

"I've always hated the dentist, but at Pinecrest they go WAY out of their way to make it comfortable and stress-free. If that wasn't already enough, they just do great work! I tell everyone who's looking for a dentist about them."

-Adam Kucera

"My family has been coming here for about a year for all of our dental work. Great staff! Everyone is friendly and greet you by name when you walk through the door. You feel very much like family from start to finish."

-Malleo Dei

What's Inside...

- A Thanksgiving Day tale
- New Employee Q & A
- Halloween Maze
- Veteran Smile Makeover
- Top 5 Food for Thanksgiving
- ...and more!

Corny Fall Jokes

What did the tress say to autumn?

Leaf me alone!

What did one autumn leaf say to another?

I'm falling for you.

What is the cutest season?

Awwtumn.



SAME GAME, DIFFERENT SPORT

Pinecrest Dental
463 West Murray Boulevard
Murray, UT 84123

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PINECREST
DENTAL

The Monthly Smile

V2 111

November 2017

Crack Dip



Ingredients:

- ¾ - 1 packet Hidden Valley ranch dip
- 10 oz. can original Rotel tomatoes (*drained*)
- 16 oz. sour cream (*can do half greek yogurt*)
- 1 cup shredded cheese, *extra on side*
- 1 can sweet corn
- 1 bag Tostitos chips

Mix together and refrigerate after or before to let flavors settle.

Additional Sides:
black beans, fresh tomatoes, avocado

Thanksgiving DAY

in the Zavoral Household

We all have different Thanksgiving traditions. Here's an example of Thanksgiving at my home in Sacramento, CA.

We Zavorals are a sports-centered family. Therefore, injuring yourself during the annual "Turkey Bowl" football game is a MUST. I'm not sure how it happens, really. Maybe we are just too aggressive and competitive. All I know is that

Thanksgiving is not Thanksgiving without at least one Zavoral member on crutches before noon.

From noon until about 4:00 PM, the Zavoral boys will continue to groan about minor aches and pains while retelling the play-by-play of events everyone witnessed in-person. Of course, all this talk is done while everyone helps cook meal items. The afternoon is strewn with wives telling husbands to never play in those stupid games again (though

we all know they will) and stories that make a routine catch sound like the "Immaculate Reception."

Although we all know the huge, extended family dinner at Grandma's starts at 4:00 (and can't start without us), we usually arrive at about 4:35. Once again, I'm not sure why that happens, but it's not really Thanksgiving without the extended family giving us glares as we walk in more-than-fashionably late.

The feast is always nothing less than superb. Turkey, ham, fresh-baked rolls, cranberry sauce, an array of potatoes, and much, MUCH more fill the serving table.

Once we can no longer eat nor move, we break out our newspapers to plan our Black Friday shopping!

The rest of Thanksgiving night is spent waiting in lines, throwing elbows, and breaking most traffic laws as we begin Christmas shopping.

Ah, Thanksgiving.
What a perfect day of the year.

Matt Zavoral
Matt Zavoral
Marketing Director

Find out more about Matt on pg 2

How You Can Sleep Like a Baby!



**With the proven CPAP alternative—
an Oral Appliance Program!**

**The first 20 appliance recipients before
December 15th will receive
a Purple Pillow (\$100 value)!**

Just show this newsletter!



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As Featured on
AM 1640
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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



My TOP 5

Thanksgiving Foods

- 1. Turkey:** No matter how you cook it, turkey is a must-have in your Thanksgiving spread. Plan on covering it with gravy because turkey isn't known for being the most moist bird out there.
- 2. Sweet Potatoes with Marshmallows:** If you have gone through Thanksgiving without this dish, you're missing out BIG TIME. It makes a beautiful bed of sweet and savory, perfect for space-filling once you start slowing down.
- 3. Stuffing:** I can already hear the mixed reviews pouring in. Though you love or hate this dish, stuffing (along with turkey) is a once-a-year dish that can make or break thanksgiving.
- 4. Mashed Potatoes:** You can load them up with anything you want: rosemary, garlic, butter, green onion, or a mix of everything! Once again, make sure you have a heaping bowl of gravy...I've never seen too much gravy on one table.
- 5. Pie: Pumpkin, pecan, banana cream, chocolate...**wow, I'm drooling just thinking about them. Whether you make them homemade or buy from the store, make sure to satisfy that Thanksgiving sweet tooth with a nice, fresh pie.
- 6. More Turkey:** I said top five, but you'll thank me later for the leftovers.

New Employee Q & A

Matt Zavoral



Sijani Giri (RDH)

Sacramento, CA. Born and raised.

Where are you from?

I'm from Nepal. I moved here in 2003.

I'm currently attending BYU; majoring in Organizational Behavior and Human Resources Management in the Marriott School.

