



NERD WEEK



HAWAIIAN WEEK



COSTUME WEEK



NERD WEEK

**BRACES-FRIENDLY RECIPES  
BY MARIA HARDT**

**THREE CHEESE CHICKEN PENNE PASTA BAKE**

**Ingredients**

- 1-1/2 cups multigrain penne pasta, uncooked
- 1 pkg. (9 oz.) fresh spinach leaves
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 tsp. dried basil leaves
- 1 jar (14-1/2 oz.) spaghetti sauce
- 1 can (14-1/2 oz.) diced tomatoes, drained
- 2 oz. (1/4 of 8-oz. pkg.) PHILADELPHIA Neufchatel Cheese, cubed
- 1 cup KRAFT 2% Milk Shredded Mozzarella Cheese, divided
- 2 Tbsp. KRAFT Grated Parmesan Cheese

**Directions**

HEAT oven to 375°F. Cook pasta as directed on package, adding spinach to the boiling water for the last 1 min.

COOK and stir chicken and basil in large nonstick skillet on medium-high heat 3 min. Add spaghetti sauce and tomatoes; bring to boil. Simmer 3 min. or until chicken is done. Stir in Neufchatel cheese.

DRAIN pasta mixture; return to pan. Stir in chicken mixture and 1/2 cup mozzarella. Spoon into 2-qt. or 8-inch square baking dish.

BAKE 20 min. Sprinkle with remaining cheeses. Bake 3 min.

# September

**THEME WEEK WINNERS**

# 2009

## TWO THOUSAND NINE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2	3	4	5
	LABOR DAY OFFICE CLOSED SCHOOL HOLIDAY	CANDY IN THE JAR CONTEST BEGINS				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**Helpful hints for your appointments:**

**School-time Appointments**

(Note: an average of 4 orthodontic appointments during school hours are needed per year of comprehensive braces.)

- Familiarize yourself with the school schedule in order to maximize the use of the lunch hour, study halls, and school holidays.
- Choose different appointment times, so that you do not miss the same class each time.
- School excuses are given at each appointment on our walkout sheet. Be sure to turn your s in so it may be excused.
- We work closely with the schools, and orthodontic visits are usually an accepted excused absence.

**Appointment Reminders**

Since attending regular appointments is the key to finishing treatment on time, we have five ways to remind you about all of your upcoming appointments:

- A walkout statement is printed after each office visit with a printed reminder for your fridge
- If you choose to register your email address with T.Link through our office, we will send you a reminder email a few days before each appointment
- One business day before each appointment, you will receive a phone call from our personalized digital voice appointment reminder system, HouseCalls
- You can always check your appointments, account balance, and even patient photos online by logging on to your patient or parent account at [www.HulmeOrtho.com](http://www.HulmeOrtho.com).
- Finally, you can also sign up for a text message reminder to be sent to your cell phone through your online account. Standard text-messaging rates apply, but there is no charge from our office for this service.

In order for us to do our best job of keeping you informed about your appointments, please be sure to let our staff know if there is ever a change in your email address, phone number, or home address. Also, let us know how these reminder systems are working for you.

September 8th – October 15th  
Candy in the Jar Contest Begins

Come into the office and guess how many pieces of candy are in the jar to receive extra orthobucks and be entered to win a prize.



**Orthodontics  
& Dentofacial Orthopedics**

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