



INSIDE THIS ISSUE

- Tips, Tricks and Trends
- Fun, Dumb & Inspiring Quotes
 - Every Day Life Hacks - page 02
- 5 Ways to Make Brushing Fun for Kids
 - July Employee Spotlight
- Philly Cheesesteak Foil Packs - page 03
- Get your Free Copies Now! - page 04



4 occasions to hit pause on your home Wi-Fi

When it comes to things we can't live without in our homes, Wi-Fi ranks near the top. As households grow more connected, experts from leading not-for-profit organizations like MediaSmarts say it's more important than ever for people to balance their online time with face-to-face time. But it's no easy feat. Fortunately, new tools are here to help.

More and more service providers are offering app-based solutions which gives you the power to suspend your Wi-Fi with one click – on one device, several or the whole household. You can even set regular off times for daily routines, such as bedtime.

So, when should you think about hitting the pause button on your home Wi-Fi? Here are prime times:

- ☑ **Watching a movie.** Screens are the scourge of movie theatres everywhere. Shouldn't the same rules extend to the small screen? After checking out Rotten Tomatoes, it's time to PUT YOUR PHONES AND TABLETS AWAY.
- ☑ **Sitting down at dinnertime.** Eating dinner together as a family is a great way to spend more time together. Putting the phone or tablet away lets you spend more time focusing on the connections in front of you.
- ☑ **Reading books.** Tsundoku is a Japanese word used to describe growing stacks of unread books. Pausing Wi-Fi is one way to tackle that reading list. After you download them, most eBooks do not require an internet connection.
- ☑ **Getting ready for bed.** Bedtime is for sleeping, not catching up on emails. Give your brain time to unwind so you can wake up feeling more refreshed.



Dr. C. Ross Crapo

Tips, Tricks, and Trends

Summer safety tips for parents

Between camp, playgrounds and travel, your kids will be spending plenty of time outdoors this season. While now's the perfect time to enjoy nature, summer also comes with some health risks. Use these tips from Health Canada to protect your kids.

Understand heat risks. Extreme heat can be dangerous for anyone, but especially for infants and young children. They can be vulnerable to heat illnesses such as heat stroke, heat exhaustion, fainting, heat rash and muscle cramps. Stay alert for symptoms like dizziness, fainting, extreme thirst and headache.

Check the forecast. Stay informed about local weather forecasts and alerts so you know when to take extra care. Also, check the local Air Quality Health Index conditions in your area if available. Note that children are more sensitive to air pollution, which tends to be at higher levels during extreme heat.

Use sunscreen. If sun exposure can't be avoided, use sunscreen that is SPF 30 or higher and follow the manufacturer's directions. Remember, sunscreen will protect against the sun's ultraviolet rays but not from the heat. Have children wear a rimmed, breathable sun hat and sunglasses, and cover their skin with clothes or sunscreen. Keep babies under one year out of direct sunlight to prevent skin damage and dehydration; keep them in the shade, under a tree, an umbrella or a canopy.

Keep hydrated. Dehydration is dangerous. Give plenty of cool liquids to drink, especially water, before your child feels thirsty. Make it fun by leaving a colourful glass by the sink, and remind your child to drink after every hand washing. Ramp up the taste by flavouring water with natural fruit juice or encourage them to eat more fruits and veggies with high water content, like watermelon.

www.newscanada.com



Fun Facts

That'll Astound Your Friends

- Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.
- August was named after Julius Caesar's nephew. He had received the title of "Augustus" which means "reverend".
- In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches.

Fun, Dumb & Inspiring Quotes

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."
- James Dent

"Be so good they can't ignore you."
- Steve Martin

"There is no royal road to anything. One thing at a time, all things in succession. That which grows fast, withers as rapidly. That which grows slowly, endures."
- Josiah Gilbert Holland

"It's a sure sign of summer if the chair gets up when you do."
- Walter Winchell

Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

with a **Charcoal Barbeque**

How to cook

While gas and electric grills have their advantages, cooking with a charcoal grill can deliver the best classic flame-broiled flavour. Use these helpful tips from the Home Depot Canada to grill up meals that bring back the delicious smells and tastes from your childhood.

