



GIGGLES

**JOINER
ORTHODONTICS**

AUGUST – SEPTEMBER 2011

Have Some Fun While You Wait!

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

**Find these
WHAT I'LL MISS
ABOUT SUMMER**

- Words:**
- Sleeping Late**
 - Swimming**
 - Vacation**
 - Cookouts**
 - No School**
 - Warm Weather**
 - No Bedtime**
 - Watching TV**
 - Riding Bikes**
 - No Homework**

BACK TO SCHOOL TIPS

Summer seems to have just started and it's already time for the new school year all around the country. Sorry students – all good things must come to an end!

We found these back-to-school organization tips written by a teenage student, Jillian Bietz, on www.familiesonlinemagazine.com. We hope you will find them useful as you are preparing for that exciting yet nerve-racking first day and every day of the new school year:

Back-to-School Shopping: One of the greatest things about going back to school is shopping. But when everyone else is doing the same, it can be hard to find the right sizes and your favorite styles at the most popular stores. Try shopping on the weekdays at odd hours. The stores won't be as crowded as they are on the weekend or at lunch hour. Start at the back of the store, and work your way forward (the great priced items are often hidden in the back). Another great idea is to online shop! It takes half the time, and you can be guaranteed to find everything you are looking for.

Packing the Night Before. School mornings can be really rough! If you find yourself scrambling to find your overdue homework, packing a brown bag lunch between bites of cereal and school starts in three minutes - you need a new plan! Easy enough, do all the packing the night before. That way, you will be prepared for everything and your much-needed things won't be floating around the whole house!

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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?

TOGETUCH

REET
T
S

Funny Funny
Words Words
Words Words

1. Glance
- 2.
3. Glance
4. Glance
5. Glance

2) Can you Sudoku?

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

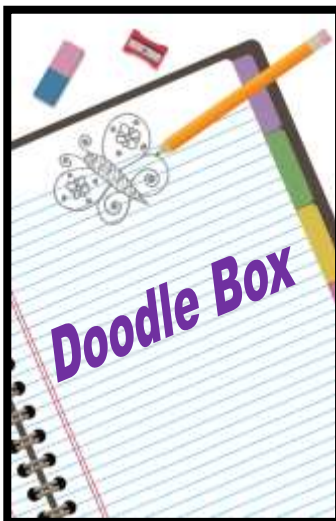
3) Question: First I threw away the outside and cooked the inside, then I ate the outside and threw away the inside, what did I eat?

4) The number 8,549,176,320 is a unique number. Can you tell what is so special about it?

5) Name an ancient invention still used in parts of the world today that allows people to see through walls.

6) Which of these is correct: six and six IS eleven or six and six ARE eleven?

7) Your objective is to buy 100 farm animals with exactly \$100. You must buy at least one of each animal. Costs: Cows \$10 each, Pigs \$3 each, Chickens \$.50 each



Whether you want to make a grocery list or draw a masterpiece, here's a little spot just for you!

BRAIN TEASER ANSWERS:

BACK-TO-SCHOOL TIPS

continued from page 1

- 1) Get In Touch
Street Corner
Too Funny for Words
Without a Second Glance
- 2) Sudoku Puzzle Answer:

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

- 3) Corn on the Cob
- 4) This is the only number which includes all the digits arranged in alphabetical order!
- 5) A Window
- 6) Neither – the answer is 12!
- 7) Answer: 5 cows=\$50; 1 pig=\$3; 94 chickens=\$47; 100 animals = \$100

“Often, when I am reading a good book, I stop and thank my teacher. That is, I used to, until she got an unlisted number.” ~Author Unknown

Pick out your outfit the night before and neatly lay it out. If it's super wrinkly, you have time to iron it, and if your sock has a hole in it, you can pick a new pair. After dinner when everything is quieting down, pack your lunch. Before your little brother has time to snag the leftover lasagna from the night before, you will get first dibs on all the choices in the fridge! When Friday rolls around, consider buying lunch - a week of PB&J sandwiches can get tiresome after a few days, but the time Monday comes along, you will be craving your beloved sandwich again! Tip: It's also a good idea to put your school bag at the front door to avoid last minute panic when it's time to leave.

Labeling: From school sweatshirts to pencil cases, labeling is the key to organization! Tag your most important stuff (clothes, book bag, etc.) with your name, address and number and smaller items with your name. Although it sounds very elementary school, seeing some random kid using your favorite pen can be slightly awkward!

Emergency Snacks: If you often hit a mid morning slump, or have practice immediately after school, pack some emergency snacks. For a fun spin on things, take turns bringing snacks with one or two friends. Trail mix, juice boxes, crackers, pretzels or fruit are great choices. Not only will you save money at the vending machines, sharing snacks is a great conversation starter when you want to branch out and meet some new people. *Note from our practice: if you are wearing braces a better snack choice would be soft energy bars, peanut butter and crackers, or bananas. Other fruits and some raw veggies would be good as long as they are cut into small pieces.*

In closing, here is a tip from our practice for those **patients going back to school with braces:**

Put together a “back-to-school braces bag” to keep in your backpack throughout the school year. It should include: Floss, toothbrush, toothpaste, a proxy brush, rubber bands if you are being asked to wear them, wax, and Ibuprofen or Tylenol (with your parents’ permission and instructions on use).

Be sure to check your supplies at home once a week to see if you need to replenish anything. Ask our staff if you need a reminder on how to use any of these items. We wish you a great school year!

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!

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