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KYLIE ALGER

Tips for enjoying Halloween

Here are some “tricks” to help you, and your kids, from overindulging in Halloween candy this year.

- **Eat a healthy meal before trick-or-treating.** Have a healthy dinner prepared before the quest for candy begins. “Consider having your kids eat something healthy before they go out so they aren’t tempted to eat their candy along the way,” said Vandana Sheth, a registered dietitian based in Los Angeles.

- **If you are going to be out of the house for a while, bring a stash of apples, bananas, nuts or low sugar granola bars.** This way you won’t be tempted to munch on Halloween candy all night.

- **Wear a pedometer.** For older children, it may be fun to know how many steps they walk.

- **Celebrate the night.** “Often children’s excitement is in collecting the candy, rather

SWEETS



Cliff Jette/The Gazette; model: Katie Slosiarek

than eating the candy," Sheth said. Walking house to house and the surprise behind each door is exciting.

•**Monitor candy consumption.** Make a (realistic) rule for the Halloween candy. Some nutritionists agree the number could be one to three mini pieces of candy spread out during the day. Pack a piece for lunch, after school snack with an apple, or after dinner. Talk about the reasons why you want to monitor the amount of sugar in your family. Ask your kids to notice how they feel when they eat too much candy: bellyache, tired when they play sports, etc.

•**Get cash for your extra Halloween stash.** Looking for a way to get your extra Halloween candy out of the house? Cedar Rapids Smile Center wants to "buy back" your extra candy and send it to our troops overseas.

Cedar Rapids Smile Center will host the Buyback event from 3 to 6 p.m. Tuesday. Bring in your extra candy and receive \$1 a pound, up to 5 pounds per person. This event is not just for kids — adults who have extra candy are encouraged to participate as well.

This is the third year Cedar Rapids Smile Center has sent candy to our troops — last year they sent 300 pounds, and this year they have a goal to send 350 pounds.

"The kids who come to the event are always excited to help out," said Katrina Rice, front office team leader at Cedar Rapids Smile Center. "We will have local servicemen and women at the event for photo opportunities. They will help collect the candy and it's meaningful for the kids to be able to interact with the troops."

Rice said they also accept toiletries and other personal items to send to the troops

Moderation is key with kids and candy. Brushing kids' teeth or rinsing their mouth with water after eating candy can help manage the ill effects of sugar on teeth. "With Halloween candy ... there's nothing wrong with it, but sugar isn't something we want to overdo on a regular basis," dietitian Nicole Johnson says.

Tricky treats

How to take the dietary, dental scare out of Halloween candy cache

By Diana Nollen, The Gazette

Dentist Christopher Tyler of Cedar Rapids doesn't want to be "that guy on the block" who hands out toothbrushes and floss on Halloween, only to have his house egged or pumpkins smashed in retaliation.

But he does care about his children's teeth and all the chompers of the little goblins who will be gobblin' up a bellyful of candy in the aftermath of the upcoming haunted holiday. He doesn't

want those enticing treats to turn into tooth-rotting tricks, especially with more candy-laden holidays in the near future.

Moderation is the key.

"As a self-professed sugar freak, I will eat candy," he admitted. "If it's in moderation and you're not marrying yourself to that stuff and eating it consistently throughout the day, once in a while is fine — but an overload of it can have nasty effects down the road, with decay."

Registered dietitian Nicole Johnson of Cedar Rapids agrees.

"With Halloween candy, if we can use it as an opportunity to teach kids to really enjoy their food and enjoy their candy, there's nothing wrong with it, but sugar isn't something we want to overdo on a regular basis," said Johnson, who works at the Collins Road Hy-Vee in Cedar Rapids, and is passionate about pediatric nutrition.

"If we can use it as an opportunity to teach kids to really enjoy their food and enjoy their candy, there's nothing wrong with it."

Nicole Johnson, dietitian

Since Tyler's daughters "think candy is a food group," he and his wife ration out the Halloween haul bit by bit to their kids, ages 6, 4 and 2 — with a toothpaste or water chaser.

