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## IT'S IN THE CARDS

### WHY VALENTINE'S DAY IS THE ULTIMATE CARD HOLIDAY

This may be the first year in a long time that kids don't pass out Valentine's Day cards at school. Going in to the new year, the seasonal section of most stores is lined with cards featuring fun characters from superheroes to unicorns. Handing out cards is now a well-loved tradition, but have you ever wondered how Valentine's Day became one of the biggest card-giving holidays of the year?

Like many holiday traditions, the convention of handing out Valentine's Day cards goes back centuries. During the 1700s, it became fashionable to trade Valentine's Day cards with a short poem or verse. The popularity of swapping cards only increased throughout the 1800s. Sometimes, people would go as far as to paint or draw spring-like images on the cards. They were much more elaborate than what we typically see today, though they were still usually very small.

But where did those folks get the idea? People of that era were likely inspired by stories that go back even further. There are legends that the originator of this holiday tradition was Saint Valentine himself. One story says that on the night before he was set to be executed, Valentine wrote a small letter to a jailer's daughter. He ended the note with "Your Valentine."



It's unknown whether that story is true, but to 18th century Europeans and Americans, it was inspiring! So inspiring, in fact, that the entire Valentine's Day industry began to gain traction. A guidebook called "The Young Man's Valentine" was published in 1797 to help suitors garner the attention of their love interests through the written word. Eventually, books aimed at women were also published, including "The Lady's Own Valentine Writer," which served much the same goal.

These publications, along with young people writing notes to one another every February, have made Valentine's Day cards an ingrained tradition, and now people can't get enough of them!

# RINGING IN THE NEW YEAR

## A Different Year Than 2020

Happy 2021! Like many of you, Newman Springs Dental Care is looking forward to a different year than the last one — but in order to make that happen, we all have responsibilities.

Early on in this pandemic, I realized that personal involvement was going to be necessary. It started with protective gear back when hospitals and first responders were running out of masks and gloves left and right. I took inventory of our office supplies and realized we could do without a lot of the PPE we had. So, we donated it to emergency rooms and local hospitals for the simple reason that we knew it would help.

I personally gave PPE to two local police officers I saw parked near the ATM one day. After cautiously approaching their cars (never a good idea to spook the police!), I asked if they needed masks and gloves. When they said they did, I went to my own vehicle and returned with boxes for both of them.



Roxanne's 15-year anniversary  
in December

Some things remain the same, even in a pandemic. We still 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. I've seen more gratitude this past year than ever before, and I think COVID-19 has something to do with that.



Dr. Friedman gets vaccinated



Volunteer vaccinator team

And we can't forget the other health concerns people need to be aware of besides the coronavirus. It's important to keep smiles as healthy as possible by going beyond diligent home regimens and regular cleanings. We've seen an increase in cancer cases over the years, and we're trained to recognize the signs early, often by way of a VELscope exam. Please, don't be afraid to ask us about that exam's advantages.

But none of that changes how we each have a responsibility to be safe and to keep others safe. Vaccines are on the way; I have been working firsthand with our hospital as a volunteer on the vaccine team, a position I found myself in due to my work at the hospital with post-dental school students. The vaccine is coming for everyone eventually, but until then, we need you to stay safe, practice social distancing, and hold off on those gatherings until later this year.

Our business-by-texting program is one great way to do that. With the ability to make appointments, view statements, pay bills, and ask any and all questions you might have through text, your dental health has never been so easy to maintain. We encourage everyone to keep those texts coming — and keep a safe distance from others until we've all had a chance to get the all-important COVID-19 vaccine.

*-Dr. Mitchel Friedman*



You can now book your appointments online via our website at [BestLincroftDentist.com](http://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.



Dental assistants didn't let snow stop them from helping our patients



Dental hygienist Melissa with No Cavity Club member



Patient of the Week Terryn with Melissa



Patients of the Week

## A SIMPLE WAY TO IMPROVE YOUR DAY! THE CALENDAR OF 'THINGS TO LOOK FORWARD TO'



## THE TRUTH ABOUT HARD-BRISTLED TOOTHBRUSHES

### WHY THEY EXIST, AND WHY YOU SHOULD NEVER USE THEM



- Enamel erosion
- Gum recession
- Tooth sensitivity

Every time you've shopped for a new toothbrush, you've probably seen hard-bristled brushes mixed in with the soft-bristled brushes. However, dentists tell you to avoid them. So, why are they there? Simply put, there is a market for them, and toothbrush manufacturers are going to take advantage of it. Some people use them because they think hard bristles "work better" to clean away plaque, tartar buildup, and stains. Other people also use them to clean braces and dentures, and some people don't buy them for teeth at all! Instead, they use them for household cleaning, like scrubbing tile grout.

