

February is National Children's Dental Health Month!

Don't forget these important considerations for taking care of your teeth:

1. Brush twice a day with a fluoride toothpaste and a soft-bristled toothbrush.
2. Clean between teeth daily with floss or an interdental cleaner.
3. Eat a well balanced diet and limit between-meal snacks to healthy foods.
4. Visit your dentist regularly for professional cleanings and oral exams.
5. Replace your toothbrush every three or four months.
6. For those in braces, use your proxy brush daily between teeth and over/under brackets.



Pappas & Tapley Orthodontics

Janet D. Pappas, D.M.D.
Patricia M. Tapley, D.M.D.

DR. PAPPAS & DR. TAPLEY SPEAK AT SAO

In November, The Southern Association of Orthodontists (SAO) held its annual meeting in Orlando, FL. We are proud to say that Dr. Pappas & Dr. Tapley were selected by peers as speakers to lecture on "Developing a Partnership" due to their partnership success which is often difficult to achieve.

Young orthodontic residents were quick to take notes as the doctors discussed how through a good partnership you can have a very rewarding balance of practice and family life. They shared details of how they covered for each other through four different maternity leaves.

The doctors reviewed how they arranged their schedule in such a way as to provide their patients with flexible scheduling, while also allowing each other the option of extended weekends for their busy personal life with their husbands and children.

Dr. Pappas & Dr. Tapley discussed what they took into consideration when deciding on their partnership. Considerations such as whether or not they had similar treatment philosophies; were their personalities compatible, did they have similar practice and financial goals, and were their life style goals in line.

Dr. Pappas & Dr. Tapley explained that they didn't just jump right into their partnership. They opened their businesses as separate corporations. Although they shared office space and expenses, they still maintained separate patients and schedules. After 5 years working together they knew that their treatment planning for orthodontic cases was similar, they liked working a similar schedule, they were comfortable with their professional relationship, and that they shared a common philosophy with their commitment to customer service and the patient's needs. At that time, they merged into a partnership and have never looked back.

*"Compatibility, trust
and communication are
essential!"*

As their lecture continued they went into great detail for the residents about how they separate their management duties and how they have fine-tuned the systems in their practice to keep their partnership a success story.

For this audience of upcoming orthodontists, Dr. Pappas & Dr. Tapley's lecture provided valuable information they need to make the decision to develop a partnership when they start to practice the specialty of orthodontics.

Patient Contests & Games!

And the Winner Is...

More Contest News

MADAGASCAR 2



We are just wrapping up one of our most popular contests

ever. Apparently everyone knows Marty, Alex, Melman and Gloria. We'll show you our winners in our next newsletter. Maybe it will be you!

ARE YOU SMARTER THAN AN ORTHODONTIST?

Prove it! Enter our contest and test your dental knowledge. All entries will be eligible to win an electric toothbrush system. We are giving away two. Give it a try; you might be smarter than an Orthodontist!

Got an Idea for a Contest?

We are always looking for a few good ideas!

Turn in your best idea for a fun contest to the front desk. If your contest is chosen to use in 2009, you will win \$50 in cash!

Like true Gator fans, most of our patients picked the Gators to win over the Georgia Bulldogs in 2008 and they did 49-10! Three lucky patients were drawn from the ones who guessed the Gators would win and now they are winners too! They all won some really cool Gator "stuff". And the winners were:

UF vs. GEORGIA CONTEST WINNERS!



Chris Logan



Brandon Leventhal



Stephanie Hardy



Nicole Greenwood

TEXT MESSAGE CONTEST WINNERS!

Patients tried their skills at this Pappas & Tapley contest to see how many text abbreviations they could recognize. Apparently, everyone is texting-LOL! Three lucky winners were drawn and each won \$50 cash. That should help pay for some of those text message charges.



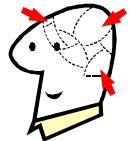
Ryan Debarge & Brother



Kelly Woolever

BRAIN TEASERS!

Test yourself. We give you the correct answers on the back of page 4.



1. A Rebus Puzzle is a picture representative of a name, word or phrase. Can you guess these:

HIGH HIGH

HEAD

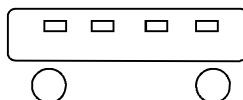
TRAVEL
CCCCC

WBOEOADRS

2. From an orthopedic surgeon. This will boggle your mind and you will keep trying over and over again to see if you can out-smart your foot, but you can't!

- While sitting in a chair, lift your right foot off the floor and make clockwise circles.
- Now, while doing this, use your right hand to draw the number '6' in the air.
- Your foot will change directions and there is nothing you can do to stop it!

3. Is this bus traveling left or right?

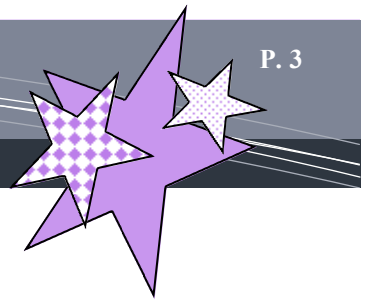


4. Do You Sudoku?

1	2			5				
			2	7		4	1	
					1		6	
3	4		8					
		8	6		5	9		
					7		8	4
	8		1					
	6	4		3	2			
				9			4	6

Star Patients!

We dedicate this section of our quarterly newsletters to you, our patients, so that you might share your exciting news or achievements with other patients. Please ask for a "Good for You" form at the front desk if you would like to be in our next issue!



Sean Kamhoot was inducted into the P.K. Yonge National Junior Honor Society! Congratulations Sean!

