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2023	March Utah Events
5 March	Magic Hunks at Sugar Space Sugar Space Arts Warehouse 132 South 800 West Salt Lake City, UT
7 March	IXL Live Hilton Salt Lake City 255 South West Temple Salt Lake City, UT
11 March	Mother Son Day of Fun - Pirate Putt Putt Daybreak Community Center 4544 Harvest Moon Drive South Jordan, UT
11 March	Utah Jazz at Toronto Raptors Scotiabank Arena • Toronto, ON, CA
14 March	March Green Drinks Alpine Distilling Bar 364 Main Street Park City, UT
17 March	Salt Lake's Best St. Patty's Day Bar Crawl Best Bars in Salt Lake City Salt Lake City(Various Venues) Salt Lake City, UT
20 March	Sacramento Kings at Utah Jazz Vivint Smart Home Arena • Salt Lake City, UT

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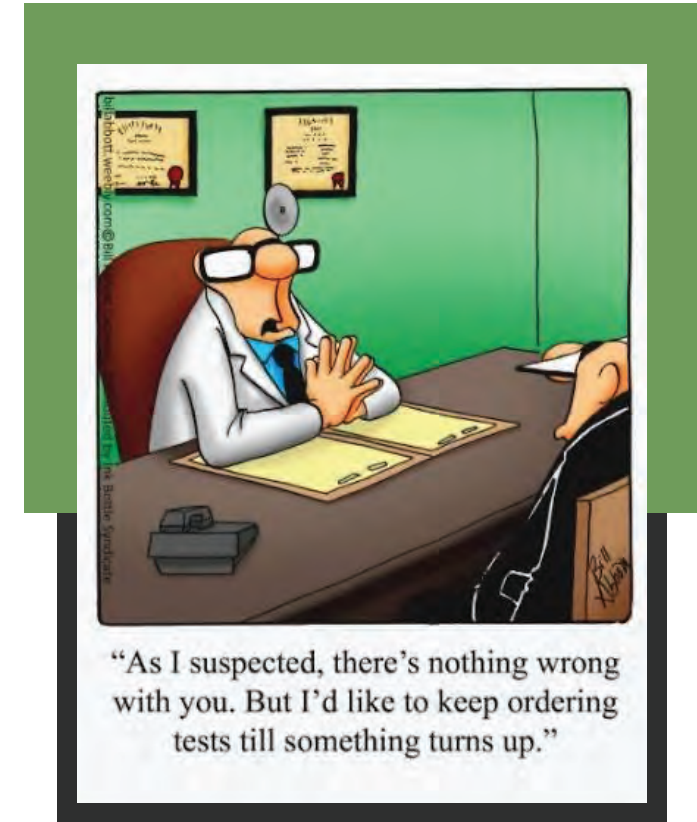
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Have (a Little) Respect!?!

Last month my son, dad, brother, and I took a road trip to Pasadena, California to see our Utah Utes take on the Penn State Nittany Lions at the Rose Bowl. It was a fun road trip, and our second year in a row attending the game, but if eerily felt like Groundhog Day when our quarterback, once again, injured his leg and was out for the rest of the game.

Did I mention our team lost the game?

If you follow the news you probably already know the outcome. The point of my story is this: it was the journey, excitement, competition, and time together that counted. It was showing support for our team and respect for our opponent that made it fun and worth the drive.



Today the word “respect” can be a real hot button. Some people think respect means avoiding any conflict or disagreement with someone of a different faith, race, belief, or political party. But I see it much differently.

Webster’s Dictionary defines respect as “an act of giving particular attention; consideration.”

I see respect as uncovering, discussing, learning and embracing the values and beliefs of others, and understanding how to work together or be part of a community with them.

Recently I read a CNBC article on the topic of “respectful parenting.” The author interviewed 70 parents of successful of individuals for common values and traits.

Here are the 3 takeaways from the CNBC article:

1. Structure
 - * Let kids make their own choices, as long as expectations are met.
 - * Guide them through how things can be done better.
 - * Expect them to do things, even when it’s hard.
2. Supportive
 - * Give kids the right to their own point of view.
 - * Respect their privacy.
 - * Don’t make constant corrections in their actions or speech.
3. Warm
 - * Let kids know they can turn to you for help.
 - * Spend quality time with them.
 - * Engage in compassionate activities together.

A real life example:
“D.A. Wallach is a successful tech investor. One of his early investments was Spotify, where he was Artist-in-Residence. When Wallach was eight years old, he became interested in investing, so his mom gave him some money and opened an account

Dr Tyler Williams

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SLEEP LIKE YOU MEAN IT!

by Dr. Tyler Williams

If there is anyone in your life that is constantly complaining about the comfort or appearance of their smile, Who never gets good sleep or keeps their bed partner awake tossing and turning and snoring. Please share one of our books with them.

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A BIG THANK YOU TO OUR PATIENTS, TEAM
MEMBERS, PHYSICIANS, AND HEALTHCARE
PROVIDERS WHO REFERRED IN THEIR
FRIENDS AND FAMILY THIS MONTH!



Thank you
Friends Utah.
We love supporting
Smiles for Cycles!

Thank you
for all of our patients who donated
to our annual peanut butter and
jelly food drive to help out the Utah
food bank!



Are Implants Right For You? Or Should You Save Your Teeth?

Find out what most Dentists won't tell you about this controversial topic, and join us for a fun
and lively Implant Seminar presented by Dr. Williams on February 28 from 5:30-6:30 PM.

Light dinner and refreshments will be provided. Cost is just \$3 to attend, and all funds will be donated
to Smiles for Cycles. Plus you'll receive a free gift home care product just for attending!

