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# Perrigo Press

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January 2016

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## Reap What You Sow

Sometimes out of the saddest stories, come the brightest acts of the human heart. Such is the case in the rural community of Galva, Illinois, where a local farmer, Carl Bates, was unable to reap his own harvest as he struggled against a terminal cancer. Distraught, his family was fighting a two-sided battle against the hands of time. Not only were they in danger of losing their beloved Carl, but it was only a matter of days until it would be too late to harvest their primary source of income.

In a desperate plea for help, Bates reached out to a couple of farmers in town. Galva is a small and close-knit community, so the word spread like wildfire. An army of farmers showed up to help harvest Carl's land. There were a total of 10 combines, 16 grain trucks, and about 40 people willing to do whatever it took to get the job done. Local businesses got in on the action as well, donating equipment and food to keep the good Samaritans fed and fueled.

With all of these resources gathered together, something truly amazing happened. In only 10 hours the farmers were able to harvest 450 acres — a feat that would normally take a full week.

Once Carl was cleared to leave his hospital bed he took to the passenger seat of a pickup truck and went out to personally thank everyone who came out to help. But Carl's story doesn't end at harvest-time. The love and sacrifice of this small community has made its way across the internet. Carl says, "With all the kind thoughts and prayers, it's been very humbling and heartfelt and has meant a lot to the family. We are all dumbfounded that this story has traveled so far and done so much".



## Why I Don't Set New Year's Resolutions

I don't set New Year's resolutions. Resolutions are so definitive, so pass or fail. I think we spend far too many Januaries setting ourselves up to fail. Our yearly determinations tend to get broken shortly after they're made. Memberships at gyms seem to grow exponentially in January. At the start of the year it's difficult to even get a machine. But anyone who sticks around until February or March knows that expectations dwindle, people run out of fuel, and far more treadmills are available by the end of winter. That's why, instead of making resolutions, I set personal and professional goals.

But what's the difference? I mean, goals and resolutions, they're exactly the same thing, right? I actually don't think so. The word resolution is very absolute. There's so much pressure that comes with making a resolution; you either keep it or you break it. But I've never heard someone say, "Well, I broke my goal this year; looks like I'll have to try again next year." It seems to me that a resolution focuses solely on the destination, where a goal focuses on the journey. This January, you can make a resolution to lose 20 pounds. Or you can set a goal to exercise 40 minutes, three times a week.

Resolutions aren't usually well-defined and therefore aren't very conducive to success. The best goals, on the other hand, are what George T. Duran called S.M.A.R.T. goals, all the way back in 1981. This is an acronym that stands for specific, measurable, achievable, realistic, and time-related. SMART goals are like railroad tracks. They give us direction, boundaries, guidance. They're the needle on a compass, pointing us where to go. Great goals involve the how, not just the what, and therefore give us the tools to accomplish them; whereas, resolutions give us a



requirement, and then put intense pressure on us, providing no resources for success.

The beautiful thing about this shift in perspective from resolutions to goals is that it relieves the pass/fail pressure and allows us to enjoy the changes we're making along the way. Ideally this enables us to get far more done. When it comes to a goal, our focus and our energy is put into the process, so there's not so much of a letdown if we don't quite make it. Because of this, there's nothing stopping us from setting what business consultant Jim Collins calls Big Hairy Audacious Goals (BHAGs). If you succeed, you've accomplished something amazing. But the beauty of setting a BHAG instead of making a resolution is that if you don't quite make it — if you only accomplish 70 percent of your crazy goal — you still end up 70 percent better than you were before.

This year, instead of setting resolutions, I encourage you to set goals. Define what success means to you, in your mind. Then set your goals and throw the fear of failing out the window. I think fear of failure is why so many people don't try in the first place. But think of what could happen if you succeed! Putting our minds to something and sticking to it is what got us to the moon. It's what helped us eradicate polio. It's what helped us do things that, 100 years earlier, seemed impossible. In my opinion, that's what makes this country great: The freedom to dream big, to set your goals, make a plan, and then go out and make things happen.

*-Dr. Luke Perrigo*

## HOW TO BUILD THE PERFECT WINTER HIDEAWAY

# Fortify Yourself Against the Cold



**Sometimes,** when the wintertime blues come a-knocking, you need a super-duper top-secret place to hide away. When the cold January winds are whistling, you'll want a spot where you and the kids can curl up with some hot chocolate and all the books you can read. For those days when outdoor fun is out of the question, why not build a fort? Forts are an easy, inexpensive way to entertain you and your kids for hours. For the low, low price of some real estate in your dining or living room, you can have a full day of fun with your kids.

The key to building the best fort is to let your imagination be your guide; anything is fair game. Strip the couches of their cushions; drape the table with a sheet. As parents, it becomes so easy to forget the imaginative side of ourselves, so why

not spend some time with the kids while waking up your inner creativity. Let cardboard boxes become castles, and bed clothes become a circus tent! Have a campout under the dining room table, and tell ghost stories by flashlight.

Improvisation is key, but if your well of ideas seems to be running a little dry, running a quick Google search will leave you with tons of genius ideas. If you aren't sure where to begin at all, YouTube is loaded with how-to videos, ensuring your fort will be truly epic.

