

"Been going here for several years and have enjoyed the friendly staff and Dr. Williams from day one. Dr. Williams has the most up-to-date equipment I've seen and that little gum vibrating gadget makes the lidocaine shot painless. They are the best!"

*-Curtis White*

"I had been going to my childhood dentist and wasn't very happy with them. I searched for a dentist and finally found Pinecrest. From day one they were helpful, kind and very personable with how they treated me. I would tell anyone (and I do) to come here and see them."

*-Kyle Anderson*

## The Most Valuable Item In Your Wardrobe

by Keith Lee

- It costs nothing, yet creates much.
- It enriches those who receive, without impoverishing those who give.
- It happens in a flash and the memory of it sometimes lasts forever.
- No one is so rich he can get along without it, and no one is so poor but that he is richer for its benefits.
- It creates happiness in the home, fosters good will in business and is the countersign of friends.
- It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.
- And if in the hurry and rush of the day, you meet someone who is too weary to give you a SMILE — leave one of yours.
- For no one needs a smile as much as those who have none left to give.

## SO SMILE!

"You don't learn to walk by following rules. You learn by doing, and by falling over." *-Sir Richard Branson*

"We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in." *- Arianna Huffington*

Pinecrest Dental  
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Murray, UT 84123

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## Sugar-Free-Chocolate Cake



Warning: When you make this decadent sugar-free chocolate cake it may become your favorite dessert!

Source: Xlear.com

### Ingredients: Sugar-free cake

- 2 cups Lite&Sweet
- 1-3/4 cups all-purpose flour
- 3/4 cup cocoa
- 1-1/2 tsp. baking powder
- 1-1/2 tsp. baking soda
- 1 tsp. salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 2 tsp. vanilla extract
- 1 cup boiling water

### Directions: Sugar-free cake

Heat oven to 350° F. Grease and flour two 9-inch round baking pans.

Stir together Lite&Sweet, flour, cocoa, baking powder, baking soda and salt in a large bowl. Add eggs, milk, oil and vanilla extract. Beat on medium speed with mixer for 2 minutes. Stir in boiling water (batter will be thin). Pour batter into prepared pans.

Bake for 35 minutes or until toothpick inserted in center comes out clean. Allow to cool for 10 minutes. Remove from pans and place on cooling rack. Cool completely.

### Sugar-free frosting

Melt butter. Stir in cocoa. Add powdered Lite&Sweet and milk, beating until it's reached spreading consistency. Stir in vanilla.

### Ingredients: Sugar-free frosting

- 1/2 cup (1 stick) butter
- 2/3 cup cocoa
- 3 cups powder Lite&Sweet
- 1/3 cup milk
- 1 tsp. vanilla

**PINECREST**  
DENTAL

# The Monthly Smile

V2 I6

June 2017

## A Flag Day History of the Stars and Stripes

The American flag has gone through many changes since it was adopted 235 years ago by the Second Continental Congress. As the adoption of the Stars and Stripes is commemorated on Flag Day, June 14th, find out more about Old Glory's mysterious origins and its rise to iconic prominence.

It was almost unheard of for individuals to fly the U.S. flag until the Civil War broke out in 1861, at which time the Stars and Stripes suddenly became a popular symbol in the North.

It was the beginning of what some people call the cult of the flag, the almost religious feeling that many Americans have for the red, white and blue.

In 1870 the Betsy Ross legend took off when her grandson held a press conference touting her possible role in sewing the first flag, and the earliest flag protection laws appeared not long after.

In 1885, Wisconsin teacher Bernard Cigrand originated the idea for a national flag day.

In 1912, President Taft signed an executive order that, for the first time, clarified what the flag should look like. Up until then, some flags were oddly proportioned, or even had six- or eight-pointed stars.

Four years later, President Wilson issued a proclamation officially establishing a nationwide observance of Flag Day on June 14, the anniversary of the Flag Resolution of 1777.

Finally, in 1949, President Truman signed a legislation designating June 14 of each year as National Flag Day.

## New 2-Hour Smile Enhancement

June  
Special!

**FREE\*  
BONUSES**  
(A \$279 Value)

**Apple TV and 5-Minute  
Teeth Whitening!**

*\*When you enhance 6 or more teeth.*

*Offer good until July 10, 2017. Some restrictions apply.*



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As Featured on  
**KAM 1640  
TALK**  
MEDIA.COM

DENTAL VIBE  
INJECTION COMFORT SYSTEM

SIX MONTH SMILES

invisalign

PerioProtect

Academy  
of General Dentistry

America's Best  
Dentists  
2015

Good Things  
Happen  
Here

MEMBER  
Utah Dental  
Association

America's Best  
Dentists  
2015

GKIC





## EARTH DAY with the Team!

The team went on a gorgeous hike up to Bells Canyon to celebrate Earth Day! Photographed are Katey our Financial Coordinator, Drake our assistant, Jason our other assistant, Megan, Dr. Williams' wife and our mailing coordinator, and of course, Dr. Williams himself.

This hike runs up Bell Canyon, past a scenic reservoir, and up to a beautiful waterfall. Along the way you get majestic views of the Salt Lake Valley. The canyon is located on the east side of the valley, above Sandy, just off of Wasatch Blvd. Wildlife is commonly seen along this trail, including mountain goats in rocky areas.

The trailhead is located at about 10245 South on Wasatch Blvd. The trail runs east up the mountain, initially following a dirt road. We all recommend the trail and want to hear your stories of your adventure when we see you next time!

