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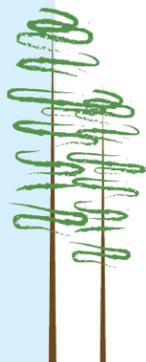
February 2016

Perrigo Press

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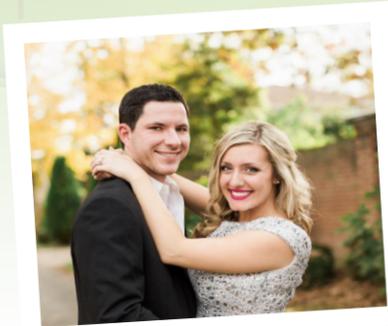
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Love is in the Air

Hey, everyone! I am so excited it's 2016! As some of you know, I got engaged to my sweet fiancé this past September. Luke always goes above and beyond all of my expectations. In saying that, he proposed to me in a beautiful hot air balloon over my hometown of Nashville, Tennessee. He knew that was something that I had always wanted to do. Needless to say, it was very special! We are getting married July 30, 2016. I am so excited for this new year. I hope it is a wonderful year for each of you as well.

Alicia



This month we're going to Disney World! Our daughter Julianna and the rest of her cheer squad made it to nationals. This will be the cheer team's second year performing at Disney World's ESPN studios. They deserve it, too. Julianna and the team practice like professionals — four, five, even, six times a week sometimes. They're going to need that practice because at nationals they'll compete with 500 to 1000 other kids on teams from all over the country.

While we're there, our family will do the whole Disney thing and spend some time at the parks. I love taking them to places like that, because they are all so brave in the face of new adventures.

My kids love the Aerosmith-themed Rock 'n' Roller Coaster. You start the ride in complete darkness and go from zero to 60 in three seconds flat. The Rock 'n' Roller Coaster is definitely my kids' speed, but Julianna, especially, is a thrill seeker. She'll ride any and every ride.

Lani, my wife, is also quite the daredevil, but she's practical too. For example, I tried to take her skydiving for her birthday one year. She was game, but told me she wanted to wait until the kids were old enough to take care of themselves before she went. That's not something that would have even crossed my mind, but that's her personality, and I love it.

While Lani, Julianna, and I will typically rush out and do fun, crazy things immediately, my oldest daughter Chandler and my son Mason, the youngest, tend to think a bit longer.



Even though she's reserved in other ways, Chandler can be a real daredevil when it comes to roller coasters. Four or five years ago, when she was 11 or 12, Chandler was terrified of them. I remember her first time on Goliath. She shook as she stood in line, with tears rolling down her cheeks. But she went anyway, determined to conquer her fears, and came back grinning from ear to ear. From that point forward, Chandler wasn't afraid to ride any roller coaster. She loves them. And I love that she faced that fear head on.

Mason, our youngest, is a lot like Chandler. He's cautious, but eventually he'll do most anything too. He gets nervous while waiting for things to happen, so waiting in line is the hardest part for him. You can see the fear in his eyes. But he's always excited once the ride

is over. And I am so impressed because while he may think about it for a while, eventually Mason conquers his fears and rides the coasters too.

I love the way each member of my family all responds so differently to new experiences, but that in the end, each of them does their best to take on all of life's challenges and adventures. Going places like Disney World is such a great reminder of that. I'm so proud of my little family of daredevils!

**-Dr. Luke Perrigo*

Fostering Creativity in Your Kids



To encourage creativity in your children, start by getting creative yourself. What art supplies can you make available to your kids to get their creative energy going? Rather than just crayons and paper, why not have an entire box of supplies full of items like empty toilet paper rolls, cotton swabs, feathers, buttons, and cardboard boxes? These unconventional supplies can make some amazing creative projects.

Aside from art, there are plenty of creative outlets that kids should start exploring. Consider giving them an old camera that you don't need and telling them to take some pictures of things that are interesting to them. You just might be surprised to find out what the world looks like through your child's eyes.

