

Dear Friends,

Hello again. In the last newsletter I wrote about what was happening here in the office. This time I want to write about my family. I have been thinking lately that we only get to see each other for a few short moments, and that it is very hard to get to know someone. I thought I would take this opportunity to let you get to know me a little better.

I grew up in Cincinnati with my parents and my younger sister. After graduating from Northern Kentucky University with my Bachelors degree in Biology I went to Dental School at Ohio State. It was at OSU where I met my wife Jennifer, she was in my class at Dental School, and when we graduated she wanted to come back to Northwest Ohio. She grew up outside of Wauseon, and wanted to come home. We got married not too long after that and settled down.

The good Lord has blessed us with two handsome boys. Sam, turned five in January, and Nick, will be three in June. They are typical active boys, and the 'Ol Man is having a hard time keeping up. This past summer Sammy learned to ride a two-wheeler. That leaves little brother, and the rest of us in his dust. Sam also loves to fish. He caught a 19 inch 4 lb. large mouth bass in the lake across from our house. We had it stuffed and it is hanging in his bedroom.

Nick is busy trying to do everything Sam does. He loves dressing up in his Superman or Batman costumes and running around the house trying to fly. When he is not saving the Universe from impending doom, Nick is learning to count, and his ABC's. I can hardly believe the boys are five and three. It seems like only yesterday that we were bringing them home from the hospital. Time sure does fly when you are having fun.

Personally, I like to watch Ohio State football. There is nothing better to me than a nice fall afternoon in Ohio Stadium. When I'm not watching the Buckeyes you will find me playing with the kids. I enjoy fishing, riding bikes, and archery. I do not get much time for it, but I love to bow hunt deer. There is something magical about being in the woods when the world wakes up. If any of you have ever been in my office in the back you will also know that I'm a huge Van Halen fan. I prefer the David Lee Roth era, but Sammy Hagar's time in the band is OK with me too.

I would also like to start a favorite recipe section. So, if any of you

have a favorite recipe to share, please bring it with you for your next appointment. The best ones will be featured right here in future newsletters. I'll go first. "Boilermaker Bean Dip", this has got to be the best bean dip on the planet. I'll give you fair warning, it is not for the faint of heart, but if you like things warm this stuff is for you.

### BOILERMAKER BEAN DIP

One 30-ounce can refried pinto beans ("traditional" flavor with lard preferred)

1/3 cup Mexican beer, such as Corona

3 tablespoons tequila

3 to 4 teaspoons pureed canned chipotle chilies in adobo, to taste

2 cups (about 8 ounces) shredded Monterey Jack cheese

3 scallions, trimmed and thinly sliced

Corn tortilla chips, for serving

In a medium, preferably nonstick, pot, combine the beans, beer, tequila, and chipotle puree. Set over medium heat, partially cover, and cook, stirring often, until piping hot, about 7 minutes. Stir in about 1 1/2 cups of the cheese and about three quarters of the scallions and transfer to a heated serving bowl. Sprinkle with the remaining cheese and scallions and serve accompanied by the chips, for dipping. Enjoy!

I usually add more tequila, and chilies than it calls for. Please be careful to not get carried away the chilies in adobo sauce are HOT. We usually find the chilies at Meijer in the "Foods of the World" aisle. The recipe makes 6 to 8 servings. If you try it let me know what you think.

This newsletter is a work in progress, and it will hopefully evolve over time. Your input would be greatly appreciated. Thanks for taking the time to read it, and we look forward to seeing you in the office. As always we are accepting new patients, so if you have a friend or loved one that could benefit from our care please refer them in. Your referral is the best compliment we could get!

See you soon,

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