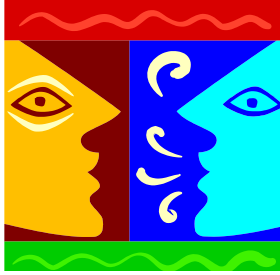


# Straight Talk



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## Leap into a Great New Smile with Dr. Wolterman and Invisalign

We have had such a great response to our drawing for a free Invisalign treatment that we have extended the deadline! Invisalign is a series of clear, removable aligners that straighten your teeth without braces. If you did not have a chance to enter the drawing for an Invisalign treatments valued between \$3,000 and \$7,000, now is your chance. Stop by the office to enter. The drawing will be held on Friday, February 29, so leap into a great new smile with Invisalign and Dr. Wolterman!



## From Dr. Wolterman



This is the time of year when everyone seems to be trying to get better organized for efficiency, taxes, or just to get rid of clutter. Computers do a good job of helping us keep order in our lives, but they are a tool that needs care and attention. Too many people feel computer back ups are rudimentary, but I can tell you, first hand, how important it is.

At our office, like most offices, we back up our system daily. Unfortunately, I was not in the same habit with my home computer. Recently, my hard drive crashed and I lost all my data. Although it doesn't measure to the critical nature of our office data, it is gone. Saved articles, photos, and the usual home computer data was gone forever. Apparently, there are ways to recover this data but at a very high cost.

Instead, you could purchase a back up device for \$129 and use it on any number of computers you have. It downloads the hard drive and has software that enables you to store your information and retrieve it when you need it. It is more sophisticated than a zip drive, and we purchased ours at a local electronics store.



## Signing In

**Congratulations to Janet Cooper, office manager!** In 2007, she celebrated 30 years with Dr. Wolterman. She was thanked for all she has done and will continue to do to make every patient's visit to Dr. Wolterman a pleasant experience.

## In the Chair

### Liyla Pfeffer

**What school do you go to?** Maddux Elementary

**Favorite activities, sports &/or hobbies:** Shopping, Nintendo

**What's Dr. Wolterman doing to you (what kind of treatment)?** Retainer

**What's the first thing you will eat when your treatment is finished?** Anything at lunch

**Why do you like coming to Dr. Wolterman's office?** I like to get tokens!

### Matthew Montgomery

**What school do you go to?** Batavia Middle

**What grade are you in?** 8th

**Favorite activities, sports &/or hobbies:** Football, basketball, baseball & eating

**What's Dr. Wolterman doing to you (what kind of treatment)?** Damon braces

**What's the first thing you will eat when your treatment is finished?** Chex mix

**Why do you like coming to Dr. Wolterman's office?** The staff seems to like what they are doing and the treatment well. Dr. Wolterman is also fun!

### Carly Thacker

**What school do you go to?** Willowville Elementary

**What grade are you in?** 4th

**Favorite activities, sports &/or hobbies:** Gymnastics, dance, basketball, softball & soccer

**What's Dr. Wolterman doing to you (what kind of treatment)?** Braces

**What's the first thing you will eat when your treatment is finished?** Gum, popcorn, Laffy Taffy

**Why do you like coming to Dr. Wolterman's office?** Because I like the wooden nickels and the drawing for the Webkinz!

# Cooking Up Some Smiles

*Recipes for good things to eat that won't hurt your braces!*

## Chocolate Baked Bananas Over Ice Cream.

### Ingredients:

- 4 whole bananas in the peel
- 4 ounces semisweet chocolate chips
- 4 tablespoons Nutella (optional) (found near peanut butter in the grocery store)
- 1 pint ice cream, flavor of your choice

### Directions:

Pre heat your oven to 450 degrees. Place the banana on a work surface with the ends pointing up. Using a small sharp knife cut a horizontal slit down the inside so you can open the peel like an envelope and stuff it. Being careful not to rip open the peel, spread 1 tablespoon of Nutella in each slit and add one ounce of chocolate chips. Close up the banana peel and wrap the banana in foil. Repeat with the remaining bananas. Place bananas on a baking sheet and bake for 10 minutes or until the inside of the bananas are soft and warm and the chocolate is melted.

Before removing the bananas from the foil, remember to be careful as the banana and the melted chocolate will be hot.

To serve, place 2-3 scoops of ice cream into oval dessert bowls. Carefully remove each banana from the foil and peel the baked bananas and place on top of the ice cream.

Makes 4 servings.

*From Chef Gale Gand of the Food Network*



# Back at Ya' Doc!

Are you a coach whose team needs mouth guards? To celebrate National Facial Protection month in April, Dr. Wolterman will provide custom mouth guards for a local sports team. If you are a coach, send your name and information about your team (age, sport, number on team, league) to [backatyadoc@woltermanortho.com](mailto:backatyadoc@woltermanortho.com).



## Happy Valentine's Day!

- ♥ In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.
- ♥ Some people used to believe that if a woman saw a robin flying overhead on Valentine's Day, it meant she would marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. If she saw a goldfinch, she would marry a millionaire.