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Ctrl, Alt, Delete YOUR CLUTTER TIPS FOR NATIONAL CLEAN UP YOUR COMPUTER MONTH



Everyone relies on technology. Computers, laptops, tablets, and phones are staples of modern life. However, it's easy for these devices to become cluttered with old photos, files, and general disorganization. Luckily, January is National Clean Up Your Computer Month and an excellent time to get your technology in order.

START BY DUSTING

Over time, computer towers can become clogged with dust, which creates additional, unwanted heat within your computer. Regular cleanings will increase the lifespan of your computer and protect its essential components. Compressed air is great for removing most of the dust and other particulates. If the fans or filters are too dirty, you can remove them from the tower to clean them better. If you use water or liquid cleaning products on them, be sure they are completely dry before placing them back into your computer.

ORGANIZE YOUR FILES

Naming and arranging the files on your computer in such a way that they're easy for you to find can end up saving you a lot of time. Declutter your workspace by creating one folder for pictures, one for Word documents, one for spreadsheets, and one for programs to eliminate the hassle of frantically searching for the files you need.

BACK UP YOUR COMPUTER

Be sure to back up your computer before you start deleting things. This acts as a safety net in case you delete something you didn't mean to. Additionally, consider installing a second hard drive. The extra space can help with storing important files without having to worry about how much room is left. Google Drive and Dropbox are also great for backing up your files so that they're in the cloud and accessible from anywhere.

CLEAN UP SPACE

Any files you'll never use again should be deleted. Likewise, any programs you haven't used in a while should be uninstalled. Check your hard drive for files that might be taking up unintended space on your computer. And remember to empty the recycling bin — it's easy to forget just how much goes in there.

RINGING IN THE NEW YEAR With Celebrations and Healthy Smiles

Happy 2020! Newman Springs Dental Care has a lot to be thankful for and a lot to get excited about as we head into the new year.

We had a few causes for celebration at the end of the year. First, we wished a very happy birthday to both Doreen and Dr. Menon, who share the same birthday! We also congratulated Linda Paris on her incredible 23rd work anniversary. Linda has been with us since 1996, is such an integral part of our wonderful team, and has seen how far we've come and how much we've grown. Fun fact: Linda and I were high school classmates at Middletown Township High School (now Middletown High School North). Bonus fun fact: Linda's sister, Jean, retired from Newman Springs Dental Care after working here for 24 years! We're eager to see if Linda can break that record.



Doreen celebrates her birthday!

It's wonderful to have a culture where our team is encouraged to thrive in their work and, at the same time, feel like they have a second family in our office. Work isn't meaningful if you can't do it with a smile on your face, and I'm not just saying that because I'm a dentist. We really strive to create an atmosphere where everyone feels welcome, comfortable, and thankful every day, and I think these sentiments always culminate so well during our office's Friendsgiving party. The event did not disappoint, and the celebration has quickly evolved into a team favorite.

But we know we'd be nowhere without the patients who keep our business alive. That's why we need to recognize the importance of keeping your smiles as healthy as possible by going beyond diligent home regimens and regularly cleanings. We also stress the importance of screening for oral cancer. We've seen an increase in cancer cases over the years, and we want you to know we're



Linda Paris and Dr. Friedman

trained to recognize the signs early, often by way of a VELscope exam. So please don't be afraid to ask us about the advantages of that exam.

In an effort to keep promoting healthy smiles, we have three Amazon Fire tablets to give away to the first three patients who choose to have a straighter smile in 2020! If you're looking to straighten your teeth but haven't taken the first step, we're eager for you to start on the road to your best smile in 2020.

Whether you need braces, Invisalign, or anything in between, come to Newman Springs Dental Care to get them, and you could walk out with a free Fire tablet. Contact our office for details.

Finally, we just want to say how thrilled we've been to continue making the services we provide as carefree as they can be. Taking care of business by way of our texting program not only helps things run smoothly but also keeps our patients focused on their busy schedules rather than having to stress over the necessary steps of visiting the dentist. With the ability to make appointments, view statements, pay bills, and ask any questions you might have through text, your dental health has never been so easy to maintain. We encourage everyone to keep those texts coming!

There's a lot to be thankful for when we look back at how far Newman Springs Dental Care has come, and we have a lot to look forward to in the years ahead of us. We're thrilled to share our business and our lives with you and can't wait to keep servicing your smiles.

-Dr. Mitchel Friedman



Employer Benefits Renew in the New Year! You can now book your appointments online

via our website at BestLincroftDentist.com and on our Facebook page [@NewmanSpringsDental](https://www.facebook.com/NewmanSpringsDental). It's easy and convenient. You can even check availabilities to choose the date and time that works with your schedule. Give it a try today!

WE COLLECTED 419 POUNDS OF CANDY

Thanks to 22 Enthusiastic Kids!

It's rare for children to let their dentist see them with their arms full of candy. But youngsters lined up November 4th at Newman Springs Dental Care carrying sugary treats in boxes and bags.

As promoted in our previous edition of the newsletter, we held our ninth annual Halloween Candy Buyback event a few days after "trick-or-treat" day. Children brought their excess spoils in exchange for \$1 per pound turned in, flashing toothbrushes, and snacks.

