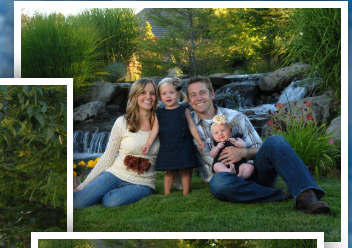


# "All About You" Dental

We'll go the Extra Mile for You!

ALL ABOUT YOU DENTAL • JUNE / JULY, 2012  
NEWSLETTER



## Get Ready To... Dunk The Doctors!

Back by popular demand; we will be hosting our annual patient appreciation event in the form of a "Dunk the Doctors" family fun day. There will be FREE food, prizes and a doctor dunk tank. This will be the perfect time to invite your friends and family to come check out your new dental home (and hopefully theirs!). Each guest will receive a ticket for great give-away drawings, including a large grand prize flat screen HDTV, iPod nano, restaurant gift certificates, t-shirts and more! Current patients who bring guests will receive a drawing ticket for themselves plus an extra ticket for each guest. Each guest will also receive their own drawing ticket. So, the more people you bring, the better your chances of WINNING BIG!

We will also be offering a FREE \$20 BIO-SCAN for all adults and their guests! This technology was spotlighted on the Dr. OZ show. This will tell you in 90 seconds whether your diet and supplements are keeping you protected. Scans will be performed by food science expert Leigh Brinkerhoff, former President and COO of the JR Simplot Corporation. This promises once again to be a fun event you won't want to miss!

### Mark Your Calendars;

*Please join us for a "Family Fun Day" on Saturday June 23rd at 1 p.m. - 4 p.m.  
at our dental office location: 4274 N. Eagle Rd.*





## Special Offer of the Month:

We have prepared seven special gift baskets with All About You Dental T-shirts, magnets, pens, Dr. Clark's book and new patient gift cards for you to take to work to share with your co-workers! The first seven people to take a basket to work will get \$25 towards any needed dental work plus more gift cards when your co-workers become patients!

# Smart Snacks for Healthy Teeth

Getting your kids to eat fruit, veggies and yogurt instead of candy, chips and ice cream might feel like pulling teeth. But it's important to encourage them to eat "smart" snacks to keep their teeth - and body - healthy.

**Whether you're transitioning your older kids to a healthier, balanced diet or just getting started with a little one, here are some tips for healthy snacking:**

Set the tone. Your kids mimic what you do, so it's important that you eat smart snacks too. And be sure to practice good oral hygiene in front of your kids; if you brush and floss after meals and snacks, your kids will too.

Get creative with snacks. Show your kids that healthy snacks can be fun! Prepare tasty combinations, such as apple slices with peanut butter, fruit smoothies, meat and cheese rollups, or yogurt sprinkled with granola and bananas.



Keep your kids involved. When you make your grocery list, ask your kids to brainstorm about what kinds of food they'd like to eat. This is a good opportunity to help them understand what's good for their teeth and what's not. Then go grocery shopping together and teach your kids how to read the Nutritional Facts label so that they can check the sugar content.

Prepare nutritious meals. Snacking smart is great for your teeth, but so is eating well-balanced lunches and dinners. Make sure to add fruits and vegetables to every meal so that your kids become accustomed to them.

We can help you come up with even more ideas for healthy snacks come in for a visit, and we'll work on a plan together.

### TRIVIA CONTEST

The first three people to call the office with the correct answer will get a free \$5 cup of u-swirl frozen yogurt.

#### QUESTION:

In what year was Dr. Taylor's book, *Beating All Odds*, published?

## Top Referrer of the Month Award!

The top 2 referrers for the months of June / July will win Free u-swirl Frozen Yogurt for a year! One \$5 cup for each month of the year. (\$60 value)



The top two New Patient Grand Prize winners for April / May are Teri C. and Tony W. We would like to thank them for their referrals!



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# Super Fun Dental Facts

*32% of Americans cite bad breath as the least attractive trait of their co-workers.*

*38.5 total days an average American spends brushing teeth over their lifetime.*

*73% of Americans would rather go grocery shopping than floss.*

*60% of people don't know that a sore jaw, when combined with chest pain, can signal a heart attack - especially in women.*

- Dentist have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles resulting from the flush.

- The average woman smiles about 62 times a day!  
A man? Only 8!

