

# INSIDE

The Value of Hard Work **page 1**

Crazy (Healthy) Popcorn Recipes **page 2**

Testimonials **page 2**

The Truth About Sparkling Water **page 3**

Avocado and Cucumber Cold Soup **page 3**

View of a Lifetime **page 4**

## THE VALUE OF HARD WORK

### SUMMER JOBS, AWESOME AND AWFUL

Summer may be associated with vacation and free time, but when I was growing up, it also meant summer jobs. I'm grateful for the work experiences I had as a kid. They instilled in me the value of hard work and gave me the chance to develop some unique skills. I may not use all of those skills today, but I still have them in my back pocket.

Unless you're extremely lucky, you've had a job that you hated. For me, that was bagging groceries at Albertsons one summer. As you can imagine, it was far from thrilling. The first few weeks were okay, when I was still figuring out the best strategy for stacking milk, eggs, and produce in the same bag. Pretty quickly, though, I was going through the motions. This summer was long before the days when people worried about bag consumption, so double-bagging was a consistent occurrence. I know one thing for certain: If I never have to say "paper or plastic?" again, I won't mind.

Slightly more exciting were the summers I spent on my uncle's potato farm. They could always use someone to do a little grunt work. As a nephew, I was pretty cheap labor. Most of my time there was spent working on irrigation. That might sound glamorous, but when I say "irrigation," what I really mean is "moving pipes around." Nevertheless, it was great to work alongside family, and the gig offered me the chance to learn a little about agriculture and Idaho's most iconic export.

**"I know one thing for certain: If I never have to say 'paper or plastic?' again, I won't mind."**

The coolest of my summer jobs was building log cabins. We constructed everything by hand off-site, dismantled it, labeled each piece, and sent it off to its final destination. It was a bit like playing with a massive, heavy Lego set. I like to think I'm pretty handy these days, and I owe a lot of that to my time spent on the cabin crew.



Of course, I didn't spend every hour of my summer on the clock. Some of my best summer memories are the times I spent camping with my family throughout the Northwest. Being out in the wilderness was so relaxing, especially when compared to bagging groceries for eight hours. Another favorite activity was riding my motorbike. In particular, I will never forget biking the St. Anthony Sand Dunes, where the open space meant I could cut loose without fear.

This year, I've already had a new summer experience: sturgeon fishing. Oregon opened up sturgeon fishing for six days and allowed you to keep sturgeon 44-50 inches in length. I felt lucky just to be able to go and even luckier that I brought home a sturgeon.

I'm hoping to provide my kids with a lasting memory when we go to Rexburg to watch the solar eclipse. Apparently, it will be one of the best places in the country to view this once-in-a-lifetime occurrence. Rexburg, a town of about 50,000 people, is expecting 10 times that for the eclipse. Luckily, with my family out there, we won't struggle to find a place to stay.

I hope everyone enjoys the last few weeks of their summer this year. If you happen to trek out to eastern Idaho for the solar eclipse, maybe I'll see you there.

- Dr. Chris Thomason

## VIEW OF A LIFETIME WHERE TO WATCH THE GREAT AMERICAN ECLIPSE



On August 21, 2017, the greatest show of the summer will take place in the United States: a total solar eclipse! This eclipse will be visible across North America, but the path of totality — the area where the moon completely covers the sun — will only fall in the continental U.S., leading this cosmic event to be called The Great American Eclipse.

If you're already in the United States, a day's road trip is all you need to grab a front row seat for this rare astronomical occurrence.

### Columbia, South Carolina

Need a place to watch the eclipse in the Southern U.S.? Then get yourself to South Carolina, where the state capital of Columbia is almost right in the middle of the path of totality. Plenty of hotels make Columbia a great viewing location for those who don't want to camp out, and the vibrant city life means you'll have lots to do even when the eclipse is over.

### Sandhills, North Platte, Nebraska

In the heartlands, you'll be hard pressed to find a more perfect viewing location than the Sandhills of western Nebraska. With wide open skies, low rolling hills, and no towering buildings to get in the way, the Sandhills are sure to be a popular viewing spot.

### The Museum of Idaho, Idaho Falls, Idaho

The Museum of Idaho has been designated an Official NASA Observation Site, and the museum is hosting four days of awesome events to celebrate. Enjoy live presentations, technology demonstrations, and special exhibits as you prepare to watch the total eclipse with NASA scientists.

Visit the official website of The Great American Eclipse at [www.greatamericaneclipse.com](http://www.greatamericaneclipse.com) for everything you need to know about this once-in-a-lifetime sight!

# GET POPPIN' SHAKE UP MOVIE NIGHT WITH CRAZY (HEALTHY) POPCORN RECIPES

Popcorn is considered to be a fairly healthy snack by most experts, especially when compared to other salty treats, like corn chips. Unfortunately, microwave popcorn is another matter. Many popular popcorn brands use trans fats, which the Centers for Disease Control estimate are related to 20,000 heart attacks and 7,000 deaths annually. Additionally, a study from the National Institute for Occupational Safety and Health identified a connection between the chemical diacetyl, used to flavor microwave popcorn, and cases of lung disease in workers at popcorn factories.

For popcorn lovers, the answer is clear: Make popcorn yourself! Pour ¼ cup of popcorn kernels into a regular brown paper bag, fold the top



of the bag shut tight, then pop in microwave for about two minutes, or until popping slows to a second between pops. Voila! Fresh popcorn with no factory chemicals. If you're craving some fun flavors, try these simple recipes.

