




American Association
of Endodontists

1011 N. Craycroft Rd.
Suite 107

7493 N. Oracle Rd.
Suite 217

Main: 520-322-0800

Direct Scheduling: 520-918-3636

Toll free: 800-322-0887

Email: doctors@saendo.com

Pulp Faction



www.SouthernArizonaEndodontics.com

Dates to Remember :

Valentine's Day
February 14th

President's Day
February 21st

Enthusiasm is excitement with inspiration, motivation, and a pinch of creativity.

—Bo Bennett



Math is like love: It's a simple idea, but it can get complicated.

—unknown



It's choice—not chance—that determines your destiny.

—Jean Nidetch

Knock knock!

Who's there?

Sherwood

Sherwood who?

Sherwood like to be

your valentine!



What did the caveman give his wife on Valentine's Day?
Ughs and kisses!



What did the stamp say to the envelope on Valentine's Day?
I'm stuck on you!

Second chances: What would you do differently?

What would you change if you had your life to live over? Here are a few suggestions attributed to humorist Erma Bombeck:

If I had my life to live over, I would . . .

- Spend more time listening—and less time talking.
- Spend more time on loved ones—and less on work.
- Spend more time living in my living space—and less cleaning it.
- Spend more time learning from the older people in my life—and less trying to convince them I already know it all.
- Spend more time with the windows rolled down—and less worrying about mussing my hair.
- Spend more time using the stuff I have—and less time collecting more.
- Spend more time playing—and less planning.
- Spend more time sharing the burdens of those I love—and less trying to get them to share mine.
- Spend more time participating in life—and less watching television.
- Spend more time taking care of myself when I'm ill—and less trying to convince myself that the world can't get along without me for even a day.
- Spend more time having fun—and less being practical.
- Spend more time finding joy in each moment—and less wishing time would pass quickly.
- Spend more time on love and forgiveness—and less on anger and insults.

Most of all, wrote Bombeck, who died in 1996, "given another shot at life, I would seize every minute . . . look at it and really see it . . . live it . . . and never give it back."

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Happy Valentine's Day

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Valentine's Day



Find these words:



Adore	Chocolate	Hearts	
Amour	Cupid	Hug	Secret Admirer
Be Mine	Date	Kiss	Smooch
Candy	Flowers	Jewelry	Valentine
Card	Gift	Love	Wine



Use the '24-hour rule' to stay focused

Renowned pro football coach Don Shula's successful career was based, in part, on a policy of looking forward to the next challenge instead of dwelling on his previous victories or failures. Shula's "24-hour rule" exemplified that.

The coach allowed himself, his fellow coaches, and his players 24 hours at the maximum to celebrate a victory—or agonize over a defeat. Shula encouraged them to feel the emotions of success or failure as deeply as they could.

After 24 hours, though, the team was expected to stop talking and thinking about the experience and focus their concentration on preparing for the next game.

The lesson? Keep your failures and victories in perspective, and you'll do better over the long run.