- Kids laugh around 400 times a day.  
Grown-ups, just 15 :--(



## WELCOME NEW PATIENTS!

**We'd like to publicly welcome those who joined our practice family last month!**

Michael C., Jack M., Ernesto P., Sara M., Reva A., Martha R., Beverly H., Misty S., Talon G., Jim D., Lora R., Wyatt C., Andie F., Kristi D., Brandon D., Humberto S., Mya H., Gabe N., Jason W., Kevin W., Caroline W., Sariah D., Troy S., Caitlin L., Greg G., William R., Sheyane C., Nathan R., Anna S., Karin O., Robert H., Dylan G., Julie B., Alex L., Chris S., Paisley S., Jonothan S., Denise S., Jeff M., Danny S., Tina H., Bill S., Shantelle W., Marjorie S., Sky D., Heather S., Jan H., Zac A., Richard B., Theresa M., Freddie M., Aaron B., Lauren N., Shannon N., Ana P., Alexandra E., Harold J., Ray P., Betty P., Ruth F., Lenard S., Kori R., Lori S., Lisa O., Jeffrey J., Justin D., Kylee G., Tara S., Sloan W., Rich P.

## JUNE / JULY

### PATIENTS OF THE MONTH

Savanna Dunkley and Reece Dunkley were voted patients of the month for June / July. Savanna loves playing basketball and her sister Reece is very shy when seeing the dentist. Even though they are sisters, their hobbies and interest are very different. Savanna's are insects / animals and Reece loves barbies and dresses. They both love their smiles because they are clean and it makes everybody happy. They enjoy coming to the office because their uncle, Dr. Dille, gets to work on their teeth. Everyone at All About You Dental always loves seeing these beautiful girls come visit us at the office. We would like to Thank them for being great patients!



## TEAM NEWS...



Dr. Clark – He and Dr. Jayson are looking forward to taking their dad deep sea fishing for his 70th birthday!



Dr. Dille – He's keeping his fingers crossed, but the twins have started to sleep through the night.



Dr Jayson – He is having a blast with his kids as his youngest took her first steps.



Brian – He is very excited to have his mom, sister, 4 nieces and 3 nephews come to Boise to visit.



Alicia – Over Memorial weekend she had the opportunity to watch her 10 yr old son, Kairan, play in a baseball tournament. Way to go RedSox 10U team!



Nikki – She recently celebrated her daughters 2nd birthday.



Bailey – She is excited for the summer so she can enjoy hiking, swimming and hopefully some camping.



Tana – She and her family had the chance to travel to California to watch her daughter in a cheerleading competition. They did an outstanding job!



Jerica – She is looking forward to all the fun outdoor activities this summer... boating, swimming, golfing, etc!



Javiera – She is looking forward to spending time in California with her family and watching her little brother graduate college.



Celeste – She and her husband are currently house hunting and are both excited for summer.

# "All About You" Dental

We'll go the Extra Mile for You!

## All About You Dental Cosmetic & Family Dentistry

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## GRANDMA CLARK'S RECIPE OF THE MONTH

**NEW!** We have decided to share a special recipe with you every week on our website. Simply visit [www.allaboutyoudental.com](http://www.allaboutyoudental.com) each week for a brand new recipe.

My Grandma Clark was a gourmet cook. Back in 1999 just prior to her passing, my wife Jannie and I visited her. My Grandpa slipped us an old shoe box, packed full of her treasured recipes collected over her lifetime. Jannie and I spent the next three years creating a huge 357 page recipe book in her honor. There are now 535 books in print! I decided to share some recipes with you each month as "Grandma's Recipe of the Month".

### Layered Salad

Enjoy, - Dr. Clark

1/2 head iceberg lettuce  
10 oz. bag of fresh spinach  
4 hard boiled eggs, chopped  
1 bunch green onions, chopped  
1 lb. bacon, crisply fried and crumbled  
10½ oz. pkg. frozen tiny peas, thawed  
2 teaspoons sugar  
Salt and pepper to taste  
1 cup grated Swiss cheese

Make dressing by combining 1½ cups sour cream and 1½ cups mayonnaise. Wash, drain and tear lettuce and spinach into small pieces. In a 10x13 inch glass baking pan, layer lettuce, spinach, egg, onion, bacon and peas (using half of each of the ingredients). Sprinkle with the sugar, salt and pepper. Spread half of the dressing on. Repeat layers. Top last layer with remaining dressing and sprinkle on the Swiss cheese. Cover tightly with plastic wrap and chill overnight.

## WITH HEARTFELT THANKS!

### For Your Referrals

Our business is built on word of mouth advertising and we'd like to thank the following people who were kind enough to recommend our office last month!

Alisha G., Richard C., Dan L., Kari R., Michael C., Martin R., Heidi H., Caitlyn B., Janay L., Jared S., Rosemary M., Debra D., Tracy W., Noel B., Julie B., Teri C., Donna S., Stacie B., Kimberly R.