So, are hard-bristled brushes really as bad as dentists say? Yes! If you use a hard-bristled toothbrush for your daily brushing, you put yourself at risk for several serious dental problems, including:

All three of these issues can then lead to other problems, such as increased sensitivity to hot and cold food and drinks and serious pain. As enamel is worn away and the gums recede, you also increase the chance for bacterial infections and inflammation. While it may feel like you're giving your teeth a healthy cleaning with a hard-bristled brush, you're actually doing lasting damage.

When it comes to cleaning retainers or dentures, use a brush that is specially made for that use. Otherwise you can scratch the surface and cause damage.

**Here's the bottom line:** Never use a hard or medium bristled toothbrush, stick to softer brushes and regular checkups with Newman Springs Dental Care to keep your teeth and gums looking their best and healthy. Please reach out to our hygienists Laura, Pauline, and Melissa with any specific concerns via text, chat, or phone!



NEWMAN SPRINGS DENTAL CARE  
**VIP WINNER**

Betsy and Kristen prepare the TV for Tara



CONGRATULATIONS TO  
**TARA LUCOSKY** FOR REFERRING THE  
MOST PATIENTS IN 2020!  
**SHE WON A 43-INCH SMART TV!**

CONGRATULATIONS TO NOVEMBER'S  
VIP **SANDY AIMONE**  
FOR WINNING YOUR AMAZON &  
DOORDASH GIFT CARDS

## ZUCCHINI NOODLES WITH TURKEY BOLOGNESE

### Ingredients

Inspired by *JustATaste.com*

- 3 tbsp olive oil, divided
- 1 tsp salt
- 1 tbsp garlic, minced
- 1/2 tsp pepper
- 1/2 cup onions, diced small
- 2 tsp sugar
- 1 lb ground turkey
- 3 medium zucchini
- 1 28-oz can crushed tomatoes
- Parmesan cheese, for garnish
- 2 tbsp tomato paste

### Directions

1. In a large sauté pan over medium-low heat, warm 2 tbsp olive oil.
2. Add garlic and onions and stir constantly until garlic is golden and onions are translucent.
3. Increase heat to medium and add ground turkey, break apart, and cook thoroughly.
4. Add crushed tomatoes, tomato paste, salt, pepper, and sugar. Reduce heat to low. Stir occasionally.
5. Using a spiralizer, mandolin, or vegetable peeler, cut the zucchini into noodles.
6. In another large sauté pan over medium-low heat, add remaining olive oil and zucchini noodles, tossing constantly for 2 minutes until slightly wilted.
7. Plate the zucchini noodles, top with the turkey Bolognese, and garnish with Parmesan cheese. Serve immediately.



Many families have faced disappointment in one way or another. Since early last year, countless activities and events have been canceled, and people had to skip many family vacations and get-togethers. Though it is a new year, it's still going to be a while before normal activities and events will be scheduled, meaning there might not be a whole lot to look forward to, which can be disheartening.

So, why not change that and give yourself and your family something to look forward to? A great way to improve your day — or week, month, or even year — is to write down things you're excited about. In an article on Lifehacker.com, one mom talked about how she improved the overall mood of her family by creating a calendar of things to look forward to every week.

In a post on Facebook, she wrote, "I wanted something for me and my kids to look forward to each day, so I posted a list to my fridge of the days of the week and one fun thing each day. (Like Taco Tuesday, Takeout Thursday, Dance Party Friday, Movie & Popcorn Sunday.)" It's an idea anyone can easily implement.

Create themed days (like game night or park day) or create a schedule of fun things. Write down when the next show or movie you're interested in will be available to stream. You can do the same for a new book or video game that may be coming out and apply the concept to virtually anything.

The important thing is that you write it down on a calendar so you can see it. When you or your family glance at the calendar and see what's coming up, it elevates your mood and boosts your day. And the more things you're looking forward to, the better!

Give it a try and get everyone in the family involved. When you need a little extra joy in your life, this is an incredibly simple way to achieve it!