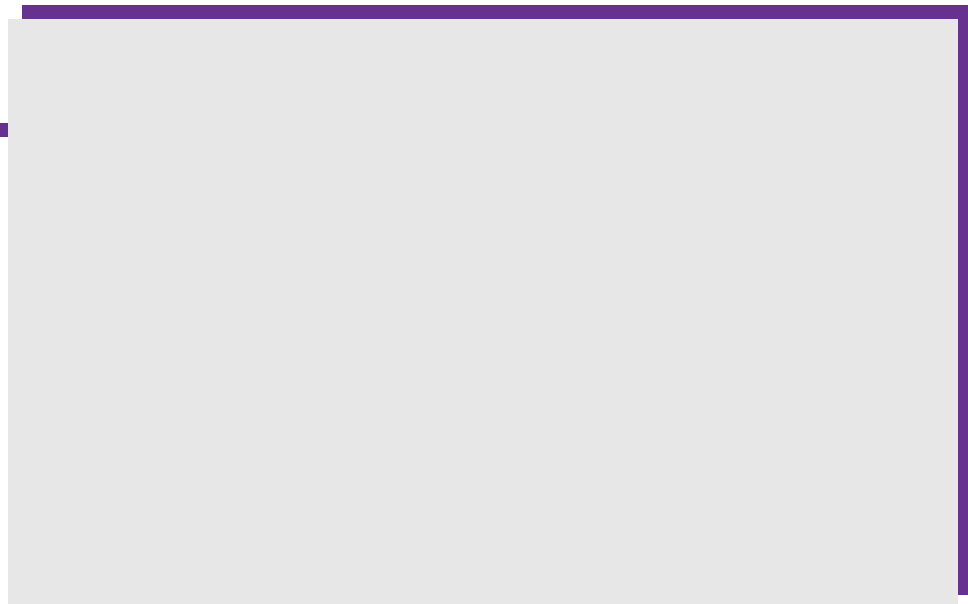


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A Weekend to Remember

Get Ready for the Second Annual PDAA Conference!

AMERICA'S FOOD TRUCK REVIVAL FUELED BY AN APPETITE FOR CONNECTION

If you've traveled to any U.S. city in the past five years, you've probably run into at least one of its famous local food trucks, serving up anything from your favorite relish-heavy frank, to fresh Salvadoran *pupusas revueltas* and fusion feasts beyond your most ravenous imagination.

Food trucks and other varieties of street eats on wheels have come a long way. The rolling foundation of the food truck as we know it today — in all its tricked out glory — is thought to have been started by Walter Scott back in 1872. Scott was a food vendor who saw a need to feed the hungry staff at a Providence, Rhode Island, newspaper. He created a food wagon with a window on the side and parked it outside the office. In the late 1880s, a former lunch-counter boy named Thomas Buckley started manufacturing his own wagons. He invented one called The Owl and another called The White House Cafe. It became a massive hit and spread like a modern chain restaurant with a cart in more than 200 towns across the country.

Fast forward to 2016, and food trucks are everywhere. Some cities even boast impressive food-truck-to-foodie ratios. According to the Business Insider,

Orlando, Florida, has the most food trucks per capita, with 37.67 food trucks per 100,000 people. When it comes to a sheer volume of food trucks, however, Los Angeles takes the prize, with an amazing 269 restaurants on the road.

Want to get in on some of the action with a taste of the best food trucks in the country? We recommend attending a food truck rally, including the Halloween-themed World's Largest Food Truck Rally in St. Petersburg, Florida, this October; the H&8th Night Market rally in Oklahoma City, on the first Friday of every month through October; and the Columbus Food Truck Festival in Columbus, Ohio, on August 12 and 13, which boasts eats from Tatoheads, Pitabilities, and Schmidt's Sausage Truck.



Mark your calendars! The Second Annual Pediatric Assistants Association Conference is only a few short months away! It will be held on September 30 through October 1 in Atlanta. Last year, our inaugural conference proved to be a great success. We had a lot of fun. This year, we hope to continue the fun and engaging spirit of the first event, while making it even better. If you saw the photos we posted on the PDAA website, then you know just how much fun we had!

The PDAA conference is great place to come and meet other dental assistants just like you — people with similar jobs, interests, and challenges. It's the perfect setting where everyone can get together and discuss the challenges they face every day at their office or in life in general. You can commiserate with your fellow dental assistants from all over the country!

You'll quickly find out that the challenges and problems you're facing aren't unique to your office. It's surprising just how much we all have in common when we come together and work through those challenges. But the weekend isn't reserved just for challenges. It's also a wonderful opportunity to celebrate your many successes. While you may be facing challenges, there is already so much you've overcome. Share your stories with your colleagues; tell them how you overcame a moment of adversity. We take these stories with us when we return home — stories that will stick with us for years to come.

The conference is also a weekend to learn something new. There will be many opportunities to earn continued education credit, as we are an American Dental Association Continuing Education Recognition Program (ADA CERP) recognized provider. We know how important continuing education is to our members, and

we want to make sure we're providing you with the resources you need to move forward and succeed — not only at your dental office, but with your long-term career goals.

We also want you to have a lot of fun. Like last year, there are several games planned for Friday night. Who knows? There may also be a few prizes. If you're interested in participating in the conference, you can register online. We'll even have early bird registration for those who want to plan ahead (and save a little money). Be sure to check for updates, as well as more information on registration at www.pediatricdentalassistantsassociation.org/upcoming-events.

On a different note, I wanted to mention our 2016 PDAA Certificate of Membership. We are distributing these certificates to members this year. We know how much parents appreciate the credentials of the people who are taking care of their teeth and the teeth of their children. This certificate is a great way to help shape the perception of your office. When you receive it, I encourage you to display it proudly and feel free to brag about it with your patients — and future patients who may be trying to decide which dental office to choose.

Again, be sure to visit our website for more details about the Second Annual PDAA Conference. We will be updating the site with more information, including speakers and events. I hope to see you there!

Rhea M. Haugseth, D.M.D

KICK THE SAD HABIT!

Is Processed Food Making You Depressed?

The average American diet consists mostly of processed food — around 70 percent. Unfortunately, the majority of the “food” you find at your local supermarket is heavily processed, preserved sadness wrapped in a beautifully labeled cardboard and plastic bow.

There’s a large body of evidence suggesting that bad food is linked to increased depression. If you struggle with depression — and even if you don’t — you need to take the sad stuff off your dinner table and replace it with whole foods. Start by tossing the four most depressing items:

REFINED CARBS: Don’t be fooled by their sweetness. You may get a spike in your mood immediately after eating a handful of candy or taking a bite of your favorite cake, but in the long term, eating sugar does much more harm to your mood than good and is now thought to increase your risk of developing depression. Foods high on the glycemic index — like refined carbohydrates and foods with additional sugar — cause spikes in your bloodstream and have been associated with an increase in depression development. As if you needed another reason to eat less pasta and bread!

TRANS FATS: Trans fat, often the fat you find inside the worst items on the fast food menu, causes inflammatory changes, which are linked to depression. Trans fats are similar to saturated fats in that they aren’t natural. These fats are the result of partial hydrogenation, so if you must eat a processed food, avoid items with the words “partially hydrogenated” at all costs.

DEEP-FRIED: This is another bad fat that’ll make your brain sad. Foods deep-fried in hydrogenated oil are particularly bad for your mood because they contain saturated fats, which clog up the works and delay the flow of blood to your brain. Have you ever felt slow and groggy after a fast-food binge? Depression is a much worse feeling! Reach for fresh foods instead.

ARTIFICIAL SWEETENERS: Researchers have found adverse reactions to aspartame — a chemical often found in artificial sweeteners — especially in individuals who have mood disorders. In fact, studies indicate that people with a history of depression are at an increased risk for depression symptoms as a result of regular aspartame consumption. They’ve also been linked to an increased risk for cancer, diabetes, and weight gain. If you’re not already eliminating this harmful ingredient from your diet, now is the time!

Instead of grabbing a processed meal to microwave or heat up, you should incorporate more olive oil, whole grains, vegetables, fruits, and dietary fiber into your diet today.



THE LEGEND OF El Ratoncito Pérez

You’ve heard the story of the tooth fairy, but have you heard the story of *Ratoncito Pérez*? He’s a mouse of many names, including *Ratón Pérez*, *el Ratón de los Dientes*, and Pérez the Mouse. He’s the tooth fairy to Spanish-speaking kids around the world. When a child loses a tooth and places it under his or her pillow, Pérez is said to trade the tooth for a gift.

The legend of Ratoncito Pérez dates back to 1877 Spain when a publication called “Cuentos, oraciones, adivinanzas, y refranes populares,” or “Stories, Prayers, Riddles, and Popular Sayings,” made reference to the mouse. At the time, the mouse was not a tooth fairy-like creature but a supporting character in a tale about “La Ratita Presumida,” or “The Vain Little Mouse,” a story Spanish author Luis Coloma had previously read.

In 1894, the Spanish royal family contacted Coloma when 8-year-old King Alfonso XIII lost a tooth. The family wanted Coloma to write a story to commemorate the occasion.

Recalling the story of the vain mouse, Coloma went to work. What followed was a mouse called Ratoncito Pérez who lived in a box of cookies, hidden away somewhere in Madrid. Every so often, the mouse would run away from home to

visit boys and girls who had lost their baby teeth. Those adventures included a journey to the home of King Alfonso XIII.

The young King of Spain loved the story, and from there, Ratoncito Pérez became a popular fixture with the people of Spain. The story followed families as they immigrated to Central and South America. They passed it on from generation to generation until it became a vibrant part of Spanish folklore and a story rivaling that of the tooth fairy.



SITUATION OF THE MONTH

DEAR PEDIATRIC PRO,

Around the office, we’re a chatty bunch. We love to talk about what’s been going on in each other’s lives and what we did over the weekend or on our days off. Something I’ve noticed is how often our chats turn into gossip. One moment we’re talking about last weekend, then next thing I know, we’re talking about family gossip. Or sometimes the gossip is about a co-worker or patient.

This kind of gossip makes me uncomfortable. Whenever I overhear it or find myself in the middle of it (I admit, I gossip too), I’m not sure what I should do. How do you recommend dealing with office gossip? What can we do to put a stop to it — or at least turn it down a few notches?

— Regina P., NY

DEAR REGINA,

I’m glad you mentioned that you gossip as well. At one time or another, we’re all guilty of gossiping. It’s a tough habit to break. The truth is, office

gossip is a big problem everywhere. No matter where you work, it’s hard to avoid. But it’s possible!

Much of the time, gossip starts with someone who wants to feel better about themselves. You might call them a sour grape. When you’re the source of juicy gossip, it’s a powerful feeling. However, gossip isn’t always intentional.

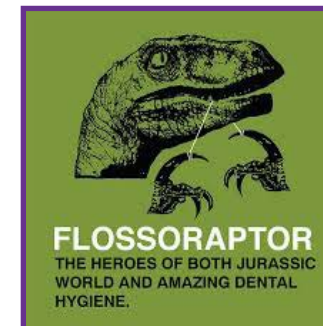
Either way, the best thing you can do, along with the people you work with, is to stop the gossip in its tracks. If you hear something, don’t fuel the flames. When you contribute, comment, or pass along the gossip, you keep it alive.

There are a couple of things you can do. You can simply walk away and remove yourself from a conversation. Or, you might respectfully say something like “We should cool it before someone gets hurt” or “We don’t do that here.”

We’re all smart enough to know gossip is inappropriate at the office. We have to work together as a team — sometimes even with the office manager or doctor — to keep it under control.

— Pediatric Pro

ENJOY A LAUGH ON US!



INGREDIENTS

- 1/3–1/2 pound hamburger
- 2–3 onion slices, to taste
- 1 cup potato slices
- 1 whole carrot, sliced
- 1 teaspoon Worcestershire sauce
- 1 teaspoon butter or margarine
- Salt and pepper

INSTRUCTIONS

1. Lay down a sheet of heavy-duty tin foil.
2. Put the onion down first. Cover with hamburger, then layer on the sliced potatoes and carrots.
3. Pour the Worcestershire sauce on top, then sprinkle on the salt and pepper. Add butter last.
4. Fold the tin foil to make a closed packet and carefully place the packet in the campfire coals.
5. Cook for approximately 30 minutes, rotating the packet 180 degrees halfway through.
6. When finished, let sit for 2 to 3 minutes and *Enjoy!*

Recipe courtesy of Campingwithgus.com