IN THIS ISSUE:
Sudoku
Crosswords
Summer TV Reviews
Games & more!

FREE! From your friends at
Summer-time Snacks go Back to Their Roots

This month is the perfect time of year to sit back, enjoy the sunshine, and celebrate all the tasty wonders nature has to offer. From juicy watermelon to crunchy carrots, fruits and veggies are both delicious and nutritious! Both are packed with vitamins like Vitamin C, Beta Carotene, Potassium, fiber, folic acid, and other important nutrients that our bodies need. A diet high in fruits and vegetables may even help prevent many chronic diseases such as heart disease, stroke, diabetes, and even cancer. Fruits and veggies are also loaded with fiber and water which means you’ll feel full without eating too many calories.

The U.S. Department of Agriculture (USDA) recommends that, at each meal, half our plates be covered in fruits and veggies. The more color and variety the better. But go easy on starchy vegetables like corn and potatoes, as they are lower in fiber and higher in sugar. Citrus fruits and dark green vegetables like spinach and broccoli are high in Vitamin C and Calcium, which are necessary for healthy teeth and gums. Crunchy produce like apples or celery can be a great addition to your child’s school lunch, as they help to scrub teeth of leftover food and massage the gums to stimulate saliva flow, which helps wash away acids. Make sure you keep juice at a minimum, as it has no fiber and lots of cavity-causing sugar!

Fit in fruits and veggies wherever possible in your child’s diet. Have some fun and make a plate of vegetables into a smiley face or other fun shapes. Instead of cake or ice cream for dessert, give your kids a piece of fruit. Ask your child to help you come up with fun ways to include fresh or frozen produce during mealtime. Here’s to warm weather, blue skies, and all the colorful, yummy goodness of fruits and veggies!

More at: blog.mykoolsmiles.com

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1 Food
Sunset Grilled Cheese with Bacon

2 Entertainment
Your summer TV lineup

4 Games/Puzzles
Train your brain with our fun, challenging games and puzzles

6 Rights & Responsibilities
Know your rights and responsibilities as a Kool Smiles patient

TV Premiers

The 100
The 100 is an upcoming American post-apocalyptic drama television series based on a book of the same name. Developed by Jason Rothenberg the plot follows a group of 100 juvenile prisoners who get released back to earth to test how habitable the earth is after almost a century of living in space. The group must work together in order to survive in a place none of them have ever called home. Wednesdays at 9:00 p.m. EST on the CW

Welcome to Sweden
Welcome to Sweden is a zany and foreign in-laws will be a journey he quickly realizes that winning over his knowledge of how to speak the language, and moves to Sweden, all in the name as he leaves his career and America behind in itself. Premiers Thursday, July 10 at 9:00 p.m. EST on FOX

Must See Summer Shows

Extant
Academy Award winner Halle Berry shines as an astronaut returning home from space in Steven Spielberg’s EXTANT. This thrilling story follows as Berry’s character reconnects with her family after a long absence on earth and later learns that her experiences in space will ultimately change the course of human history. Wednesdays at 9:00 p.m. EST on CBS

Food Fighters
Man vs Food Star, Adam Richman hosts this mouthwatering competition that pits amateur cooks against world renowned culinary experts. Each week, cooks will present their own signature dish in a culinary clash that will be judged in a blind taste test, to see who has the skills to call their dish the “ultimate”, and who will simply remain an at home meal provider. Premiers Tuesday, July 22 at 8:00 p.m. EST on the NBC

The Bridge
This crime thriller stars Diane Kruger and Demian Bichir as El Paso detectives on a case involving the dangerous cartel as it embarks on US soil. Meanwhile, Kruger’s character has a past that she isn’t ready to explain, but as it makes its way back into her life, she is forced to make impossible life decisions that will change her fate forever. Premiers Wednesday, July 9 at 10:00 p.m. EST on FX

Stay in touch with Kool Smiles!
/mykoolsmiles
Like us on Facebook, and share oral health tips with your friends.

/koolsmisses
We have all kinds of fun videos on our YouTube.com channel!

/koolsmisses
Inspiration for you and your kids on our Pinterest page!

/mykoolsmiles
Follow us on Instagram for what’s happening at Kool Smiles!

/kyoolsmilesblog.com
Check out our new blog with exclusive oral health content, tips, activities, and videos!

