



# CAPPIE BAKER, D.D.S., M.S.

A PROFESSIONAL CORPORATION

## SMILING PHASES

Monthly Newsletter Vol.2 Issue 11

Nov 01, 2010

### In this Newsletter:

- 1) [Beginning Smiles](#)
- 2) [Monthly Raffle](#)
- 3) [100 Points Game: T-Shirt & Movie Pass Winners](#)
- 4) [Finishing Smiles](#)
- 5) [Foods to Avoid](#)

### Side Note

#### We Give Thanks

Orthodontics Annual Thanksgiving Food Drive

To Support  
*The Carson Family Resource Center*

Bring any Canned Goods or Nonperishable Items to our office and Enter our raffle.

Winner will receive a HoneyBaked Ham Company, Gift Card.

Deadline is Wednesday, November 10, 2010

310-523-2261 20100 Bonita Street Suite 8, Carson, CA 90746 CBOORTHODONTS.COM

Thanksgiving is right around the corner. CB Orthodontics is offering support to families in the Carson community through our annual Thanksgiving Food Drive. With your help and contribution we hope to make this a Happy Thanksgiving for those we serve

[Read More](#)

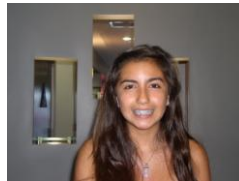
### Links

[Check Appointment & Account Info.](#)

## Beginning Smiles

By Dr. Cappie Baker

We would like to welcome to our Orthodontic family: **Alvin A., Avery A., Karen B., Justin C., Leilani C., Rochelle C., Anthony D., Alexander E., Rebecca F., Amaris G., Star J., William...** [Read More](#)



[Back to Top](#)

## Monthly Raffle

By Rosie S. RDA

Congratulations to our recent winner: **Raegnar R.**, This past month our contest theme was **"Guess The Weight of The Backpack"**. The weight... [Read More](#)



[Back to Top](#)

## 100 Points Game: T-Shirt & Movie Pass Winners

By Rosie S. RDA

Congratulations to all our recent T-Shirt and Movie Pass Winners: **Robert C., Sabrina C., Christian E., Carmen J., Enjoli J., Lilan J., Angel...** [Read More](#)



[Back to Top](#)

## Finishing Smiles

By Dr. Cappie Baker

Congratulations on your terrific smile to: **Cheresse B., Beau C., Natalie F., Carmen G., Arianna H., Dejance...** [Read More](#)



[Back to Top](#)

## Foods to Avoid

For most situations, common sense will tell you what to avoid. Hard foods, sticky foods and foods high in sugar must be avoided. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Minimize sugary... [Read More](#)



[Back to Top](#)