## TRADITIONAL BUTTER

Melt 2 tablespoons of butter, then drizzle it along the sides of a brown paper bag. Pour your already popped popcorn into the bag until it's half full, close the bag tight, and shake vigorously. In no time, you'll have perfectly buttered popcorn!

## CINNA-SUGAR BLISS

This is a great recipe to satisfy your sweet tooth. Add 1 teaspoon of cinnamon and 2 tablespoons of sugar to 3 tablespoons of melted butter. Drizzle onto the edges of a brown paper bag, add popped popcorn, and shake well!

## SRIRACHA SESAME CELEBRATION

Here's to the adventurous popcorn lovers! Combine 1 tablespoon Sriracha, 1 teaspoon of sesame seeds, 1 teaspoon garlic powder, and 1 teaspoon of olive oil. Sprinkle half over popcorn and shake well inside of bag. Repeat with remaining mixture.

Whether you're preparing for a movie marathon or need an after-school snack, any of these recipes will be a tasty alternative to the chemicals saturating microwave popcorn. Enjoy!

# A DRINK TO DENTAL HEALTH

## THE TRUTH ABOUT SPARKLING WATER



### SODA SALES ARE DOWN, AND SPARKLING WATER SALES ARE UP.

Health-minded individuals are turning away from sugar-filled sodas and juices, replacing them with fizzy alternatives such as La Croix and Perrier. These beverages offer all the bubbles without the guilt — but are they any safer for our teeth?

Sodas and juices are highly acidic. Combine that with sugar, and you have the ultimate recipe for tooth decay. Remove the sugars and acidic ingredients, such as citric acid, and you are left with a very different sort of drink.

A 2016 study featured in the Journal of the American Dental Association (JADA) took a close look at the erosive properties of beverages we consume every day and their impact on tooth enamel. The study found that sports drinks were the worst offenders, or "extremely erosive," with sodas trailing close behind.

Researchers also found that sparkling water was "minimally erosive" when it came to the impact on tooth enamel. Dr. Edmond

Hewlett, a professor with the UCLA School of Dentistry and consumer advisor with the American Dental Association, says that, sugars aside, the acidity in sparkling water is significantly less than sodas, juices, and other similar drinks.

The carbon dioxide bubbles in sparkling water (which become carbonic acid when consumed) are weaker than the acids found in other drinks. The bubbles are not a danger to tooth enamel. If regularly consumed over a long period of time, however, sparkling water may have an erosive effect. But for a vast majority of the population, this is a non-issue.

The important takeaway from the JADA study is that sugar-free sparkling water is a healthier alternative to soda, juice, sports drinks, and other beverages high in sugars and acid content. That includes beverages marketed as diet (they may lack sugar, but they are still highly acidic). The next time you reach for a bubbly and refreshing sparkling water, you can know you are making a good choice for your body and teeth.

# TESTIMONIALS ★★★★★

"An awesome group of people! We've been going here for years, and now, our kids have started their dental care, too. We've lived in Nampa for over 10 years, and it's still worth the drive to Eagle. All the smiles and play (and the Tickle Water) have made it so easy for my 5- and 3-year-olds to feel comfortable. A huge thank you for making the dentist a place they actually want to go!"

- Denise

"I moved to Eagle about a year ago and was due for a dentist appointment. After a little research and a few phone calls, I decided to go with Eagle Dental Care. I got a heck of a deal for a first-timer, compared to the other places I called, and they were able to see me right away. I showed up and waited about two minutes before I was following Jen to the back to get started. After my cleaning, I met with Dr. Thomason, who was very nice and seemed genuinely happy to see me. I will definitely continue to come here and will recommend family and friends."

- Kristine K.

"I always look forward to my cleanings. Everyone is so friendly, and it's a great atmosphere. They keep my teeth nice too."

- Martana

"As not only a patient, but as an employee, I would absolutely recommend Eagle Dental Care to all my friends and family! Dr. Thomason is not only a fabulous boss, but a terrific dentist as well, treating his patients like he would treat his own family. I could not ask for a better office to work at or more wonderful people to work with!"

- Brenda



## AVOCADO AND CUCUMBER COLD SOUP

Summer may be drawing to a close, but the heat doesn't feel like it's going anywhere soon. Cool off with this light, cold soup and enjoy those last few sunny summer afternoons!

### INGREDIENTS

- Olive oil
- 2 medium ripe avocados, halved
- 1 large cucumber, halved
- 6 stalks spring onions
- 1 jalapeno
- 1 lemon, juiced
- ½ cup cold water
- 1 clove garlic
- ¼ teaspoon salt
- ½ teaspoon black pepper

### INSTRUCTIONS

1. Preheat grill to medium-high.
2. Coat halved avocados with lemon juice to avoid browning. Brush olive oil over avocados, cucumber, spring onions, and jalapeno. Oil grill while hot.
3. Grill vegetables until everything is grilled or slightly charred. Once grilled, remove and place on platter to cool.
4. Chop grilled veggies and puree with lemon juice, cold water, garlic, salt, and black pepper.
5. Once smooth, portion soup into bowls and refrigerate to cool before serving.
6. Garnish with toasted cubed bread, avocados, spring onions, chives, lemon zest, or a drizzle of olive oil, if desired.

# LAUGHING GAS