Call or text (801) 268-2323 to grab your seat while they last !

If you have any compliments, questions or concerns, please text Dr. Williams at (801) 268-2323,
he'd love to hear from you!

for him. He spent hours researching companies. His mom gave her opinions, but he got to decide where to invest. Wallach lost most of the money within six years, but his mom told him that losing was part of the learning process.

Not everyone can afford to give their kid money to learn about investing, but Wallach's mom nurtured his talents in other ways that didn't cost money: analyzing, discussing, debating choices with him, treating him like a grown-up, and not agonizing over failure."

In the best selling book "Grit," renowned psychologist Angela Duckworth agrees that this is the best way to raise kids. "[Respectful parents] are accurate judges & children's psychological needs. They appreciate that children need love, limits, and latitude to reach their full potential," she writes, "Their authority is based on knowledge and wisdom, rather than power."

In the month of February, which is the month of "love," let's all show a little more love by learning and digging through to better understand others, especially those who think, worship, live, or support differently than us.

By the way...our quarterback Cam Rising postponed the NFL draft to play another year, and next year Utah will WIN their bowl game.

Happy Valentines Day,

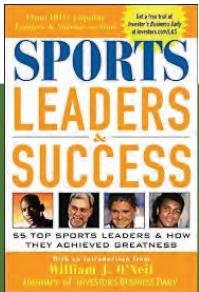
Life Tyler

Dr. Tyler Williams

BOOKS I'M READING

Sports Leaders and Success

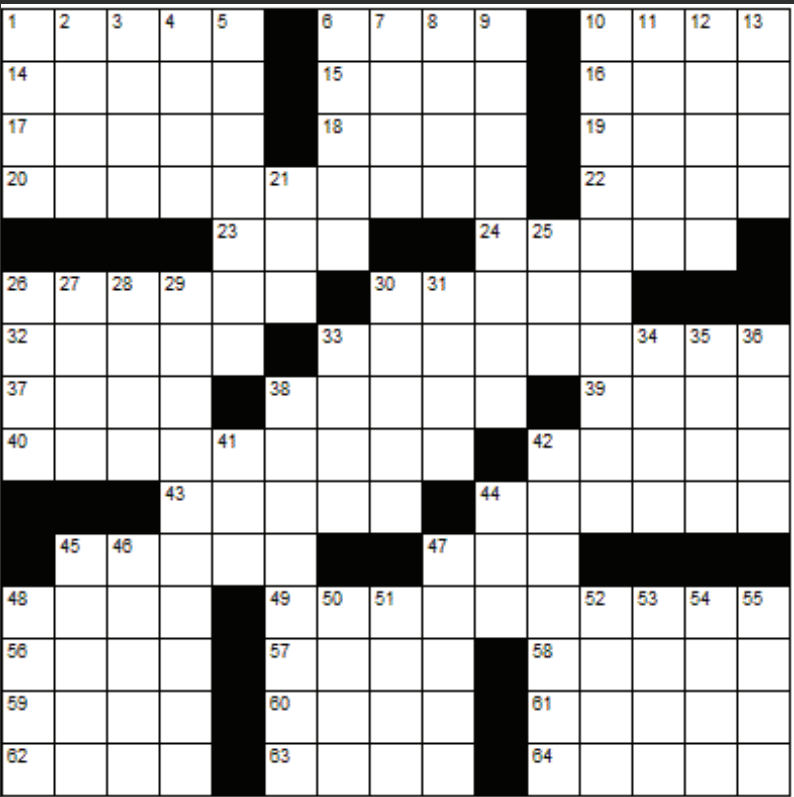
Facebook is a compilation of a whole bunch of short and inspirational stories, usually 2 to 5 pages each about athletes throughout the decades and the challenges they have overcome. Some of my favorite quotes were from World Cup soccer player Mia Hamm and legendary baseball great Ted Williams.



The 80% Approach

This book is a quick and easy read, probably less than 25 pages. But it's also one of the best books I've ever read on the subject of your unique abilities and teamwork. Plus you'll Discover how you can get much more done with 80% effort, and do it better, then you can with 100% effort.

CROSSWORD



ACROSS

- Crunchy
- A heavy open wagon
- Broad valley
- A long narrow passage
- Dogfish
- Holly
- Sorrow
- Coarse file
- Departed
- Mom's new hubby
- Terminates
- N N N
- Desert watering holes
- Bear upon
- Encourage
- Levitate
- Detestations
- Carpets
- Chefs
- Enticement
- Blocks
- Excuse
- Not idles
- Favor
- Go on all fours
- Feline
- Frost
- Longingly
- Caustic
- Worry
- Radium discoverer
- Lounge around
- Applications
- Andean animal
- Not difficult
- French for "State"
- Patriarch

DOWN

- Scoundrels
- Violent disturbance
- Small island
- Swill
- Flawless
- Grocery carriers
- Asian nurse
- Ascend
- Sources
- Edible
- Companionless
- Loans
- Former spouses (slang)
- Picnic insect
- Fire residue
- A bushy hairdo
- Mess up
- Obscures
- Eastbound
- Footwear
- Anagram of "Soak"
- A restraint
- Credulous
- Jeer
- Arouse
- Fanciful embellishment (alt sp.)
- Not a column
- Nonfictional prose
- Greek god of flocks
- Chocolate
- What trains run on
- Peak
- Healthy
- Where the sun rises
- Environs
- Nonexistent
- Alumnus
- Citrus fruit
- 365 days

First 3 Readers to text your completed crossword to (801) 268-2323 win a whitening prize!