"There's two schools of thought with that," said Tyler, owner of the Tyler, Link & Barnes dental practice in Hiawatha. "One: Don't let the kids have much of it at all, so you can manage the ill effects of that candy on their teeth and their general health. Or there's another school where parents will say, 'Have at it, eat it all.' Get rid of it all at once and then it's gone."

Johnson, whose kids are 3 and 5, follows the advice of pediatric nutrition expert, researcher and author Ellyn Satter.

TEACHABLE MOMENT

In one of her books, Satter "talks about Halloween as being a great opportunity to teach kids how to incorporate candy and sweets into a healthy diet," Johnson said, "because we all know sweets can be incorporated into a healthy diet. No one meal or snack makes or breaks your diet. Over an extended period of time, you receive the consequences of either eating healthy

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THINGS TO DO TODAY

MUSIC Club Hancer: Laurie Lewis and the Right Hands

Laurie Lewis — songwriter, fiddler, vocalist, teacher, producer — almost quit music the year she graduated early from Berkeley High School and moved out of the house. She found her calling a few blocks away at a folk festival on the University of California-Berkeley campus. Discovering bluegrass fiddlers on the San Francisco scene sealed her musical deal. She and

items to send to the troops like toothbrushes, toothpaste, socks, lip balm, deodorant, pocket-size notebooks, shaving cream, moist towelettes and unused holiday greeting cards.

"People can also send cards or letters of appreciation with their donations," she said.

Candy and other donations will be shipped to Operation Gratitude in California where they will be used to fill care packages for deployed troops.

The event will have a raffle for an iPad mini and the first 100 kids will receive a goody bag from Cedar Rapids Smile Center, 1260 Third Ave. SE, Cedar Rapids.

The smile on your child's face as they share their Halloween stash will be much sweeter than any candy.

● Kylie Alger is a certified wellness coach and co-owner of The Well-Woman: Body, Mind & Spirit. Comments: kylie@thewellwoman.org

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THEATER 'Alice in Wonderland'

The freshmen of the Linn-Mar Drama Department will present "Alice in Wonderland" in the Linn-Mar High School Little Theatre. Reservations are not required. Students with activity passes will be allowed in free of charge. Guests are asked to park in the high school's north parking lot for access to the Little Theatre.

- **When:** 7:30 p.m.
- **Where:** Linn-Mar High School, 3111 N. 10th St., Marion
- **Cost:** \$5

MUSIC Danika Holmes & Jeb Hart

Bettendorf native Danika Holmes made her way to Nashville, and since 2010, has opened for Dierks Bentley and Phil Vassar; toured the United States and Europe with more than 400 shows; and teamed up with guitarist Jeb Hart to create an acoustic pop blend.

- **When:** 7 p.m.
- **Where:** Campbell Steele Gallery, 1064 Seventh Ave., Marion
- **Cost:** \$20

on the San Francisco scene sealed her musical deal. She and her band are playing two Club Hancher concerts, with table seating and beverages for sale.

- **When:** 7 and 9:30 p.m.
- **Where:** Strauss Hall, Hancher, 141 E. Park Rd., Iowa City
- **Cost:** \$10 to \$25

HISTORY Something Wicked This Way Comes: Curses and Hexes

Madam Zelda, a medium of somewhat questionable skill who tends to be a bit free with facts, returns to Granger House to spellbind us with a myriad curses and hexes throughout history. Will she turn you into a newt?

- **When:** 7 p.m.
- **Where:** The Granger House Victorian Museum, 970 10th St., Marion
- **Cost:** \$5, free for Granger House members

MUSIC Halloween Music Recital

Students perform spooky music, in costume.

- **When:** 6:30 to 7:30 p.m.
- **Where:** Iowa City Public Library, 123 S. Linn St., Iowa City
- **Cost:** Free

A member of the task force that developed the AAP guidelines, Lori Feldman-Winter of Cooper University Hospital in Camden, N.J., said, "Studies were done showing you can decrease (SIDS) risk by 50 percent and they included infants up to 1 year," she said. The highest risk of death by SIDS occurs in infants under 6 months old.

"We know from additional evidence, room-sharing facilitated breastfeeding," Feldman-Winter said, adding that exclusive breastfeeding has been linked to reducing the risk of SIDS by up to 70 percent.

