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STRAIGHT TEETH, NO METAL BRACES NECESSARY

Invisalign is the perfect way for patients of all ages to achieve the smile they've always wanted. Because Invisalign uses clear aligners rather than traditional braces, you won't have to deal with broken brackets or long adjustment appointments. Invisalign is discrete, easy, and effective. Both of our dentists perform free consultations for adults as well as teenagers. Call today to schedule your consultation and find out if Invisalign is right for you.

STEP UP YOUR KIDS' GOO GAME MAKE AMAZING MAGNETIC SLIME

If you're a parent in 2018, you know how popular slime has become among the kiddos. NPR reports that the gooey stuff has become a "social media sensation" and even led to glue shortages in many areas across the country. But instead of making a traditional pile of neon goop with your child, why not upgrade it with magnetic capabilities? Make your own magnetic slime with just a few ingredients you can easily find around town.

WHAT YOU'LL NEED:

- Liquid starch
- Elmer's glue (or any white glue)
- Iron oxide powder (can be found at home improvement stores – avoid breathing it in!)
- Disposable bowls
- An extra-powerful neodymium magnet (check online retailers or hobby stores)

1. Start off by pouring 1/4 cup of liquid starch into a disposable bowl. Add 2 carefully measured tablespoons of iron oxide, and stir vigorously until fully mixed.

2. Mix in 1/4 cup of glue, and stir like crazy. You're going to doubt that this preslime mixture can possibly turn into anything, but have faith and continue to mix. Eventually, it'll take on that gooey slime-like texture.

3. Once the slime is a little squishy, remove it from the bowl and start mashing it with your hands. Knead and knead until the mixture is evenly distributed throughout. Don't worry about the black juice remaining in the bowl – just mix it in as best you can. When that's done, give your hands a good scrub. The black mess will leave a stain for a little over a day.

4. Pat the slime down to dry off excess juice. That's the stuff that makes a mess and blackens your hands, not the slime.

Now it's ready for action! Set the slime on the countertop and get out your magnet. Your kids will be amazed by the way the thick slime reaches for the magnet, almost like some alien creature. This is the perfect opportunity to explain how magnets work. Check out the "Magnetism" page on ExplainThatStuff.com. Or just squish the slime around and see what it can do! Though it may not be as colorful as the slime you usually see, it's definitely more interesting. It's the perfect simple activity for a playdate with your kids this May.



May 2018

GENEROSITY OF SPIRIT THE POWER OF SHARING KINDNESS

IT'S BEEN A BUSY START TO SPRING FOR THE BROWNS.

A lot of our girls are busy with sports. Allie and Brooklyn are in the middle of soccer season, and the same goes for Nicole with track. Becca and I love being in the stands to cheer on our daughters, even when the crazy Treasure Valley weather decides to dump buckets on our heads. If the weather isn't bad enough to postpone a game or meet, and I have the chance to attend, you can bet I'll be there.



Our eldest two daughters, Melissa and Brittany, will soon be switching places. Melissa, after a few months at home upon completion of her mission, will be heading to Utah to begin work. Around the same time, Brittany will be returning from college. It's been so great to spend time with Melissa since she's returned from Guam, and I'm looking forward to enjoying the summer with Brittany.

Despite the varying schedules, the entire Brown family will be heading on a humanitarian trip to Costa Rica together. Ever since we revealed at Christmas that the entire family would be going, we've been counting down the days until we take off. Shannon and Melissa from our office will also join us on the trip. At this point, plans are

totally solidified, and it's just a matter of time. It's amazing to see how excited everyone is to help those in need.

I've always believed that it's our duty as humans to help one another. Sharing that experience with my family and coworkers is extremely meaningful. Sometimes, I think we can forget the power of human connection, but there's nothing more worthwhile than lending a hand. The news may be packed with negativity and tales of hatred, but when you really get down to speaking with people, I believe you will always encounter a generosity of spirit.

I've experienced a wonderful amount of generosity in anticipation of our trip. Burkhart Dental Supply and The Newsletter Pro have donated



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ROAD TRIPS DON'T HAVE TO BE PAINFUL

TRY GAMES, AUDIOBOOKS, AND PODCASTS TO PASS THE TIME

Summer is right around the corner, which means you'll soon pile the whole family into the car, ready to brave the road for a vacation. Everyone knows that riding in the car for hours can be torture. But with a little creativity, you can turn the worst part of a long trip into a fun event.

PACK A TRAVEL GAME

When the excitement of the family vacation starts to wear off, keep the peace and entertain your kids with a travel game. Many board game manufacturers offer travel-sized versions that are easy to pack and play in the car. Before your next road trip, consider purchasing digital Yahtzee, which packs all the fun of the classic game without the dice, or IQ Fit, a logic game with over 100 challenges. Both games cost around \$10 and can provide hours of entertainment.