Sunset Grilled Cheese with Bacon

• 4 Tbsp of softened butter
• 8 slices of whole grain bread
• 4 slices of cheddar cheese
• 4 slices of American cheese
• 1 tomato, sliced
• 4 slices of cooked bacon or ham
• Salt and pepper to taste

Butter two slices of bread, on one side each. Place both slices, butter side down, in a medium heated skillet. On each slice of bread, pile on your cheese, tomato, and bacon or ham in this order: one slice of American, one slice of cheddar, 1 slice of tomato, 1 slice of bacon or ham folded in half.

Butter two additional slices of bread and place one on top of each half sandwich in the skillet, with the buttered side faced up. After 3-4 minutes, flip both sandwiches and cook for an additional 3-4 minutes.

Remove both sandwiches from skillet with a spatula and serve immediately. Pair these yummy sandwiches with a cold side salad for a refreshing summer treat!

ABOUT KOOL SMILES

Kool Smiles, founded in 2002, is built on the belief that all families have the right to receive quality dental care. Our goal at Kool Smiles is to provide quality dental services to the entire family, from children as young as 1 year old, and can often treat the whole family.

Kool Smiles provides preventative care, diagnostic imaging and a full range of restorative care supported with electronic health records.

Do you have comments or suggestions for stories or recipes? Let us know what you think of Smile magazine! smiley@mykoolsmiles.com
Brain food  I Spy!

summer seek and find

Can you find the following items hidden within the picture?

- 2 crabs
- a seal
- a submarine
- a sea monster
- 1 toothbrush
- 2 teeth
- a sailboat
- a bird
- a seal
- a flower
- a seahorse
- dental floss
- a catface
- smiling teeth

DID YOU KNOW?

If you are right handed, you tend to chew on the right side of your mouth and vice versa if you’re left handed! Test it out next time you’re eating your favorite food, and try this fun fact on your friends and family to easily impress a crowd!

To learn more information on topics similar to this one, check out our blog at http://goo.gl/yXmhBO

Brain food  Puzzles!

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ACROSS

1. To not give away
5. Website address
6. To remove from
7. Happens when you sleep
8. New
11. Gently hit
12. Eaten with chips
13. Physician, abbrev.
15. European country shaped like a boot
16. To wander off
18. To utilize.

DOWN

1. To give credit
3. Machines used to go up and down
5. Octopi have 8 of these
6. Frozen water
7. The opposite of bottom
8. A program you use on your phone
10. Greek Sandwich
13. To make it yourself, abbrev.
15. Tennessee, abbrev.
Children's Books with an Oral Health Twist

In celebration of good oral health, we are introducing our patients and parents to some of the best children's books out there on oral health. We've put together a list of children's story books that cover a variety of toothy topics, including first trips to the dentist, the importance of flossing, and losing a tooth! The complete list of these children's books can be found on our Pinterest board, but you can get a sneak peek right here.

- "Just Going to the Dentist" by Mercer Mayer. This darling tale follows Little Critter on his first trip to the dentist. Little Critter keeps his cool during the entire visit, even as he gets a filling, and his silly take on things will have you and your little ones chuckling the whole way through.
- "Curious George Visits the Dentist" by Margret & H.A. Rey. Join Curious George, as he visits the dentist. George always seems to be getting into some kind of harmless trouble and making us laugh, and this time it's no different.
- "The Berenstain Bears Visit the Dentist" by Stan & Jan Berenstain. Always a family favorite, this Berenstain Bears story centers around a visit to the dentist where Brother Bear gets a filling and Sister Bear has a loose tooth.
- "The Tooth Book" by Dr. Seuss. Dr. Seuss has written yet another children's classic, with this playful book that talks about teeth, teeth, and more teeth. The clever rhymes and delightfully zany illustrations will keep kids and parents smiling from start to finish.
- "Show Me Your Smile" by Christine Ricci. Join Dora the Explorer as she embarks on an adventure to the dentist.
- "Brush Your Teeth Please – A Pop-Up Book" by Leslie McGuire. What child can resist a pop-up book? None that we know off! Your kids will have a blast learning about dental health as they look through delightful illustrations featuring animals showing their teeth and making hilarious faces!

Most of these books should be available at your public library, so go and check one out today!

Daily Definitions: Dental Procedures 101

Regular dental visits help keep our pearly whites sparkling and cavity-free. Here's a quick overview of some of the most common dental procedures performed by general dentists everywhere.

