



Dr. Joseph Uhrich, D.D.S.

# DRS. UHRICH & KAPLAN'S NEWSLETTER



Dr. Jordan Kaplan, D.D.S.

SPRING 2009

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

Spring 2009



*We'd love  
to meet  
your  
family and  
friends!*

## We always welcome new patients!

If you have a friend, family member, or coworker who is looking for a dentist, please give them our name and phone number. We would be happy to see them and address their dental needs. We have many longtime patients who, over the years, have confidently referred College Drive Dental to others. We greatly appreciate your trust in us!



## The newsletter on our Web site

If you prefer to read our quarterly newsletter on your computer screen, go to our Web site at [www.collegedrivedental.com](http://www.collegedrivedental.com).

On the College Drive Dental home page, there is a link to the current edition of the newsletter.

Please let us know if you prefer to read the newsletter this way and do not wish to receive one in your mailbox.

## Our hygienist Lydia's handsome boys



*Big brother  
Ethan with  
his little  
brother,  
Ian Pope!*

In our last newsletter, we announced the arrival of a new member of the College Drive family. Our hygienist, **Lydia**, and her husband, Spencer, welcomed a new baby boy in May 2008. Unfortunately, at the time we did not have a current photo to go along with the birth announcement. So we would like to share with you the adorable picture of little **Ian Pope** and his big brother,

**Ethan**. We think they are just too cute and wanted you all to see them!

Congratulations, again, to the Pope family, who are quite busy with these two active little guys!

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

# Current Events



Jaimene and Leonard

**Jaimene Reynolds**, the daughter of **Louise Smith-Reynolds** and **James Reynolds**, married **Leonard Gore** on August 10, 2008, at the Columbia Yacht Club on Lake Michigan in downtown Chicago. Jaimene's sister, **Taylor Reynolds**, was the maid of honor. The newlyweds celebrated their marriage with a

trip to Disney World. They are currently living in Worth, Illinois. Congratulations, Jaimene and Leonard!

**Dennis** and **Chanika Sheehan** welcomed a new baby girl, their first! **Samantha Pylin** was born on August 20, 2008, at 12:01 p.m. She weighed 7 pounds, 8 ounces, and was 21 inches long. Congratulations, Dennis and Chanika!

**George** and **Eva Lopuszinski** are proud to announce the marriage of their daughter, **Caroline**, to **Louis Swiger**. The wedding took place on October 4, 2008, at St. Ignatius Catholic Church in Chicago. A reception was held in their honor at Pazzo Restaurant, with many family and friends in attendance. The bride's grandmother, aunt, and uncle traveled here from Poland to attend the wedding. Caroline's sister, **Monica**, was the maid of honor. For their honeymoon, the happy couple flew to Las Vegas, where they rented a Mustang convertible and drove to California. They



Caroline and Louis

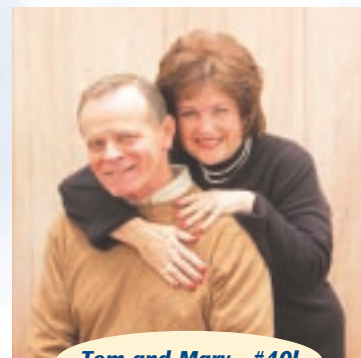
traveled the scenic Highway #1 and visited San Francisco and Legoland, among other sites. Congratulations, Caroline and Louis!



The Swiger wedding party

**Scott Flanagan** married **Andrea Rzegocki** on December 20, 2008. The wedding ceremony was held at St. James at Sag Bridge in Lemont, Illinois, with a reception following at The Belvedere in Palos Hills. The proud parents are **Patrick** and **Karen Flanagan** and **Raymond** and **Susan Rzegocki**. Scott and Andrea honeymooned in Riviera Maya for one week. Best of luck to you, Scott and Andrea!

**Thomas** and **Mary Farrell** celebrated their 40th wedding anniversary on December 14, 2008. They were married at St. Christina's Catholic Church in Chicago in 1968. To celebrate the occasion, they spent a weekend downtown with friends. They also had a family portrait taken with their children and grandchildren to commemorate the special anniversary. The Farrells are planning an upcoming Alaskan cruise as well. Congratulations, Tom and Mary!



Tom and Mary—#40!

