

Kennett Center For Advanced Dentistry

Kennett Smiles News

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Peter P Patellis, DMD

*208 N Union St
Kennett Square, PA
19348*

610.444.6311

kennettsmiles.com

*facebook.com/kennettcenter
foradvanceddentistry*



Mother's Day will soon be upon us, May 13th, to be exact. Do you know what to do for your mom to celebrate? Here are some ideas that may make your decision a little easier.

- Every mom loves homemade cards and gifts from her little ones. Try kaboose.com for some simple and fun ideas.
- How about a day of relaxation for mom? Moms work hard and a day off is not only deserved, but loved! Make mom breakfast in bed and let her have some quiet time to do whatever she wants for the rest of the day.
- Dad can pitch in and take care of mom's responsibilities for the day.
- Spa time. What mom wouldn't want a little pampering? Treat her to services at her favorite salon or spa.
- If you need gift ideas, websites such as redenvelope.com have great gifts that would surely be enjoyed by mom.



Orange Glazed Blueberry Scones

A great recipe mom is sure to love!
Courtesy of Tyler Florence



Ingredients

- 2 c unbleached flour, plus more for rolling berries
- 1 tbsp baking soda
- 1 tsp salt
- 1/3 c sugar
- 1/4 c unsalted butter, chilled and cut in chunks
- 3/4 c buttermilk or cream
- 1 egg
- 1 pint fresh blueberries

Directions

Preheat oven to 400 degrees.
In a large bowl, sift together flour, baking powder, salt and sugar; mix thoroughly. Cut in butter using 2 forks or a pastry blender. The butter pieces should be coated with flour and resemble crumbs.
In another bowl, mix buttermilk and egg together, and then add to the flour mixture. Mix just to incorporate, do not overwork the dough.
Roll blueberries in flour to coat, this will help prevent the fruit from sinking to the bottom of the scone when baked. Fold the blueberries into batter, being careful not to bruise. Drop large tablespoons of batter on an ungreased cookie sheet.
Bake for 15 to 20 minutes until brown. Cool before applying orange glaze.



Orange Glaze

- 2 tbsp unsalted butter
- 2 c powdered sugar, sifted
- 2 oranges, juiced and zested

Directions

Combine butter, sugar, orange zest, and juice over a double boiler. Cook until butter and sugar are melted and mixture has thickened. Remove from heat and beat until smooth and slightly cool. Drizzle or brush on top of scones and let glaze get hazy and hardened.

"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her."

-George Washington

Mother's Day Tip

Kids, get some help making the scones & have a tea party with mom.





April is National Facial Protection Month

Spring has sprung! Now that the weather is warmer, more and more of us are out enjoying a more active lifestyle which may include organized sports leagues or just a leisurely bicycle ride. Very few of us take into consideration

the damage that can be done to our smile from a fall or collision. We have all seen football players and boxers wearing mouthguards, but we should be wearing them for any sport or activity that may pose a risk of injury. Those activities include, but are not limited to, bicycle riding, baseball, soccer, lacrosse, hockey, skateboarding, and rollerblading.

Mouthguards typically cover the upper teeth and cushion the blow to the face. They can minimize the chance of broken teeth or soft tissue injuries to the mouth. If the mouthguard is properly fitted, it should be easy to talk and breathe, comfortable, and stay in place while wearing. The process of making a custom mouthguard is very quick and simple.

Dr. Patellis and his staff very strongly recommend the use of mouthguards. A mouthguard is an effortless and comfortable way to protect yourself from pain and lost teeth. If you think you may need to have a mouthguard made or have any questions, please contact us .

Homemade Mother's Day Card

Kids will love to make these for mom by simply using their fingers as stamps.



Supplies:

Card stock or plain paper
Pencil
Green paint and 1 or 2 colors of your choice
Glue
Bow
Paper plate

Directions

Use a round object, such as the bottom of a cup, to trace a circle on your paper.
Dispense your paint onto a paper plate.
Have your child dip their finger in the green paint and make prints all the way around the circle and let dry.
Have your child dip their finger in the other color/colors you have chosen and make 3 prints together to form the flowers. Let dry.
Place a glue dot on the top of the wreath to adhere the bow.
Have your child sign their name below the wreath and write a message to mom.

Guacamole

A great addition to your Cinco de Mayo celebration.



Ingredients

3 avocados, halved, seeded and peeled
1 lime, juiced
½ tsp kosher salt
½ tsp ground cumin
½ tsp cayenne
½ medium onion, diced
2 Roma tomatoes, seeded and diced
1 tbsp chopped cilantro
1 clove garlic, minced

Directions

In a large bowl place the scooped avocado pulp and lime juice, toss to coat. Drain and reserve the lime juice after all of the avocados have been coated. Add the salt, cumin, and cayenne and mash using a potato masher. Then, fold in the onions, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for one hour and then serve.

"A mother understands what a child does not say."

-Author Unknown



What's Happening In Kennett Square

First Friday Art Stroll	May 4 th
Outdoor Farmer's Market	May 5 th
Trout Rodeo	May 5 th
Kennett Area Senior Center Roaring 20s Dinner Dance	May 5 th
Cinco de Mayo Fiesta	May 6 th
23 rd Annual Kennett Run	May 23 rd
Memorial Day Parade	May 28 th

Kennett Flash offers many great shows including:

Better Than Bacon	May 3 rd
Johnny Miles/the Honey Watts	May 4 th
Minas	May 5 th
Beaucoup Blue	May 11 th
Bobby Kyle	May 12 th
Erin Enderlin	May 13 th
Lydia Pense and Cold Blood	May 17 th
Matthew Santos/Mieka Pauley	May 18 th
Rivers Monroe/Wondernaut	May 19 th
Jen Chapin Trio	May 25 th
Steve Forbert	May 26 th
Open Mic Nights	Every Tuesday

You can visit the calendar of events at

[Kennett Square, PA - Historic Kennett Square](#)

and

[Kennett Flash - Live Music Entertainment in Historic Kennett Square, PA](#)

for more details.

Spring Whitening Special



Brighten your smile in time for your special day.

If you are preparing for your wedding, prom or a relaxing summer day at the beach, your smile can be your best accessory.

For a limited time, the Kennett Center for Advanced Dentistry is offering Zoom whitening for only \$400, a savings of \$200. Please call today to schedule your appointment.

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ZOOM!