1. Cleanings: Dental cleanings get rid of the hard tartar buildup that can't be removed by brushing alone. All that tartar buildup is home to cavity-causing bacteria, and getting it professionally removed every six months makes it hard for that nasty bacteria to hang around!

2. Fillings: Cavities happen, even to the best of us, and they need to be removed and replaced with a filling before they have a chance to grow and spread. After making the area around the tooth numb, the dentist will use forceps to slowly loosen the tooth until it pulls free. Wisdom teeth removal is also a form of extraction, but if the teeth are still under the gum, surgical extraction is necessary. By knowing these basic procedures performed in any dentist office, you can be better equipped to ease your child's nerves when it comes time for their turn in the dental chair. It will make things easier for everyone!

3. Crowns: A dental crown is a special cap for a tooth that has been broken or has lost its shape due to decay over a large area. Crowns are also placed over teeth after root canal. Crowns help restore the shape of the tooth, so that it can be used for chewing again.

4. Root Canals: If tooth decay reaches the soft pulp deep inside the tooth, it can cause a painful infection. A root canal removes the infected pulp all the way down to the root, leaving the inside of the tooth hollow. A man-made material is used to fill the inside of a tooth, and then a dental crown is put in place as the last step.

5. Extractions: If a tooth cannot be saved by other means, the last option is to extract it, or remove it permanently. After numbing the area, the dentist will use forceps to slowly loosen the tooth until it pulls free. Wisdom teeth removal is also a form of extraction, but if the teeth are still under the gum, surgical extraction is necessary.

Brain food Puzzles!

Enter for a chance to win a feature in Smile magazine!

The start of another school year is here, and we want you to show us how your family is getting ready! Snap a photo and share it with us on Instagram as part of our Back-to-School Photo Contest! Beginning July 14th, we’ll pick a winner at random every week to receive a Kool Smiles dental kit! At the end of the contest, we will select one winner to receive the grand prize, a feature in the fall edition of our parent magazine, Smile!

How to Enter
1. Log on to Instagram and follow @mykoolsmiles
2. Share a photo of how your family is getting ready for the new school year. Whether it's a favorite back-to-school item or clever pro tip for other parents, we want to see it!
3. Just make sure to mention #SkoolSmilesContest and tag @mykoolsmiles in your post!

Check out Our Checklist!
In case you need some inspiration, we've put together a checklist of things your child will need to start the school year off right:

1. Study Bookbag: Choose one with wide, padded straps for comfort. Or, if your child's school allows it, a rolling book bag can help make luggeing around heavy books a little easier.
2. The Basics: These include looseleaf paper, pencils, erasers, folders, a ruler, and a glue stick. Stick to your child's classroom supply list! This will help you avoid spending money on unneeded supplies. TIP: A pack of stickers are an inexpensive way to make plain notebooks and folders a little more fun to tote around.
4. Dental checkup: If your child is due for a cleaning or oral exam, schedule your appointment before the school year begins. This will ensure that your child doesn’t miss school and will make the schedule easier on everyone! Children miss 51 million hours of school every year due to oral disease. This also causes parents to lose 25 million work hours annually.

Before you know it, school bells will be ringing and class will be in session! Here's to a great rest of the summer and an exciting school year ahead!
Stay Informed

What You Should Know

Patient Rights & Responsibilities
What You Should Know & Understand About Your Dental Care

Welcome to Kool Smiles! We are excited you have chosen Kool Smiles team as your dental care provider. Our goal as your dentist is to help you and your family establish good, healthy dental habits that will last a lifetime.

This information is really important! You should read and understand it before receiving any treatment.

Here’s why it is important: This document explains rights and responsibilities. It tells you what you should know and understand about dental treatment. It also lets you know exactly how we plan to provide quality dental care to you and your family.

What we both agree to:
- You are responsible for your and your child’s oral health care decisions. Our team will provide information and offer professional advice, but you make the decisions.
- You are responsible for practicing good hygiene habits at home (eat three healthy meals, brush twice and floss once each day).
- You are also responsible for coming in to the dental office for regular professional cleanings.
- You are responsible for completing any treatment you agree to in order to maintain a healthy outcome.
- In the case of the death of a patient, your emergency care, we can refuse treatment if you have failed to show up for appointments, are disruptive or could, in our judgment, be a risk to other patients, doctors and staff.
- We will treat each other with kindness and respect. Our dental care providers will be attentive to your needs and we will answer any questions you may have to the best of our ability.
- Our dentists and staff will do their best to provide high quality care.
- It is your responsibility to give us honest, accurate, and complete information about your medical history, and current health status so we might make the best professional decision about your care.
- We know that both our patients and doctors have busy schedules, so it is important that you are on time for all scheduled appointments. If we believe there will be a long delay while we attend to the dental needs of other patients, we will tell you and offer other alternatives. We ask that you do your best to notify us at least a day in advance if you need to change or cancel your appointment.
- We will work together, in good faith, to resolve any problems or conflicts that may arise. We are both responsible for communicating with one another to try to resolve any differences and to try to make things better.