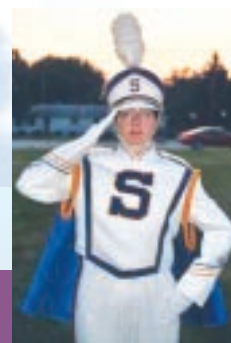
## Our interesting patients...

**Victoria Zibell**, a senior at Sandburg High School, had the amazing opportunity to participate in the Inauguration festivities in Washington, D.C. in January. She is a drum major and one of three student leaders of the Sandburg "Marching Eagles." Sandburg's marching band performed in the Inaugural Parade on January 20, 2009. Victoria and her fellow band members are quite proud of the honor of being chosen to represent their school in the United States capital.

The Marching Eagles practiced countless hours in preparation for their chance to show off their talent on a national stage. Victoria says that they practiced every day over their Christmas break, with the exception of the holidays, and every day after school up until boarding the buses for D.C. All of their hard work and preparation certainly paid off. As their band passed the parade's reviewing stand, who was there but President Barack Obama! The drum majors saluted the newly inaugurated president. It was an opportunity that Victoria will not soon forget. "It was so cool to be a part of history," Victoria said.



Victoria Zibell marches!



Certainly the other 150 Sandburg band members experienced the same patriotic feeling as they marched and performed three songs along the parade route. They played a version of the song "Chicago," the "Illinois State Song," and the "Illinois March." Although marching in the parade was hard work, and at times cold, the experience was certainly worth it.

It was not all work for the Sandburg students and their 17 parent chaperones. (Victoria's mother, **Grace Zibell**, was one of the chaperones.) They were able to do some sight-seeing during their four days in Washington, D.C. They visited the Jefferson Memorial, the Roosevelt Monument, and Arlington National Cemetery. They spent an entire day at the Smithsonian Institute, touring the Air and Space Museum and the American History Museum. According to Victoria, it was a very nice trip and surely a highlight of her high-school career!

# Drawing winners announced!

In our last newsletter, we held a drawing, asking our patients to submit interesting ideas of things to do in the Chicagoland area. We received several great suggestions that we would like to share with you.

Congratulations to the winners of our “Stay-cation” drawing: **Eleanor Radostits** and **Barbara McDermott**! They each received a \$50 gas gift card!

## Some Fun “Stay-Cation” Suggestions:

**Eleanor Radostits:** “When my children were young and growing up, one of their favorite fun things to do was going to the zoo. Now they all have children of their own and the zoo is still an enjoyable family outing. During the holiday season, it is spectacular. Try it—you’ll love it!”

**Barbara McDermott:** “We love playing Scrabble! What other activity would have several animated players hovering over a dictionary to check out the word FIE! What, you never read Shakespeare? We also call it the ‘Scrabble Cure.’ Even a grieving widow, for example, is roaring with laughter only minutes into this wonderful word game. Kids love the spelling challenge, too!”

**Kenn Czarnecki:** “Pick up a copy of the book, *Weird Illinois*, by Troy Taylor. Taylor tells of the many oddities and haunted places in our state. Some of these places can easily be visited within a day trip by car. It can be a lot of fun to plan a visit to some of the nearby haunts.”

**Ann Galske:** “A beautiful day trip for a family is going to Starved Rock in Utica, when all the local waterways are frozen, to see the bald eagles! The eagles gather there to feed from the

turbulent waters from the dam on the Illinois River. Bring a camera; you can get some great shots! There are also some great hiking trails, caverns, and waterfalls in the area.”

**Janice Demske:** “My suggestion for a local, fun family activity is *Cantigny*, located in Wheaton, Illinois. Activities at Cantigny run from April through December. At Cantigny, you can visit the Robert R. McCormick Museum. Col. Robert R. McCormick is the former editor and publisher of the *Chicago Tribune*. At the First Division Museum, you enter a World War I front-line trench and travel onward through a Vietnam jungle. Other sites include the Cantigny Gardens (25 acres) and Cantigny Golf. Also, outdoor concerts take place from May through September. A restaurant is available year-round, or a shaded picnic area, weather permitting! This “stay-cation” appeals to all ages, and the cost is only a parking fee per car.”

**Ralph Fisher:** “Take the grandchildren, along with other adults, to prepare a hot meal for the people staying at the Ronald McDonald House near Christ Hospital in Oak Lawn. This will teach them to be caring adults in the future.”

