



# Dr. Foster Smiles

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Smilesbydrbob.com



♥ HAPPY  
*Valentine's*  
DAY ♥



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## 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.



## Spotlight on Allen Jackson



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

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.

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

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