



Dr. Joseph Uhrich, D.D.S.

# DRS. UHRICH & KAPLAN'S NEWSLETTER



Dr. Jordan Kaplan, D.D.S.

FALL 2009

From the office of  
**Jordan Kaplan, D.D.S.**  
& **Joseph Uhrich,**  
**D.D.S.**

**Fall 2009**

## *Cosmetics 20% Off Sale!*

We are currently offering a 20% off special on cosmetic services that are not covered by insurance. Services such as veneers, bonding, and bleaching are being offered at this reduced rate. Maybe you've been wanting to improve your smile. Well, it has just become more affordable! Please contact the office for more information on the *Cosmetics 20% Off Sale*.

(Discount does not apply to bleaching refill kits.)



## **Medical history forms**

We may ask you at an upcoming dental appointment to fill out a new medical history form. Knowing what medical conditions you may have and what medications you may be taking is necessary for **Dr. Kaplan** and **Dr. Uhrich** to properly treat your dental needs. It is extremely important that our patients' medical information be kept current in our files; however, we do not want to bother our patients by having them fill out completely new forms at each visit. So, our medical history forms have signature lines that can be simply signed by the patient after addressing any new changes such as new medications, surgeries, or allergies.

Unfortunately, many of the forms are running out of signature lines, so we are asking you to fill out a new medical form updating your medical history. We would not ask you to do this if it was not necessary. Thank you, in advance, for your patience in helping us keep our records current.

## **For patients with insurance...**

We are approaching the end of the year, the time when insurance benefits expire. If you have dental work that needs to be completed, please schedule an appointment soon. We want you to make the most of your benefits, so please plan ahead before it's too late.

## **For patients without insurance...**

If you do not have dental insurance, it is extremely important to have regular dental exams. It may seem costly to come in every six months for your exam, cleaning, and x-rays, but it is at this type of visit that simple dental needs can be diagnosed. When "little" problems such as a cavity are not treated, they can quickly become "big" problems that can cost you a lot of money. It is more cost-effective to have regular, routine exams and pay for them out of pocket than to avoid coming to the dentist. If you have been avoiding scheduling an appointment because you don't have dental insurance, please reconsider. It will save you money in the long run.

We also offer "Citi Health" credit, which might be helpful to some patients who do not have insurance. Citi Health offers a 12-month payment option with no interest for those who qualify. If this sounds like it would benefit you, please call the office for more information.

***Thank you for all your referrals. We appreciate them!***

# Current Events

**Glenda Ferjak** is proud to announce the marriage of her daughter, **Christina**, to **Ryan Gust**. Christina and Ryan were married on March 13, 2009, in Homer Glen, Illinois. A reception was held to celebrate the occasion at DiNolfo's. The happy couple are building a new home and will reside in Minooka, Illinois. Congratulations, Christina and Ryan!



*Christina & Ryan Gust*

**Richard** and **Sandy Bessette** have a new baby. Little **Nathan Richard** was born on March 30, 2009, at 5:37 a.m. He weighed 7 pounds 13 ounces and was 20½ inches long. Welcoming Nathan is big sister **Haley** (9). Congratulations to the Bessette family!



*Haley & Nathan Bessette*

**Dorothy Miller** celebrated her 90th birthday on April 2, 2009. Her daughter, **Peggy Smith**, held a party in her honor at her home in May. Seventy-five people came to help her celebrate the big occasion. Enjoy your 90s, Dorothy!

# 90!

**Jared Kaplan**, the son of **Dr. Kaplan** and his wife, **Valerie**, graduated from Harvard with a Ph.D. in physics in May 2009. The Kaplans traveled to Boston in May for Jared's defense of his thesis, at which time he was officially told that he would be receiving his Ph.D. Jared will now be moving to San Francisco and attending Stanford as a postdoctoral candidate for three years. Best of luck, Jared!



