



Dr. Foster Smiles

1230 Johnson Ferry Place
Suite C-10
Marietta, GA 30068
770-971-5119



Smilesbydrbob.com



♥ HAPPY
Valentine's
DAY ♥



WE WELCOME YOUR FRIENDS AND FAMILY AS NEW PATIENTS

Care to Share

Care to Share

REFER YOUR FRIENDS AND FAMILY

GET \$25 ON YOUR ACCOUNT AS OUR THANK YOU FOR YOUR CONFIDENCE

We are now Preferred Providers for Delta Dental PPO and Delta Dental Premier, Met Life, Cigna PPO and some PPO policies of Guardian, and United Concordia.

This Valentines Day Show Your Teeth Some Love

Oh, Boy! Here comes another holiday laden with sugar.

Typically, Valentines Day is a day to show your "sweetie" some sweets. We are accustomed to giving or receiving chocolates or other yummy, sugary goodies.

But, how do we combat this "love"?

The more sugar you eat, the more likely bacteria attack your teeth and possibly lead to cavities and dental treatment.

Avoid giving (or eating) the following candies if possible:



- Lollipops
- Toffee
- Hard Candies
- Taffy

Even though we know that everyone expects candy, just remember the basics:

- Brush and Rinse twice a day; Brush, rinse, and Floss Once a day. Brush in the morning for your friends and Floss, Brush, and Rinse at bedtime to show your teeth some love.
- Eat nutritious meals packed with fruits and lots of veggies.
- Limit sodas, power drinks, and other sugary drinks and drink lots of water.
- Visit Dr. Bob's office at least twice a year to make sure that you are showing your teeth the loving attention they deserve.



**What a
Great
Big
Sister!**

**A Good Role Model is
Perfect for Young
Brushers.**

Spotlight on Allen Jackson



As an aircraft maintenance technician with Delta Airlines, Allen works in the engine shop performing repairs to every type engine that the airline uses. So, when you fly, and arrive safely, thank Allen and his team. Allen also supports his wife's, Pattie, thriving real estate business.

"No one who gave his best regretted it." George Halas

Allen listens to 60's and 70's music and is hard pressed to pick a favorite; "there were so many great bands in that era. So, he likes the music that Dr. Foster has, which is oldies with a mix of new soft rock music.

At home, he loves working with wood and DIY projects around the house. Cooking on his Big Green Egg is also fun for Allen because he is outside, and he gets to eat the fruits of his labor! Since he lived in Colorado for many years, he has been a Bronco's fan since he was very young. He also likes watching hockey.

On his and Pattie's 30 year anniversary, they took a trip to Italy. In their rental car, they drove from Venice to Rome with many stops between. "It is a beautiful country with many great vines to taste." Also, about three years ago, he hiked 200 miles on the Appalachian Trail from Springer Mountain, GA to Gatlinburg, TN. "The views in the Smoky Mountains are amazing".

We enjoy seeing Allen and getting to know him better. He brings us much joy when he comes for his appointments.

Congratulations, Allen!

Barbeque Chicken Pizza



MyRecipes December 2002
RECIPE BY Cooking Light

Online reviews raved about the contrast of flavors provided by tangy tomato chutney, savory chicken, and sharp cheddar cheese. If you can't find tomato chutney, you can use store-bought barbecue sauce.

Ingredients

(10-ounce) Italian cheese-flavored thin pizza crust
(such as Boboli)

3/4 cup tomato chutney, or barbecue sauce
2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)
2/3 cup diced plum tomato
3/4 cup (3 ounces) shredded extra-sharp white cheddar cheese
1/3 cup chopped green onions

How to Make It

Preheat oven to 450°.

Place crust on a baking sheet. Bake at 450° for 3 minutes. Remove from oven; spread chutney over crust, leaving a 1/2-inch border.

Put Chicken on top of pizza

Sprinkle tomatoes, cheese, and onions on top

Bake another 9 minutes or until cheese melts.

Cut pizza into 6 wedges

**Check Out our Beautiful
Updated Website !**

**We are now more mobile friendly
and accessible for your
convenience.**