

# the george gazette

WINTER 2011



## Welcome to The George Gazette!

At long last, our first newsletter! We have decided to put together a newsletter every few months for our patients and their parents in order to update all of you about changes and happenings in our office. We have included several sections that we hope are easy to navigate through and will be informative. If you have any comments or recommendations regarding how we can improve it, please let us know. We have attempted to include a variety of sections in order to provide information pertaining to our practice as well as information that may be useful/interesting to you with topics on personal health, environmental issues, and local community issues. In addition, we will be highlighting a local small business every few months in order to promote investment in our local economy and to support businesses that Dr. George feels are making positive contributions to our community.

We hope you enjoy it and greatly appreciate any time you spend perusing the information included in our newsletter.

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George Orthodontics  
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## Dr. George Learns the Latest about Invisalign

Invisalign first came on the market in May of 2000. They are a series of clear plastic trays molded to your dentition. They are worn 24 hours a day to align teeth. Invisalign has come along ways since its introduction. They are not only an advantage cosmetically but because the trays can be removed before eating and brushing, improved hygiene is a great advantage.

Dr. George attended a seminar in November of 2010 to learn the latest Invisalign techniques. There are many more treatment options with Invisalign than in the past. Some new advances have opened the door for it to be used on a more variety of cases. He is excited about what he learned and if Invisalign is something you have considered he would be happy to talk with you about the possibilities.

Invisalign is not meant for all orthodontic treatment. If you are wondering if this might be right for you, please call the office for a complementary exam. Dr. George will be able to let you know if you are a candidate for Invisalign and how long the treatment might take.

## The Best of the Best

Local businesses that deserve ★★★★★

Every newsletter we like to feature one of our amazing local businesses. This time we are proud to be featuring Clayful Creation Studio in Snohomish.

Clayful Creation Studio is a new "Paint Your Own Pottery" studio that opened August 1, 2010 on Cedar Street in downtown Snohomish. You pick a piece of bisque (clay that has been fired to bisque hardness) from over 300 choices. You paint the piece any way you want using a selection of glazes that are provided. Once finished, the piece is left behind for the staff to clear glaze and fire at over 1800 degrees.



The owners, Tasha and Scott, both artists in different mediums, wanted the space to feel warm, welcoming, and creative. From the bright orange walls to the eye catching light fixtures, each detail was carefully thought out to appeal to all ages. The studio hosts birthday parties as well as "Martini Madness" and "Dish, Dine,

Paint, and Wine" nights, making it a fun place to hang out, no matter what your age.

Tasha and Scott consider the opportunity to own



Bring this coupon in and receive  
\$5.00 off your creation.  
110 Cedar Ave #103  
Snohomish, WA 98290  
(360) 217-7671  
[www.clayfulcreationstudio.com](http://www.clayfulcreationstudio.com)

the business an amazing gift. Clayful Creation Studio is open Monday through Saturday from 10:00 am to 9:00 pm, and Sundays from 11:00 am to 6:00 pm. You're in for a real treat. Go check them out!

# Contest Winners!

We love contests at Dr. George's!



**Corinne McIntyre**  
"A" brusher

A contest that is ongoing is our brushing contest. Every time your child comes for their regular appointment and they have "A" brushing, they get to enter a contest to win movie tickets. Those monthly winners get placed into another drawing and every six months one of our patients is a lucky winner of an iPod touch!



**Alexandra Turek**  
"A" brusher



**Emily Cline**

The winner of our "Guess the Smile" contest. Emily won a \$50.00 gift card to the Alderwood Mall.



**Cheyenne Campbell**  
"A" brusher



Marcia, one of our staff members would like to share one of her family's favorite recipes. This recipe dates back to 1957 when a neighbor shared this recipe with her mother. This recipe might bring back memories of Seattle's wonderful Frederick and Nelson's.

## Frango Mint Pie

- 2 cubes soft butter
- 1 1/2 cup sugar
- 2 squares melted and cooled unsweetened chocolate
- 2 teaspoons vanilla extract
- 1/4 teaspoon peppermint extract
- 4 eggs
- 2 pie shells

Bake pie shells and cool. Cream butter with sugar and slowly add cooled chocolate and flavorings. Add eggs one at a time beating 5 minutes after each egg. (Don't cheat now. Beating well after each egg is an important step.) Pour mixture into pie shells and chill for at least two hours. Garnish with whip cream and ENJOY!

## Ship Shape

Here are some realistic things we can all do to stay in tip top shape.



1. Drink more water! The body needs water to function, and the more water we drink the better our functions can perform in our bodies. Drinking around 7 or 8 glasses will keep your body running like clockwork, keeping you alert, and helping to flush out any lurking toxins in your body.
2. Cut out junk food, and cook fresh - Junk food isn't good for you! It makes you feel lethargic, and helps to pile on the pounds. To stay fit cook fresh food, this will obviously improve your diet, and boost your energy levels.

3. Walk and/or cycle more! Leave your car behind more often and either walk or cycle to your destination. Even little efforts during the day add up. Park your car in the furthest spot instead of the closest. Take the stairs instead of the elevator. This will burn more calories, leave you feeling invigorated from the feel good endorphins that are released.
4. Always have breakfast! This is the most important meal of the day with good reason. When you go to sleep you deprive your body of food for on average around 8 hours. When you wake up you are running on empty. A car can't go very far without any gas so why would you? Feed yourself, so that you have improved concentration levels, increased metabolic rate and don't feel the need to gorge as much at lunch time.



5. Get more sleep! Sleep is the time when the body regenerates its cells in preparation for the next day. The more sleep you get the better your body will perform and the better you will feel while you are awake.

