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3 HIDDEN GEMS CELEBRATING AMERICAN ART GO TO AN ART MUSEUM DAY

Go to an Art Museum Day, which takes place on Nov. 9, is very clear about how you should celebrate it: Go to an art museum! This holiday is an important reminder of the wealth of art and creativity housed in our nation's museums. Many facilities participate in the holiday with events and discounted entry fees. While East Coast art meccas like New York's Museum of Modern Art and the Metropolitan Museum of Art immediately come to mind, there are some hidden gems in our country that deserve a second (or first) look.



From architecture to impressionist art, the 35 acres of this museum house 39 different structures, each celebrating a subsection of American art. Founded by Electra Havemeyer Webb, an art lover and collector, Shelburne Museum exemplifies her vision of an institution that celebrates both past and present.



CHINATI FOUNDATION Marfa, Texas

This contemporary art museum carries out the intentions of artist and founder Donald Judd, who sought to create a sense of time and place through thoughtful curation and design. Judd emphasized "works in which art and the surrounding landscape are inextricably linked." Located on 340 acres of land, the museum includes permanent and temporary installations. The foundation also supports artist residence and educational programs. Judd's ideas, and their manifestation in Chinati, have helped establish Marfa as an international art destination.

Locally, the Monmouth Museum on the Brookdale Community College campus has programs and exhibits for families. Visit www.monmouthmuseum.org for their calendar.



NATIONAL MUSEUM OF WILDLIFE ART Wyoming

It's hard to beat the setting of this museum. Located in Jackson, Wyoming, the National Museum of Wildlife Art is nestled into a cliff that overlooks the pristine National Elk Refuge. As if the beautiful environment weren't enough, the museum is also filled with 14 galleries (over 5,000 pieces) from artists who evoke the relationship between humans and the natural world, including pieces from Georgia O'Keeffe, John James Audubon, John Clymer, and Robert Kuhn. In 1994, the museum received the Wyoming Humanities Award, and, in 2008, it received its current designation as the National Museum of Wildlife Art of the United States from Congress.

SHELBURNE MUSEUM Vermont

Experience American history, art, and design at this impressive museum that was "designed to allow visitors the pleasure of discovery and exploration."

SO MUCH TO CELEBRATE

Season's Greetings From Newman Springs Dental Care



own Dr. Menon has an outstanding record of military service, we feel especially grateful to support this wonderful cause. This year's Halloween Candy Buyback will be held on Monday, Nov. 4 from 3-5 p.m.

It means so much to us that so many of our patients contribute to our outreach efforts. In every way imaginable, we wouldn't be where we are without you all. With Thanksgiving on the horizon, I want to take a moment to express my gratitude to every member of the Newman Springs Dental Care family. To our doctors and staff, you make coming to work every day nothing less than a joy. I'm lucky to work alongside you, and the standard of care we work to uphold is something I'm truly proud of. To our patients, words can't express how thankful I am for you continuing to choose us as your practice. Above all, we strive to give you the best possible care and experience.

Happy holidays to everyone reading this newsletter. It's been a wonderful 2019, and we're looking forward to an even better 2020.

-Dr. Mitchel Friedman

We all have our own personal associations with the holiday season, but I think we all share a sense that the end of the year is a time to reflect and give back. At Newman Springs Dental Care, our holiday season begins in earnest with our annual Dentistry From The Heart on Oct. 17. On that day, our 60 volunteers were able to provide free treatment to 90 patients and provide \$59,715 in care. We look forward to this event every year as a chance to offer care to those who may not receive it otherwise. Giving back to our local community never stops being rewarding.

In addition to helping out here in New Jersey, we'd like to ask your help in supporting our troops overseas. Every year, we participate in a Halloween Candy Buyback program. We ask our youngest patients to bring in any unwanted, unopened candy to our office, for which we will pay \$1 per pound. All of the candy will be sent to troops overseas and their families. Often, it ends up in the hands of children living in dangerous and marginalized areas. Given that our

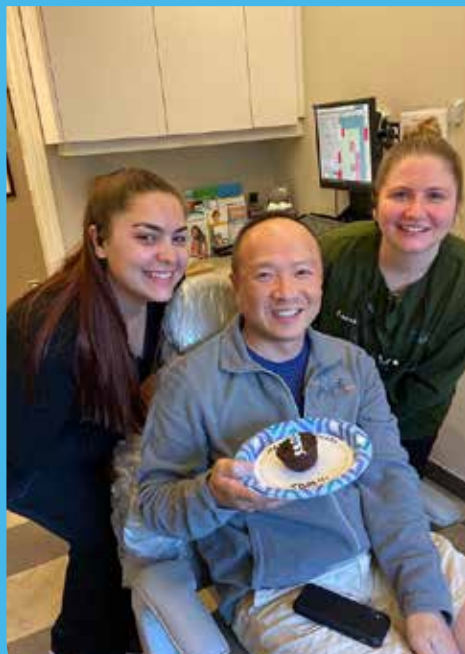
**Have you been diagnosed with obstructive sleep apnea?
Do you find your CPAP machine intolerable?
Is your snoring affecting your sleep or your spouse?**

You have options to treat your sleep apnea, including a comfortable, effective oral dental appliance from Newman Springs Dental Care.

The next time you're in, ask us about these devices and how insurance can be used to cover them.



