

DeLurgio and Blom Orthodontics  
8035 Madison Ave, Suite G2  
Citrus Heights, CA 95628

916-546-4629  
info@delurgioandblom.com  
www.DeLurgioAndBlom.com

We LOVE our patients!  
If you have family or friends who can benefit  
from our services, we would love to meet them!



PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

## Inside This Issue:

Building the World

PAGE 1

Two Patricks and a Blue Shamrock

PAGE 2-3

Fit Family

PAGE 2

Recipe: Irish Soda Bread

PAGE 3

The Tooth Fairy Comes to Life

PAGE 3

Patient of the Month

Thank You for Your Referrals!

PAGE 4



February 5<sup>th</sup>, 2015 -

Dr. Andrea DeLurgio lectured to the Bella Vista High School  
Physiology class on what it is like to be an orthodontist.

PATIENT OF THE MONTH



27 MONTHS  
Daniel C.

## A SPECIAL THANK YOU

to those who referred a new  
patient or posted a review!

Camelia C  
Bianca Y  
Kristina K  
Pam B  
Mary N  
Michelle H

Jesus G.  
Jill A  
Sam R  
Lily M  
Veronica H  
Samantha C

## FROM OUR Patients...

"It was pretty nice. The staff was really flexible and  
understanding of my schedule. It has improved my smile  
and I'm very grateful for that."

- Daniel C.



# The Smile Line

from DeLurgio and Blom Orthodontics

916-546-4629

www.DeLurgioAndBlom.com

Orthodontic Specialists

MARCH 2015

## ... Building the World ...

Over the past several years, I've done a lot of  
traveling all over the world. But, it's not your  
ordinary traveling. I've been globetrotting  
with Habitat for Humanity, a nonprofit  
organization dedicated to helping those in  
need put a solid roof over their heads.



You may have heard about Habitat for Humanity, but before  
I get into my experience with them, let me summarize the  
organization briefly for those who are unfamiliar. They do  
amazing work in the United States and all around the world  
with the help of their many, hardworking volunteers. These  
volunteers build and renovate houses, then Habitat gives  
selected families very affordable options to purchase the home.  
They don't give away homes.

Instead, Habitat works closely with families in need to ensure  
the affordability of their new dwelling. Families are chosen for  
the program based on their need for shelter and their ability to  
repay the loan. Another big factor, of course, is whether or not  
the family wants to become a partner in the program. That's  
basically the gist of it. I absolutely encourage you to learn more  
about it. You can find more information at [www.habitat.org](http://www.habitat.org).

So, where do I fit in with Habitat for Humanity? My story with  
them begins in 2007. I had retired from the State of California  
in 2006. Early in my retirement, I started a small handyman  
business and took on minor construction projects here and  
there. Volunteering with the organization seemed like a natural  
fit. I get to live my passion while helping people from all over,  
and to this day, I can't imagine anything better.

My first experience with Habitat was fantastic. I went with a  
group to Thailand and was instantly hooked. After the trip, I  
immediately applied to become a team leader. Since then, I've  
been all over the world including Cambodia, China, Costa Rica,  
Guatemala, New Zealand, the Philippines, and Portugal. Each  
location offers an entirely different building experience, and  
that's part of what makes each place so fascinating.

In New Zealand, the homes are prefabricated. We put them  
together like a huge Lego set. It's all very orderly from the  
ground up. In Southeast Asia, the material isn't always ideal.  
The brick they use for home building can be very fragile, so  
constructing with it is challenging. In Central America, many  
of the homes we built were made from common mortar and  
cinderblock. Habitat optimizes the building materials for each  
region so the homes don't look out of place.

As I said, each place is a new building experience and a new  
way of doing things. Those of us living in the States are used  
to certain styles of building—and living. Going abroad to  
help families in need offers us a new perspective, and it's  
eye-opening. One thing I'll say about Habitat for Humanity—  
volunteering isn't for everyone. You have to have a big heart,  
and you have to be willing to put in the work. Volunteers travel  
all over the US and the world, but they don't do it for a free  
vacation. In fact, we have to pay our own way to get to our  
destinations. Working with Habitat is something you take on  
when you're dedicated to help those less fortunate meet a most  
basic need.

Toward the end of February, I set off on my 19th trip with  
Habitat! It was my fourth trip to Cambodia—which is one of  
my favorite places to build homes. The people are incredibly  
friendly, and they won't hesitate to work right alongside you.  
Then, later this year, I'm heading to El Salvador! I excited to build  
more homes and meet more amazing people!

- Steve Acton

# Two Patricks and a Blue Shamrock

Chicago dyes the river green, Dublin illuminates the entire town with a brilliant shade of shamrock, and New York's been marching down 5th Avenue for over 250 years. So, where and when did all of the St. Paddy's Day shenanigans begin? Is it really anything more than a great excuse to dive into the Guinness and break out the corned beef? Like all good holidays, the plastic hats and dancing leprechauns only scratch the surface of St. Paddy's, so crank up your Irish Rovers and buckle your boots for a jig into a tale of kidnapping, Romans, and—of course—a shamrock or two.

## A Tale of Two Patricks:

When you reach back into the 430s A.D., records start to get a teensy bit fuzzy, leading to today's tweed-wearing scholars supposing that the stories associated with Saint Patrick are actually tales related to two notable gents who both made their way to Ireland to spread the word of Christ. Patrick number one was a deacon, and wasn't named 'Patrick' at all! Known as Palladius in his living years, he felt the calling to Christ, kissed his wife and daughter goodbye, and made his way (albeit a roundabout one) to Ireland, where he became the first to bring Christianity to the Emerald Isle.