INCLUDE THE WHOLE FAMILY

Once the travel games no longer pique anyone's interest, try an activity that can be fun for the whole family: a traditional road trip game. If you have a car full of storytellers, try "Fortunately, Unfortunately." The rules



are simple. The first person starts by saying, "fortunately," and mentioning something good about the road trip or the destination. The next person (moving clockwise) then follows by saying something "unfortunate" about the previous person's statement. Take turns with every passenger in the car. If someone stumbles, they get a strike; three strikes and you're out. The last passenger standing wins.

PLAY AN AUDIOBOOK OR PODCAST

We get it. Sometimes passengers don't want to play games. Occasionally, they'd rather relax or take a nap. However, your listening material doesn't have to be limited to Dad's favorite music. Instead, consider listening to a family-friendly audiobook or podcast, which can make the longest and most boring parts of your trip an entertaining or educational experience. Almost any popular book is available in audio form, but it can be hard to find an enjoyable podcast. "Transistor" is a science-focused podcast that explores subjects kids and adults will find fascinating. Or if you're looking for something fictional, try "Storynory," in which the narrator tells fairy tales and legends from all over the globe.

WIN A PROFESSIONAL SPRING CLEANING FROM CASTLEBURY

5 WAYS TO WIN:

- Five entries for every friend or family member you refer to Castlebury Dental*
- One entry for following us on Facebook
- One entry for following us on Instagram
- One entry for giving us a review on Google
- One entry for giving us a review on Facebook

Entry period runs from April 1 to May 31

*Referral must be a paid service patient



ELECTRIC OR MANUAL?

PERKS OF A POWERED TOOTHBRUSH

You know brushing your teeth for two minutes twice a day is essential to maintaining your oral health. What's open to more debate, though, is which tool is better at cleaning your teeth: manual or mechanical brushes?

The American Dental Association (ADA) states that both manual and powered toothbrushes are effective at removing plaque. But other clinical trials suggest positive results for people who switched to electric brushes. When the ADA surveyed 16,000 patients who'd replaced their manual with mechanical brushes, over 80 percent reported improved oral cleanliness. While the debate has yet to be unsettled, you might personally enjoy some of the added features of an electric toothbrush.

TIMED BRUSHING

Most electric toothbrushes have timers, which encourage you to brush for a set amount of time, usually two minutes. When you press the power button, the toothbrush begins to vibrate and will continue to vibrate for two minutes.

This feature takes out the guesswork and makes it easy to brush your teeth for the recommended time. For children who try to get out of brushing at every chance, the timer can turn brushing into more of a game and less of a chore.

MORE COMFORT

If you have arthritis or dexterity difficulties, an electric toothbrush's ability to vibrate on its own removes some of the pressure from your hands, making brushing a more comfortable and manageable experience.

IMPROVED EFFICIENCY

An electric toothbrush can move much more quickly and precisely than your hand alone, so you'll be able to cover more surface area in the same amount of time and potentially remove more plaque. An electric toothbrush also discourages brushing too hard – the extra pressure on the brush will make the vibrations noisy and uncomfortable.

If you're looking for an electric brush, you'll find a wide range of options, from Philips Sonicare and Oral B's standard products to Quip's sleek, stylish subscription-based model. Oral-B's Oscillating-Rotating-Pulsating Power Toothbrush line recently became the first electric toothbrush to receive the ADA Seal of Acceptance. Most electric toothbrushes are rechargeable and have removable tops that you can change every few months as the bristles start to wear.

So, what's the bottom line? If an electric toothbrush gets you to brush more often and more effectively, it's the right tool for you.

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supplies for us to bring along on the trip. I'm so grateful for their contributions. It's amazing to see everyone come together in support of a great cause.

When we arrive in Costa Rica, we will pass that generosity on to the local residents. Given how big of an impact these trips have had on me in the past, I'm very excited to share this one with my family. Serving others is an honor and a privilege. I have no doubt that heading to Costa Rica will feel the same way.



In closing, I want to encourage all of you to share a little gratitude and kindness with the people in your life who could use it most. It doesn't have to be a grand gesture worth thousands of dollars. Sharing your spirit with others can be just as valuable as money. It's a reminder that no matter our differences, at heart we are all human beings with similar needs and desires. In times like these, I think it's important to remember that.

-Dr. Brown

GRILLED RANCH POTATOES

Inspired by delish.com



If you want to be the hit of this year's Memorial Day cookout, don't overlook the star power of a well-made side dish. These smoky, tangy grilled potatoes will be the talk of the party. The best part is how easy they are to prep and make!

INGREDIENTS INSTRUCTIONS

- 2 pounds baby potatoes, halved
 - 1/4 tablespoon extra-virgin olive oil
 - Juice of 1/2 lemon
 - 1/2 packet ranch seasoning
 - Ranch dressing for drizzling
 - 1 tablespoon chopped fresh chives
 - Bacon bits (optional)
 - Salt and pepper to taste
1. Heat grill to medium. In a large pan, toss potatoes with olive oil, lemon juice, and ranch seasoning. Season generously with salt and pepper.
 2. Skewer potatoes. (If using wood skewers, be sure to soak in water an hour before grilling.) Grill until tender and lightly charred, about 15 minutes.
 3. Drizzle with ranch and garnish with chives and bacon bits.