pasta seems dry. Transfer to a warmed serving bowl and grate Parmesan over the top to taste. Drizzle with a little more olive oil. Serve immediately. Makes 4 servings.

## Orthodontic New Year's resolutions



1. I will wear my elastics religiously.
2. I will not flick my elastics at my brother or sister.
3. I will brush my teeth at least twice a day – the RIGHT way.
4. I won't lie to my mom when she asks about my brushing.
5. I won't crack Jolly Ranchers against my braces anymore.
6. I won't "lose" my headgear anymore.
7. I won't call my orthodontist during the Super Bowl with an "emergency".
8. I won't gross out my parents by smiling with food in my braces.
9. I won't make the dog wear my retainer.
10. I will simply stop complaining about my braces!

### POSITIVE ATTITUDE



It changes everything.

WE HOPE THAT  
YOU ALL  
HAVE A SAFE  
AND  
HAPPY NEW  
YEAR!