

# The Monthly Smile

V2 I10

October 2017



with Nate Bargatze

## One Of The **BEST THINGS** You Can Do Today!



Recently my wife and I went to see Nate Bargatze at the Wiseguys comedy club downtown. Some of our friends invited us, we'd never heard of him before, but we'll go again!

He was hilarious! He's also very quiet and very clean—he didn't drop a single "potty word" during his whole hour on stage. To me that means he's very clever, because he had to create his own original content. If you haven't seen him online or in person, I highly recommend it! Plus he's from Old Hickory, Tennessee which is a great name for a place to be from.

Laughter. It's scientifically proven to improve our well being and outlook on life. Many times my sense of humor (which can occasionally annoy

my wife Megan, on purpose) has taken me through tough or challenging times. Charlie Chaplin once said "a day without laughter is a day wasted." I believe it. We can't take ourselves too seriously.

I grew up as the "jokester" in my family. Pretty ironic for a nerdy dentist, right? I like to tease my kids and play pranks on them. It's a lot of fun for me, and they don't take me so serious when I (very, very, very rarely) get upset with them.

**The Mayo Clinic ([mayoclinic.org](http://mayoclinic.org)) has reported that laughter offers these six benefits:**

- 1. Improves our immune system**
- 2. Relieves pain naturally**
- 3. Improves coping with difficult situations**

- 4. Stimulates our organs and increases oxygen intake**
- 5. Activates and relieves our stress responses**
- 6. Improves our mood**

Back in August, a patient remarked, "the Holidays are right around the corner." Already? It's an exciting time of year, but don't forget to laugh and have fun. Don't let the hustle and bustle get you bogged down.

Mark Twain wrote, "The human race has one really effective weapon, and that is laughter." Make time to watch your favorite comedy or look up some (yawn...) dental jokes online. Whatever makes you laugh, look for it every day and you'll improve your quality of life.

*Have a trick-filled October,*  
**Tyler Williams, DDS**



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2015

**Good Things**  
This Week

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2016

**GKIC**



# Fall in Utah's TOP 5

Fall is in the air and it is my favorite season of the year. I thought it would be fun to compile the top five things to do in Fall here in Utah!

**1. Pumpkin Days at Wheeler Historic Farm.**

There is a pumpkin patch, hay maze and a wagon ride. Good place for small children, too, that isn't too scary!

**2. Carving your pumpkin** with your family or even better...

Painting your pumpkin! If you are like me and you don't trust yourself or your child with a carving knife, I recommend heading to a Michael's near you and pick up some paints! Let the Fall creativity run!



**3. Crazy Corn Maze in West Jordan, UT.**

If you like puzzles and trivia and just a plain good time with friends and family, this is the place to go! Much more than just a corn maze to do, like a pumpkin patch and hayrides as well!

**4. Scenic drive** up any of the beautiful canyons we have. To name a few (Parley's Canyon, Big Cottonwood Canyon, and Small Cottonwood Canyon). The leaves are changing colors and everything looks so beautiful! Enjoy the scene and cool breezes and if you're feeling adventurous take a mini hike outside but be sure to bring warm clothes!

**5. A good old tailgate and some college football** is all you need to set the fall season a mist! Cook up yummy food, have your hot chocolate warm, bundle up nice and snug, and root for the best team!



## A Night Out For at The Daybreak in South

Some of Dr. Williams fav  
CupBop and

If you haven't already  
every Thursday, Spring



Nominate a Vet in need for our "Help a Vet Smile" \$24,000 implant smile makeover giveaway! Visit [pinecrestdds.com/veteran-smile](http://pinecrestdds.com/veteran-smile) to nominate someone special today. The winner will be announced on Veteran's day. We can't wait to change a life forever!

### Our 2nd Annual Halloween Candy Buy Back Program!

Once again, we will be participating in the *Halloween Candy Buy Back Program*. Bring your wrapped Halloween candy into our office and **we will pay you \$1 per pound! (Up to 5lbs.)**

**We will be collecting candy from November 1st through November 3rd.**

All donated candy will be shipped to *Operation Gratitude*, who will send them to our military personnel serving overseas!

