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October 2018

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THE SPOOKY, SPIRITED, AND SPECTACULAR CHICAGO OCTOBER EVENTS

How do you celebrate Halloween? If you'd like an activity beyond the traditional trick-or-treat, these local and family-friendly events offer entertainment, world-class artistry, and culture.

ARTS IN THE DARK HALLOWEEN PARADE

Saturday, Oct. 20, 6-8 p.m.
Begins on State St.

This will be the fourth year of Arts in the Dark celebrating local artists in the spirit of Halloween. Respected institutions and organizations like the Art Institute of Chicago and Lookingglass Theater Company, as well as programs like After School Matters, collaborate to create an evening of spectacular floats, performances, and puppetry that can be viewed through the darkening Chicago streets. The parade begins on State Street and moves south from Lake to Van Buren; post-parade festivities will take place as well. Learn more at artsinthedark.org.

DAY OF THE DEAD CHICAGO

Sunday, Oct. 28, 3-8 p.m.
National Museum of Mexican Art
Harrison Park

Learn about a holiday that's often associated with Halloween but is very much its own celebration. Dia de los Muertos is a traditional Mexican holiday that honors loved ones who have passed, and on Oct. 28, the National Museum of Mexican Art brings some of the traditions and culture to Harrison Park. Traditional "ofrendas" (altars), live music, face painting, and art activities will all take place at the park, all for free. Learn more at nationalmuseumofmexicanart.org.



TRICK OR TREAT ON SOUTHPORT

Monday, Oct. 29, 4-8 p.m.
On Southport in Lakeview

In its eighth year, this neighborhood favorite hosts festivities for the whole family along Southport. Throughout the evening, you'll find games like giant Jenga and Connect Four, a pet parade and costume contest, a pop-up pumpkin patch with chance to decorate your picks, and a photo booth. Local food vendors will keep you from going hungry while live music will keep you entertained.

Trick-or ... A HEALTHIER HALLOWEEN

Can you believe it's October? In my world, the start of October means it's Sonya's birthday. She's turning 2 this month! It's a big milestone for us and we're excited to celebrate her birthday. We're also looking forward to taking her around for Halloween this year. I've always had a lot of fun dressing her up in costumes and outfits, especially since she's still willing to let me dress her. This might be changing soon — a simple shake of her head could mean, "absolutely not" from this girl!

Halloween costumes are a lot fun, but the candy part? It's a tricky situation, something my husband and I have been talking about lately. The whole point of trick-or-treating is to collect and eat candy. Now take a 2 year old that's never seen or held or tasted candy before... you know they'll want to explore! She's curious and currently in an interesting stage where she likes to open wrappers — any and all wrappers: band aids, crayons, sticker labels from fruit, the label off of the fish food bottle etc. — so of course if she gets a piece of candy, she's going to open it. Now, can we prevent her from eating it?

It's a question I get asked often this time of year — What do we do about all the candy? I realize a lot of parents are in the same predicament. Kids want to go trick-or-treating, and they see their friends doing it. It's a debate, to be sure. It's fun for kids, but the aftermath of all that sugar and sticky candy? I'm not sure it's worth it. So what do we do?

Fortunately, we can get creative with solutions, and there are a lot of ways to enjoy a healthier Halloween in the Chicago area. You don't have to forgo the costumes to avoid the candy. Around Southport, there's a festival that does games and kid-friendly events. They have fun activities going on that put the emphasis on the celebration, not the sugar. Roscoe Village, and Lakeview in general, is very kid-friendly, and so many kids and families are out and about on Halloween. You see people sitting on their porches as kids come up to trick-or-treat. Instead of asking for candy, last year we dressed up and walked around the neighborhood — without engaging in the "treat" part of the night. It's a nice way to experience the fun and watch all the other kids in costume without asking for candy.

Even if we do end up collecting some treats, there are a couple things we can do with it. There are different local and national charities and buy-back programs that you can donate to. Operation Gratitude, for example, takes candy donations and puts them into care packages that are sent to deployed military members and first



responders. A lot of parents have the kids pick out their top three (or one) favorite candies and donate the rest. Kids get to have a couple pieces but don't overindulge.

As far as giving out treats, we've found a few alternatives to candy as well. We've done pencils, stickers, and other non-sugar items that are still fun. You could do superhero figurines, stuffed animals, little Lego pieces, mini playing cards — there's plenty you can give out that a kid will be excited about but that isn't as devastating to their teeth.

How do you approach the "treat" part of Halloween? I'd love to hear your ideas. It's good to know we can make it about the fun activities and costumes and not about the candy.

In addition to Halloween, there have been exciting continuing education opportunities happening this fall. I recently went to the Sirona World dental conference, which focused on a machine we use all the time in our office, the Cerec. Using a 3D scanner and printer, the Cerec can make crowns in one day, in addition to bridges and other things. Sirona World is one of the biggest meetings in dentistry, and there were a lot of classes on 3D imaging. We've had this technology for 2 1/2 years, but with updates and new software, there's always more you can do with it. I'm excited to share what I learned with our staff and now we can do more and be even more efficient with this state-of-the-art machine.

Have a good October, and happy Halloween!

-Dr. Teplitzky

A LOVELY NIGHT FOR A RUN

Should You Go for a Run After Dark?

Have you ever been driving home after dark and seen someone jogging on the side of the road? You might have thought they were crazy for waiting until so late in the day to go for a run, but there is actually research that suggests running in the evening is better than going for a run at any other time of day. Here are a few reasons why you should save your run until you can join all the things that go bump in the night.

YOU CAN HIT THE SNOOZE BUTTON.

Many people who run first thing in the morning find themselves pressed for time. Hitting the snooze button is not an option, and with so little time, breakfast is usually a banana on the way out the door. Moving your run to the evening means you can enjoy a more leisurely morning. Not feeling stressed out first thing in the morning can also lead to a more relaxed day.

