



Cumming **Suwanee**
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 770.888.7798

Hiser Times

JANUARY - MARCH

WINTER 2012

Happy New Year!

Happy New Year Everyone! Wow, we cannot believe that it is already 2012! With a new year comes new opportunity! This year we are very excited to announce a new (and larger) Suwanee office on the way! AND, to support the growing practice, we are proud to introduce our new Hiser family members! (See page 2).

If you haven't already, please be sure to friend us on Facebook! Stay up to date with our announcements! We don't want you to miss out on any contests or prizes!

"HISER ORTHO"

HIGHLIGHT

* REMEMBER *

WIFI IS AVAILABLE FOR YOU WHILE YOU WAIT!

ASK FRONT DESK FOR PASSWORD

Meet Our Associate:
 Dr. Lang Foster

The New Hiser Ortho Family Members

Contest Corner:
 Valentine's Contest

Fall and Christmas Contest Winners

Activity:
 Winter Word Search

Winter Recipe:
 Coconut Cupcakes

Attention Suwanee Patients:

Coming soon...

OUR NEW SUWANEE OFFICE!!!

Don't worry, its not too far away! In fact, you can walk there from our existing office!

As of April 2012, our new office will be located at:

345 Peachtree Industrial Blvd. #1106
 Suwanee, Ga 30024



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Hiser Ortho Introducing:

invisalign

start smiling more™



Meet the new family members of Hiser Orthodontics!



Associate Orthodontist– Dr. Lang Foster

Education and Continuing Education: In order to become an orthodontist, I first attended Wofford College, where I received a Bachelor of Science in Biology. I then went on to the Medical University of South Carolina College of Dental Medicine and was selected for a Healthcare Professional Scholarship from the U.S. Navy during my junior year. Upon graduation from dental school, I was commissioned as a Lieutenant and dental officer in the U.S. Navy.

I began my time in the Navy in an Advanced Education in General Dentistry program in San Diego, California. For the next six years I served with the Marine Corps in Okinawa, Japan and Beaufort, South Carolina. While performing my duties as a general dentist, I was chosen by the Navy for further training in orthodontics. I went to Wilford Hall Medical Center for a two-year orthodontic program and left with my Certificate of Orthodontics. After orthodontic residency, my family and I lived in Yokosuka, Japan for three years where I provided orthodontic treatment to dependents and service members and served as Specialty Advisor and Department Head for Orthodontics at U.S. Naval Hospital Yokosuka. After twelve years in the Navy, I was honorably discharged as a Commander.

Although my formal education is complete, I typically receive more than 30 hours of continuing education each year. I seek out continuing education courses in every treatment modality offered to our patients. It is of the utmost importance to me to stay ahead of the latest treatments and technologies so that we can pass the benefits on to our patients.

In the Office: I have been interested in orthodontics since walking into the orthodontist's office at age 12. Starting at age 14, I spent two summers tracing X-rays and pouring patient models for my orthodontist. After that, I never considered a career path other than dentistry; I have fulfilled a lifelong dream. After more than 16 years working with patients, I have cherished the relationships I have made and the lessons I have learned. Every day brings new challenges and joys into my life.

Family Life: My wife, Gretchen, and I have been blessed with four wonderful children who keep us busy and laughing. In my spare time, I enjoy golf, hunting, fishing, watching college football and, most of all, spending time with my family. I have also been an active member of the Grace Episcopal Church for the past four years.



Scheduling Coordinator– Tracey Symington

Tracey grew up in Oregon, and moved to Georgia 11 years ago. She has been married to Jim for 24 years, and is Mom to Kellie and Amy (Kellie is also part of the Hiser Ortho family!). She enjoys gardening, interior decorating, and making jewelry. Tracey also loves to entertain and spend time with family and her ever-growing Georgia family!



