

GIGGLES

ACCULINE ORTHODONTICS, DR. MARTIN WEINSTEIN

Have Some Fun While You Wait!

WINTER 2011, VOLUME 9

WORD FIND

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

Find these
Winter Related

Words:

- Ice Skating
- Skiing
- Christmas
- Hanukkah
- New Years Eve
- Snowing
- Boots
- Scarves
- Sleigh Ride
- Fireplace
- Hot Chocolate

BULLYING

Take a Stand – Lend a Hand!

If a child is being bullied, it means that his/her peers are hurting them (emotionally, physically or verbally) intentionally. Sadly, bullying can cause life-long problems.

One of the best things a parent can do for their child to prevent bullying is to boost self-confidence. We congratulate you on taking one positive step in that direction by making sure your child has a beautiful smile. A beautiful smile is proven to increase self-esteem.

Here are a few behavior makeover tips to help your child be less likely to be targeted by bullies. For more details on each of the following topics, please go to

<http://parenting.kaboose.com/behavior/borba-bullying.html>

- 1) Take Your Child Seriously
- 2) Gather Facts
- 3) Make an Action Plan
- 4) Teach Confident Body Language
- 5) Boost Self-Confidence
- 6) Step in When Needed

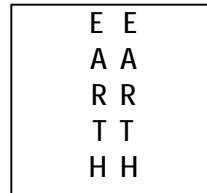
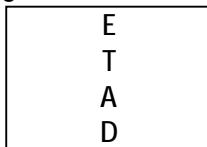
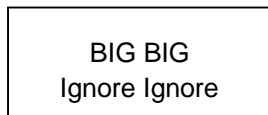
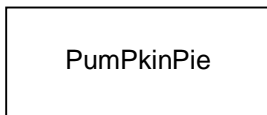
A Great Website:

Stop Bullying Now is a campaign web site created especially for adults. Here you'll find resources about bullying awareness, prevention and intervention. No matter how you interact with children and youth, there are many ways you can "Take a Stand. Lend a Hand". Go to www.stopbullyingnow.hrsa.gov and learn more about bullying and ways to help.



THE ANSWERS TO OUR BRAIN TEASERS ARE ON PAGE 2, BUT NO PEEKING!

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



2) Can you Sudoku?

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

3) Which 3 American states have been merged together: CONEALHIWJIFERSORONIEYA

4) A numismatist decides to divide his coin collection between his children. The oldest gets 1/2 of the collection, the next gets 1/4, the next gets 1/5, and the youngest gets the remaining 49 coins. How many coins are in the collection?

5) Morgan came home from her vacation at Grandma's with 6 books. While she was away she purchased 3 books at the book store and got 1 book as a Christmas gift. During her stay at Grandma's, she also gave her cousin the 2 books that she finished. How many books did she take with her when she left for her trip?

DOODLE BOX: Making a grocery list or drawing a master piece, here's a little spot just for you!

BRAIN TEASER ANSWERS:

- 1) Piece (P's) of Pumpkin Pie
Too Big to Ignore
Update
Down to Earth

- 2) Sudoku Puzzle Answer:

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

- 3) California, Ohio, New Jersey
- 4) There are 980 coins in the collection:
 $490+245+196+49=980$
- 5) Work it backwards: She took home six books. She gave away two of the books she had. $6+2=8$
She received one book as a gift so subtract it. $8-1=7$
She bought three books that she did not bring with her so subtract those. $7-3=4$ She left for vacation with 4 books.

2011 PATIENT'S NEW YEAR'S PLEDGE

We ask that all our patients take this New Year's Pledge to make 2011 a braces friendly year!

- I pledge to come to all my appointments to assure that my braces come off on time.
- I pledge to do my best to be on time for all my appointments to help the practice's schedule run smoothly.
- I pledge to have good hygiene at every appointment.
- I pledge to eat the appropriate foods to keep from breaking my brackets and appliances.
- I pledge to see my general dentist and hygienist for my regular cleanings.
- I pledge to wear my rubber bands as instructed.
- I pledge to keep my retainers in their case (when they are not in my mouth) and wear them as instructed.
- I pledge to wear a proper mouth guard when playing sports to protect my teeth and my braces.
- I pledge to smile more often!

Only 55 out of 100 great minds can read this.
Can you?

I cdnuolt blveiee that I cluod aulacly uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a word are, the olny iproamtnt tihng is that the frsit and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Azanmig huh?

Don't forget to check for our current patient contest whenever you come in for your orthodontic appointment. We want all patients to play and have a chance to win our great prizes!

www.drweinstein.com