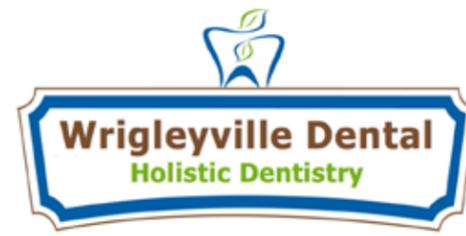




3256 N. Ashland Ave., Chicago, IL 60657

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411



WrigleyvilleDental.com 773-975-6666



May 2018

Inside

- Finding Balance pg 1
- What Board Games Can Teach Your Kids pg 2
- Grilled Mushrooms and Carrots With Sesame pg 3
- What's In Season? pg 3
- 3 of the Most Formidable Moms in History pg 4

MOTHERS SHAPE THE WORLD

3 OF HISTORY'S BRAVEST MOMS

Moms make the world go round. After running the gauntlet of childbirth, they raise and guide us throughout our lives, shouldering the tremendous burden and responsibility of motherhood. Mothers are in turn formidable, kind, powerful, gentle, wise, fierce, patient, supportive, empathetic, driven, and full of love. In honor of Mother's Day, here are three historic moms who never stopped fighting for what they believed in.



SOJOURNER TRUTH (1797-1883)

Before she escaped from New York slaveholder John Dumont, Sojourner Truth had at least three of her children sold away from her. When Dumont went back on his promise to emancipate Truth and her infant daughter in 1826, she took the girl and fled to an abolitionist Quaker family, but she was forced to leave her other daughter and her 5-year-old son, Peter, behind. Soon after, she learned that Peter had been illegally sold by Dumont to a slaveholder in Alabama, so she went to court and secured his safe return. It was the first successful case brought by a black woman against a white man in American history. Truth went on to become a prominent abolitionist and a speaker for women's rights, delivering her famous impromptu speech, "Ain't I a Woman?" in May of 1851.



IRENA SENDLER (1910-2008)

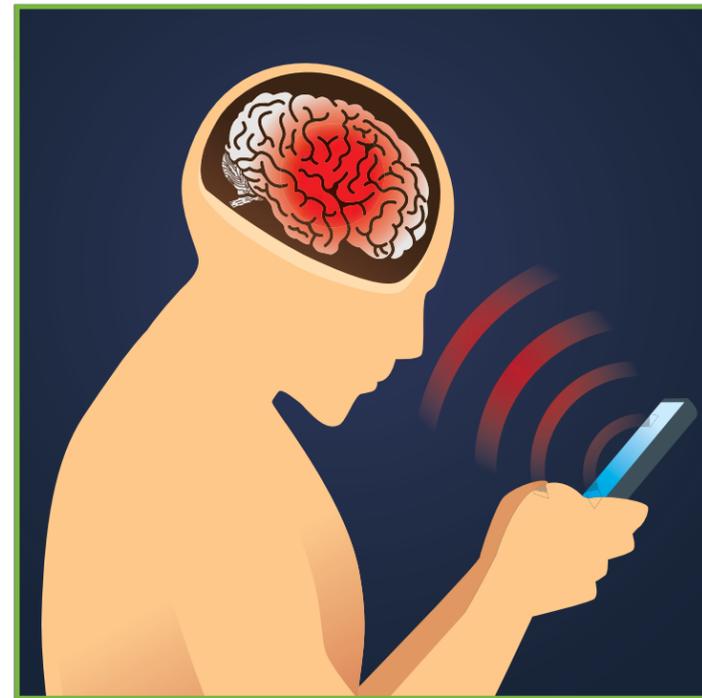
When the Nazis invaded Warsaw in September of 1939, Irena Sendler, a 29-year-old social worker and mother of two, hatched a scheme to rescue Jewish children from the brutal ghettos. Along with many friends and colleagues, she smuggled out nearly 2,500 Jewish orphans, hiding infants on trams and garbage wagons and guiding kids through a labyrinth of secret passageways beneath the city.



EMMELINE PANKHURST (1858-1928)

Despite being a wife and the mother of five children — two of whom died tragically young — Emmeline Pankhurst became one of the fiercest advocates for women's suffrage in the late 19th century. After founding the Women's Social and Political Union in 1903, she and her cohorts adopted an aggressive strategy to raise

awareness for the issue; they began by buttonholing politicians and staging rallies, then progressed to vandalism, window smashing, and arson. She was instrumental in the movement. Pankhurst lived to see women gain the right to vote in 1928.



Finding Balance

Some of these symptoms sound like aging. They are. Our cells are getting older, deforming, and dying from this. Dr. Magda Havas, Associate Professor of environmental and resource studies at Trent University in Canada spoke to us for 2 1/2 hours about the research that she and her colleagues are doing regarding the microwave signals that are emitted from these devices. She compares these constant signals to us being inside a microwave oven with the power turned to low. The cumulative effect will catch up to us, she warns. One audience member said, "If all of these things are so dangerous (Wi-Fi, cellphones, cell towers, etc.) then why haven't *they* said anything to the public?"

