Johnnie's Journal

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HAPPY WINTER!

I am so happy to enter the season of slow. There is a lack of light, not enough warm days and a downright invitation to sit back and soul search or clean something up. I could suggest dreaming and visiting as well. My thoughts for this letter roam about setting the table.

I have expectations when I set the table. I want all to not just feel invited but are warmly and openly graced with acceptance. The behavior at the table is human and not digital. I hear neither cell phones nor televisions. I hear voices. I watch listening. One hears the same stories repeated for generations.

I enjoy the provisions on the table. The chatter while making the food, serving the table and cleaning up as well provides the energy that seems to persist throughout the community which is sharing the tasks. There is something to be said about allowing your heart to sing while you are living. This includes while you are working as well.

My challenge to you all is to set your table with expectations. Example those expectations. This is called leadership or parenting. Your table can be at your home with visitors or at your workplace with co-workers or alone. A table for one has led me to some really great conversations with myself! You have to be quiet and listen to what you are saying for sure. Set the table. Invite people. Example and expect calm and happiness, love and forgiveness. These are the first items to be "plated" to ensure a complete experience that is real and you want to return to.

Blessings to you all this holiday season,
John

YOU ARE PART OF OUR TEAM

It has been a year of change and improvement for us. I have been especially busy with continuing education this year and will be even busier next year. I am trying to focus my learning on implant placement and restoration, though I am still learning about other things too! There are so many moving parts to our operation that require so much attention to detail. From juggling the schedule to allow time for me to go to these courses to making sure that the information that I learn gets implemented into our systems. If we didn't have a great and standout TEAM that makes our everyday business so seamless, these other changes and irons that we have in the fire would cause many others to drown. So, I guess what I am trying to say is, thank you to the people who everyday make the effort to be a part of this TEAM. Attention to detail and caring is what is going to stand us apart from the corporate dentistry world and that is a MUST for us!

As always, a HUGE thank you to all of you. **You are a vital part of our team**. Your trust and commitment to our practice is much appreciated!

Happy Winter, ***Sara***

Righteous Recipes

Homemade Granola

3 Cups Rolled Oats 1/4 Cup Maple Syrup
1 Cup Slivered Almonds 1/4 Cup Vegetable Oil
¾ Cup Shredded Sweet Coconut 2 Tsp Vanilla
¼ Cup Dark Brown Sugar 1 Tsp Cinnamon
¾ Tsp. Salt 1 Cup Raisins (optional)

Preheat Oven to 250 degrees

In a large bowl, combine the oats, nuts, coconut, and brown sugar. In a separate bowl, combine maple syrup, oil, vanilla, cinnamon, and salt. Combine both mixtures and pour onto 2 sheet pans. Cook for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color. Remove from oven and transfer into a large bowl. Add raisins and mix if you're using raisins.

This is one of mine & my husband's newest favorite recipes!!!! It's healthy, sweet & crunchy, we put it on our yogurt for breakfast, also in the evenings when we splurge for dessert it goes on top of our ice cream and it's even good just plain. It's great all year round! I hope you enjoy it as much as we do.

Wishing you and your families a Happy New Year! ***Tia***

E-Mail Updates

We need your help! Do you have an e-mail address as a way of communication? We are getting a lot more response to emails than we are voice mail messages. A lot of you have also expressed the ease of confirming appointments and contacting us by e-mail and we would like to expand this function of the office. We will never release or sell your e-mail address to anyone. Please send your e-mail addresses to jody@drgotwalt.com Of course if you would prefer to hear from us by phone we are more than happy to continue to do so.

Thank you. ***Jody***

Making Soldiers Smile

We had our 3rd Candy Buyback this year on the evening of November 2nd. We collected 24 lbs. of candy this time. Operation Gratitude is the organization we are working with again to send the candy to our troops, and just like the last 2 years for every pound of candy we collected we sent 1 toothbrush, 1 tube of tooth paste, and 1 floss to the troops. This year was the first year that our turn out was not the best so we are turning to all of you for some suggestions on how we could make it better to suit your needs/time schedule. Please feel free to contact the office or email me directly at tia@drgotwalt.com with your suggestions. Thank you to all who participated in this wonderful event.

