



INSIDE

Trips and Treats page 1

Cure Kids of Being Afraid of the Dark page 2

Hygienist Corner: Kara page 2

Assistant Corner: Hannah page 3

Refried Bean Poblanos With Cheese page 3

Tips for Your Trip Back in Time page 4

THE ACROPOLIS OF ATHENS: TIPS FOR YOUR TRIP BACK IN TIME



When people think of a vacation to Greece, the first images that come to mind are often the picturesque beaches of Mykonos Island or plates of delicately layered moussaka. But no trip to the cradle of Western civilization would be complete without a visit to one of the most incredible historical sites in the world: the ancient Acropolis of Athens.

Around 468 B.C., while Athens was enjoying its status as the greatest cultural hub of the era, Pericles initiated a robust reconstruction of the Acropolis. Almost half of the population was on the public payroll during the project, generating what would become many of the most memorable structures in history, including the famous Parthenon. Today, the ruins of the Acropolis still stand, a testament to the ingenuity of one of the most advanced civilizations of the classical age.

If you plan on exploring the breathtaking ruins and the Acropolis Museum, which houses over 4,000 artifacts from the site, it's a good idea to avoid the Mediterranean cruise hordes and get there early, as close to 8 a.m. as possible. A four-day pass to peruse the Parthenon, the temples of Athena and Zeus, and many other world-famous sites costs around 12 euros, but keep in mind you can visit each site only once per pass. Due to the scorching heat that hits the area in the summer, you may want to visit during late winter or early spring.

To absorb the incredible history of this ancient monument, it's a good idea to either pay for the audio guide as you enter or go to the "Watch, Read, Listen" section of ricksteves.com and download his audio guide for free. You can also get a full tour from a local guide. Head to toursbylocals.com/ Athens-Tours to find the perfect guide for your trip.

BIRDSEYE VIEW

OCT
2017

eagleidahodental.com 151 N Stierman Way, Eagle, ID (208) 939-4111

TRIPS AND TREATS

Providing Aid in the Dominican Republic

When I finished dental school, I took a mission trip to the Dominican Republic, which had a big impact on me. After getting off the plane in Santo Domingo, we boarded a bus that took us six hours into the country. We were working in remote villages, so we could only bring along a few tools and some anesthetic. As we drove further and further from the city, I grew increasingly excited at the prospect of providing dental care to people who would otherwise never receive it.

After arriving, we built our base camp and prepared ourselves to work. The setup was, to put it mildly, rustic. There was a tree and a cow right next to us, but we made due with what we had. With flashlights affixed to our heads, we saw as many people as we could. Most of the work we did centered on pain relief, by which I mean we pulled a lot of teeth. A patient would tell us where it hurt, then we'd numb them and remove the problem tooth. Performing extraction after extraction reminded me of how lucky we are to have solid dental care here in America. Most of these residents were dealing with overwhelming tooth pain on a daily basis. It felt wonderful to provide what little help I could, and it's an experience that will stick with me forever.

"With flashlights affixed to our heads, we saw as many people as we could. Most of the work we did centered on pain relief, by which I mean we pulled a lot of teeth."

The reason I bring up this story is because I'll be heading back to the Dominican Republic October 7-14 for another dental journey. This time around, I'll be able to do some restorative work in addition to the emergency interventions. I'm not entirely sure what this trip has in store for me, but I can tell you that I couldn't be looking forward to it more. Helping patients in need is one of the greatest joys of being a dentist, and this trip will no doubt be a chance to do that.

Of course, outreach isn't just something you should do thousands of miles away. Throughout the holidays, Eagle Dental Care will be



Julie, Brenda, Dr. Thomason, Hanna, Kara

participating in a can drive to benefit local food pantries during the holiday season. We hope you'll bring in some cans to contribute to our donation. We'll be displaying them in the office as they pile up, and we hope to have a nice pyramid by the end of the drive. If you bring in 5 cans, we'll even be offering some discounts on treatment.

Once I return from the Dominican Republic, my family will already be getting swept up in the Halloween frenzy. Avy, our 5-year-old, loves Halloween, and I can't wait to see what she comes up with for a costume this year. Given that Halloween falls on a weekday, we might also have an office dress-up day to celebrate.

My bags aren't quite packed yet, but I'm already making preparations for my trip. Before I add another stamp to my passport, though, I want to wish everyone a wonderful Halloween. May your kids enjoy a night of costumes and candy. Well, maybe not too much candy.

- Dr. Chris Thomason



HOW TO HELP YOUR KIDS GET OVER THEIR FEAR OF THE DARK

For many kids, there's nothing scarier than the unknown of a dark room. Luckily, there are ways to help your child overcome the terror they feel as soon as you turn out the light, and chase the beasts away for good, just in time for the spooky Halloween season.