What about acting? Dig through your closet and see what embarrassing old fashion pieces could make a great costume for you and your kid — or take your kiddo to a dollar store to buy a few

inspirational items. Then assume the role of a character and ask your child to do the same. If they're really feeling it, commission them to come up with a script to act out. Let your imaginations run wild.

Music is another huge creative outlet that's worth cultivating. Your kids can start embracing music with ordinary household items like pots, pans, wooden spoons, and glasses. It won't be long before you've got a clinking, banging symphony. Don't forget to dance to the homemade groove!

These are just a few suggestions, but the sky's the limit when it comes to creativity. Your part is to give the kids space to experiment, even if it doesn't always make sense to you. If your child is making a picture and chooses to make the grass blue, for example, don't tell them they're wrong. Instead, ask them why they made that decision.

Creativity doesn't have to be expensive, fancy, or complicated. In fact, you'll often find more creativity when you've set some limitations. So go ahead and give your kids the gift of a pressure-free environment for exploration, imagination, and experimentation — and foster a lifelong love of creativity in them!

Thank You for Your Referrals!

Jawahar J.

Benjie S.

Susan W.

Randy B.

Congratulations, Tristen!



Our VIP Patient Referral Winner

Teach Your Fears a Lesson

ROOT CANALS ARE NOT YOUR ENEMY

Even more terrifying than the dreaded extraction, root canals are among the most common dental phobias. We understand — just the sound of the phrase itself is intimidating! But trust us when we say the fear is mostly unnecessary. With an excellent dental team on your side and the latest technology (and sedation dentistry to boot), your root canal can be a breeze.

We believe the fear of this treatment stems from a general lack of education. So we're here to set the record straight and answer some basic questions. Hopefully, by the time we're done, you'll breathe a fearless sigh of relief.

What is a root canal?

Medically known as an "endodontic treatment" (a far less scary name), a root canal is a procedure most called for when a tooth suffers a deeply rooted infection caused by physical damage, a cavity, decay, chips in the tooth, or previous dental procedures gone awry. With so many possible causes, it's no wonder they're so common.

The procedure itself entails digging into the tooth to get to the root of the issue — pun intended. The infection is then cleaned of debris,

and the canal made during the procedure is sealed with a permanent material. In some cases, the tooth can be further protected by a cap (also called a "crown").

Depending on the size of the infection, a root canal can take anywhere from 30 minutes to two hours (or roughly the length of your favorite movie).

Why should I face my fears?

Root canals save millions of teeth annually! They're far better than the alternative — extraction — because removing a tooth (one that can be saved) can lead to an unnatural appearance, bite problems, and other serious maladies. When all is said and done, a root canal can support a normal bite and protect surrounding teeth from further wear and infection. And that's something to smile about!



For Your Valentine:

Chocolate-Covered Cherries

Ingredients

- 2 ½ cups powdered sugar
- ¼ cup butter, softened
- 1 tablespoon milk
- ½ teaspoon almond extract
- 2 (8 oz.) jars maraschino cherries with stems, well-drained
- 2 cups semi-sweet chocolate chips
- 2 tablespoons shortening

Yield: 3 dozen
Recipe courtesy of Taste of Home

Instructions

1. In a small bowl, combine the sugar, butter, milk, and extract. Knead until smooth and pliable. Shape into 1-inch balls and flatten each into a 2-inch circle.
2. Wrap one circle around each cherry and lightly roll in hands. Place stems-up on waxed paper-lined baking sheet. Cover loosely and refrigerate 4 hours or overnight.
3. In a microwave, melt chocolate and shortening; stir until smooth. Holding on to the stems, dip cherries into chocolate; allow excess to drip off. Place on waxed paper until set. Store in a covered container. Refrigerate until hardened before serving.

LAUGH OUT LOUD



4 Love is always patient and kind; love is never jealous; love is not boastful or conceited, 5 it is never rude and never seeks its own advantage, it does not take offence or store up grievances.

6 Love does not rejoice at wrongdoing, but finds its joy in the truth.

7 It is always ready to make allowances, to trust, to hope and to endure whatever comes.

~1 CORINTHIANS 4-7
IGNATIUS BIBLE