What brought you to Utah?

I first came to Colorado for school. I came here because I liked the snow. Now I don't like it as much...but I still love Utah!

I was recently hired as the Marketing Director! I work with social media, direct mail, email campaigns, and other projects like this newsletter!

What do you do at Pinecrest?

I am a Hygienist. I handle many of the teeth cleaning responsibilities.

Growing up, I actually always wanted to be a dentist. Overall, I yearn to work in an environment where I can help others. I'm no dentist, but I love feeling like I am contributing to others' health!

Why did you want to be a part of the Pinecrest Dental team?

Well, I happened to be looking for a job when they were hiring, and when I came in I really liked the office and culture. It worked out for both of us!

I really love skimboarding. It's like the Sacramento thing! Just grab a board, find a river or lake and have a fun, relaxing time.

What's an interesting hobby that many people wouldn't know about you?

I love dancing! But I'm not a great dancer, or at least I've never had any training. I just love dancing to all types of fun music!

I road-tripped from Sacramento, CA to Austin, TX this Summer! I stopped in LA, Phoenix, Mexico, and more! it was so fun! Then I stayed a week with some siblings in Texas. Such a great trip.

What was the most exciting thing you did last Summer?

I went back home. That was the most exciting thing for me. It was just my third time going back home. I ate a lot of my traditional food, traveled all over, and met all sorts of villagers and people! It was great!

Use it...or LOSE IT!



Typically, your unused dental coverage or *Flexible Savings Accounts (FSAs)* won't roll over to the next year.

Call us now to make sure your family's benefits don't go to waste!

Even if you don't need any dental treatment, Schedule your appointment today!

Couples Winter Getaway!



Win a 7-Day Mexican Cruise for 2, Including Airfare!

Escape the daily grind. Enjoy the beautiful, warm Mexican Riviera!

You and a guest will enjoy beautiful **Cabo San Lucas, Mazatlan, Puerto Vallarta**, fine dining, fun activities, and majestic views! *All paid for by Dr. Williams!*

It's simple. We love making people smile, improving health and building lasting relationships. This giveaway is to say thank you and ask a huge favor.

If you know anyone who is unhappy with their dentist, hasn't been in for some time, or wants a Smile Enhancement, we're here to help. Send them our way!

Refer in a new friend, family member or co-worker, and you're **automatically entered** to win this prize!



Each referral counts as an entry.

The winner will be announced on January 2, 2018!

Showing Our Appreciation!

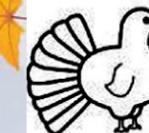
On Veteran's Day (The 11th of this month!) we announced our winner for the Veteran Smile Makeover.

We were looking for a veteran in need of a smile makeover... and we found one.

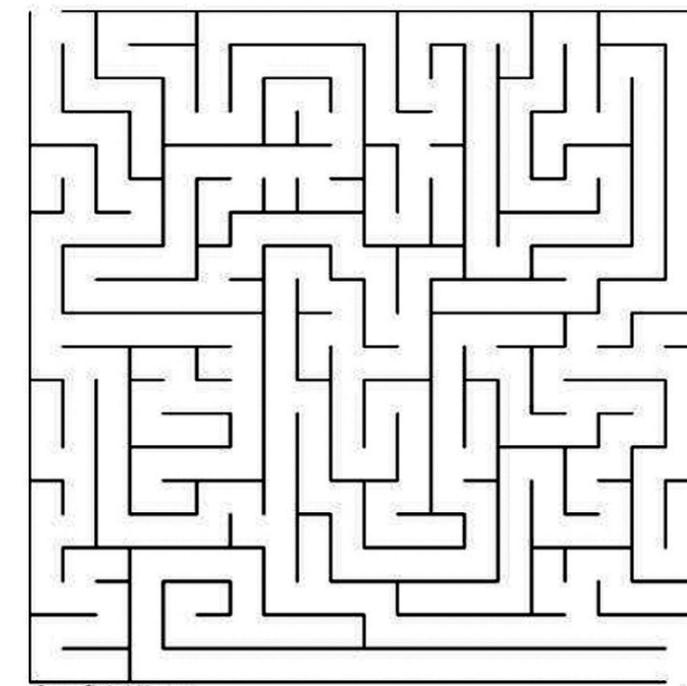
Go to www.PinecrestDDS.com/Veteran-Smile to see who we selected.

We will be giving our veteran a \$24,000 smile. Which includes: implants, full mouth restoration, tooth removal, bone grafting, gum treatment, sedation, dentures, deep cleanings, crowns, and whatever else is needed to get this individual in the smiling mood.

We are so excited to be giving back to our veterans and seeing the smile at the end of their care.



Turkey Maze!



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Finish