**Kids, Happy Candy Haunting!!**



monthly VIP draw  
you bring to the of  
giveaway, which th  
information can be



**2017**

**January** - Jazz T

**February** - Melti

**March** - Apple T  
Netflix

**April** - Spring Cl

**May** - Grand Am

**June** - USANA T

Tha



## 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!**

# For The Team Lake Food Trucks with Jordan!

avorites are the wood fired pizza,  
 Fatty Tuna (sushi).  
 y, check out the food trucks  
 g through Fall in Daybreak!

# Congratulations Krista

VIP Krista, a great patient and a former team member at Pinecrest Dental won football tickets to the University of Utah vs UCLA game through our VIP program!

If you refer two or more people into our office, **you will be sent a gift (\$20 value) for your first referral. For your second referral, you will automatically be entered into our**

**drawings.** Not to mention for every referral you will be entered into **our quarterly drawings this year is for a cruise to Mexico.** More information found at [www.pinecrestdds.com/VIP](http://www.pinecrestdds.com/VIP).

**Refer 2 friends and you'll automatically be given an annual Pinecrest Dental VIP membership and monthly prize entries.**

PLUS, you'll receive BONUS entries into our quarterly office giveaways for each additional referral.

## MONTHLY DRAWINGS

- Tickets for 2
- July - 4 Lagoon Passes
- ing Pot Dinner for 2
- August - 2 Utah Football Tickets
- V and 3 Months of
- September - 2 BYU Football Tickets
- ean Maid Service
- October - Gas Grill
- merica Stay
- November - Ninja Professional Blender
- Tickets for 2
- December - 2 Ski Passes

**Thank you for entrusting us with the care of your friends and family!**



# Couples Winter Getaway!

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



**Each referral counts as an entry.**

**The winner will be announced on January 2, 2018!**

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!



“In all my years of going to the dentist and having the office call and give me a reminder of an upcoming appointment, this office was the most awesome...great job, nicest office I have been to in more years than I would like to say. All the people in this office are awesome and the dentist is totally painless and fast. Best I've been to in a long time. Great job.”

*~Linda W. in Murray*

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“I recently visited Pinecrest Dental and could not have been more amazed at how friendly and professional the staff was. Dr. Williams answered all of my questions and I received great care. I would recommend this office to anybody who is looking for a great dental office!”

*~Natalie R. in Salt Lake City*

## What's Inside...

- Why laughter is good for you
- Use or lose your dental insurance
- Showing appreciation for our Veterans
- Halloween Candy Buy Back
- Fun things to do in Utah in the Fall
- Patient of the Month

...and more!

## Patient of the Month!



Gabby is our patient of the month. During her free time, she enjoys going to Yelp events and giving reviews on the places she goes. She also enjoys hiking, going to the gym and spending

time with her boyfriend. We have really enjoyed having her in our office!

If you'd like a print or digital copy of this newsletter sent to you or someone you know, simply send an email to:  
[reservation@pinecrestdds.com](mailto:reservation@pinecrestdds.com)



## Pumpkin Sheet Cake

### Ingredients:

- 1 (15 oz.) can canned pumpkin puree
- 2 cups white sugar (or XyloSweet)
- 1 cup vegetable oil
- 4 eggs
- 2 cups all-purpose flour
- 2 tsp. baking soda
- 1 tsp. ground cinnamon
- ½ tsp. salt
- 1 (3 oz.) package cream cheese
- 5 tbs. butter, softened
- 1 tsp. vanilla extract
- 1¾ cups confectioner's sugar
- 3 tsp. milk
- 1 cup chopped walnuts

### Directions:

1. In a mixing bowl, beat pumpkin, 2 cups white sugar, and oil. Add eggs and mix well.
2. In another bowl, combine flour, baking soda, cinnamon and salt. Add these dry ingredients to the pumpkin mixture and beat until well blended. Pour batter into a greased 15x10 inch baking pan.
3. Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until cake tests done.
4. In a mixing bowl, beat the cream cheese, butter or margarine, and vanilla until smooth. Gradually add 1¾ cups confectioner's sugar and mix well. Add milk until frosting reaches desired spreading consistency. Frost cake, and sprinkle with nuts.

## Grind Your Spices... Not Your Teeth!

Deluxe, automatic salt mill/  
pepper grinder with any  
new custom mouthguard or  
sleep apnea appliance.

Good through Nov. 15, 2017.  
First 11 applicants only!