Happy New Year!!!! ***Tia***

New Website

We have a new website and we'd love for you to take a look. Please visit www.drgotwalt.com and see all the changes we made. You'll be able to contact us through the site, find office forms, and read the newsletter . Please give us any feed back you have, positive or negative. Don't forget to write a positive review for us! Looking forward to hearing from you soon. Thanks for giving us a job!

Mel and Katie

Baby Tooth Care—*Char, Jo & Meg*

Taking care of your baby's teeth starts before the first tooth erupts! After each time you feed your baby use a clean washcloth on your finger and gently wipe the gums. This is a great way to get him/her used to having someone in their mouth.

ERUPTION CHART

	UPPER ARCH	LOWER ARCH
Central Incisor	8-12 mos.	6-10 mos.
Lateral Incisor	9-13 mos.	10-16 mos.
Canine	16-22 mos.	17-23 mos.
First Molar	13-19 mos.	14-18 mos.
Second Molar	25-33 mos.	23-31 mos.

A toothbrush can be used when the first tooth comes in. Fluoridated toothpaste should not be used until you are sure your child is spitting thoroughly to prevent possible staining of the adult teeth. A thorough brushing with water is sufficient to clean well or a very small amount of nonfluoridated paste can be used. Be sure not to put your baby to bed with anything other than water in their bottle to avoid baby bottle decay. Please feel free to ask any of our hygienists if you have any questions and we would be happy to teach you on this very important part of parenting!

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What's Happening With the Office Staff? - *Jody*

Dr. John—Thanksgiving was celebrated with family and friends at home with 40+people attending the festive dinner. On hunters' Monday, John made breakfast for the hunters at his house. John and Becky will be taking a warm winter vacation after spending the holidays with family.

Dr. Sara— Family holiday festivities are going to keep Sara and Jason busy for the next few weeks. Mid winter will be vacation time with friends and family spending time in the sun and relaxing.

Tia— Tia will be hosting Christmas dinner for her family again this year and then bring in the New Year with friends. She and Shawn will be vacationing this winter in a warm and sunny spot. They added a new addition to the family, Olive. She's fitting right in with Hank and now the family is complete.

Char—Nick is in fifth grade this year and keeps Char and Scott busy. They'll be spending time with family for the holidays and keeping their fingers crossed Scooby and Shaggy won't bring the tree down. Char makes awesome soups all winter long. She'll be happy to share with you her favorite recipes and asks you to bring your favorites.

Jolene— Gavin and Ross are in the fifth grade this year and Mia is now 3! She and Dave will be spending time with family this Christmas and enjoying Christmas break with the kids.

Meg—Grant is one and is keeping Meg and Dustin busy. He loves to dance and play outside. Holidays will be spent with family in PA and NJ. This winter Meg and Dustin will be making a trip to Vermont for a ski week.

Melissa—Mel is on a new adventure in her life. Kaleb, Alyce and Mel moved to a new home and are looking forward to enjoying the holidays with their family and pets this year. Ask Mel about her gang of animals they look after and provide a good life to.

Katlin—Everleigh is one and is giving everyone lots of reasons to smile when she sings, just like her mom. Katie and Mark are looking forward to finding the perfect spot in the house for all the gifts Everleigh is about to get at Christmas. Lots of time with family is on their holiday schedule too.

Jody—I'm looking forward to spending time with Zach and Hannah this Christmas. Our exchange student, Cris from Mexico is visiting for 10 days in December and we love having her back again. This time of year Darryl is very busy driving for UPS! Thank your UPS driver. We love our drivers here at the office and at home :O).

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Office Hours
Monday—9:00am to 5:30pm
Tuesday—9:00am to 7:00pm
Wednesday—9:00am to 5:30pm
Thursday—7:30am to 7:00pm

Gratitude turns what we have into enough.

Visit us on the web at—
www.drgotwalt.com

OUR FAVORITE HOLIDAY MOVIES

John—How the Grinch Stole Christmas

Sara—Christmas Story

Char—Christmas Carol

Jo—National Lampoon Christmas Vacation

Meg—National Lampoon Christmas Vacation

Melissa—Rudolph the Red Nose Reindeer

Katie—Miracle on 34th St

Tia—Home Alone

Jody—Love Actually