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We make kids smile!

September 2015

Gator News

Monthly Contest



ENTER to
WIN!

Announcing the September Patient Contest

How much
SUGAR
is hidden in your
favorite drink?



Find the answers in the Alligator Dental waiting room. Record and cast your ballot for a chance to win a...

**Personal
Smoothie
Blender!**

Awesome Advice

FROM DR. ADEEL

BACK TO SCHOOL



Dr. Adeel Khan

End of the summer is a very exciting time!

Kids are excited about heading back to school and getting all their back-to-school supplies and shopping done. It is a great time to consider a dental health tune-up and re-establish good habits. Consider the following checklist:

- 1. Professional Dental Cleaning.** According to the Center for Disease Control, tooth decay affects more children than any other chronic disease and 19% of children ages 2 to 19 years have untreated tooth decay. Depending on the cavities risk of your child the frequency of dental visits range from every 3-6 months.
- 2. Brushing and Flossing Habits.** It is a good time to evaluate how the kids are brushing. Consider supervising brushing for a week and see how well they are doing. You may be surprised that even if they are older they are not brushing for the entire 2 minutes or not brushing as well on the back teeth.
- 3. Healthy Eating.** Include portable healthy lunch items and snacks in your child's lunch including grains, milk, cheese, raw vegetables, yogurt or fruit. If your child eats in the school cafeteria review healthy, balanced food choices with him/her before the first day of school. Cut back on sugary foods, juices and sodas. A child should only have 4 to 6 oz. of juice per day during meals.
- 4. Sports Safety.** Make sure your child wears a dental mouth guard to protect his/her teeth during practice and games. Ask your dentist about custom-fitted mouth guards for added



Gators in Action:

Catching some **SUMMER WAVES** with Alligator Dental!

Alligator Dental and the Gator Crew had the best time hosting a free swim party at the Seguin Wave Pool in honor of our FABULOUS patients!



We LOVE our Patients!



Meet
Tomica
Rodriguez

- Baby Assistant at
Alligator Dental in San
Marcos!

Position at Alligator Dental & What You Really Do:

I am a Registered Dental Assistant and I get to work with all the precious babies who come to Alligator Dental.

Family Info:

Mother of six beautiful kids. I have 2 brothers and 3 sisters.

Favorite Place to Eat in San Marcos:

Herberts

Favorite Store to Shop At:

Hobby Lobby

Favorite Place to Visit:

San Antonio

Favorite Kid Movie:

Tomorrow Land

Something Unique About Me:

I write poetry and love making tutus for my girls.

Recipe: Southern Red Velvet Cake

-Compliments of Nicole from Alligator Dental in Seguin

Ingredients:

2 ½ cups flour
1 ½ cups sugar
1 teaspoon EACH baking soda, fine salt, cocoa powder
1 ½ cups vegetable oil
1 cup Buttermilk, room temp.
2 large eggs, room temp.
2 Tablespoons red food coloring
1 teaspoon white distilled vinegar
1 teaspoon vanilla extract
Cream Cheese frosting



Directions:

1. Preheat oven 350 degrees. Lightly oil and flour 3 (9x1½-inch) round cake pans.
2. In a large bowl, sift together dry ingredients. In another large bowl whisk oil, buttermilk, eggs, food coloring, vinegar, and vanilla.
3. Mix dry ingredients into the wet until just combined and smooth batter is formed.
4. Divide cake batter evenly among prepared cake pans. Bake, rotating pans halfway through, until cake pulls away from side of pans and toothpick inserted into center comes out clean, about 30 minutes.
5. Remove from pans and cool completely.
6. Stack layers, round side down and adding ¼ to ½ inch frosting in between.
7. Cover entire cake with remaining frosting and sprinkle top with pecans.