Key recommendations include:

- Baby sleeps on his back, on a firm sleep surface such as a crib or bassinet with a tight-fitting sheet.
 - The crib should be empty: no soft bedding, including bumpers, blankets, pillows and soft toys.
 - Put baby to sleep on a separate surface in the parents' bedroom.
 - Skin-to-skin care should start immediately after delivery, for at least an hour.
 - Breastfeeding is recommended. After feeding, the baby should be moved to a separate sleeping surface.
- A safe sleeping surface that's portable is a core service provided by Pittsburgh-based non-profit Cribs for Kids, which provides SIDS education and promotes SIDS research.

"Since 2005 they've said babies should sleep in a crib, in the same

to have these open and non-judgmental discussions with parents and families — first, sitting back and listening. We don't want to rush to the guidance with what to do. We want to reach parents where they're at."

Everyone involved in infant care has to get on board, she said, including hospital staff. She's seen babies in hospitals put to sleep on the side, which doubles the risk of SIDS. Skin-to-skin care should be routine as well, she said.

Other recommendations from the academy include offering a pacifier at sleep time after breastfeeding is established, keeping a child up-to-date with vaccinations, regular tummy time while awake to help development and avoiding use of home monitors or other devices that claim to reduce the risk of SIDS.

"Just because these are marketed and being sold," Feldman-Winter said, "doesn't mean it's safe for your baby."

"Portable cribs are fine; playpens are OK as long as they have a tightfitting mattress and tightfitting sheet. We don't recommend slings or bouncy sets or (Fisher Price) Rock 'n Play or even car seats. With car seats there can be a problem with airway obstruction; it's an unstable sleep position ... the head tends to fall down and obstructs the airway. A flat sleep surface is recommended for that reason."

SIDS-prevention devices aren't helpful, she said. "That's really send-

Treats/Candy can be hard on teeth

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or not eating so healthy, right? ...

"What she teaches and what she encourages, is that parents let their kids go trick-or-treating. They come home, and typical kids will dump out their candy, look it all over (and) they might sort it.

"She encourages parents to let the kids eat as much as they want that night, and even the next day, let them eat as much as they want of their candy. Then, after that, you do regulate it. You have the kids eat just a couple pieces as part of a meal or part of a snack. Two pieces of candy would be part of a dessert."

Johnson has seen that work with her own kids. "If we don't restrict that, they're more likely to stop eating. My own kids might ask for a second piece of cake, and I've seen them stop eating a couple bites in, because they realize they're full," she said. "Over the course of time, if you restrict, that's when they're more likely to overeat."

Kids are born with "internal regulators," she said, so when they're young, they will stop eating when they're full. Placing restrictions on them, however, can set up a power struggle for the "forbidden fruit."

"As parents, if we're doing a good job of feeding, that couple days of eating more candy than we would like them to have on a regular basis isn't really going to hurt

thing that can't be easily removed by the tongue or saliva is less desirable than candy bars.

"There's always a goo factor," he said, so pretzels or crackers like "gold fish" are even better choices to hand out on Halloween.

It's not just kids who are vulnerable to having a sweet tooth go sour. Candy is hard on teeth at any age, he said. It provides "a major speed bump" for people wearing braces, increasing the chance of breaking brackets or popping off wires and offering "a lot more spaces for stuff to get stuck in" and hide, making it harder to see the ill effects until they've set in.

"Sugar does not discriminate from an age standpoint," Tyler said. "Whether (you have) a mouthful of baby teeth, a mouthful of adult teeth or a mix in between, you can get damage, no matter what stage."

Damage to dental work "is a definite concern for the adult population — not as much for the kids," he said, noting that after Halloween and Easter, "adults will come in with dental work that's come off because of sticky stuff. We definitely see an uptick."

BEST PRACTICES

It's all a matter of common sense, he said. After eating candy, brush your teeth, floss or at the very least, swish water around your mouth to

People who wear dentures don't get a free pass at the candy, either.

"From a tooth standpoint, yes, but not from a health standpoint," Tyler said. "There's not much nutritious candy out there. If there's a mild to moderate addiction in the candy sense, then you're putting your blood sugar (and) your general health in some caution category, along with the teeth."

