

"Education is the most powerful weapon which you can use to change the world."

- Nelson Mandela



SEPTEMBER 2026

www.smilepowerortho.com

SMILE OF THE MONTH!

😊 A Healthy Smile = A Healthier You!

Your smile does more than light up a room—it helps keep your whole body healthy!

When teeth are crowded or don't fit together properly, they can be harder to brush and floss. That means more places for plaque to hide, which can lead to cavities and gum problems. A straighter smile makes it easier to keep your teeth sparkling clean and your gums healthy.

Orthodontic treatment also helps your teeth work as a team! A healthy bite can make chewing easier, reduce extra wear on your teeth, and even help your jaw feel more comfortable.

The best part? Every adjustment, every aligner, and every day you wear your rubber bands brings you one step closer to a healthier, more confident smile.

So keep brushing, flossing, and showing up for your appointments. Your future smile—and your body—will thank you! Fun Fact: Your mouth is the gateway to your body. Taking care of your teeth today helps support your overall health for years to come. Now that's something to smile about! 🦷✨

See the back for a braces friendly recipe!



Back To School



Find the following words in the puzzle.
Words are hidden → and ↓ and ↘



BACKPACK
CLASSROOM
HOMEWORK
RECESS
LUNCHBOX
HALLWAY
TEACHER

STUDENT
NOTEBOOK
CALCULATOR
CHROMEBOOK
WHITEBOARD
MARKER
CRAYONS

HIGHLIGHTER
ASSIGNMENT
SCIENCE
HISTORY
GEOGRAPHY



Back-to-School Raffle



Start the school year off right! Enter to win a Back-to-school gift basket filled with all of the essentials!

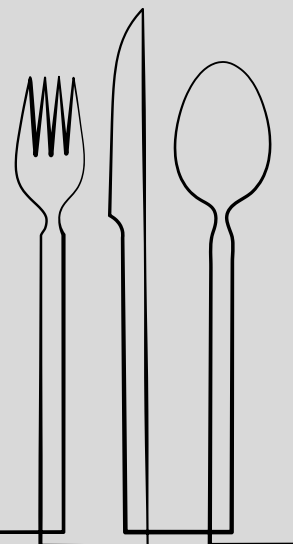
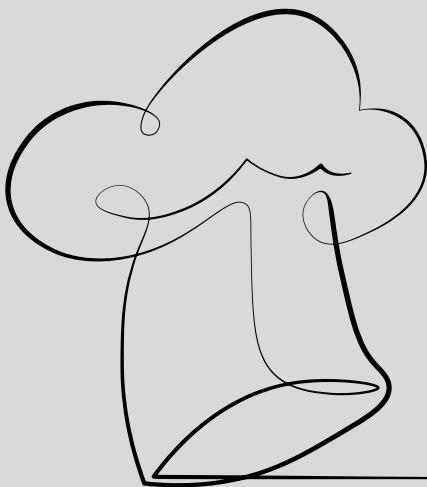
What are you looking forward to the most this school year?

Answer the question at the front desk to enter the drawing!

Winner will be announced at the end of the month



Creamy Garlic Parmesan Beef Bowties



Ingredients (for protein & pasta):

12oz bowtie pasta (farfalle)
1 lb. ground beef
1 tsp olive oil
1 small onion, diced
3 garlic cloves, minced
1sp Italian seasoning
Salt & pepper to taste

Ingredients (for sauce):

2 tbsp unsalted butter

For sauce:

2 tbsp all-purpose flour
2 cups milk (whole or 2%)
1 cup grated Parmesan cheese
½ cup heavy cream (or half-and-half)
1 tsp garlic powder
½ tsp onion powder
Salt and pepper, to taste

Garnish:

Fresh parsley, chopped

Directions:

1. Cook the Pasta

Boil salted water and cook pasta until al dente. Drain and set aside.

2. Brown the Beef

Heat olive oil in a large skillet over medium heat. Sauté the onion for 3-4 minutes until softened. Add ground beef, cooking until browned. Drain excess fat.

Stir in garlic, Italian seasoning, salt, and pepper. Cook for another minute.

3. Make the Parmesan Sauce

In the same skillet, melt butter over medium heat. Whisk in flour and cook for 1-2 minutes. Gradually add milk, whisking continuously until thickened (about 3-4 minutes).

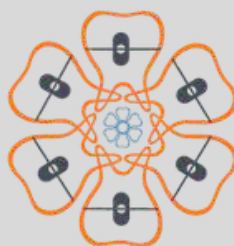
Stir in Parmesan, heavy cream, garlic powder, onion powder, salt, and pepper. Mix until smooth.

4. Combine & Serve

Add the cooked pasta and beef to the sauce, stirring to coat.

Simmer for 2-3 minutes until heated through.

Garnish with parsley and extra Parmesan.



Smile Power Orthodontics
discover your smile power