The first step to curing a child's fear of the dark is to find out exactly what they're afraid of. Ask your child what scares them, using open-ended questions. Don't belittle or dismiss their specific fears. As trivial as it may seem to you, it's all too real to your kid. A simple statement like "I can see you're really scared" can go a long way.

Then, you need to ensure your child feels safe in the dark. Spend some time with them after the lights are off, calmly reassuring them that they're safe in their bedroom. Show that there's nothing to be afraid of, whether by shining a light into the closet or taking a look under the bed — with the child looking too — to prove there's nothing to worry about. Empower them to banish their fears themselves. If they get frightened and run into your bedroom, escort them back to their own bed and help them relax. Their own bedroom must become a safe space.

Only give your child healthy snacks before sending them to bed. Sugars and processed foods activate brain activity, putting your kid on high alert. Try vegetables, nuts, or string cheese.

Of course, adding more light is always an option as well. Get a lamp with a dimmer that goes on their night stand, or plug in a few fun night lights. Over the period of a few months, steadily decrease the amount of light in the room. Eventually they'll be fully acclimated.

ASSISTANT CORNER: HANNAH



Kara isn't the only exciting new arrival at Eagle Dental Care. Hannah officially joined the staff here in August as well, after doing some externing for us before she graduated. She's now our newest assistant, and she's hit the ground running.

"I love the patients here, I love Dr. Thomason, and I love the girls," Hannah says. "Each of them contributes to making this place so special, especially our amazing community of patients." In her role as an assistant, Hannah has to be a jack-of-all-trades. "I basically help out anyone that needs a hand," she notes, "whether that's Dr. Thomason, Kara, or our office staff." Hannah has an 'ask me anything' attitude that makes all of our lives easier and makes our patients feel welcome immediately.

In the hours when she's not helping our office run like clockwork, Hannah's spending time with her family. "I love spending every moment I can with my husband, Tony, and our 3-year-old daughter, Sophia," she says. "Tony and I both love the outdoors, and we're training Sophia to be a little nature lover, as well." One of Hannah's favorite activities is paddleboarding, and she's hoping to get a few more runs in before it cools off for the winter.

We already knew that Hannah would be a great addition to our team during her externship. Now that she's onboard for real, that feeling has only magnified. We pride ourselves on creating a fun environment, and there's no doubt that Hannah contributes to that in a significant way.

HYGIENIST CORNER: KARA



Kara just joined our team as a hygienist on August 14, but she already feels like a part of the Eagle Dental Care family. She's a natural with patients, and her passion for dentistry is evident from the moment you meet her. Maybe that's because her love of the dentist's office began at an early age.

"When I was growing up," Kara says, "I saw the same hygienist for many years, and I came to really value our relationship. My experiences were always great, and I want to provide the same connection to my patients now." In addition to our wonderful patients, Kara is also a fan of Dr. Thomason and the entire team here. "They've made me feel welcome," she states, "and I'm loving every day here."

Another thing that excites Kara is educating patients about the link between oral care and their overall health. "I feel lucky to be involved in dentistry at such an exciting time," she notes. "People are becoming more aware about how important good oral hygiene is, and I'm thrilled to be able to help them understand the medical connection in a little more detail."

When she's not in the office, Kara loves to spend her time exploring the incredible Idaho scenery. "I just moved from Vancouver, Washington," she says, "and I'm loving all of the nature that Idaho has to offer. I'm sure I have many weekends of hiking, camping, and fishing in my future."

We're so happy to have Kara here at Eagle Dental Care. Over the coming months, she's looking forward to meeting all of our patients and developing relationships that last for years.



REFRIED BEAN POBLANOS WITH CHEESE

This vegetarian meal comes together in less than 15 minutes. It's the perfect way to avoid takeout on a busy weeknight.

INGREDIENTS

- 4 medium poblano chilies, halved and seeded
- 1 (16-ounce) can fat-free refried beans
- 1 (8.8-ounce) pouch microwaveable cooked long-grain rice
- ½ cup picante sauce
- 1 cup (4 ounces) pre-shredded reduced-fat 4-cheese Mexican blend
- Chopped fresh cilantro (optional)

INSTRUCTIONS

1. Place chili halves, cut sides up, on a round microwave-safe plate. Cover with wax paper; microwave on high 3 minutes.
2. While chilies cook, combine beans, rice, and picante sauce in a medium bowl, stirring well. Spoon bean mixture into chili halves. Cover with wax paper; microwave on high 2 minutes.
3. Uncover chilies, sprinkle each half with 2 tablespoons cheese, and microwave on high 1–2 minutes or until cheese melts. Sprinkle with cilantro, if desired.

Recipe courtesy of CookingLight.com.



LAUGHING GAS