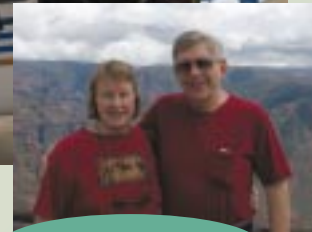
*Jared Kaplan with Bill Gates*



*Sophia, Kaytlind, and Abigail Fuhrmann with Cookie*

**Rob** and **Alicia Fuhrmann** welcomed a new baby girl on June 2, 2009. **Abigail Margaret** arrived at 11:33 a.m., weighing 7 pounds 6 ounces and measuring 20½ inches long. Abigail has two big sisters, **Kaytlind** (5) and **Sophia** (3), and a dog, **Cookie**. Congratulations to all of you!

**Joe** and **Sandy Cyze** have had an exciting couple of months. They celebrated their 30th wedding anniversary on July 14, 2009. Joe retired from AT&T after 33 years of employment on June 26, 2009. Sandy retired from the IRS on July 2, 2009, after 33 years. To celebrate the anniversary and retirements, they took a 15-day trip to Hawaii in March 2009. They spent five days on Kauai and the remainder of the time cruising all of the islands. Enjoy your retirement, Joe and Sandy!



*Sandy & Joe Cyze*

*The College Drive Dental family has had several engagements:*

**Joanie Uhrich**, the daughter of **Dr. Joseph** and **Cathy Uhrich**, became engaged to **Brian Ahmer** in December 2008. Brian popped the question at Brookfield Zoo. No wedding plans have been made yet, as Joanie is still attending school.



*Joanie Uhrich & Brian Ahmer*

**Eric DeTratto**, the son of our receptionist, **Dina DeTratto**, proposed to **Kate Meador** recently. Their wedding is planned for September 25, 2010, at The Odyssey in Tinley Park, Illinois.



*Eric DeTratto & Kate Meador*

The **Uhrich's** older daughter, **Liz**, also became engaged. Liz and **Brian Bailey** became engaged on June 4, 2009. They are currently working on wedding plans.



*Liz Uhrich & Brian Bailey*

*Best wishes to all three of the happy couples!*

# Two of our interesting patients...

## TONY MATAITIS'S model airplane collection

Our patient, **Tony Mataitis**, has an interesting hobby that he refers to as an "obsession." Tony builds and flies radio-controlled model airplanes. Tony says that he was always interested in airplanes, and as a kid he used to shoot "rubber band" planes. That interest progressed into bigger and better things. Tony became a pilot and learned how to fly a real airplane, but he was always fascinated with models and building things.

Tony has been building models for about the last 30 years and estimates that he has, over the years, owned about 500 radio-controlled airplanes. Currently, he says, he has 30 active flying planes. And fly them he does! Tony goes out to the flying field at 107th and LaGrange Road to "play" with his planes about three times a week, weather permitting.

He isn't the only one to enjoy radio-controlled airplanes at the flying field. To share his enthusiasm for the hobby with others, Tony belongs to the "Palos R/C Club." It is at the field on LaGrange and in the club that Tony met Dr. Kaplan. Dr. Kaplan also builds and flies radio-controlled airplanes as a hobby. Tony's airplanes not only found him many friends who share his interest, but also a dentist! Tony is also a member of the "Joliet R/C Club."

Like many members of the clubs, Tony enjoys bigger, more challenging planes. He has one that is 44 pounds with a 120-inch wingspan and a 17-horsepower engine. He also likes WWI and WWII planes known as "War Birds." All of the planes, however, take a while to get "just right," says Tony. He refers to getting a plane balanced as "trimming an airplane," a process that can sometimes take half a year. That explains the frequent trips out to the flying field!

A newer interest of Tony's does not always require a visit to the open field. He is now enjoying small electric planes that are made out of foam. These little airplanes can be flown indoors or in Tony's front yard. He flies these electric planes year-round in gyms or golf domes. Now he can enjoy his hobby in more locations and throughout the year!

Tony is very excited about his hobby and always willing to talk about it with us, so we are happy to share it with you here in our newsletter!



