



• ALIGN ORTHO • Newsletter

More than braces.
We create great faces.

MARCH 2021



Ortho
Bytes
WITH DR LAW

Hello again everyone and welcome to our first newsletter of the year. This year has begun just like the last one ended, but I hope by now you are all used to the necessary safety protocols and are observing them. We continue to observe the strictest safety standards here so you can be safe when you come in for your appointments. Most of our team has already received their first dose of the Covid-19 vaccine at the time of this writing. That has come with some challenges, however, we are very grateful that the process has started in Jamaica and hope we can all return to some form of normal life very soon.

In the meantime, we continue our work of "creating great faces".

In this edition you meet one of our celebrity "great face", TV and radio personality Emprezz Golding. We also introduce you to our newest scheduling coordinator, Tiffany Hudson. Tiff is fresh out of UWI and already making a great contribution to the services that we deliver. As usual we offer you another appetizing braces friendly recipe and we show you another amazing transformation in our before and after feature.

With Easter coming, we've put out our basket with lots of treasure for your friends or relatives who wish to start treatment. If you refer anyone, please remind them to tell us that you sent them so we can send an appropriate "thank you" for your referral when they begin treatment.

As the long Easter weekend approaches please be careful and observe the Government mandated COVID protocols. ...and remember, wear your mask, it could save your life!

Dr Law



YOUR TREASURE COULD BE WORTH
US\$500 WHEN YOU PUT ON BRACES
BEFORE EASTER MONDAY



*CONDITIONS APPLY

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www.bracesbydrilaw.com





TRANSFORMED SMILES



Meet Tiffany Hudson

Tiffany Hudson, our newest Scheduling Coordinator and resident IT geek. Tiffany is a natural at our front desk as loves helping others. According to Tiffy, "there's just something about being that ray of sunshine to someone that really energizes me". When she is not on her day job, the Geek in her comes out, she loves to write code and create systems. Tiffy is a truly multi-dimensional woman, she played Cricket and Football at UWI and has been on many award winning choirs. To relax she likes the soothing sounds of lover's rock, especially Taurus Riley's 'Just the way you are.'

Tiffy is handy in the kitchen and lights up when she speaks about her signature curry chicken. She's always up for some good food and games, especially board games; but don't pull out 'SCRABBLE,' unless this Geek is allowed to "spell check". Both her passion for food and games though are trumped by her love to see others happy. Tiffy is a super cheer-giver and joy-maker to everyone she meets. Watch out she could be writing code to share her rays of sunshine with the whole world soon.

BEFORE TREATMENT

AFTER TREATMENT



Mushroom Risotto

INGREDIENTS

- 8 c. low-sodium chicken or vegetable broth
- 1 tbsp. extra-virgin olive oil
- 1 onion, finely chopped
- 2 tbsp. butter, divided
- 2 cloves garlic, minced
- 1 lb. button mushrooms, sliced
- 1 bay leaf
- 4 sprigs thyme, leaves removed
- kosher salt
- Freshly ground black pepper

- 2 c. arborio rice
- 1/2 c. white wine
- 1 c. freshly grated Parmesan
- 3/4 c. frozen peas, thawed
- 2 tbsp. chopped fresh parsley

This ingredient shoppin module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site

DIRECTIONS

1. In a medium saucepan over medium heat, bring chicken broth to a simmer. Reduce heat to low.
2. In a large pot or Dutch oven, heat oil. Add onion and cook, stirring often, until translucent, about 5 minutes. Add 1 tablespoon butter, garlic, mushrooms, bay leaf and thyme. Cook until the mushrooms have softened and are golden, about 4 more minutes, then season with salt and pepper. Remove mixture from the pot.
3. Melt remaining tablespoon butter in the pot and add the arborio rice, stirring quickly. Cook until the grains are well-coated and smell slightly toasty, about 2 minutes. Add the wine and cook until the wine has mostly absorbed.
4. With a ladle, add about 1 cup hot broth. Stirring often, cook until the rice has mostly absorbed liquid. Add remaining broth about 1 cup at a time, continuing to allow the rice to absorb each addition of broth before adding more. Stir often and cook until the risotto is al dente and creamy, not mushy. (You might not need all the broth.)
5. Add the mushroom mixture back into the rice.
6. Stir in Parmesan and peas then garnish with parsley. Serve warm

GREAT FACE OF THIS QUARTER



Emprezz Golding

Our great face of this quarter is "superwoman" Emprezz Golding! TV host, radio personality, youth advocate; Emprezz is oni-present in the Jamaican media. With her groundbreaking social enterprise 'Talk Up Yout' she has given young people a platform to share their stories of hope, love, success and triumph. Her newest venture 'Every Woman with Emprezz Golding' is dedicated to the upliftment of women, men and families and can be heard weeks days 1-3 pm on on Nationwide 90FM.

When this natural beauty is not saving our world's youth and other families, she is busy being mother and wife to her own beautiful family. Though that sounds like a full plate, she finds time for backyard farming and "staycations". A true traveler by heart, Emprezz loves visiting Jamaica's hidden gems and bringing attention to them.