Her answer? "I am 'they.' And this is your warning that these microwave signals (EMFs) are causing problems." There are now more than 200 scientists from 40 countries banding together to create guidelines for safety. They submitted an International EMF Scientific Appeal in 2015, but not much has changed. The political pockets are just too deep. But what we can do is educate ourselves and take precautions. Take a look at sites like EMFScientist.org or MagdaHavas.com for more information.

This April, I returned from the Holistic Dental Association (HDA) meeting not only as the new president of the 40-year organization, but with a newfound purpose. These types of events always humble me as I continuously learn and grow from those with a few extra decades of experience.

Compared to what others are doing in other states and other countries, Holistic Dentistry in Chicago is in its infancy. I am hoping to make it more mainstream and continuously have our patients benefit from what I learn in my courses.

One interesting topic discussed at the HDA meeting this year had very little to do with dentistry, but it affects all of us. There are people living among us who are very sensitive to electric pollution or electrosmog. And it's all around us. The cellphones we carry, cordless phones in our homes (believe it or not, they are very dangerous), "smart" meters, Wi-Fi routers, baby monitors, energy-efficient lightbulbs, "smart" thermostats, and other appliances, just to name a few. Some people have symptoms such as headaches, fatigue, dizziness, difficulty concentrating, numbness, tingling, cold extremities, heart and blood-pressure problems, heart attacks or strokes, sleep disturbances, movement difficulties, skin problems, memory loss, and chronic pain — and they don't know where these symptoms are coming from.

We can voice that we don't want to have cellphone towers on top of our buildings and schools, so close to our children and their classrooms. Citizens can decline to have "smart" meters and other technologies that seem great but can cause severe disturbances to our bodies. Many would never consider living next to a garbage dump or a smoke stack. The exposure of a cellphone tower or telephone wire can be pretty traumatic to our poor cells. The majority of the population has no symptoms yet, but the more long-term exposure we have, the more prevalent they will become.

None of this has to do with dentistry, but Dr. Havas did warn us about the harms of mercury fillings. They mobilize with microwave radiation. Metal reflects microwave signals and causes it to mobilize and flow freely around the body. So, women who are pregnant, children, and anyone with any metal in their body should be especially careful. This idea applies to our homes, too. Metal bed posts, tables, chairs, and appliances can all cause microwaves to bounce off each other and amplify their effects.

I don't mean to sound like Dr. Doom, but as I travel and learn, I like to pass on the knowledge that I get. I am constantly learning, forever

CONTINUED ON PAGE 2 ...

773-975-6666 | 1

a student, and I get the privilege to be exposed to so many researchers and cutting-edge medical practitioners who are truly healing and helping others. With everything I learn throughout the year, I need to sift through it all and decide what makes sense for me, my family, and my patients — what sounds and feels right and is backed by scientific data. The above is meant to inform you of my discoveries. Feel free to pass it on, do your own research, or completely ignore it. My job is to share information that could be relevant and helpful.

Among all of my conferences and classes, I always need to take a step back and make sure I make quality time for my husband, my daughter, and my family. And it needs to be planned! Because my husband and I are both business owners, it's important to carve out time for us. And let me tell you, it's a constant work in progress. There are days one of us works until 9 p.m. and days one heads out the door at 6 a.m. We spend days in airports and classrooms learning what we need to do to grow. Then there are full weekends when we devote time to each other and our family.

I continuously try to find the right balance. It's one of the biggest tasks I undertake. I've learned that the only way to find that harmony is to constantly evaluate where I am and where I'm going, because like any goal, it won't happen on its own.

After two conferences (one in San Diego, and the other in New Jersey) and a weekend hiking in Yosemite with my sister to celebrate her upcoming wedding, we'll finally get to prioritize family time at the end of this month. For Memorial Day, we're taking off for a long weekend to Florida to celebrate our anniversary and Mother's Day. This year will be my second Mother's Day, so it'll be another event we can celebrate together. I'm really looking forward to the time with my husband and daughter — especially in a warm climate with just the three of us. It's all about balance, right?

Happy Mother's Day to all the wonderful mothers. And I hope you find your balance this month.

-Dr. Teplitzky

SUDOKU

			9			8
		3	1			9
4	5			3	6	7
					8	5
		1		4	3	
						2
		9	8			
	2		7			
				6	5	

Fill a number in to every cell in the grid, using the numbers 1 to 9. You can only use each number once in each row, each column, and in each of the 3x3 boxes.



SEASONAL PRODUCE GUIDE FOR MAY



In the Midwest, we're lucky to be near a lot of agriculture, and you can make the most of it by buying produce when it's in season. Since it doesn't have to be shipped long distances, produce usually costs less, but that's not the only benefit. When you buy fresh, ripe fruits and veggies, the taste is better, and the nutrition content is usually higher. Your strawberries will be sweeter, your lettuce will be crisper, and you'll find that fresh herbs, not dried, are the way to go.