Before You Begin Any Dental Treatment:
After your exam, a Kool Smiles dentist will provide a treatment plan using their best independent clinical opinion. You will have an opportunity to discuss this plan, and how much it will cost, with a dental professional. If you are not sure about any treatment, what it is, what it is designed to accomplish or why it is needed, discuss it with your dentist before agreeing to the treatment.

Suggested questions to ask before treatment begins:
- Are there any other treatment options?
- How much will this cost?
- How much will I owe if my insurance does not pay?
- Is there a cheaper option?
- What could happen if I go without this treatment?
- Is this treatment likely to solve my problem?

You can always decide to:
- Accept, delay or decline any part of the treatment recommendations, including work that is already in progress.
- Use other payment options, such as credit and extended payment plans. You should always understand the additional cost if you don’t pay using cash; credit options might be more expensive.
- Seek a second opinion. There may be additional cost of receiving a second opinion from another dentist. Remember that each dentist’s opinion might be different. You should choose the treatment option you think is right from a dentist you trust.
- Request a copy of your medical records.

Our Commitment:
At Kool Smiles, we agree to live up to these responsibilities and provide the highest quality care possible, protect your privacy and be a partner on your oral health journey. We will work quickly to address any of your concerns. We want to be your dentist for the long term, so it is important to us to resolve any potential issues to your satisfaction.

Talk To A Patient Advocate
If you have any questions about our service, your treatment, or your bill, please contact the office, the dentist, or his/her staff. Our Patient Advocate hotline is available for you at any time, toll free, at 1-888-644-9144.

How Does the Affordable Care Act Affect Dental Care?
You’ve probably heard a lot in the news about something called the Affordable Care Act, also known as Obamacare. The Affordable Care Act (ACA for short) is a law that will make care easier and more affordable for many Americans to buy health insurance, starting January 1st, 2014.

Everyone has to have health insurance: Beginning January of 2014, all U.S. citizens are required to have health insurance. It is the law. If you do not purchase some kind of insurance by March 31st, 2014, you will have to pay a penalty, which is $95 or 1% of your income, whichever is greater. By 2016, the penalty will go up to 2.5% of your income. No one can be turned down. No one can be denied or made to pay more for health insurance because they have certain health conditions (like asthma) or because they have been previously been denied to pay more for their health insurance in the past.

Before the ACA, there were three ways to get health insurance:
- Buy health insurance through your employer, directly from a private insurance company, or from the government (Medicare or Medicaid).

In addition to the three ways listed above, there is now a fourth way to get health insurance, and it is through something called a “health care marketplace” (also known as a “healthcare exchange”). This marketplace can be found at www.healthcare.gov. A health care marketplace is an online store where you can choose from many different health insurance plans from many different private companies. The idea is that because these private insurance companies are all competing for your business, it keeps prices down and more affordable for you, the buyer.

One important change that comes with the Affordable Care Act is that many states will be participating in something called Medicaid expansion. In the past, your income had to be at or below the Federal Poverty Level in order to make you eligible for Medicaid. Now it can be as high as 133%. Also, in the past, you had to be part of a group, such as elderly, disabled, pregnant, or a parent. Now any adult in states participating in Medicaid expansion can receive Medicaid if they meet the income requirements. However, as many as 22 states are choosing not to participate in Medicaid expansion.

There are many differences in the law, depending on which state you live in, that are not covered in this article. Visit www.healthcare.gov to apply for health insurance and see what options are available for you and your children.

Answers to puzzles

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DIFFICULT SUDOKU

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Puzzle by websudoku.com
SHOW OFF YOUR SUMMER SMILE:
GO OUTSIDE AND PLAY!

This summer, we recommend a healthy dose of play and activity to help keep your heart and smile in tip top shape. Soak up the summer sun and show off that healthy smile! Because healthy is beautiful!