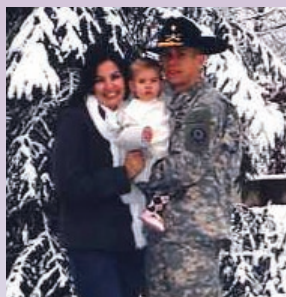
*Thank you to all who submitted entries! Unfortunately, space is limited, so we could not include them all here!*

## Laura Ridener’s exciting trip to Germany

**Laura Ridener** traveled to Germany in August 2007 to be with her daughter, **Kristina**, when she delivered her first child. While most grandmothers love to be there for the exciting arrival of a grandchild, Laura’s presence there was extra-special! Kristina was serving as a medic in the Army and was stationed in Germany throughout her pregnancy. Her husband, **Scott Linders**, also a medic, was deployed to Iraq. Laura was present in the delivery room on September 29, 2007, when little **Kailey** came into the world. Besides being a support for Kristina during the delivery, she was in contact with Scott via cell phone so that he could hear his daughter’s first cries.

Laura remained in Germany for nearly a full year, helping to care for Kailey while Kristina served her time in the Army. Grandmother Laura became quite close to her granddaughter during her time there, and had a difficult time leaving them in Germany. She does have other grandchildren here, however, whom she was missing, and was anxious to see them upon her return home.

Fortunately for Laura and her husband, **David Ridener**, Scott, Kristina, and Kailey will be moving back to the States, hopefully in June 2009. Scott’s tour in Iraq was completed, but he has reenlisted. They will now be a lot closer to family, as they will be stationed at Fort Knox in Kentucky. That is a good thing, because Scott and Kristina are expecting their second child in August! It will be a lot easier for the grandparents to be present for the arrival of another new grandchild!



**The Linders family!**

## Christopher Phifer

**Christopher Phifer** is a sixth-grader at *Lenart Regional Gifted Center* in Chicago. Because of his responsibility, intelligence, and leadership skills, his teacher chose him to attend the “Junior National Young Leaders Conference” in Washington, D.C. Christopher traveled by himself to join other students from across the country at the conference, held November 8–13, 2008.

While in D.C., Christopher had the opportunity to visit many historical places, such as the White House, Capitol Hill, and several memorials. He also attended meetings for the Junior National Young Leaders Conference, where he learned about leadership skills and how to apply them in his community and his everyday life. Christopher said, “It was a lot of fun! I learned a lot!” He said that he met many students from very diverse backgrounds, which was very interesting.

Christopher said that he was very happy to have had the opportunity to attend the conference and wanted to thank his grandparents, **Ed** and **Patricia Demske**, for funding the trip. All of his family must be very proud of him and his accomplishments at such a young age.

**College Drive Dental Associates, Ltd.**

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# Recipes— **MEATY MOSTACCIOLI**

*Contributed by Elia Irace*

**Ingredients:**

- 1 ½ lbs. mostaccioli noodles
- 10 oz. frozen spinach,  
or fresh spinach
- 1 lb. ground beef
- 2 eggs
- 1 cup Italian bread crumbs
- 2 cups shredded cheddar  
cheese
- 1 jar Ragu Chunky sauce

**Directions:**

Boil mostaccioli noodles until done. Cook ground beef until cooked through, breaking it up with a spoon into small chunks. Drain off oil. If using fresh spinach, boil until tender, or if using frozen spinach, defrost and strain excess liquid.

Combine the noodles, beef, and spinach in a large bowl. Add eggs, bread crumbs, cheddar cheese, and chunky sauce. Toss well.

Put into a large baking pan and bake for 45 minutes at 350°. Serves 10 to 15.

**College Drive Dental  
Associates, Ltd.**

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

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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**

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- Dr. Joseph Uhrich** .....Dentist
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- Marie** .....Dental Assistant
- Martha** .....Dental Assistant
- Georgie** .....Dental Assistant
- Marissa** .....Office Assistant
- Joanie** .....Office Assistant
- Briana** .....Office Assistant

## *Would you like to share?*

Our readers always say how much they enjoy receiving new recipes in our quarterly newsletter. If you have a recipe you would like to share, please send it in to the office: **College Drive Dental, 7550 College Dr., Palos Heights, IL 60463 (Attn: Amy).**

*Thank you!*