For children with food allergies, Halloween treats can be tricky, so Hy-Vee has launched a "teal pumpkin" project. Placing a teal-painted pumpkin on your front steps signals that you have non-food treats, too. Make sure to keep the goody bowls separate, to avoid cross-contamination, Johnson said.

Even kids without food allergies get excited over receiving stickers, pencils and temporary tattoos, Johnson said, so she likes to offer those in addition to fun-size candy. Kids are used to getting those alterna-

tives, she noted, since schools are encouraging more non-food items for birthday treats.

BUYBACKS

Want to keep the candy out of your house, pad the piggy bank and pay it forward? Farmers State Bank and the Cedar Rapids Smile Center are offering cash for candy exchanges. Kids get some cash, and U.S. troops will get the candy. Kids are encouraged to tuck a note into their stash, which will be sent with sweet treats.

The bank buyback runs Tuesday to Nov. 5 at all the Farmers State Bank locations in Marion, Hiawatha, Cedar Rapids and Alburnett, and offers \$1 for each pound of candy turned in.

Cedar Rapids Smile Center, 1260 Third Ave. SE, is doing a buyback from 3 to 6 p.m. Tuesday, paying \$1 per pound of candy, up to \$5. Details: Cedarrapidsdentalinfo.com/cash-for-your-candy

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<p>♦♦ INFERNO (PG13) FRI: 1:00PM, 2:00PM, 4:00PM, 5:00PM, 7:00PM, 8:00PM, 10:00PM SAT-SUN: 11:00AM, 1:00PM, 2:00PM, 4:00PM, 5:00PM, 7:00PM, 8:00PM, 10:00PM MON-WED: 1:00PM, 2:00PM, 4:00PM, 5:00PM, 7:00PM, 8:00PM, 10:00PM THURS: 1:00PM, 2:00PM, 4:00PM, 7:00PM, 10:00PM</p>	<p>♦♦ OUIJA: ORIGIN OF EVIL (PG13) FRI: 2:30PM, 5:00PM, 7:30PM, 10:00PM SAT-SUN: 12:00PM, 2:30PM, 5:00PM, 7:30PM, 10:00PM MON-THURS: 2:30PM, 5:00PM, 7:30PM, 10:00PM</p> <p>PRICELESS (PG13) FRI: 1:30PM, 3:55PM, 6:20PM, 8:45PM SAT-SUN: 11:00AM, 1:30PM, 3:55PM, 6:20PM, 8:45PM</p>
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in a crib, in the same room with the mother," said Judith Bannon, executive director. Cribs for Kids has 710 partners nationwide that offer Graco Pack 'n Play, a portable play yard with a bassinet feature that can sit next to the mother's bed. In Allegheny County, mothers who can't afford a safe sleeping space can obtain a free Pack 'n Play. Although her group has recommended room-sharing with the mother for the first six months, Bannon said a play yard can hold a baby up to 30

said. "That's really sending the wrong message. It assumes the baby will be in a separate sleep environment." For parents concerned that a baby in their bedroom will disturb the adults' sleep, Feldman-Winter said that is normal. "Babies are supposed to feed through the night. Parenting is difficult. We don't know why room-sharing reduces the risk of SIDS. ... You're supposed to be with your baby. The baby is not supposed to be alone."

isn't really going to hurt them." **GOO FACTOR** From a dental standpoint, some candies are easier on the teeth than others. Sticky taffies and gummy snacks are harder to clean off the teeth, Tyler said. Jawbreakers also can live up to their name, cracking or breaking teeth if kids bite down on them. And any hard candy that soaks in the mouth bathes teeth in sugar, he added. In combination, stickiness and sugar deliver a one-two punch — any-

around your mouth to lessen the sugar- and associated acid attacks.