**End-of-year benefit reminder: dental insurance benefits expire on Dec. 31.
Call now to reserve your appointment.**



TOM'S BIRTHDAY WITH KRYSTINA AND LAURA



ROXANNE PRESENTS FLOWERS TO OUR PATIENT OF THE WEEK, STACY



ROXANNE PRESENTS CHECK TO PARKER FAMILY HEALTH CENTER

Our annual "Candy Buyback" will be held Monday, Nov. 4 from 3–5 p.m.

Children receive \$1 per pound of unopened candy. The donated candy is sent to our troops serving far away from their families.



GET READY FOR GOOD NUTRITION IN NOVEMBER!



It might seem strange that November — when millions of Americans gather around the dinner table to show gratitude through lavish Thanksgiving feasts — has recently been dubbed Good Nutrition Month. But it's true; now is the time to pay extra attention to the nutrients your body needs to maintain its healthy state through the new year.

While mindful eating is a habit families know they should practice year-round, once the holiday season kicks into full gear, it becomes much easier to overlook. With colder weather keeping you inside, the cravings for heartier meals and delicious baked goods leave parents struggling to encourage their picky eaters to consume anything nutritious. If you're finding it more difficult than usual to convince your child to eat their greens, here are some tips to keep in mind!

1. LET THEM HELP.

If your child has grown out of the toddler stage and is still resistant to eating their vegetables, child psychologists say you should have them help with the cooking process. The excitement and anticipation that comes with getting to prepare the vegetables can encourage kids to try a couple bites during dinnertime.

2. CHEESE IT UP!

Cheese can undoubtedly make veggies more appealing for your little ones. When making their favorite mac 'n' cheese dish, consider adding broccoli and peas to the sauce. The cheese will mask most of the veggie flavor, and your kids won't care as much! Another option for really picky eaters is to purée vegetables, like sweet potatoes, into the cheese sauce. The bright orange color will mask the inclusion, ensuring your little one gets a good share of fiber-rich nutrients while being none the wiser.

3. GET 'BEEFY' WITH YOUR VEGGIES.

If your kids are fans of meat-based pasta sauces, meatballs, or sloppy Joes, you can substitute some of the ground beef with finely chopped mushrooms. Since the meaty texture of the tasty fungi is similar to ground beef, it'll be hard for kids to notice the difference. Riced cauliflower can also be mistaken for tender ground beef when cooked in darker sauces and gravies.

While it can be frustrating to negotiate with a picky eater, especially during the holidays, don't lose hope. Try out these three tasty tips and observe Good Nutrition Month with a little more ease.

WHAT DO JOHNNY CASH, BEA ARTHUR, AND JOE LOUIS HAVE IN COMMON? THEY'RE ALL VETERANS

It's no surprise that countless veterans have gone on to prestigious careers in government. Of the 44 people to become president, 29 of them have had some form of military background. What you might be surprised to learn, though, is how many celebrities also have a record of serving their country. In honor of Veterans Day, we thought it would be fun to point out a few of America's most famous military alumni.

War movies aren't the only link between Hollywood and the military. Countless stars have served, from icons you might have guessed to those you'd never suspect. On the more obvious end of the spectrum are folks like Steve McQueen, Humphrey Bogart, Morgan Freeman, Clint Eastwood, and Paul Newman — stoic leading men who you could easily imagine in some fatigues. A shocking number of TV hosts have served, including Johnny Carson, Ed McMahon, Pat Sajak, and Bob Barker. Perhaps the hardest to picture, however, are people who went on to have success in comedy. We have to imagine that whoever shared a mess hall with Mel Brooks and Bea Arthur had plenty of laughs.

A fair share of musicians have served, as well. Most famous, of course, is Elvis, who leveraged his real-life service into a career playing soldiers. Country icons like Kris Kristofferson, Emmylou Harris, and Johnny Cash all served. Jimi Hendrix was prompted to conscript after being caught stealing cars. There's certainly no genre that precludes military service, as artists as wildly different as Tony Bennett and Ice-T are proud veterans.

Athletes have also played their part in serving their nation. Three heavyweight champions — Jack Demspsey, Joe Louis, and Rocky Marciano — spent time as servicemen. Ted Williams put his Hall of Fame baseball career on hold to fight in World War II. In fact, Cooperstown is lousy with veterans, including Yogi Berra, Joe DiMaggio, Roberto Clemente, and Willie Mays.

While it's cool to note how many American stars have served their country, everyone's military service is valuable. This Veterans Day, be sure to express your gratitude to the service people in your life.



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

September:
Brian Anderson, Sr.
October:
Cheryl Stasio

CONGRATULATIONS ON WINNING YOUR \$100 RESTAURANT GIFT CARD

For referring the most patients in September and October.

Spread the word among your family, friends, neighbors, and coworkers!

GREEN BEANS WITH GINGER AND GARLIC

Ingredients

Inspired by Food & Wine Magazine

- 2 lbs whole green beans, ends trimmed
- 6 tbsp extra-virgin olive oil
- 2 garlic cloves, thinly sliced
- 1/2 tsp ground ginger
- 1 tsp crushed red pepper
- Kosher salt, to taste

Directions

1. Bring a large pot of salted water to a boil. To the side of the stove, prepare a large bucket of ice water.
2. Cook beans in boiling water for 4 minutes. Immediately transfer to ice water. Drain and pat dry.
3. In a large skillet, heat oil over medium-high heat. Add garlic and cook until fragrant, 30 seconds. Stir in ground ginger and crushed pepper. Add green beans.
4. Cook together for 2–3 minutes.
5. Transfer to plate and serve.

