



## Holiday 2009 Newsletter

Dec 18, 2009

### In this Newsletter:

#### Sheridan Plaza Blood Drive

By Wendy

Sponsored by TCF Bank, Starbucks, Beaber Family Orthodontics & Applebee's



We are proud to be a sponsor of the Sheridan Crossings/ Bonfils Blood Centers

Blood Drive on December 29<sup>th</sup>. Each week, Bonfils Blood Center needs thousands of donors to meet the needs of our community and to be prepared in case of an emergency. Each donation can save up to 3 lives but only 4% of Coloradoans donate blood. This holiday season we hope that you will join us in making a life savings blood donation. There will be fun & games for the little ones, booths & every person that donates will be automatically entered into two drawings to win Fabulous prizes.

Donate on the Bonfils Bus on Tuesday December 29<sup>th</sup> between 10:00 am & 3:30pm

In the Big Lots parking lot at 4830 west 120<sup>th</sup> Avenue, Westminster 80020

For more information contacts our office.

#### Side Note

##### Toothy Tidbits!

The enamel on a humans tooth is the hardest thing in their body.

(Full Article Below)

#### Welcome to the Team!

It is our pleasure to introduce to you the newest members of our Team, our new Treatment coordinator for our north practice is Pam and for our south practice is Melissa. We are excited because both ladies have several year of orthodontic experience with glowing personalities. They will be a tremendous asset to our outstanding practice.

#### Holiday Bleaching Special!

Having trouble thinking of the perfect gift to give the person on your list that already has everything? Why not give them the gift of a beautiful white smile with our holiday special!!



Custom Bleaching System \$100.00 regularly  
\$250.00

Includes- Custom Trays, 4 Syringes and a case.

It makes a great gift or stocking stuffer!

## Holiday Wish!

By Dr. Beaber

*To our friends and patients,*

*Happy Holidays from all of us at Beaber Family  
Orthodontics! We wish you and your family a  
wonderful, healthy and prosperous 2010!*

*-Dr. Beaber, Wendy, Kelly, Amy, Vanessa, Melissa  
and Pam*

## Holiday Cooking with Braces!

By Amy

### Soft Sugar Cookies

#### Ingredients

- 2/3 cup shortening
- 2/3 cup butter
- 1 1/2 cups white sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/3 cup granulated sugar for decoration



#### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, cream together the butter, shortening and sugar. Stir in the eggs and vanilla. Combine the

flour, baking powder and salt, stir into the creamed mixture until dough comes together. Roll dough into walnut sized balls and roll the balls in sugar. Place them on an unprepared cookie sheet about 2 inches apart.

3. Bake cookies 10 to 12 minutes in the preheated oven, until bottom is light brown. Remove from baking sheets to cool on wire racks.

## **Peanut Butter Blossoms**

### **Ingredients:**

- 48 HERSHEY'S KISSES Brand Milk Chocolates
- 1/2 cup shortening
- 3/4 cup REESE'S Creamy Peanut Butter
- 1/3 cup granulated sugar
- 1/3 cup packed light brown sugar
- 1 egg
- 2 tablespoons milk
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- Granulated sugar

### **Directions:**

1. Heat oven to 375°F. Remove wrappers from chocolates.
2. Beat shortening and peanut butter in large bowl until well blended. Add 1/3 cup granulated sugar and brown sugar; beat until fluffy. Add egg, milk and vanilla; beat well. Stir together flour, baking soda and salt; gradually beat into peanut butter mixture.
3. Shape dough into 1-inch balls. Roll in granulated sugar; place on ungreased cookie sheet.
4. Bake 8 to 10 minutes or until lightly browned. Immediately press a chocolate into center of each cookie; cookie will crack around edges. Remove from cookie sheet to wire rack. Cool completely. About 4 dozen cookies.

## Toothy Tidbits!

By Amy

The enamel on a humans tooth is the hardest thing in their body.

The Royal Smile-Prince Charles has someone squeeze the toothpaste on to his toothbrush everyday, this is someones actual job, and this is the only person Charles trust's to do the job. I wonder what that job pays? Thats crazy

People who drink 3 or more sugary sodas daily have 62% more dental decay, fillings and tooth loss

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