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Dr. Stevens talks about his daughter & Cystic Fibrosis

For the past 5 years, we have been involved with the local Cystic Fibrosis foundation Great Strides. Dr. Stevens' involvement with Great Strides began when his 2 year old daughter Lauren was diagnosed with CF. Cystic Fibrosis (CF) is a genetic disease that causes thick, sticky mucus to build up in the lungs and digestive tract putting her at risk to catch serious infections. In order to keep her lungs clean, she has to do breathing treatments and chest therapy for an hour both morning and night. Fortunately, the research being done to find a cure for CF is very promising. Each year, Great Strides holds a walk to raise money to go towards CF research. The Southern Utah walk was held April 28th at Coral Canyon Elementary. We appreciate the support from our family and friends who came out and joined us on our walk.



Riverside
DENTAL CARE

368 East Riverside Drive, #2A
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St. George

Smiles 2012

Patient Appreciation Party, Saturday, August 18th, 6:30-8pm. St. George City Pool.

The City Pool is located next to Dixie High School

It's time, once again, to celebrate you...our patients!!! We have reserved the St. George City Pool for our end of summer/ back to school party this year. This is a great way for us to spend time with you, our patients, outside of the chair, catch up, and give

you a chance to answer our questions without a bunch of tools crowding your mouth. This is our way to show you just how much we appreciate you as patients, and that you truly are the heart of our office. Join us for a fun night of swimming, treats, and

a drawing with prizes you won't want to miss! See you at the top of the hydrotube!

Contact Us

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Congratulations

Dr. Ott recently became a grandfather! Kathryn Fae Denton was born February 24 to Dr. Ott's daughter, Lindsay, and her husband, Jay. Baby Kate weighed in at 7 lbs. 11 oz., and is named for her grandmother (Dr. Ott's wife, Kathie) and great-grandmother Fae Evans.

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Have You Seen It?

We recently installed a brand-new sign in front of our office! We wanted to make ourselves easier to

find, and the time/temperature feature is a service for you, our valued patients and friends.





Our Fifth Annual Dentistry With a Heart Was a Huge Success!

How many people do you know who would get up on a Saturday morning before dark, drive or walk to our Riverside Drive office, and stand in line for hours just to

receive dental care? On Saturday, March 3, scores of people did just that! It was our 5th annual Dentistry With a Heart Day and, as in previous years, all



Brandi Curtis and her sister Shaylee at Dentistry with a Heart.



Dr. Stevens working hard!



Matt from Planet 94.1 and our own hygienist Khara Sanchez.

the dental care was absolutely free. This year, 135 people received a total of about \$40,000 in treatment, thanks to our staff and a small army of volunteers who provided everything from entertainment to security services. This annual event is our way of saying "thank you" to the St. George community for 19 years of loyalty and support.

Dentistry with a Heart



Getting to Know Dr. Wade

Did you know that all of our doctors grew up in small Utah towns and came from farming or ranching families? Dr. Wade, who has been with us for nearly two years, grew up as the 4th of 6 children in Holden, Utah. Being on a farm, he learned to work hard early in life and, with his siblings, spent his time outside of school herding and branding

cattle, hauling hay, fixing fences and cutting wood. In the midst of all of this, he developed an interest in cars and began his first "real" job as a mechanic when he was just 15 years old. Did you know Dr. Wade and Dr. Stevens are brothers? Dr. Wade Stevens uses his first name in our office to help us keep them straight.

Fun Facts About Dr. Wade

Dr. Wade used his mechanic skills to work his way through college at Southern Utah University. While there, he met his wife, Sarah, and they are now the busy parents of four young children: Holden (age 6), Claire (4), Paige (2), and Riley (1). As you might imagine, their summer has been filled with activities like art camps and swimming lessons. Sarah is originally from California, so they were able to visit family there recently and have some family pictures taken. Dr. Wade attended dental school at Virginia Commonwealth University in Richmond, Virginia (fun fact: Richmond is also where he previously served a 2-year LDS



mission!). He followed his schooling with a dental residency at a Veterans' Hospital in Salt Lake City, and practiced dentistry in Provo before joining us at Riverside. Dr. Wade loves to cook, read, and be a dad. As you can see from the picture, he and his family enjoyed the world's best view of the recent eclipse. And, he still loves to work on cars. He is attempting his second year as a backyard gardener--but his wife, Sarah, says that he can't get anything to grow but tomatoes. So, feel free to give him some gardening tips the next time you are in for an appointment! He just may give you some car advice in return.



Summer Pasta

Ingredients

4 tablespoons of olive oil
2 tablespoons of butter
1 tablespoon lemon juice
1/2 teaspoon of thyme
1/2 teaspoon of oregano
4 cloves of minced garlic
1/2 of a yellow onion minced
1/2 red bell pepper sliced
1/2 yellow crookneck squash, chopped
1 can of artichoke hearts chopped
10 spears of asparagus halved
4 carrots chopped
1/2 package of your choice of pasta

Saute the onion in the olive oil and butter on medium heat until soft and browned. Add the garlic and cook until you can smell the delicious garlic aroma. Start boiling your noodles and add a teaspoon of salt to the water. Add carrots and leave on medium heat until tender but not soft. Add remaining ingredients and combine until coated with sauce and lightly cooked through. Once all of the veggies are cooked, add the pasta to the pan or a large



bowl and mix. You may need to add more butter or oil at this point depending on the pasta used. Add salt and pepper to taste and enjoy!

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Riverside Dental Care will donate over \$3500 to the Foundation for Students of Washington County



Riverside Dental has chosen the Foundation For Students Of Washington County to donate to this year. Teeth Whitening Fridays was our fundraiser. Thanks to all those who participated.