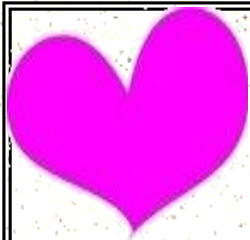
Suwanee Treatment Coordinator– Paula DeLano

Paula was born and raised in the California sunshine and is married to a very "Handyman". She is a mom to six "incredible people" and is Grandma to three adorable littles so far...She loves to create and decorate, and is an amazing photographer of people, places and things!



Cumming Records Specialist– Jocelyn Shaw

Jocelyn is happily engaged to her fiancé Corey, and they have not one, but TWO huge Saint Bernard dogs! She not only works with us here at the office, but you may see her at one of her other two jobs! She's a busy girl! Jocelyn enjoys shopping at Kate Spade, and loves gymnastics and running!



Hershey's

Hugs & Kisses

Valentine's day Contest



Valentine's Day is a great time to enjoy candies, chocolates and cookies along with the fun opportunity to let our family and friends know how much we love and appreciate them each and every day...it's also a great time to WIN A CONTEST at Hiser Ortho! To participate just guess the number of Hershey's HUGS & KISSES in our candy jar at your next appointment along with your name and contact information on your submission slip!



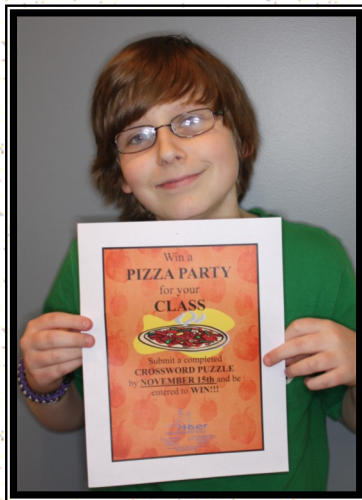
CONGRATULATIONS to our Christmas contest winner:



Tara Harper!!!



This holiday season we challenged our patients of all ages to design our office Christmas Card! Tara Harper submitted her wonderful design and won an Apple iPod shuffle and \$25 iTunes gift card!!! Congratulations Tara!!! Friend us on Facebook so you don't miss out on the next contest!



CONGRATULATIONS to our fall contest winner:

Troy Little!!!

Congratulations to our patient Troy Little! He completed our fall crossword puzzle and we drew his puzzle in our raffle! Troy won a pizza party for his class of 25 students at Dawson County Middle School! Great Job Troy!



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

Word Search Winter Fun

WORD LIST:

Bobsled	Dogsled	Hockey	Hunting	Ice Fishing
Ice Skate	Shovel	Ski	Sled	Sleigh Ride
Snow	Snow Angel	Snowball	Snowblower	Snowboard
Snowman	Snowmobile	Snowshoes	Toboggan	



Quick Cupcake Party

Total Time: 23min Prep: 5min Cook: 18min Yield: 24 cupcakes Level: Easy

Ingredients:

- 1 box classic white or vanilla cake mix
- 1 1/3 cups water
- 1/3 cup vegetable oil
- 3 eggs
- 2 teaspoons coconut extract
- 1 cup sweetened flaked coconut, finely chopped
- 2-3 cups Cupcake icing, in all your favorite colors



Directions:

Preheat the oven to 350 degrees F. Line 2 (12 portion) muffin tins with paper cupcake liners and set aside.

In a bowl, using an electric mixer, mix the cake mix, water, oil, eggs, and coconut extract on medium speed until moistened and smooth. Stir in the chopped coconut. Divide the batter evenly among the muffin tins. The batter will nearly fill each liner to the top. Bake until the muffins spring back when lightly touched, or a toothpick inserted in the center comes out clean, about 15-18 minutes. Transfer to a rack to cool.

When cool, put the icing out with spoons or small spatulas along with bowls of cupcake toppings (jellybeans, peppermints, lemon drops, licorice whips) for the kids to decorate their own cupcakes.

Note: Make a kid's cupcake party even easier on yourself: Go to your favorite bakery and ask for undecorated vanilla and chocolate cupcakes. Then, all you have to do is whip up some icing and put out the toppings!