Sarah Wolf is a varsity volleyball player at St. Patrick's Interparish School. Her team won the "Kingdom Conference" varsity tournament. Great job, Sarah, and the rest of the Panther varsity volleyball team!

Melody Schmaltz is an all "A" honor roll student and was selected for a roll in the Hippodrome's "A Christmas Carol". We see stars and red carpets in your future Melody!

Elizabeth Young and her competition dance team received 1st place and qualified for National Competition at Myrtle Beach, SC in June. Dance like no one is watching Elizabeth ... congratulations!

Kristin Babik is a sophomore at Buchholz. As a new debate team member she and her duo partner won trophies for best novice team and 2nd place overall! We would certainly not argue that ... congratulations Kristin!

Ashley Williams, another all "A" honor roll student is also quite an athlete. In 2008 she was on a soccer championship team, her team placed 2nd in a softball championship. And she had time for Jazz Dance. Great job Ashley!

Denise Rodriguez was on the A/B honor roll and received a writer's award. Congratulations!

Emily Prins has made A+'s on all of her tests in pre-Algebra. Way to go, Emily!

We would also like to acknowledge the following patients who reported their honor roll status to us. We are always proud of our honor roll students: **Ann Deaderick, Alexandra Richardson, Blake King, Meghan Wolfe.**

New Smiling Faces at Pappas & Tapley Orthodontics

A couple of years ago, Wila Jordan filled in for a staff member at Pappas & Tapley who needed the summer off. We have been missing her ever since and just hoping that some day we could convince her to come to work full-time. Well, that dream came true a few months ago and we couldn't be happier. Although Wila has spent the last few years as a teachers assistant at St. Patrick's Catholic School, she brings over 15 years of orthodontic experience to Pappas & Tapley. Wila holds a Dental Assisting Degree and a Certification in Orthodontic Expanded Duties. She actually started working in a dental office in Puerto Rico for her uncle when she was just 15. The day after she graduated from High School her family packed up and moved to the United States. Living here has been a blessing in so many ways, but especially because she met her wonderful husband of 14 years, Bill Jordan. Wila & Bill have a 9 year old son named Lucas Gabriel who is the light of their lives. Wila gets up at 3:45 every morning to work out so that she feels full of energy before starting her day. Wila calls Pappas & Tapley "awesome" in that Spanish accent that she has, and says she loves being here more and more every day. And we couldn't be happier to have her!



Meet Amber Williamson! She just arrived in Gainesville a few months ago with her husband, David. David grew up in Gainesville, holds a degree from BHS & UF. He is an attorney and when the opportunity arose, he immediately packed up Amber and moved back home. With the excellent recommendation we received from the orthodontist in Tampa she had been working with, there was no way we were going to let her work anywhere but Pappas & Tapley. Amber has 4 years experience in orthodontics and holds an Orthodontic Certification, a Certification in Orthodontic Expanded Duties, as well as certifications in x-ray and cpr. Amber shares Dr. Pappas' love of horses and has a particular fondness for her gelding, Kid. She also plays the violin. She & David are huge Gator football & basketball fans so they are thrilled to experience the game-day atmosphere at UF. Apparently, so is their Rat Terrier, Percy Harvin, who tailgates with them. Welcome to Gainesville and welcome to Pappas & Tapley Orthodontics!

WORD FIND

I U B C S R A W R A T S T E V
P P S O J I C R Q Q V C O U I
B T Y E D A E N I T N E L A V
M E X L S P W E A O N U M R X
A R C L U U I S Q Z B A L Y C
A M T I B T O E M P D L A H V
Z I W U M L I E O A M R R A C
N N N O U O P W G Q P I A N Y
A A Q T L P X A C S R A C U K
W T C A O C S L R T P A I K C
K O P T C C A I M O B N N K O
E R I A A I A A W T I Z A A R
C E O R N H S H I P A Q T H C
O P T I L L O G S U U N I H K
L K I T E S A E R G I V T N G

LET'S TALK

MOVIES:

- TITANIC
- MADAGASCAR
- STAR WARS
- JAWS
- TERMINATOR
- CARS
- GREASE
- RATATOUILLE
- ROCKY
- HAIRSPRAY

**BRAIN
TEASER**

Answers from
page 2:



6	7	8	9	5	1	3	2
1	9	8	2	3	7	4	5
5	3	4	6	7	1	8	9
4	8	7	1	6	4	2	3
6	9	5	3	2	7	1	8
7	1	8	6	4	5	9	2
3	4	2	8	1	9	6	5
7	4	7	3	9	8	1	5
8	5	6	2	7	3	4	1
9	1	2	9	4	5	6	3
7	8	3	6	5	4	3	7

1. Too High, Big Head,
Travel Overseas, Bear in
Woods
2. You can't stop til
3. Pre-schoolers all over the
U.S. were shown this pic-
ture and 90% of them gave
the same answer—to the
left. When asked why they
thought that, they replied
"because you can't see the
door to get on the bus."

HAPPY NEW YEAR!

May 2009 bring you and your family many blessings.

The Pappas & Tapley Team

Front row, left to right: Erica, Wila, Dr. Pappas, Dr. Tapley, Toni, Abby

Back row, left to right: Meredith, Lindsey, Kathryn, Kate, Amber



**PATIENT'S NEW YEARS
RESOLUTIONS**

1. I will wear my rubber-bands as instructed.
2. I will make all my appointments to assure that my braces come off on time.
3. I will strive to receive a token at every appointment for good hygiene.
4. I will keep my retainers in their case (when they are not in my mouth) and away from the dog.
5. And, I promise to smile more in 2009!