



January

LUKE VOIGT

**BRACES-FRIENDLY RECIPES
BY MARIA HARDT**

CORN CHOWDER

Ingredients

- 2 tablespoons butter
- Extra-virgin olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 6 sprigs fresh thyme, leaves only
- 1/4 cup all-purpose flour
- 6 cups canned vegetable stock
- 2 cups heavy cream
- 2 Idaho potatoes, peeled and diced
- 6 ears corn
- Salt and freshly ground black pepper
- 1/4 cup chopped fresh parsley leaves

Directions

Heat the butter and 1 tablespoon olive oil in a soup pot over medium heat. Add the onion, garlic, and thyme and cook until the vegetables are good and soft, 8 to 10 minutes. Dust the vegetables with flour and stir to coat everything well. Pour in the vegetable stock and bring to a boil. Add the cream and the potatoes, bring to a boil and boil hard for about 7 minutes, until the potatoes break down (this will help to thicken the soup and give it a good texture).

Cut the corn kernels off the cob and add to the soup. Season with salt and pepper and simmer until the corn is soft, about 10 to 12 minutes. Stir in the parsley and give it another little drink of olive oil. Ladle the soup into bowls and serve.

2009

TWO THOUSAND NINE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					NEW YEAR'S DAY OFFICE CLOSED WINTER BREAK - SCHOOL HOLIDAYS		
				1	2	3	
4	BEST ORAL HYGIENE CONTEST BEGINS CALENDAR ARTWORK CONTEST BEGINS	5	6	7	8	9	10
11		12	13	14	15	16	17
	NERD WEEK						
18	MARTIN LUTHER KING JR. BIRTHDAY SCHOOL HOLIDAY	19	20	21	22	23	24
25		26	27	28	29	30	31

Contests and Theme Weeks For the Year

Throughout the year we have different contests going on. The date that each contest begins and ends is marked on the calendar.

Contests

When a patient participates in certain contests, their name and entry is taken and at the end of the contest a drawing is held. The winners of the drawing receive a \$50 gift card.

Other contests occur during the year when a winner is chosen based on merits and not a drawing. These include the calendar artwork contest, the postcard contest, and the ornament contest.

Just as a reminder, the calendar contest runs from January 5th - November 5th. There will be at least 12 winners and their artwork will be featured in next year's calendar.

Theme Weeks

Theme weeks are fun for both the staff and the patients. The theme changes depending on the week and all patients who dress up receive extra Orthobucks. You can get as elaborate and creative as you want. Just have fun!

The patients with the most creative outfits each day will be eligible to win a grand prize for the week. At least one winner will be selected for every theme week.

There is a list of all contests and theme weeks for the year at the beginning of the calendar.

January 5th - November 5th
Calendar Artwork Contest Begins

Draw a picture for the month you were born and it may be the one picked to be in next year's calendar.

January 5th - February 26th
Best Oral Hygiene Contest Begins

Be the patient with the best hygiene scores at your appointments in these two months and win a prize.

January 19th - 22nd
Nerd Week

Wear your nerd gear to your appointment to earn extra Orthobucks and be entered to win a grand prize.



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HAVE FUN AND GOOD LUCK!