



INSIDE this issue

- p.1 A Season of Learning and Giving
- p.2 Newman Springs Dental Care Joins 2020 Smiles for Life Campaign to Help Children in Need
- p.2 A Guide to Recycling Your Dental Detritus
- p.3 Pesto Chicken With Blistered Tomatoes
- p.3 6 Empowering Books to Read With Your Kids for International Women's Day
- p.4 The History of Libraries in America

THE OLDEST LIBRARIES IN AMERICA

A STORY OF MANY FIRSTS



What's the oldest library in America? It's an easy question to ask, but it has an unexpectedly complicated answer. Before the Industrial Revolution generated greater interest in public services, a library's function and purpose varied widely. Several libraries in the United States claim to be the country's "first," but for different reasons.

COLLEGES AND THE CLERGY

Some believe Harvard University hosted the first library in the United States. Harvard was the first university in the United States, founded in 1636, and clergyman John Harvard seeded the library with a 400-book collection. Soon after, however, Thomas Bray, another clergyman, began establishing the first free lending libraries throughout the colonies to encourage the spread of the Anglican Church. Not surprisingly, most of the libraries' holdings were theological.

A FEW MORE FIRSTS

During the 1700s, a few more "first" libraries were established. In 1731, Ben Franklin and a few others started the first subscription library in the United States. Members of subscription libraries could pay to buy books or borrow them for free. In 1757, 60 men founded the Library Company of Burlington in New Jersey, and Thomas Rodman received a charter from King George II to operate the business in 1758. The library still operates under that charter today. The Library of Burlington was the first library to operate out of its own building after a prominent resident donated the land in 1789.

BY THE PEOPLE, FOR THE PEOPLE

In 1833, just as the Industrial Revolution was picking up steam, the Peterborough Town Library was founded in Peterborough, New Hampshire, at a town meeting. It was the first tax-supported free public library in the United States and in the world. Not long after that, the Boston Public Library, known as the "palace for the people," became the first municipal public library in the country. The Boston Public Library was also the first library to have a space specifically for children.

Out of all the "first" libraries in the country, these are the most probable progenitors of most libraries today — even if they weren't exactly "first."

SPRING INTO THE SEASON

The Latest Look at What We're Up To

Spring is finally upon us! That means there are already many things to get excited about, a lot to reflect on, and new information to share with our wonderful patients.

This time of year, people tend to become more environmentally conscious than usual. Sometimes in the dental industry, it can be hard to keep the waste of our work from piling up, but at Newman Springs Dental Care, we do everything we can to combat that. In 2009, we installed solar panels on our building, and they've helped us operate using clean energy. Inside the building, we go through a lot of materials to clean teeth, but we use recycled materials as much as we possibly can and always follow guidelines for disposing things properly to make as little environmental impact as possible. We even give out free travel mugs made from recycled plastic to our patients so they can cut down on one-use disposable cups. Be sure to ask for one!

March is also National Nutrition Month, and it can be easy to forget that proper nutrition is important for your oral health too, so we want to share a few reminders about making healthy choices. You probably know that sugar causes cavities, but did you know that's because it's a type of carbohydrate? Carbohydrates are the real culprits behind tooth decay because when they combine with bacteria in your mouth, they create acid that eats away at your enamel. High-carb foods like pasta, bread, crackers, and cereal actually contribute to decay just as much as candy, cookies, and other sweet treats. The best things you can do are to eat these things in moderation, read food labels carefully, and prioritize fruits, veggies, whole grains, and lean meats.

Newman Springs Dental Care has put a lot of focus on company culture and values. