

Inside This Issue

- p.1 An Attitude of Gratitude
- p.2 Lowering Holiday Stress
- p.2 Situation of the Month
- p.3 Should You Work Out on Thanksgiving Day?
- p.3 Baked Cornbread and Chorizo Stuffing
- p.4 Nothing to See Here: Mystery Spot Tourism

NOTHING TO SEE HERE

A History of the Mystery Spot

The most famous mystery spot is in Santa Cruz, California, but it has cousins in Oregon, West Virginia, and Michigan. Each one is inexplicable — drawing thousands of people every year to come and spend their tourist dollars. And for many, the whole thing is just one big hoax, designed to take in suckers and generate cash.

Although Santa Cruz has the most visitors, it was “inspired” by the Oregon Vortex, which was a spot that had odd occurrences “documented” back to the early frontier days. From a mining office sliding off its foundation to the high presence of optical illusions, the Vortex was the home to some odd events. Naturally, the thing to do was build a structure there and start taking people’s money!

It’s not a coincidence that these locations began to pop up at the same time as the average American got access to automobiles — “roadside attractions” of all kinds have been the rage since people began to tour America by car, and it’s pretty clear that, real or not, these mystery spots fall into that category. That’s why many of them have updated over the years to suit changing tastes — such as the Michigan St. Ignace Mystery Spot’s addition of zip lines and other attractions.



And unlike many other roadside attractions, mystery spots continue to draw attention. Something in the American psyche loves the idea of the paranormal; Google “Europe mystery spots” and you’re likely to discover lists of unique vacation destinations. Perhaps they recapture the “paradise is just over the hill” mystery that in part drove colonization of the American West.

Or perhaps it’s all a bunch of hooey. The best way to decide, of course, is to visit one of these mystery spots for yourself!



SO MUCH TO BE GRATEFUL FOR

GIVING THANKS THIS HOLIDAY SEASON

The holidays are upon us, and that calls for sweater weather, pumpkin spice, quality time with loved ones, and celebration. After a tough year, we have a lot to reflect on and be thankful for — after all, Thanksgiving is the season of gratitude.

I am extremely grateful for my health and the health of my loved ones. In today’s world, health is especially important as we navigate the pandemic. In spite of the many challenges we have faced recently, I am grateful for the science that is helping us to overcome the struggles COVID-19 has presented.

My family and friends are my rocks. I am thankful for the love, kindness, and support that they offer. It is important to recognize all the things we become so accustomed to that we forget to give thanks for them. I am grateful for my home and to have a roof over my head. When it is cold, windy, and the rain is beating down on my windows, I am reminded of this!

I am so thankful for the businesses that allow us to provide for ourselves and for our families and to have access to fresh, clean water. The amount of those who do not have drinkable water is astonishing. Especially around Thanksgiving time, I remember to give thanks for the food on my table. In a society that is largely centered around food, we all forget just how lucky we are to enjoy such a vast variety of dishes. Our air is clean, and I have a car that runs well to get me where I need to go safely. I am appreciative of the ability to have a healthy body and mind and the opportunity to learn new things each day.

I am forever grateful for the freedom that we enjoy in our country thanks to America’s heroes: the men and women of the United States military who have made countless sacrifices. These service members may be our family, neighbors, friends, and coworkers,

and at a time in our nation’s history where we are facing a great national struggle, I am particularly appreciative of their selfless service this Veterans Day.

How are you thanking your practice’s families for remaining loyal throughout the pandemic? They have trusted your office in caring for their children in good times and in not so great times.

You could send out Thanksgiving cards instead of Christmas cards to embrace the season of giving “thanks.” Even better, the cards can be addressed to the children and include a line reminding the children to thank their parents for bringing them into the office for their dental care. Keep in mind that having your staff hand-sign the cards in different colored ink, so they stand out (and make it obvious they were not printed), makes a difference. Your patients will appreciate the personal touch!

From my family to yours: I wish you a happy and healthy holiday season!

Rhea

Rhea M. Haugseth, D.M.D

ADA C-ERP® | Continuing Education Recognition Program

P.S. The PDTA Conference has been postponed due to the resurgence of COVID-19 cases. We are hoping to reschedule for January along with the SSDP meeting in Atlanta and will continue to keep you updated. Please let us know what you think!



HAVE A LOW-STRESS HOLIDAY 3 TIPS FOR A MERRIER TIME

The holidays are right around the corner, and while many people can't wait to eat turkey and swap presents, others only see stress on the horizon. Especially for those hosting parties, between decorations, big dinners, excited kids, and visiting family, it can all feel overwhelming. If celebrations are happening at your house this year, here are three tips to lessen the strain and keep up the holiday cheer.

Recharge First

Ensure you're rested and recharged before the holidays by taking time to relax, getting enough sleep, and engaging in activities that make you feel good. When you're rushing to get everything done, it can

be tempting to skip self-care routines, but that will cost you in the long run. Your daily exercise and other health activities keep you balanced and ready to face challenges head-on.

Get Started Early

Holidays always arrive faster than we expect, so begin preparing early. If shopping for presents is a pain point, don't wait until the last minute. Decorate earlier than you need to — or better yet, get the kids to do it for you. There's only so much cooking you can do ahead of time, but ensuring you have all of the equipment and nonperishable ingredients you need a few weeks in advance will reduce both your workload and anxiety.

Don't Expect Perfection

The sooner you let go of the idea of a "perfect" holiday, the sooner you'll be able to have a happy one. Face it: Something will go wrong. Whether it's an overcooked dish, a child throwing a temper tantrum, or your uncle talking politics at the dinner table, nothing will ever go just how you planned. So, embrace the imperfections.

Whether you're celebrating this year with a group of two or 20, holidays can be a stressful time — but they don't have to be. With these tips, your festivities may not be picture-perfect, but they will be a lot of fun.

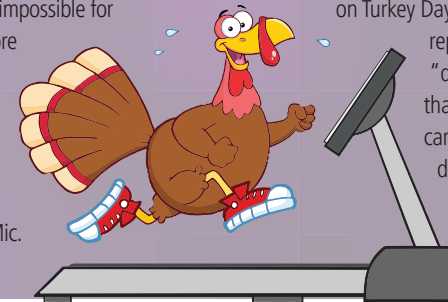
"Like our content? Use the provided articles in your company blog or Facebook posts!"

SHOULD YOU WORK OUT ON THANKSGIVING DAY? THE TRUTH ABOUT SWEATING FOR YOUR TURKEY

Okay, fess up — which of your friends insists on getting a 5-mile run in before the turkey is carved? We all know someone who works out every year on Thanksgiving. The thought is that if you burn calories in the morning, the big meal won't hit you so hard. But is that really true? And if it is, when and how should you get sweaty?

To Sweat, or Not to Sweat

The verdict is in: Working out on Thanksgiving morning is good for you. Surprise! However, according to Mic magazine, it's less about balancing your calories in and calories out (which is almost impossible for a Thanksgiving feast) and more about priming your body to anticipate the meal to come. "Your body will be calling for those calories — you'll need them," gym trainer Daniel Stransky told Mic.



When and How to Hit the Gym

Stransky recommends hitting the gym both on Thanksgiving Day and the day after. On Turkey Day, he suggests "a high-intensity interval training cardio circuit comprised of burpees, squats with overhead dumbbell presses, jump squats, sprints, and rowing on the rowing machine."

Meanwhile, Bodybuilding.com writer Shannon Clark advises working out before, on, and after Thanksgiving. On the day before, go for a long run or walk. Then on Turkey Day, try weight training using high reps and short rest periods to "deplete the muscle glycogen" so that you can eat more Thanksgiving carbs without gaining fat. The next day, Clark recommends interval cardio training to boost your metabolism.

The Obvious Truth

There's one thing all of this Thanksgiving workout talk overlooks: The most important thing isn't whether you work out on Turkey Day — it's whether you stick to a workout routine year-round.

A recent pilot study from the University of Michigan helped prove this. The participants were asked to eat 30% more calories than normal for a week but continue exercising regularly. As long as they did, their new diets didn't cause inflammation or changes in their glucose control or insulin sensitivity.

If you don't already have a workout routine in place, consider this to be a sign! Work with your physical therapist to determine a safe, effective exercise program for you.

SITUATION OF THE MONTH

Dear PDTA Pro,

With the holidays on our doorstep and after a tough year for everyone, we want to give thanks to our patients and their parents, as well as our staff and doctors for hanging on with us throughout 2020 and 2021. What advice can you offer for some different and fun ways to extend our gratitude?

—Thankful, Grateful, and Blessed

Dear Thankful, Grateful, and Blessed,

How thoughtful! Showing appreciation lifts others up and is proven to boost well-being and mental health for the giver of the thanks as well. On top of sending out Thanksgiving cards as mentioned in the cover article, there are a few activities that can be done both in the office and on social media to engage your practice's families and spread thanks for the trust and dedication they have shown your office over the past few years.

When your patients come in for their appointments, you can have construction paper, scissors, glue, and markers in the office for them to trace their hands and make "thankful turkeys," where they list five things they are grateful for — one on each finger. Have their parent take a photo in your office (with your practice logo in the background!) to post on your practice's Facebook

page. Ask them to have their friends and family "like" the photo, and the "turkey" with the most likes wins!

Prizes are absolutely up to you, but some ideas, depending on ages, may be stuffed animals, movie tickets, pizza, game consoles, or even a flat-screen TV. Have the winning entry's drawer come in and be sure to snap their photo next to your logo or an iconic place in your office that is recognizable to everyone and share it on social media! You may consider opening the contest up for all patients to be able to make their turkeys at home and submit a photo on your practice's social media, as well!

Another great contest idea may be to have families submit their favorite holiday recipe and host a competition to get the most "likes" on social media to win a prize. If the hand turkeys feel a little too "overdone" for you, toilet paper turkeys are another option. The empty toilet paper roll serves as the body, and feathers are cut out of construction paper for children to list out items they appreciate. You may also consider a gratitude poetry contest for the older children!

No matter how you choose to engage your patients and show gratitude, your dedicated patients are sure to feel appreciated as part of your practice's family, and that's the name of the game!

Happy Holidays!

—Pediatric Pro

Published by Newsletter Pro • www.NewsletterPro.com

HAVE A LAUGH



BAKED CORNBREAD AND CHORIZO STUFFING

INGREDIENTS

- 1 lb Mexican chorizo
- 1 white onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 3 garlic cloves, chopped
- 2 cups premade cornbread, crumbled
- ¼ cup cilantro, chopped
- ½ cup chicken stock
- 1 tbsp unsalted butter, for greasing
- Cilantro, for garnish
- Cotija cheese, for garnish

DIRECTIONS

1. Preheat your oven to 350 F.
2. In a large skillet over medium heat, cook the chorizo for 5 minutes. Add the onion, carrot, celery, and garlic. Cook for 10 additional minutes. Stir in the cornbread and cilantro.
3. While stirring, slowly add the chicken stock. Stir until absorbed.
4. Butter a small casserole dish, then add the stuffing in an even layer. Bake for 20 minutes, garnish as desired, and serve!

Inspired by TasteOfHome.com