"All collected candy was individually boxed up and sent to troops overseas," said Dr. Aparna Menon. The children also wrote letters to the soldiers to include with the packages. "Most youngsters were willing to part with their candy, with some even turning down the money."

The event yielded 419 pounds of candy. Lucille Springer and Ronnie Miccuilla of American Recreational Military Services (ARMS.org) will make sure the candy



gets to our troops in individualized packages. As a team, our practice donated toothbrushes and floss so the candy could be enjoyed without guilt. The event was cosponsored by Comcast Spotlight.



SCREEN-TIME STRATEGIES HOW TO SET A FAMILY MEDIA USE PLAN



With 24/7 media exposure from TVs, computers, and smartphones, it feels like life is dominated by screens. Consider implementing a media use plan for your family so they don't miss out on the real world.

SET A CURFEW

Limiting the time your children spend staring at a screen is good for their health. Try to keep screen-time usage to under two hours per day. Implement a rule for no screens at mealtimes, and keep all screens out of bedrooms at night. Keep track of the devices by having a communal charging dock in a shared area where you can make sure everything is plugged in for the night.

HAVE A CHAT

Don't shy away from warning your kids about what exists in the digital world. Explain to them that certain content isn't age-appropriate, and teach them what movie and TV ratings mean. Remind them to be careful about what they put on the internet because anything they upload never really goes away. Teach them to be smart with their decisions. Connect with them on social media if it helps you keep an eye on things.

CONSTRUCT A 'MEDIA DIET'

Take an active role in what your children watch by co-viewing programs with them. You'll have a better sense of what they're seeing and can point them toward the programming that's right for them. Look for educational media choices that teach good values. There are a lot of great educational opportunities on the internet, but there's also a lot of room for negative exposure. If this is a concern, keep the family computer in a public part of your home so you can see what they're accessing online.

It's important to educate your children about proper media health, but it's even more important to encourage your kids to be healthy in other ways. Beyond the tips mentioned above, encourage them to play outdoors and read physical books so they can participate more actively in the real world.

THE LEGEND OF THE TOOTH WORM

ONE OF DENTISTRY'S STRANGEST MYTHS

Toothaches are uncomfortable enough without getting slimy critters involved. However, for the majority of human history, "tooth worms" were believed to be the actual source of toothaches and other oral health issues. Where did this belief come from, why was it so pervasive across cultures, and how did the precursors to modern dentists treat the problem? The answers might surprise you.

UNEARTHING THE WORM

The first mention of a worm that fed on human teeth can be found in an ancient Babylonian cuneiform inscription. The tale depicts a conversation between a worm and Mesopotamian gods, in which the worm declares, "The blood of the tooth I will suck, and of the gum I will gnaw its roots!" While it is unclear if this inscription was the genesis of the myth, Babylon certainly wasn't the only place it appeared.

WORMING THROUGH HISTORY

This hungry little worm appears again in Mayan legends, Sinhalese folk charms, and even 18th-century books on dentistry. How did so many cultures from around the world believe in the

same pernicious little creature? One theory suggests premodern dentists removing dental crowns mistook the underlying nerve for the worm. However, more recent research from the University of Maryland Dental School has revealed "wormlike" structures inside molars that could have inspired the myth.

TURNING TO MAGIC AND RITUAL

Before modern medical science, people turned to the supernatural to cure their dental issues. After all, the tooth worm was thought to be a semimagical being, so why not fight magic with magic? Some of the less graphic premodern treatments included trying to smoke the worm out by using honey to lure the worm out of the tooth or banishing the evil creature through ceremonial chants.

Today, we know tooth worms don't exist, and our dentists won't cast any magic spells on you (we promise). However, every story has a nugget of truth: While much smaller than worms, bacteria do feed on our tooth enamel. That's why brushing well and getting your regular cleanings twice a year are important to keep your smile happy and healthy!



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

Grace Shields gets assistance from Jenn and Laura



CONGRATULATIONS TO
GRACE SHIELDS FOR REFERRING
THE MOST PATIENTS IN 2019!
SHE WON A 40-INCH LED TV!
CONGRATULATIONS TO NOVEMBER'S
VIP JEANETTE SMALL FOR
WINNING YOUR
\$100 RESTAURANT GIFT CARD

VEGAN FRIED RICE

Inspired by TheLazyBroccoli.com

Ingredients

- 2/3 cup brown rice
- 1 cup water
- 2/3 cup chives, chopped
- 1 block tofu, extra firm
- 2 tsp vegetable oil
- 1 tsp mirin, optional
- 2 tsp soy sauce
- Salt, to taste

Directions

1. Rinse rice until water runs clear. Cook rice as instructed on package with 1 cup water.
2. While rice is cooking, prepare chives. Set aside.
3. Also while rice cooks, crumble tofu over a fine strainer. As you crumble tofu, press it into the strainer to release as much water as possible. Let drain. Press and drain again.
4. Once rice is cooked, set aside. In a nonstick pan, heat vegetable oil over medium-high heat.
5. Crumble tofu into the hot pan, cooking until brown.
6. Add chives and cook for 1 minute longer.
7. Add cooked rice and mirin, cooking until rice is dry. (You can make rice one day in advance to dry it out even more.)
8. Turn off the heat and add soy sauce, tossing until fully incorporated.
9. Add salt to taste and serve.