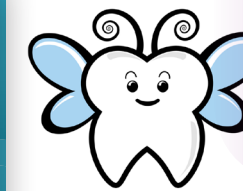
Patrick number two was the son of a Roman-British deacon who took an unexpected detour in life when he was kidnapped by Irish pirates as a 16-year-old. Six years of slavery, a deity-induced escape, and a religious revelation later, Patrick decided to take his Christianity on the road and went back to Ireland to preach the faith. It's the second Patrick who was awarded sainthood, and ended up getting the accolades of his senior! Throw in some snake banishing and a hiatus in the middle of Lent (because we

all know that's where the fun comes from!) and you've got the makings of a celebration extraordinaire!

## Are You Sure it's Not a Four Leafed Clover?

Imbued with good luck, we tend to think of four leafed clovers as the quintessential representation of Irishness, and of course St. Paddy's Day; but the much more common variant, the three leafed clover, was originally associated with Saint Patrick himself! According to legend, the good saint used the three leaves of the humble weed to teach his converts about the Father, Son, and Holy Spirit.

It's not just the clovers that have gotten confused in the celebration of Paddy's saint day—the colors got some tweaking too. Once upon a time, the Chicago River would have been blue! Saint Patrick's Blue, as it was called, was once Ireland's signature shade, and also the hue associated with the day that everybody goes a little bit Irish. The shamrock green we know and love today came about only because of the shamrock itself! Saint Patrick's use of the plant and the association of green with life and growth won the holiday over to the verdant side!



## THE TOOTH FAIRY COMES TO LIFE

The mystical tooth fairy has been the subject of countless stories, from literature to movies. She's a continuous part of childhood mythology, with her origins dating back several centuries to medieval Europe.

Traditions vary from culture to culture, but there is one common thread: rewards! All kids know that if they hide their tooth, the tooth fairy will find it and give them a reward. Sometimes it's a little gift, but most kids wake up looking for a few coins.

It was during the Middle Ages when several superstitions around baby teeth developed. In England, children were told to burn their baby teeth. It may seem a little extreme, but if they didn't, they were told they would face dire consequences! In fact, legend said they would face trial and tribulation in the afterlife and spend an eternity in search of the baby teeth they neglected to burn!

Elsewhere in Europe at the time, children were taught they had to bury or burn their fallen-out baby teeth or face a terrible fate at the hands of witches. If a witch found a baby tooth, it was said she could use it to take control of the owner's body!

In Viking and Scandinavian cultures, baby teeth were viewed more positively. Warriors would wear their children's baby teeth around their necks as they went into battle. They believed the teeth brought them good luck. Of course, any child who lent their baby teeth to the cause was compensated!

Thankfully, many of these myths have been relegated to the history books. In more modern times, the fate of baby teeth is much more... reasonable. Many cultures tell of a clever little mouse who exchanges baby teeth for gifts. In Spanish-speaking cultures, he is known as Ratoncito Pérez (or el Ratón de los Dientes).

It wasn't until the early 20th century that the mouse took on more fairy-like characteristics. In some cultures, the fairy is still a little mouse, but in many Western countries, particularly the US, the tooth fairy has become the spritely creature who flutters around going from child to child collecting teeth in exchange for cold, hard cash.

## Tell Us Your Stories

We want to hear your story on topics such as the following:

- How have braces changed your life?
- How did you discover your career?
- What have you learned doing philanthropic work?

Tell us about these or other stories. We want to hear about the adventure of YOU!

We'll feature the best story on the cover of our newsletter *and* send the winner to an NBA game at Sleep Train Area to see the Kings take on the New Orleans Pelicans on April 3rd.

To enter, send your stories to [info@delurgioandblom.com](mailto:info@delurgioandblom.com).



## FIT FAMILY: THERE'S AN APP FOR THAT

*We all had to have those new iPhones and Galaxys (even our kids!) and the advertisements were true—they revolutionized our lives. They also made it a lot easier to sit and entertain ourselves with tiny screens and Angry Birds, meaning considerably less physical activity for many of us! Lo and behold, there are some apps out there aimed at getting you and your family off the bum and fighting fit—so, healthy family? There's an app for that!*

### MyFitnessPal:

This app helps you and your peeps maintain a fitness and nutritional diary that will help keep you accountable in your workouts, and work together towards your fitness goals. Friend your family members and pals to get the whole gang working together. You can send messages of encouragement and track workout progress all in the same place!

### Family Fitness:

This super simple app has a couple of static exercises that you and your family can use to build muscle stability and increase your balance. Turn it into a family challenge and see who can hold each position for a set amount of time.

### FitnessBuddy:

This app allows you to create a workout plan using their extensive database of moves with or without gym machinery. Conjure up your own routine, or try out one of their pre-set workouts and share your success and strategies with your family.

### FitQuest:

Gamify your fitness routine with an app that will put you inside an obstacle course that your squirrely character is trying to pass through. Your task (should you choose to accept it) is to make the motions of your avatar to get through the course. The device senses when you jog in place, jump, or duck, and the whole family will love trying to see how far you can go!



## Ingredients

- 3 1/2 cups flour
- 2/3 cups sugar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 2 cups raisins
- 2 tablespoons caraway seeds
- 2 eggs lightly beaten
- 1 1/2 cups buttermilk
- 2 tablespoons melted butter

## Directions

1. Preheat oven to 375 degrees.
2. Grease one loaf pan.
3. Put all dry ingredients into a bowl, toss and coat raisins with the dry mixture. Form mixture into a mound-type shape and make a well in the center.
4. Add remaining ingredients into the well and mix lightly.
5. Do not over-mix.
6. Pour into pan and bake one hour.
7. Let the bread cool before slicing.
8. Enjoy!