

STRAIGHT TO THE POINT! Adults and Braces-Is It For You?

In the not too distant past it used to be rare to see an adult with braces. Well things have certainly changed. Approximately 30% of our patients are now adults.

Many people did not get braces when they were young. Either their parents could not afford it, or their teeth could not be straightened with the techniques 40 years ago. Now they have problems with their teeth, gums or they are unhappy with their smile. Other people did have orthodontic treatment when they were young, but they did not wear their retainers and their teeth have shifted. Most adults get orthodontic treatment because they realize that taking care of your smile is part of taking care of yourself.

It is important to note, there is no age limit! Our recommendation, don't wait! Consider braces or Invisalign now and have the enjoyment of years with a healthy beautiful smile.

Our exams are complimentary and very informative, so please feel free to call our office today and schedule a complimentary exam. At that appointment Dr. George will be able to let you know what would be involved in creating that beautiful, healthy smile that you have always wanted.

**Become a fan of
George Orthodontics
on Facebook!**



The Best of the Best

Another local business that deserves 

“I’ll Have What She’s Having”



I had the pleasure of meeting Elizabeth Elsbree, the owner of “I’ll Have What She’s Having”. I saw her in action during our interview. Elizabeth bakes custom cakes, pastries, and confections for any occasion. Her passion is sugar art, quality ingredients and classic recipes are her building blocks. She uses no



commercially prepared mixes, fillings or frostings. She loves everything about her business from the planning, baking and decorating; even the delivering.

Jen, an assistant at George Orthodontics had Elizabeth bake the cake for her wedding. We can all attest, it was a delicious work of art! You will want to visit her website to see pictures of her beautiful creations and other testimonials of her customers.

If you are in the Snohomish neighborhood on October 15, stop by the grand opening of the Washington Public Market & Wine Cellars, 1010 Second Street

Snohomish, WA. “I’ll Have What She’s Having” will have a booth there and you will have the pleasure of meeting Elizabeth!

You can reach Elizabeth by calling:

425-232-4442 or via email: illhavewhatsheshaving2010@gmail.com

or visit her website at: www.illhavewhatsheshaving.com



Contest Winners!



Karlie W. won the August award for being a dynamite brusher! Good job Karlie!

Be sure to enter our contest each time you come in for an appointment. You could be the lucky winner. Keep those teeth clean and you could be the winner of our good hygiene award and best, of all your teeth will be beautiful when those braces come off!



Kailey L. was the winner of our summer contest "Where In the World Is Dr. George?"

Easy Ways We Can All Be More Green WE Can Make a Difference!



- 1. Turn off the lights.** Electricity production generates more than 1.9 billion metric tons of carbon dioxide emissions a year.
- 2. Choose reusable instead of recyclable products.**
- 3. Use greener cleaners.** Safer products can save you money, too.
- 4. Find new uses for old things.** Many retailers provide in-store drop-off bins for recycling cell phones, while items such as clothing, toys, and computers are great for local shelters and rescue missions. Through donations you not only relieve pressure on landfills, you contribute directly to your community.

- 5. Bring your own bag to the grocery store.** Look in your closet and drawers for a strong, durable, reusable bag, and take it with you to the supermarket, mall, or your favorite takeout place.
- 6. Buy products made from recycled material.**
- 7. Make your water flow more efficient.** If you're looking to save water, a precious resource we should all conserve. Taking a shower rather than a bath is a good place to start.
- 8. Boost your appliances' energy.** Be sure they are tuned up and running efficiently.

These are only a few ideas. Visit www.wholeliving.com for more creative ways to go green!



George Orthodontics
more than beautiful smiles



Baked Acorn Squash

This recipe makes a great treat if you are experiencing some tender teeth from your braces. Nice and soft!

INGREDIENTS

- 2 acorn squash, halved and seeded
- salt and pepper to taste
- 1/4 cup butter, diced
- 6 tablespoons firmly packed brown sugar
- 1/2 teaspoon ground cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees F
2. Place squash in a shallow baking pan, cut side down.
3. Bake in preheated oven for 30 minutes, or until tender.
4. Turn cut side up; season with salt and pepper, dot with butter and sprinkle with brown sugar and cinnamon.
5. Bake for 20 minutes more.

REUSE REDUCE RECYCLE!

Recycling one aluminum can save enough energy to power a television for up to three hours. In the year 2000, 13,500 aluminum cans were recycled every minute in California.

Let's all do our part and REUSE, REDUCE, AND RECYCLE.

