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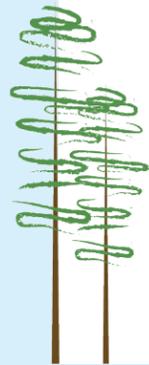
Perrigo Press

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April 2016

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SPOTLIGHT ON

Brittany!



Can you believe spring is already here!? I feel like this year is just flying by so fast. Unlike my co-workers, I'm not getting married or having a baby. I'm in the next chapter of my life with three precious children and a wonderful husband. On my days away from the office, I love to take my kids on mini-adventures. We went to the beach a couple of weekends ago, and we go to the zoo on a weekly basis. I love to change it up on them so they never know what to expect. I have recently signed my daughter, Harper, up for dance lessons, and she loves to get her little brother, Camden, in on the action. Watching them grow up has been such an awesome experience, and I can't wait for more adventures with them in the future.



The Gift of Time

Given the choice between a gift and a vacation, I'd take the vacation every time. Stuff is temporary, and everything wears out eventually, but memories and experiences last a lifetime. Looking back on our vacations, I love laughing at the funny moments and "remembering that one time" with my family. That's why I was really looking forward to our big vacation last month.

The last weekend in March, my wife, Lani, and I gathered the kids and headed to the British Virgin Islands. We teamed up with Lani's parents and brother to charter a 70-foot catamaran, a sailboat with two hulls. Excited to be out on the water, we flew into St. Thomas, and we were taken to one of the islands where we set sail. For five whole nights, we sailed the channel around the Virgin Islands, stopping at Peter Island and Virgin Gorda — total paradise.

The really cool thing about the trip is that it was completely tailored to our family. On board with us was a chef, a captain, and a first mate, and we were able to essentially tell them when we wanted to wake up, what we wanted to do, and what we liked to eat — then they made it happen. Each night, we asked them to cook the fish we caught that day. For me, traveling is better when you're

given enough options, and there were certainly options on this trip. I swear, the itinerary option book was 30 pages long!

I'll be honest — this is the only way Lani could get me to go on anything remotely like a cruise. I have no desire to be on a large boat packed with tourists. In fact, one of my biggest fears is being on a big boat that breaks down and gets stuck at sea. Fortunately, the catamaran for our British Virgin Islands trip was smaller than a cruise ship, and we were close to land the entire time. We had an amazing trip, even though it wasn't my family's typical vacation. Actually, sailing replaced our normal skiing trip this year, but it was worth it. It was so nice to spend some time with Lani's parents, and this vacation was something she'd really wanted to do for a long time.

By the time we reached the end of March, I needed a vacation. As I mentioned last month, the office is under construction. We're currently in phase two of our



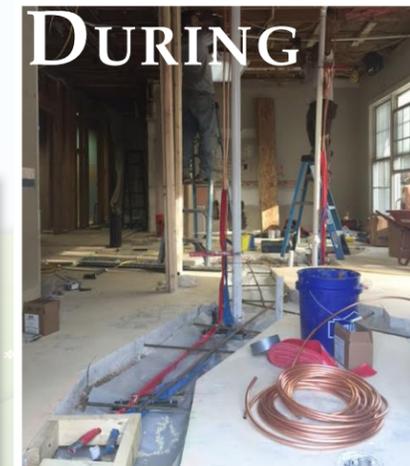
renovations, meaning my old operatory, and our hygienist Christy's old operatory, are being renovated. By the way, the new operatory is not the only thing changing for Christy! We are thrilled to announce that we now have a brand-new member in the Perrigo Dental Family! Christy had her baby, Evie Michelle, on January 29, coming in at 6 pounds, 12 ounces, and 20 inches long. Mommy and baby are doing great, and we're so happy to have Christy back with us as she returns to the office from maternity leave!

I hope this newsletter finds you well, and we're looking forward to another great spring!

-Dr. Luke Perrigo



BEFORE



DURING

Family Frenemies

WHEN SIBLINGS BECOME RIVALS

WHERE DOES SIBLING RIVALRY COME FROM?

Experts tend to agree that brothers and sisters become foes when they feel they must compete for attention or if they believe they're being treated unfairly compared to siblings. As WebMD writes, "Children are like little lawyers, always demanding fairness and equality, and fighting for what they perceive are their natural born rights." The root cause seems to be the human tendency for all of us to compare ourselves to others, rather than opening the channels of communication.