YOU CAN PUSH YOURSELF HARDER.

It can be hard to get a good workout in the morning after your muscles have been still for eight hours during sleep. A study at the University of North Texas found that your body is better prepared to exercise in the evenings, since your muscles have been warming up all day.



With improved muscular function and strength, you can push yourself harder and see greater improvement.

YOU SLEEP BETTER.

You will obviously feel tired after a good run, so why not time it right and use this to your advantage? Research from the University of South Carolina found that people who ran before bedtime enjoyed a better night of sleep and increased energy levels when they woke up, meaning they felt more awake and better rested throughout the following day.

The best time to run is honestly whenever you have time to run, but if it works with your schedule, nighttime running might provide your best workout ever. Just remember that if you do decide to save your run for after sunset, you should stay safe by wearing bright, reflective clothing, sticking to the left side of the road, and running only in well-lit, populated areas.

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BRING US YOUR CANDY FOR A GOOD CAUSE

SOLDIERS' ANGELS COORDINATES TREATS FOR TROOPS

When Halloween rolls by, there's more than enough candy floating around, and it's so tempting to grab just one of those Snickers, and then another, and another. By the time the first sugar high passes, you're probably ready to find a new home for those treats — one that's not in your stomach or your child's. That's why Wrigleyville Dental is teaming up with Soldiers' Angels this Halloween to help you clean out your candy — for a cause.

Soldiers' Angels is a nonprofit organization that supports military members and their families through a variety of services. Their programs include blanket drives, care packages sent to deployed service members, and support services for veterans. Individuals and businesses can get involved with these efforts, and that's why we're taking part in the annual Treats for Troops program.

Although you might have more than enough candy laying around, deployed military members who are overseas don't have access to these little reminders of home. Care packages and small treats, like Halloween candy, can be a big pick-me-up when they're missing their loved ones. Soldiers' Angels makes sure deployed troops know they are being thought of even when they're thousands of miles away.

Last year, Treats for Troops collected 15,467 pounds of candy. This year, they hope to collect 17,000 pounds. Let's help them get there! From Nov. 1-16, Wrigleyville Dental will be a drop-off site for your Halloween candy. Bring it to us, and in exchange, we'll give you a goodie bag! Kids get a brush-and-play baggie with toys and a toothbrush, and adults get in on the fun with a hygiene care package in an eco-friendly bag.

Stop by our office after Halloween to clean out your candy supply and give deployed service members to a well-deserved treat.



LEARN A NEW LANGUAGE AS A FAMILY

Let Your Children Speak to the World

As the weather cools down, finding ways to spend quality time as a family can become challenging. It's too cold to camp or barbecue, and money may be tight with the holidays coming up. So why not turn learning a new skill into a bonding experience this fall? You can do it inside, it's free, and it will open doors around the world for the rest of your and your children's lives.

WHY LEARN A NEW LANGUAGE?

Speaking multiple languages creates opportunities for your child. Being bilingual (or trilingual) makes you more qualified for a variety of exciting careers and can improve your competitiveness in the job market. Knowing a second language can also allow you to travel with greater ease and become more culturally well-rounded. There are some studies that claim learning languages is even good for your health. Research shows that our language acquisition skills peak in childhood or adolescence, so starting young is the best way to become fluent. If your child is in school, they probably already know classmates who speak another language.

WHICH LANGUAGE SHOULD YOU LEARN?

Did you know that 40 million Americans currently speak Spanish at home? The U.S. is the second-largest Spanish-speaking country in the world, and we border the largest, so learning this language is

a great way for children to communicate with more people in their community, and they'll be more hireable as adults. **Bonus:** It's commonly considered one of the easiest languages for English speakers to learn.

Mandarin is the most-spoken language on the planet, and China's growth as an economic powerhouse has made this language even more useful around the world. German, Arabic, and Japanese speakers are also highly sought-after in the job market.

Of course, you can always let your wanderlust or passions decide for you! Is your child obsessed with K-Pop? Have them learn Korean. Want to take them to Paris someday? Enroll in French classes.

THE LANGUAGES OF THE WORLD ARE AT YOUR FINGERTIPS.

Learning a new skill has never been easier! While there's no substitute for a full-time class or moving to another country, there are countless ways to teach yourself a new language right at home, usually for free. YouTube tutorials, podcasts, and audiobooks let you rewind and listen to the lessons as many times as needed to master pronunciations. Can't tear your child away from their cellphone? Download Duolingo, rated by PCMag.com as the best free language-learning app of 2018.

Good luck! Buena Suerte! 祝你好運! bonne chance! Powodzenia!

Spiced Pumpkin Seed Crunch

Inspired by Bon Appétit magazine

This recipe combines pumpkin seeds, a seasonal favorite, with cashews, sunflower seeds, and spices. It's a perfect homemade snack for the fall.

INGREDIENTS

- 1 large egg white
- 1/8 teaspoon cayenne pepper
- 1 teaspoon light agave syrup
- Nonstick vegetable oil spray
- 1/2 teaspoon garam masala or curry powder
- 1/2 teaspoon kosher salt
- 1/4 cup shelled pumpkin seeds
- 1/4 cup shelled sunflower seeds
- 1/4 cup raw cashews, coarsely chopped

DIRECTIONS

1. Heat oven to 300 F.
2. Coat a baking sheet with cooking spray.
3. In a mixing bowl, whisk together egg white, agave, salt, and spices. Add nuts and seeds and toss until evenly coated.
4. Using a slotted spoon, strain spoonfuls of mixture over bowl and transfer to baking sheet. Discard excess egg white mixture.
5. Bake 20-25 minutes, tossing once.
6. Let cool and serve.

