

DR. PARKINSON'S
WIRED & INSPIRED

VOLUME 3, ISSUE 1 QUARTER 1, 2009

GUARD THAT MOUTH

April is National Facial Protection Month. During April, the American Association of Orthodontists (AAO) strongly emphasize the use of mouth guards when participating in many contact sports and activities, such as, but not limited to: football, wrestling, basketball, baseball, volleyball, lacrosse, ice and field hockey, softball, and soccer. Mouth guards are a wise choice as they help prevent jaw, mouth, and teeth injuries, and their cost pales in comparison to the cost of an injury.



Here's some more safety tips to keep in mind as the weather warms up:

- Don't stop at a mouth guard, WEAR A HELMET when appropriate.
- Protect your eyes with a pair of well-fit sunglasses or goggles.
- Avoid a painful bite by being careful of pets/animals you don't know.

The saying, "an ounce of prevention is worth a pound of cure" could've been written about ANY contact sport/activity. So, for your affordable "ounce," mouth guards can be purchased in the lobby. Just ask any member of Team Parkinson & play safe this spring!

SPRING CLEANING!
 Be sure to include your toothbrush when mucking out for the season. After the flu or a cold, you should toss the old brush. If not possible, at least run it through the dishwasher on the hottest setting!



WIRED & INSPIRED

MONTHLY WINNERS

JANUARY: \$25 SPORTS AUTHORITY GC-CHRIS AVILA, RON KORSVIK, VERONICA RAMIERZ
 FEBRUARY: \$25 ITUNES GC-RACHEL KINNISON, KYLIE IVERSON, HEATHER SCHERRER
 MARCH: \$25 AZTECA GC-BRIANNA KANYID, MORGAN WIESE,

QUARTERLY WINNER

QTR 1 2009: FEVER TICKETS & RED ROBIN FOR 4-MICHAEL CROSKREY

TUB O' GRUB WINNERS

ALENA ZURCHER, HANNAH WILSON, VIRGINIA WILLIE

UP FOR GRABS IN 2009-

APRIL: RED ROBIN GIFT CARD
 MAY: HOLLISTER GIFT CARD
 JUNE: SILVERWOOD TICKETS

QUARTER 2 2009 PRIZE-

ENJOY THE DUST DEVILS & PIZZA FOR FAMILY OF 4

Melody's Blue Ribbon Garden Tips:



PLACE TOP-HALVED MILK JUGS OVER TOMATO & PEPPER SEEDLINGS. REMOVE CAP WHEN WARM, RE-CAP WHEN COLD.

GET TO KNOW OUR TEAM:

You see us all the time, so let's test how well you know Team Parkinson!



- | | |
|----------|------------------|
| Shelbi | Mazda Tribute |
| Chelsea | Suzuki XL7 |
| Neli | Honda Accord |
| Lynn | Subaru Outback |
| Melody | Chrysler Sebring |
| Michelle | Ford Focus |
| Keely | Chevy Avalanche |
| Jill | Acura TSX |
| Eva | Nissan Altima |

PUZZLE PLACE

A chest without hinges, key or lid,
but inside golden treasure's hid.
What is the chest & the treasure?

What is: The beginning of eternity,
the end of space & time...the
beginning of every end, and the end
of every place?



Here's the answer key to our last set of Wuzzles:

NO NO RIGHT <i>Right Under the Nose</i>	BBBBBB <i>Beeline</i>	Ci ii <i>See Eye to Eye</i>
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INTRODUCING OUR NEWEST FEATURE:



IT'S YOUR CAKE, HOW DO YOU WANT IT SLICED?

YOUR 15 MINUTES OF FAME ON OUR BRAG BOARD IN THE OFFICE, OR IN OUR QUARTERLY NEWSLETTER? IF ITS IMPORTANT TO YOU THEN ITS IMPORTANT TO US. **STILL NOT SURE?**
CHECK OUT WHAT THESE PATIENTS HAVE ACCOMPLISHED:

- McKenzie Risley went to Orlando, FL to compete with her cheer team at Nationals!
- For making 1st Semester Honor Roll at McLoughlin Middle School, Dylan Winsor & Daisy Cassidy were both honored with their peers at a ceremony!
- Steven Young was chosen to represent Kamiakin at the big DECA Competition!
- Samantha Shulins-Briggs got straight A's on her report card, for the 7th time in a row!
- Kayla Andrews will get to go to Disneyland, Sea World, & Universal Studios this year!
- Amy Smith's clay sculpting caught Animal Planet's attention! Check her work out at www.klaykennels.com!

JUST FILL OUT A **BRAGGING RIGHTS** SLIP AND WE'LL TAKE CARE OF THE REST!.

QUIRKY QUIPS

KNOCK KNOCK...Who's there???

ESTHER...Esther who???



ESTHER BUNNY!!!

KNOCK KNOCK...Who's there???

ANNA...Anna who???

ANNA OTHA ESTHER BUNNY!!!



Team Parkinson is gearing up for our **2009 Patient Appreciation Party** and we need your input! We figure it's actually **YOUR** party, so you should have some say in this summer's celebration. We've narrowed it down to two options:



___#1-Rock n' Bowl Party at Atomic Lanes



___#2-Hawaiian Luau at the Hermiston Aquatic Center

Ballot slips are available in the office, or you can even visit our website to make your voice heard at www.parkinsonbraces.com. Cast your vote today!

C O P I N G

O PERFECT RECIPES, FIT FOR YOUR NEW SMILE

R CREAMED EGGS-
Perfect recipe for all those leftover Easter Eggs!

N 6 hard-boiled eggs, 2 TBS butter, 2 TBS flour, 2 c. milk, salt & pepper to taste

E peel and chop eggs. Melt butter in pot, add flour until ball forms. Add milk slowly and stir until sauce comes to a boil. Stir salt, pepper, & chopped eggs into the sauce; stir until the eggs are heated. Enjoy on buttered wheat toast!

Quote for the Quarter

"Sooner or later we all quote



our mothers."



-Bern Williams

With mothers in mind, start thinking now of how to honor your mother this Mother's Day.