IS IT HEALTHY OR UNHEALTHY?

There are two schools of thought when it comes to sibling rivalry. The first is a little more old school, Psychology Today says, and is based on Freud's analysis of the Cain and Abel story.

This viewpoint holds that sibling rivalry is normal. It's the inherent state of sibling relationships. According to the Mayo

Clinic, "Moderate levels of sibling rivalry are a healthy sign that each child is able to express his or her needs or wants."

Wesleyan University's adjunct associate professor of psychology, Stephen Bank, doesn't buy it. He believes cooperation among siblings is a "birthright" and that extreme discord is caused by unhealthy family relationships. One study at the University of Missouri found that the presence of sibling rivalry was connected to lowered self-esteem and increased anxiety and depression in young teens.

WHAT TO DO ABOUT IT

Experts may not agree on whether or not sibling rivalry should happen, but they do tend to agree on solutions. They believe in staying out of the argument (within reason — you'd never want to facilitate abuse) and teaching kids effective communication skills. They also recommend nipping the problem in the bud by treating each child as an individual, and steering clear of comparison and favoritism.



Thank You for Your Referrals!

Sheree J	Daniel B	Renee B
Joey D	Marshall M	Nicholl B
Ruthie S	Jacqueline M	Andre G
Chuck T	Sarah B	Emilie P
Angela H	Amber P	Len C

Congratulations, Jacqueline!



On Time Movie Ticket Winner!

LAUGH OUT LOUD

Fixes for the FLOSS PHOBIC

Hate to floss? So does the rest of the world. But that doesn't make it any less crucial to preventing tartar buildup and gum disease. No matter how hard we try, it seems like some of us just can't manage to stick that minty string between our teeth. That's why we've come up with three traditional floss alternatives to help you keep your teeth in tip-top condition.

Power Flossers

Power flossers harness the power of vibration. Typically made of plastic, these little devices use a vibrating flexible tip to reach between your pearly whites. Stick the plastic between your teeth, then simply press and hold the button to loosen trapped debris. The device's tip is made of plastic, so it won't shred like regular floss, but your teeth still get clean. They're also disposable, and many brands offer them in a fresh mint flavor or coated with whitening agents. The power flosser is the cheapest of these three options, though you do have to consider the cost of replacement tips.

Water Flossers

Water flossers work exactly like their name implies. A thin but powerful jet of water washes particles out from between teeth. Water flossers were originally created in Fort Collins, Colorado in

1962. Since then, the company has adopted the name Waterpik, and has become a household name. Water flossers come in a plethora of models: corded and cordless, large and small. There's even a model made especially for kids. Water flossers are more expensive, but unlike power flossers, they don't require replacement tips.

Air Flossers

Though prices vary, air flossers are typically the most expensive option. They're also the newest. These devices create a stream composed of tiny water beads and air. Philips Sonicare, the distributor of Airfloss, calls it "microburst technology." Much like the Waterpik, the flossers use this thin stream to push debris out from between teeth. But unlike the Waterpik, they only use a small amount of water, providing a much tidier experience.



Lime Tea Cookies

Ingredients

Cookies

- 2 teaspoons lime juice
- 1/3 cup milk
- 1/2 cup butter, softened
- 3/4 cup sugar
- 1 egg
- 2 teaspoons lime zest
- 1 3/4 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda

Glaze

- 2 tablespoons lime juice
- 1/4 cup sugar

Instructions

1. Preheat oven to 350° F. Combine the 2 teaspoons lime juice with the milk; let stand for 5 minutes.
2. In a large bowl, cream together butter and 3/4 cup sugar until light and fluffy. Beat in the egg, then stir in the lime zest and milk mixture. Combine the flour, baking powder, and baking soda; blend into the creamed mixture. Drop by rounded spoonfuls onto the ungreased cookie sheets.
3. Bake for 8 to 10 minutes in the preheated oven, until edges are light brown. Allow cookies to cool on baking sheets for 5 minutes before transferring to a wire rack to cool completely.
4. To make the glaze, stir together the remaining lime juice and sugar. Brush onto cooled cookies.

Recipe courtesy of allrecipes.com