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The Secret Life of Pets PG
12:55 2:55 4:55 7:00 9:00

Bad Moms R
12:30 3:30 7:10 9:20

Pete's Dragon PG
12:25 2:30 4:35 6:50

Jason Bourne PG-13
12:50 6:30 9:10

Suicide Squad PG-13
12:40 3:40 6:40 9:15

Masterminds PG-13
3:00 5:00 9:05

THURS: 1:00PM, 2:00PM, 4:00PM, 7:00PM, 10:00PM ACCOUNTANT (R) FRI-THURS: 1:00PM, 4:00PM, 7:00PM, 10:00PM	SAT-SUN: 11:00AM, 1:30PM, 3:55PM, 6:20PM, 8:45PM MON-THURS: 1:30PM, 3:55PM, 6:20PM, 8:45PM
D+ AE DIL HAI MUSHKIL-HINDI (NR) FRI-THURS: 1:30PM, 5:15PM, 9:00PM	SECRET LIVES OF PETS (PG) FRI: 2:10PM, 4:35PM SAT-SUN: 11:45AM, 2:10PM, 4:35PM MON-THURS: 2:10PM, 4:35PM
DEEPWATER HORIZON (PG13) FRI-WED: 3:45PM, 6:25PM, 9:05PM THURS: 3:45PM	STORKS (PG) FRI: 1:25PM, 3:50PM, 6:15PM SAT-SUN: 11:00AM, 1:25PM, 3:50PM, 6:15PM MON: 1:25PM, 3:50PM TUES: 1:25PM, 3:50PM WED: 1:25PM, 3:50PM THURS: 1:25PM
D+ DENIAL (PG13) FRI-THURS: 1:00PM	SUICIDE SQUAD (PG13) FRI-SUN: 8:40PM
GIRL ON THE TRAIN (R) FRI: 1:50PM, 4:30PM, 7:10PM, 9:50PM SAT-SUN: 11:05AM, 1:50PM, 4:30PM, 7:10PM, 9:50PM MON-THURS: 1:50PM, 4:30PM, 7:10PM, 9:50PM	SULLY (PG13) FRI: 1:40PM, 4:10PM, 6:40PM, 9:10PM SAT-SUN: 11:10AM, 1:40PM, 4:10PM, 6:40PM, 9:10PM MON-WED: 1:40PM, 4:10PM, 6:40PM, 9:10PM THURS: 1:00PM, 3:30PM
D+ JACK REACHER: NEVER GO BACK (PG13) FRI-THURS: 1:10PM, 4:00PM, 6:50PM, 9:40PM	D+ TYLER PERRY BOO! A MADEA HALLOWEEN (PG13) FRI: 2:00PM, 4:30PM, 7:00PM, 9:30PM SAT-SUN: 11:25AM, 2:00PM, 4:30PM, 7:00PM, 9:30PM MON-THURS: 2:00PM, 4:30PM, 7:00PM, 9:30PM
D+ KEEPING UP WITH THE JONESES (PG13) FRI-THURS: 1:10PM, 3:40PM, 6:10PM, 8:40PM	D+ RIFFTRAX LIVE: CARNIVAL OF SOULS (NR) MON: 7:30PM
D+ KIRK CAMERON'S REVIVE US (PG) TUES: 7:00PM	D+ NEWTOWN LIVE: A NATIONAL CONVERSATION WED: 6:30PM
KEVIN HART: WHAT NOW? (R) FRI-WED: 7:05PM, 9:40PM	D+ DOCTOR STRANGE (PG13) THURS: 7:00PM, 8:15PM, 9:50PM
MAGNIFICENT SEVEN (PG13) FRI-WED: 6:20PM, 9:30PM	D+ DOCTOR STRANGE: REALD:3D (PG13) THURS: 7:30PM, 10:20PM
MIDDLE SCHOOL (PG) FRI: 1:25PM, 3:50PM SAT-SUN: 11:00AM, 1:25PM, 3:50PM MON-THURS: 1:25PM, 3:50PM	D+ TROLLS (PG) THURS: 5:00PM, 7:30PM, 10:00PM
MISS PEREGRINES HOME FOR PECULIAR CHILDREN (PG13) FRI: 3:00PM, 6:00PM, 9:00PM SAT-SUN: 11:55AM, 3:00PM, 6:00PM, 9:00PM MON-THURS: 3:00PM, 6:00PM, 9:00PM	D+ TROLLS: REALD:3D (PG) THURS: 6:00PM, 8:30PM
	D+ HACKSAW RIDGE (R) THURS: 7:00PM, 10:10PM