- ✓ Clean the grates using a grill brush, then coat them with vegetable oil. This will help prevent food from sticking the next time you cook and can also help keep rust at bay.
- ✓ Use a charcoal starter like the Weber rapid-fire chimney starter to heat up your coals. This grill accessory can significantly reduce the amount of time it takes for your coals to heat up and does not require lighter fluid, so you won't be compromising the smoky charcoal taste you're craving.
- ✓ When your coals are grey they're ready for cooking, and one of the keys to getting great results is arranging them properly. When spreading the charcoal remember that the thinner the layer, the less heat they will provide.
- ✓ Arrange charcoal using stainless steel tongs in a pile on the charcoal grate. If you want to cook with indirect heat, place charcoal to one side so the food can be seared over the coals first before being moved to the other side for the remainder of the cook time.
- ✓ Control the heat by adjusting the airflow using the dampers located at the top and bottom of the grill. Opening the top damper lowers the temperature, opening the bottom raises it. Add more coals if the temperature doesn't increase enough.
- ✓ Soak a few handfuls of wood chips for 30 minutes and place them on the hot coals before cooking for a smoky flavour. There are so many options to choose from that will maximize your recipe versatility - from subtly sweet apple wood chips to classic bold flavours like hickory and mesquite.

If you think you're busy, try being a kid. In addition to school, activities and family time, they're learning how to take care of themselves and others in new ways every single day. One of those necessary life skills every child needs to learn is brushing his or her teeth. Helping your child get in the habit of brushing twice a day for two minutes is no small feat, but a little creativity can go a long way when it comes to his or her long-term dental health.

Have 4 Minutes of Fun

Don't just set a timer and supervise – make brushing twice a day for two minutes an event! Crank up your child's favorite song and have a two-minute dance party. Videos or brushing apps may also make that time fly by. (Older children might enjoy the videos on 2min2x.com, and younger brushers might like these.) Try reading a 2-minute story using all your best voices. Whatever you do, get creative and switch things up so brushing time is always a good time.

Start a Routine and Stick to It

You may be tempted to let your child skip brushing after a long day or during times when your normal schedule is off (like vacation), but keep at it. The more second nature brushing becomes the easier it will be to make sure your child is brushing twice a day for two minutes.

Reward Good Brushing Behavior

What motivates your child? If its stickers, make a reward chart and let him add one every time he brushes. If he's a reader, let him pick out the bedtime story. Maybe it's as simple as asking to see that healthy smile, saying "I'm so proud of you" and following up with a huge high five.

Characters Count

Who is the character your child can't get enough of? Many children's shows and books, including Sesame Street, have stories about brushing. Watch and read them together, so when it's time to brush you can use that character as a good example.

Make Brushing a Family Affair

Your children learn from you, so set a good example. The family that brushes together has even more reason to smile.



July Employee Spotlight

Dr. Sulz



In April 2019, 125 volunteers came together to provide essential medical and dental care to over 700 young men and women in Quetzaltenango, Guatemala. Dr. Sulz felt fortunate to be part of this dedicated team that included dentists, hygienists, optometrists, physicians, nurses, surgeons and many other volunteers. All gave their time and talents to support and care for these wonderful youth.

This moving experience full of memories was Dr. Sulz third trip of many more to come.

Philly Cheesesteak Foil Packs

Who knew Philly cheesesteaks could so easily transform into a light summer dinner? These foil packs take out the carbs (who needs those anyways?!) with slices of flank steak, peppers, and onions topped with melty provolone.

Ingredients:

- 1 lb. flank steak, thinly sliced
- 2 bell peppers, thinly sliced
- 1/2 onion, thinly sliced
- 2 cloves garlic, minced
- 2 tbsp. Italian seasoning
- 2 tbsp. extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 4 slices provolone
- Chopped fresh parsley, for garnish

Directions:

1. Heat grill to medium-high. In a large bowl, toss together steak, peppers, onion, garlic, Italian seasoning, and olive oil and season with salt and pepper.
2. Place steak mixture in foil packs. Fold up packs and grill, 10 minutes.
3. Open packs, top with provolone, and cover grill to melt, 2 minutes.
4. Garnish with parsley and serve.
5. Enjoy!





INSIDE THIS ISSUE

- Tips, Tricks and Trends
- Fun, Dumb & Inspiring Quotes
- Every Day Life Hacks
- page 02
- 5 Ways to Make Brushing Fun for Kids
- July Employee Spotlight
- Philly Cheesesteak Foil Packs
- page 03
- Get your Free Copies Now!
- page 04

Can You Handle the Truth???

Our Delicacies Can Be Found Around the World - If you're keen to celebrate your homeland's holiday but you're one of our 2.8-million-strong diaspora, pick up some poutine at the Rocky Mountain Tavern in Seoul, Korea, a fluffy Beaver Tail in Saudi Arabia or a box of Timbits from one of the 19 Tim Hortons in the United Arab Emirates.

JOKE of the Month

What treat do dads like
on hot summer days?

POPsicles.

Free Report Reveals: Parent's Guide to Getting Started With Your Child's Oral Health

Getting started with your child's oral health comes well before their first dental visit. This guide walks you through the Do's and Don'ts of caring for your child's oral health.

Call our office at (250) 383-3368 to request your copy.

