



HOME OF DENTISTRY

February

Magical Smile Newsletter

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Home of Dentistry
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Creating A SPECIAL VALENTINE For A SPECIAL SOMEONE..



“Success Is The Sum Of Small Efforts, Repeated Day In And Day Out.”



The heart is the most common symbol of romantic love. Ancient cultures believed the human soul lived in the heart. Others thought it to be the source of emotion and intelligence. Some believed the heart embodied a man's truth, strength and nobility. The heart may be associated with love because the ancient Greeks believed it was the target of Eros, known as Cupid to the Romans. Anyone shot in the heart by one of Cupid's arrows would fall hopelessly in love. Because the heart is so closely linked to love, it's red color is thought to be the most romantic.

Create a Valentine

From Sherri Osborn,

Make Your Own Valentine's Day Cards

This year, give your Valentine a special, home-made card. You can get spectacular results using easy techniques.

The easiest way to make a Valentine's Day or any card is to fold a sheet of paper in half and decorate it. Sound boring? Well, it doesn't have to be. There fun options for decorating cards:

1. One of the simplest ways is to cut a variety of heart shapes out of paper and glue them to the front of the card. Make different designs, animals, people, etc.
2. Take the heart idea one step further! Instead of cutting heart shapes out of paper, cut them out of fabric, wallpaper samples, tissue paper,



wrapping paper, or anything else you can think of. Outline your hearts/designs using 3d fabric paint!

3. Recycle last year's cards! Cut around the shape on the card.
4. Glue it to a piece of construction paper, and trim around the picture leaving about a 1/4-inch border. Outline your hearts/designs using 3d fabric paint!
5. Use collage techniques. Cut pictures out of magazines and glue them to your card. Try to find a collection of pictures that will tell a story! Cut words out of magazines to use - great for a secret admirer!

Most importantly use your imagination to create Valentine's Day cards!

SUDUKO

How To Play: Fill in the grid so that every row, every column, and every 3-by-3 box contains the numbers 1-9.

	1	6	3					5
5	8		4					2 7
				5				1
			4			1	5	
		1	5		7	9		
8	6			3				
6				2				
1	5				4		8	6
	2				3	5	7	

7	1	6	3	9	2	4	5	8
5	8	9	4	6	1	3	2	7
4	3	2	7	5	8	6	9	1
3	9	7	2	4	6	8	1	5
2	4	1	5	8	7	9	6	3
8	6	5	1	3	9	7	4	2
6	7	4	8	2	5	1	3	9
1	5	3	9	7	4	2	8	6
9	2	8	6	1	3	5	7	4

Answer: Please view upside down.

Romantic Valentine's DAY Evenings at Home

By: Nina Callaway

Pamper your Sweetheart without Spending a Lot of Money.

Looking to do something romantic and special for your Valentine, but don't have a lot of money? Most engaged couples are watching their pennies and need to celebrate in a romantic way without breaking the bank account. Here are some great ideas for Valentine's Day evenings at home where your sweetheart will feel truly special.

Romantic Valentine's Day Evening's at Home

• **A Fireside Picnic**

Have the sofa pulled up in front of a roaring fire, with some champagne on ice. For an added touch, serve strawberries to bring out the champagne's flavor, or drop pomegranate seeds into the glass to tinge the bubbly pink. If you're the cooking type, make a home cooked meal. If not, order out from your favorite place. Don't forget the great music playing on the stereo!

• **Spa Night.**

When your sweetie gets home, draw a hot

bath filled with rose petals. Since roses are so expensive around Valentines Day, you can ask your florist for short stemmed roses, or for "seconds" – one's that are slightly bruised since you won't be giving them in a traditional way. Have a glass of wine and some chocolates to nibble on by the side of the bathtub. Meanwhile, prepare the bedroom. Line the bed with towels fresh out of the dryer so that they're warm. Get a basin full of warm water near the bed, several washcloths and some great spa products. Start off with an exfoliating rub then massage in a great moisturizer. You might also want to throw in a foot rub for extra brownie points. (Many people have creams and exfoliating rubs at home already; you don't have to spend extra money on this step.) Afterwards the two of you can enjoy takeout in bed while you watch a romantic movie.

• **A Very Romantic Night**

I know what you're thinking, aren't the above romantic nights? But this one puts **Romance** as a top priority. Does a day's worth of passion and pampering sound good? Here's what you need to do. Start by sending your sweetheart out on an errand and getting them out of the house. (If you don't live together, you're one step ahead.) Meanwhile, turn the lights out in most of the house, and replace the lights in the stairway with low wattage bulbs. If you can't easily change them,



don't worry, put a lamp in the stairway.

Sprinkle rose petals like a trail of bread crumbs leading from the front door, up the stairs and into the bedroom. Put on something romantic. Ideally this will be a present of something new, but needn't be if you don't have a lot of money. Prepare some aphrodisiac foods that you can feed each other – including almonds, chocolates, dates, raspberries, strawberries and wine.

For that extra touch, dip the strawberries in melted chocolate.

Fill the bedroom with tons of candles and turn the lights out.

Then just wait for your sweetheart to come home and enjoy each other's company!

“ We are all motivated by a keen desire for praise, and the better a man is, the more he is inspired to glory.”
-Cicero

Brain Candy Trivia

*15% of U.S. women send themselves flowers on Valentine's Day.

*73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.

*About 1 billion Valentine's Day cards are exchanged each year.

That's the largest seasonal card-sending occasion of the year, next to Christmas.

*About 3% of pet owners will give Valentine's Day gifts to their pets.

*Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy", on Valentine's Day, 1876.



This news is all about you...

With Heartfelt Thanks For Your Referrals

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank those who were kind enough to recommend my services to their friends.

Thank you sooooo much!

Welcome New Patients!

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! We're all helping each other, which is the whole point of all this! Right?

Special Offer

We will credit your dental account with **\$100** towards any cosmetic treatment you may need or want upon completion of your regular exam.

Call Dr. Harjinder Girm today at **905-785-8444** to schedule your appointment and get started on your beautiful smile!

Patient Quiz!

Last Month's Quiz Question:
There's one in every corner and two in every room.

Answer: The Letter "O"

This Month's Quiz Question!

What kind of Flowers do you never give on Valentine's Day.

ANSWER: Cauliflowers