



M-BRACE-U

OCTOBER 2009

From the office of Dr. Perry Stevenson _____ 17th Edition

FOCUS ON THE TEAM

We would like to introduce to you our newest team member, Dianna Cossette. Dianna has been with us for a little more than three months but brings to our office 26 years of experience in the orthodontic field. She has two children and five grandchildren.

When not at work, she enjoys many outdoor activities including riding horses and quads on the big dunes. Classic cars, Woodburn drag races, and car shows are her hobbies.

She drives 44 miles one way from Yacolt, Washington to serve the needs of our patients. We appreciate her positive personality and the knowledge she shares with other team members and patients.

KEYS TO KINDNESS

How well liked you are may affect whether you get promoted or hired at a job. Some companies even administer personality tests to determine whether a potential hire or an employee up for promotion will mesh with other personalities on the team. In today's workplace, working well with others is crucial. Use these strategies to uncover your inner team player:

- **ADMIT YOUR SHORTCOMINGS.**

If you made a mistake, hurt someone professionally or made another faux pas, own up to it. Admit you were wrong and apologize.

- **PRACTICE EMPATHY.**

Understand the challenges others face and how their hard work contributes to the workplace. Find ways you can provide support and help.

- **BE PLEASANT.**

A smile, a kind word, recognition for a job well done, a warm "hello" first thing in the morning—these little kindnesses go a long way toward a more positive workplace.

- **KEEP IT IN CHECK.**

Don't make every interaction a competition or an attempt to prove you're right. Instead, seek to listen, understand and cooperate. It only takes a minute to be nice, and the rewards that kindness brings make it a minute well spent.

(ODEA Top Performance Newsletter)

What Are Friends For?

Studies have found that people who have large circles of friends live longer, are healthier and age better. No matter how busy you are, make time for your friends.

(ODEA Top Performance Newsletter)



Civil War Week

November 30-December 4, 2009 Come dressed in OSU or UO colors and receive a special prize.



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ROSE CITY BRIDAL SHOW

On September 26th and 27th, our office participated in the Rose City Bridal Show. We hosted a booth at the show and enjoyed sharing orthodontics with brides, bridal parties, vendors, and models.

We had fun seeing some former patients and parents attending the show as well. If you have friends or family members that are planning weddings and would be interested in braces before that important wedding date, please have them call us.

We now offer Incognito Braces that are placed on the lingual or backside of the teeth. The braces won't show at all while your smile is being transformed! Perfect for brides or grooms or any bridal party member and anyone as well!

WEBSITE NEWS

You can now access our upcoming contests and other important practice events. Our newsletters will also be available on line. Go to our website at www.braceyoursmile.com and click on "Office Information" and choose the information you would like. Enjoy!

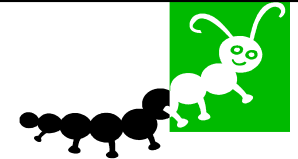
Star Wars Contest Winners



Winners of our Star Wars Contest received \$35 gift cards to Fred Meyer. We would like to congratulate the following winners:

Hannah Smiley, Tim Blank, Andrew Ritschard, Corinne Kunz, Tyler Mason, Zach Schmidt, Seth Francis, Stephanie Horstman, Nicholas Drew, and Andrew Lewis.

BUG HUNT CONTEST



The Bug Hunt Contest was fun for many of our younger patients. There were 81 bugs in our Bug Jar! Many guesses were very close with some hitting right on the mark. Twenty patients age 10 and under won bug collecting equipment. They are: Esther Rogers, Sam Hughes, Cody Davison, Hannah Thoms, Cassidy Evans, Reece Haney, Jose Ponce, Jacob Dukart, Janelle Graham, Hailey Long, Megan Sester, Estella Ortiz, Mara White, Claudia Ruiz, Dylan Croonquist, Brendan Ritschard, Peter Melton, Emmet Redfern, Brent Kight, and Killian Walker.

In addition, ten patients age 11 and up won \$20 gift cards to OMSI. They are as follows: Leah Thoms, Katie Peters, Hannah Rogers, Lindsey Miller, Katie Powers, Haven Levesque, Emily Shelton, Hanna Peters, Molly Brown, and Cooper Lovely.

CALLING ALL ARTISTS FOR A CHANCE TO WIN A Wii

Our next contest is in full swing. We need a Christmas Card to send out this year. Please stop by the office to pick up instructions or call us and we will mail a copy to you. You may use any art medium that can be photocopied or printed. The entries will be judged by a senior student at the Art Institute of Portland. Your entry is due by October 31, 2009. The winner will receive a Wii!!





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Delicious, Nutritious and Brace-Friendly Fruit Smoothie

Ingredients: 2 bananas, 1 cup milk, 1 cup of other fruit (raspberries, blueberries, strawberries, mandarin oranges—fresh or thawed frozen fruit), and 2 tablespoons of protein powder

Directions: Cut bananas into 1-inch slices. Add all ingredients to a blender. Mix for 10 seconds on a low setting.

Makes two servings



RECIPE CORNER

Prosciutto, Spinach, and Pasta Casserole

Prep: **25 minutes**

Cook: **25 minutes**

Ingredients

- 2-2/3** cups dried bow ties, penne, or ziti (8 ounces)
- 2** medium onions, cut into thin wedges, or 5 medium leeks, sliced
- 2** cloves garlic, minced
- 1** tablespoon butter or margarine
- 1/4** cup all-purpose flour
- 1/2** teaspoon anise seeds, crushed
- 1-3/4** cups milk
- 1-1/2** cups chicken broth
- 1/4** cup grated Parmesan cheese
- 1** 10-ounce package frozen chopped spinach, thawed and well drained
- 2** ounces and chopped prosciutto, cut into thin bite-size strips
- 1** medium tomato, seeded

Directions

- 1.** Cook pasta according to the package directions. Drain; rinse pasta with cold water. Drain again.
- 2.** In a large saucepan cook onion and garlic, covered, in hot butter about 5 minutes or until onion is tender, stirring occasionally. Stir in flour and anise seeds. Add the milk and chicken broth all at once. Cook and stir until slightly thickened and bubbly. Stir in Parmesan cheese. Stir in the cooked pasta, spinach, and prosciutto. Spoon the mixture into a 2-quart casserole.
- 3.** Bake, covered, in a 350°F oven for 25 to 30 minutes or until heated through. Let stand about 5 minutes. To serve, stir gently and top with chopped tomato.

(Makes 6 servings)