Once construction is complete, don't forget to decorate. You can make flags and signs, or loan the kids a string of leftover Christmas lights for the occasion. Your kids will shock you with their inventive ideas. Winter can drag on and on, so why not "fort"-ify yourself against the cold with a little old-fashioned imaginative fun.

*The key to building the best fort is to let your imagination be your guide; anything is fair game.*

## Thank You for Your Referrals!

Ronaldo G.  
Chase M.  
Calvin P.  
Eli S.  
Jake O.  
Karen K.  
Steve R.

Karli K.  
Ryan B.  
Shanique B.

## Congratulations to Lucy!

She was the winner of our "On-Time" movie ticket giveaway!



## LAUGH OUT LOUD

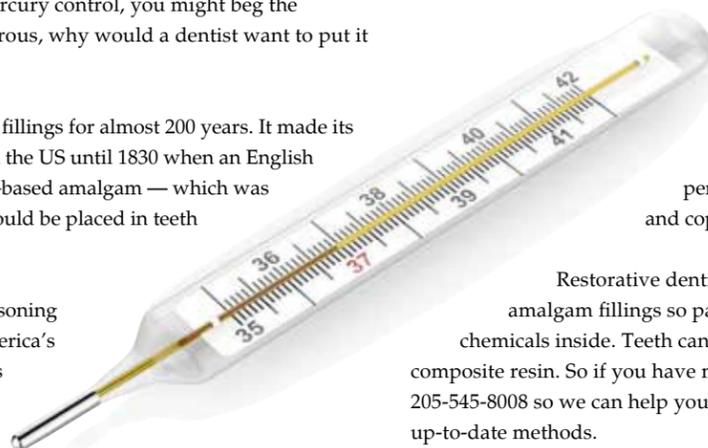
# Don't Mess with Mercury

## WHY THIS TRICKY CHEMICAL HAS OVERSTAYED ITS WELCOME

**Remember the good ol' days** when you could crack open a thermometer and play with the mercury as it rolled around? What seemed like harmless fun then was anything but! These days, if a thermometer breaks or mercury is released, entire buildings are evacuated until the mess can be safely cleaned. With the heightened safety precautions regarding mercury control, you might beg the question: If mercury is so dangerous, why would a dentist want to put it in a patient's mouth?

Mercury has been used in dental fillings for almost 200 years. It made its debut in 1819 but didn't arrive in the US until 1830 when an English chemist first invented a mercury-based amalgam — which was not only cheap to produce, but could be placed in teeth easier than gold could.

Though concerns of mercury poisoning came up only a decade later, America's pro-mercury dental professionals continued to use it (this faction later changed its name to the



American Dental Association). Over the years, mercury has seen a decrease in popularity for more than a few reasons. Prolonged exposure to mercury (especially if it's ingested) can dissolve intestinal tissue, and lead to mood swings and memory loss. It was discovered that mercury fillings actually weaken teeth over time, leaving more room for decay in a tooth. If a filling makes up more than a third of a tooth, that tooth loses 50 percent of its

strength. As a dental filling, mercury has overstayed its welcome, particularly in Sweden, Denmark, and Norway where it has been banned altogether. Unfortunately, some dentists still use the amalgam (composed of over 50 percent mercury, as well as silver, tin, zinc, and copper) to fill teeth.

Restorative dentists often specialize in removing amalgam fillings so patients are never exposed to the harmful chemicals inside. Teeth can then be properly filled with porcelain or composite resin. So if you have mercury-based fillings, give us a call at 205-545-8008 so we can help you restore your smile with the safest, most up-to-date methods.

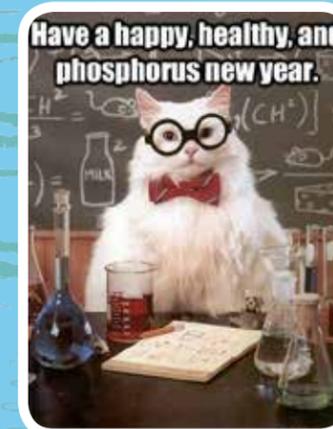
## Slow Cooker Chicken & Dumplings

### Ingredients

- 6 boneless, skinless chicken breast halves, cut into 1-inch pieces
- 2 medium gold potatoes, cut into 1-inch pieces
- 2 cups whole baby carrots
- 2 stalks celery, sliced
- 2 (10.75-oz.) cans Campbell's Cream of Chicken Soup
- 1 cup water
- 1 teaspoon dried thyme
- ¼ teaspoon black pepper
- 2 cups all-purpose baking mix
- ¾ cup milk

### Instructions

1. Place chicken, potatoes, carrots, and celery in a 6-quart slow cooker.
2. Mix the soup, water, thyme, and black pepper together, then pour over the chicken and veggies.
3. Cover and cook on low for 7-8 hours, until chicken is cooked through (you can also cook on high for 4-5 hours).
4. Stir together baking mix and milk in a medium bowl. Drop batter by the spoonful into the chicken mixture and increase temperature to high. Tilt the lid to vent and cook for 30 more minutes or until dumplings are cooked.



*"Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven."*

~MATTHEW 5:16  
IGNATIUS BIBLE