Use this guide to pick out the best, in-season fruits and vegetables.

Produce	Seasonality	Flavors and Cooking Tips
Arugula	May - September	When tossed with olive oil and salt, these zesty greens take on a mellow flavor. They're great on top of pizza.
Asparagus	April - June	Try grilling or roasting with lemons for maximum flavor.
Beets	May - October	This sweet veggie bursts with flavor when roasted. Add it to salads and roasts.
Carrots	May - November	Try roasting this sweet root veggie with olive oil, salt, and pepper.
Chives	April - July	They're a zesty and slightly spicy relative of the scallion. Look for the purple bulbs on top of the plant when they bloom in the spring; they're edible and can be added to many dishes!
Lettuce	May - August	Its mild flavor pairs perfectly with almost anything.
Rhubarb	April - June	The tangy stems of this plant are great when combined with other fruits and baked. Avoid the leaves; they are toxic.
Strawberries	Late May - June	Fresh is the best way to enjoy these juicy berries.

In addition to purchasing produce from your local grocery store, there are also many farms in our area that sell at markets, and some can be bought directly from the farm. Patchwork Farms and Metropolitan Farms are two first-rate options. Starting in mid-May, you can pick up produce straight from Patchwork Farms on Saturdays from 11 a.m. to 4 p.m. and on Tuesdays from 12 p.m. to 5 p.m. Visit ChicagoPatchworkFarms.wordpress.com for more info. At Metropolitan Farms, produce is available year-round thanks to their greenhouse. Visit their site, Metro-Farms.com, to learn more. There is also a farmer's market next to the Southport CTA station on Thursdays from June to October. Chicago has many opportunities to get your hands on some fresh produce. You can even make it into a game! Pick up a few ingredients and do a taste test with some family and friends to guess which products are fresher: store-bought from another country or local. Have fun!

GET MORE OUT OF GAME NIGHT

Use Board Games as a Teaching Tool

In this digital age, having a family board-game night every few weeks is a novelty. Putting away the electronics and having fun face-to-face time with your kids is reason enough to make this a family tradition. But did you know that board games can also teach your kids valuable life skills? Here's the best way to facilitate this learning as a parent.

FIND THE RIGHT GAME FOR THE RIGHT AGE

It's important to find games that fit your children's abilities. Complex rules, small pieces, or mature content can make some games inappropriate for young kids. The first thing you should do is check the recommended age range on the packaging. This will help you find the best match for your kids.

For kids three and under, start by teaching them the basics of more complex games. While they may not be ready to play chess, you can teach them the names of the pieces and how they move while you're playing. Memory games are also an appropriate choice, as are games that engage a toddler's senses with bright colors and sounds, like nursery rhyme games.

For your five-year-old, Monopoly Junior is an introduction to the big-kid version of the game. Children ages six and up can participate in games

that introduce the idea of strategy, like Mancala, Chinese checkers, and checkers. For ages 10 and up, a more in-depth strategy game, like Risk, will work their critical thinking skills.

CONSULT THE RULES

Whether you're new to a game or an old pro, it's worth spending some time going over how the game is played. Even games of pure chance, like Chutes and Ladders, can teach young kids motor skills, a sense of fair play, and what good sportsmanship looks like for both winning and losing.

Does the game have rules for trading among players, like Monopoly or Settlers of Catan? These sorts of games are a great way to teach social skills. Does it offer multiple paths to victory, like Chess or Tokido? These games teach strategy and critical reasoning.

TEACH BY EXAMPLE

While gameplay itself can be a great teacher, being a role model for your children during game night is the most important thing you can bring to the table. No matter their age, showing your kids how to lose gracefully, win magnanimously, and have fun no matter what are skills they will carry with them the rest of their lives.

Grilled Mushrooms and Carrots With Sesame
bonappetit.com/recipe/grilled-mushrooms-and-carrots-with-sesame



INGREDIENTS

- 12 ounces maitake mushrooms
- 4 ounces shiitake mushrooms
- 8 ounces small carrots (about 6), scrubbed, halved lengthwise
- 4 tablespoons vegetable oil, divided
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon toasted sesame oil
- 1 teaspoon ginger, peeled, finely grated
- 4 scallions, thinly sliced diagonally
- 2 teaspoons toasted sesame seeds

DIRECTIONS

1. Prepare grill for medium-high heat. Toss mushrooms and carrots with 3 tablespoons vegetable oil in a large bowl. Season with salt and pepper. Grill, turning mushrooms often and carrots occasionally, until tender and lightly charred in spots, (about 4 minutes for mushrooms and 5-8 minutes for carrots). Let cool slightly on a cutting board.
2. Whisk soy sauce, vinegar, sesame oil, ginger, and remaining 1 tablespoon vegetable oil in a large bowl.
3. Cut carrots into 2-inch-long pieces. Tear mushrooms into bite-sized pieces. Add to bowl with vinaigrette, scallions, and sesame seeds. Toss to coat. Season with salt and pepper.