

## SMILES HI!

*A newsletter for anyone high on smiles- from Dr. Bert Kelling and staff.  
Spring and Summer, 2010*

*There's a fellow with a heart for ministry to men and families named Joe White. ([www.menatthecross.org](http://www.menatthecross.org)) He's spoken in this area a few times and led a weekend men's retreat at The Cove ([www.thecove.org](http://www.thecove.org)) last year. At that retreat his love for tweens and teens caught my attention. As the founder of Kanakuk Kamp ([www.Kanakuk.com](http://www.Kanakuk.com)), he's been involved in helping tons of kids have summer fun and lifelong spiritual blessings.*

*Joe is a great resource for insight on raising kids within a Biblical world view and empowering them to resist the worldly pursuits that can undermine or destroy a young person's life. His specialty is balancing love and discipline with your kids. Here are some points of access to his materials:*

*For some answers to tough questions explained on video by Joe:  
[www.menatthecross.org](http://www.menatthecross.org), then go to Resources, then to Life Questions.*

*For some incisive little books for parenting tweens and teens:  
[www.menatthecross.org](http://www.menatthecross.org), then go to Online Store, then Materials  
Here you'll see titles such as Nine Things Teens Should Know, Sticking With Your Teen, Wired by God, and Fuel, with 10 minute devotions to ignite the faith of parents and teens.*

## A LOCAL MINISTRY YOU'LL FEEL GOOD KNOWING ABOUT-

*In 1996 Anders and Kathleen Skaar started Christian Library International, [www.christianlibraryinternational.org](http://www.christianlibraryinternational.org), a non-profit that supplies Bibles, Christian books, and CD's to over 900 prisons to bring the Word and the Lord's blessings to those who most need a message of hope. They offer Bible studies and answer letters from inmates for teaching and encouragement. CLI reaches open hearts ready to hear the Truth and make drastic changes that only Christ can bring. They're always looking for help of any kind, so check them out on the web. When you meet them, you'll notice their bright smiles along with their warm fellowship!*

## *YOUR E-MAIL ADDRESS- WHAT WE DO WITH IT-*

*Your address goes straight into our paperless system (we don't ever give it to anyone) where the system uses it to send you an e-mail so you can register for 2-way communication with your appointment and financial accounts. So, once you register, you can see when you or your child's next appointment is and check your account activity. Once your e-mail address is in our system, which we can do for you anytime, you will receive the following:*

- An appointment notice via e-mail 4-5 days ahead of the appointment,*
- A recall notice one month ahead of time when your child is in observation before treatment starts or between phases of treatment, and*
- A patient birthday greeting.*

*So, if we don't already have your e-mail address, or you have a new one, please give it to us, or just send us an e-mail and we'll get it in. To update us, ask questions, or share concerns, e-mail us at: [info@drbert.net](mailto:info@drbert.net).*

## *APRIL IS NATIONAL FACIAL PROTECTION MONTH-*

*In a matter of seconds a sports injury can occur to the face or mouth. Many injuries can be reduced by wearing a mouth guard, which may prevent a broken or knocked-out tooth. Over-the-counter versions are an inexpensive choice when not wearing braces.*

*For our patients wearing braces, we'll give you a special mouth guard designed to go over the braces. Be sure to let us know if you need information on mouth guards or a free one from us to go over your braces.*

## *PINEAPPLE CASSEROLE- A TASTY DISH FOR SUMMER AND BRACES-*

*Preheat oven to 350, 2-20 oz cans chunk pineapple, drain and save juice, 2 cups grated sharp cheddar cheese, 1 cup sugar, 6 TBS flour, 1 cup Ritz crackers, crushed (about 35), 1 stick butter, melted.*

*Combine sugar, flour and at least 9 TBS reserved juice. Stir in cheese, add pineapple and mix well. Pour into greased 13x9 pan, top with crushed Ritz, then pour butter over all that. Bake at 350 for 30 minutes. I like this with ham or any BBQ. Enjoy Summer! Dr. B*