## BOB MCNELLIS'S BAND "Love Me Electric"

**Bob McNellis** is a member of the punk rock band *Love Me Electric*. He and his four other band mates, **Matt Cargill**, **Mark Follenweider**, **Dan Nicorata**, and **Joe Nicorata**, just released their second album, "*The Sunrise*." This new CD is available at Best Buy or can be downloaded from iTunes.

Besides recording their new album, the band has been touring and performing their music in various locations. In July, *Love Me Electric* traveled to Michigan, Ohio, New York, and Pennsylvania, playing in restaurants on "The Feast Tour." The band members, all from the

South Side of Chicago, have played locally as well. On September 4, 2009, they performed at the "Hometown Throwdown" at MoJoe's in Orland Park, Illinois.

To see where the band is performing next, to see pictures of the band, or to learn more about the members, visit [myspace.com/lovemeelectric](http://myspace.com/lovemeelectric).

**College Drive Dental Associates, Ltd.**

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**fromdru@gmail.com**

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dental newsletter!*

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The information included in this newsletter is not intended as a substitute for dental advice. For your specific situation, please consult our office.

# VEGETARIAN CHILI

*Contributed by Liz Uhrich* .....

In a large Dutch oven/pot, add:

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 T. extra-virgin olive oil | 4 garlic cloves, finely chopped |
| 1 cup finely chopped onion  | 3 bay leaves                    |

Cook over high heat until tender (just a few minutes). Then add:

- 1 red jalapeño pepper, finely diced
- 1 green serrano pepper, finely diced

Stir until warmed through. Then add:

- |  |   |   |
|--|---|---|
| 1 cup water  | 1 can (14 oz.) diced tomatoes, no salt added, drained, and finely chopped | 1 rounded T. Marmite                        |
| 12 oz. Budweiser beer                              | 1 rounded T. chili powder   | 2 tsp. fresh oregano leaves, finely chopped |
| 1 can drained black beans                          | 2 T. ground cumin   | 2 tsp. paprika                              |
| 1 can drained pinto beans                          | 3 cubes vegetable bouillon with sea salt                                  | 1 T. sugar                                  |
| 1 can UNdrained chili beans (kidney, pinto, black) |   | 1 tsp. unsweetened cocoa                    |
| 8 oz. tomato sauce                                 |   | ½ tsp. ground coriander                     |
|  |   | ½ tsp. ground cinnamon                      |

Mix thoroughly, heat to boil, reduce to simmer, simmer one hour. Then add:

- 1 T. warm water that has been mixed thoroughly with 1 tsp. cornmeal and 1 tsp. flour.

Allow to simmer for about 15 minutes, then add:

- 1 package Quorn ground-beef substitute
- 4 oz. (one pkg. from box) Boca ground-beef substitute

Bring it back to a simmer for about 15 minutes. Let sit overnight in refrigerator. The next day, heat in Crock-Pot on high for 2 hours, during which time add:

- 1 tsp. Louisiana hot sauce
- Dash of ground dry chili pepper

Remove bay leaves and serve it up!



## College Drive Dental Associates, Ltd.

**Jordan Kaplan, D.D.S.**  
**Joseph Uhrich, D.D.S.**

7550 College Drive  
Palos Heights, IL 60463

### Office Hours

Monday & Tuesday  
8:00 a.m.-8:00 p.m.

Wednesday 8:30 a.m.-5:00 p.m.

Thursday 9:00 a.m.-5:00 p.m.

Friday Closed

Saturday 8:00 a.m.-Noon

**Appointment and  
Emergency Phone:**  
**(708) 361-4626**

- Dr. Jordan Kaplan** .....Dentist
- Dr. Joseph Uhrich** .....Dentist
- Maureen** .....Dental Hygienist/  
Office Manager
- Sharon** .....Dental Assistant/  
Office Manager
- Amy** .....Dental Hygienist
- Ann** .....Dental Hygienist
- Deanna** .....Dental Hygienist
- Lydia** .....Dental Hygienist
- Dina** .....Receptionist
- Marie** .....Dental Assistant
- Martha** .....Dental Assistant
- Georgie** .....Dental Assistant
- Marissa** .....Office Assistant
- Joanie** .....Office Assistant
- Briana** .....Office Assistant