## Introducing... OUR NEW STAFF MEMBERS!



**Katey**  
FINANCIAL  
COORDINATOR

"After spending almost 5 years working as a marriage and family therapist in a variety of settings, I decided it was time to venture down a new career path. I've always dreamed of working in the dental field and here I am living that dream at Pinecrest Dental. I'm one of those people who loves going to the dentist and I'm committed to caring for my teeth. As the financial coordinator, I'm here to assist you in understanding the financial options available to you for keeping your smile healthy and beautiful. During my free time, I enjoy running and doing paper crafts such as book binding and making greeting cards. Most importantly, I enjoy being with my family as much as possible. I look forward to meeting you!"



**Drake**  
DENTAL  
ASSISTANT

"I am currently a student at the University of Utah. I plan to major in Biology, Psychology, and minor in Spanish. I became interested in the dental field since high school because I loved the thought of helping others have a confident smile. I plan on pursuing my education to become a dentist one day. When I am not working, I enjoy traveling, hiking, and watching movies."

## BEST THINGS to do in Salt Lake City

Summer is finally here! With kids out of school here are some of the top suggestions for things to enjoy this summer:

- Utah's Hogle Zoo
- Clark Planetarium
- Natural History Museum of Utah
- Red Butte Garden
- Tracy Aviary
- Salt Lake Trolley Tours
- Sugar House Park
- Lamb's Grill
- Liberty Park
- Temple Square
- Family History Library
- Aristo's
- Ballet West
- Penny Anne's Cafe
- Wheeler Historic Farm



For more ideas and information, visit

[http://vacationidea.com/weekend\\_getaways/best-things-to-do-in-salt-lake-city.html](http://vacationidea.com/weekend_getaways/best-things-to-do-in-salt-lake-city.html)

## Win a Traeger Smoker!

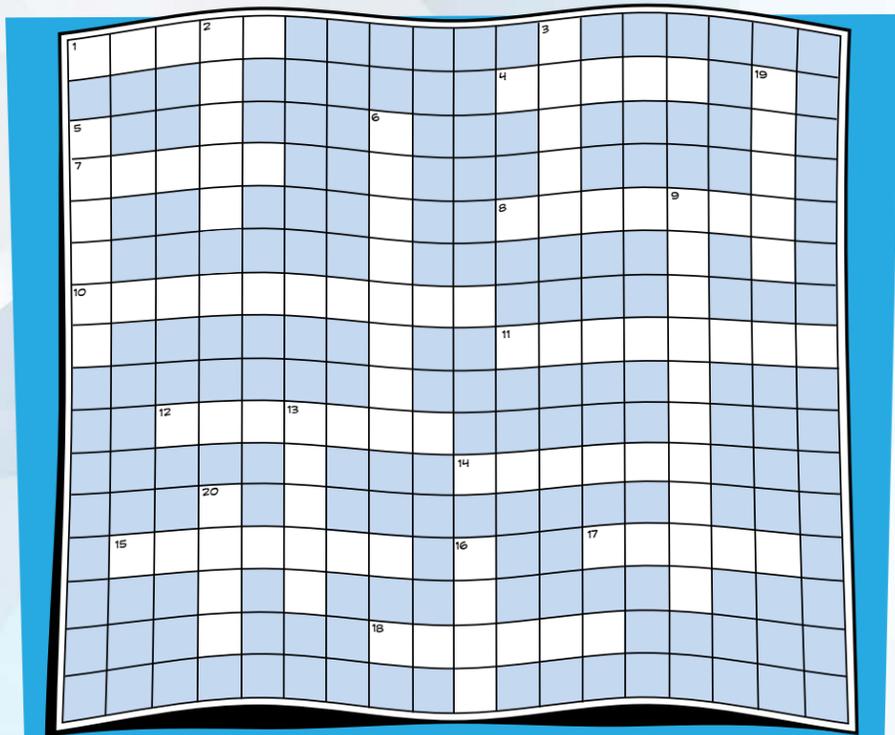
Refer a new friend, family member or co-worker into our office, and you'll be automatically entered to win this Traeger BBQ Smoker Package! PLUS, you'll receive a special gift for your first referral!



Each Referral Gets You  
One Entry!!

Refer two or more new patients this month and you'll become a VIP! You'll also receive automatic entries into our fantastic monthly giveaways!! We love our patients, thank you for referring GREAT PEOPLE like you! The drawing date will be July 3rd!

## DENTAL Crossword

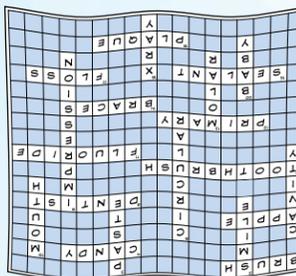


### ACROSS:

1. Do this twice a day
4. A bad snack
7. A good snack (fruit)
8. Visit this person twice a year
10. Dentists recommend a soft bristled \_\_\_\_\_
11. Strengthens teeth
12. Baby teeth are also known as \_\_\_\_\_ teeth
14. Used to straighten or guide teeth
15. A protective coating for molars
17. Used to clean between teeth
18. Sticky film that builds up on teeth

### DOWN:

2. Happy people like to \_\_\_\_\_
3. It's not good to swallow tooth \_\_\_\_\_
5. Decay in a tooth
6. The best motion to use for brushing
9. A mold of your teeth
13. A tooth in the back of your mouth
16. Tooth picture
19. Open it wide for the dentist
20. \_\_\_\_\_ (or primary) teeth are important



Text a photo of your completed crossword puzzle to (801) 981-4374 and get a \$5 credit on your account!