

In this Newsletter:

October is National Orthodontic Health Month

By Stacy

Dr. Beaber has sponsored National Orthodontic Health Month to raise awareness about the importance of oral health by hosting dental oral health lectures in classrooms throughout metro Denver not only in October but throughout the year. He strongly believes that developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. The lectures are high energy and lots of fun. Kids learn about proper brushing techniques, healthy eating habits, dental trivia and a lot more! Check out the Practice News & Events link on our website for photos and letters from some of our recent visits.

Dr. Beaber is also available to speak with the parent teacher organization at your school or other community organizations. His lecture can be tailored to meet the interests of the group, from when to take a child to the dentist to when to start orthodontics and everything in between.

If you would like Dr. Beaber & his team to visit your school please contact the office for more information.

Thank you for your referrals

By Stacy

When you are looking for a new product or service provider how often do you ask your friends what they use or who they see? Are any of your friends, or children's friends looking for braces? The greatest compliment that you can pay our team is to tell your friends about us. When your friend comes into our office we will provide the best possible care for their child as we do for you and yours. As a special thank you we will also offer them a generous discount off their treatment because they were referred by a current patient. When they begin treatment we will also thank you with a credit on your account for telling your friends why you believe in the care that our team provides. We appreciate your confidence in our practice and would like to thank you for your trust.



Our Postcard Winners!

Congratulations to our postcard contest winners Tim N. and Shea S.!!!

Tim traveled overseas this summer with the Colorado Chorus and sent us a postcard from Budapest!!!

Shea also took a trip over seas and visited several places in Europe. She brought us back a postcard from Vienna!

Thank you for all of you who participated! It was great to hear about all your wonderful adventures this summer!



Do you want to win a Wii ???

You could be a YouTube Star!

Dr. Beaber is searching for our first YouTube star. We need you to film a short video clip (no more than 2 ½ min.) with an orthodontic theme of any kind! You can be a flossing superhero or a plaque fighting ninja, use your imagination it's up to you! All entries must be in by **December 31, 2009**. So, be creative & you might be the lucky first prize winner of the Wii System. Good luck!!!



If you have any questions please feel free to call the office and ask Amy.

P.S.- There will be prizes for second and third place as well.

Snack Time With Braces.....

By Amy

Buttery Soft Pretzels

INGREDIENTS

- 4 teaspoons active dry yeast
- 1 teaspoon white sugar
- 1 1/4 cups warm water (110 degrees F/45 degrees C)
- 5 cups all-purpose flour
- 1/2 cup white sugar
- 1 1/2 teaspoons salt
- 1 tablespoon vegetable oil
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- 1/2 cup baking soda
- 4 cups hot water



- 1/4 cup kosher salt, for topping

DIRECTIONS

1. In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand until creamy, about 10 minutes.
2. In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into a dough. If the mixture is dry, add one or two tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour.
3. Preheat oven to 450 degrees F (230 degrees C). In a large bowl, dissolve baking soda in hot water.
4. When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is all shaped, dip each pretzel into the baking soda solution and place on a greased baking sheet. Sprinkle with kosher salt.
5. Bake in preheated oven for 8 minutes, until browned.

Just be sure not to over cook them and pull them apart don't bite and tear!

Peachy Keen Smoothie

Summer peaches, is there anything sweeter? Probably, but still...a peach smoothie is a good thing. You may wish to leave in the syrup if you use canned sweetened peaches.

Ingredients:

- 2 cups peaches (its up to you if you used sweetened or not, I do)
- 1 cup 2% milk
- 2 scoops of vanilla ice cream or 2 cups of vanilla yogurt
- pinch of nutmeg
- 1 cup of orange juice
- 1/4 teaspoon almond extract

The almond adds a nice flavor, but try it without if you don't have any, you'll still find it delicious. Adding the ice cream really sweetens it up, so yogurt can take some sugar out. Blend this sucker up and enjoy!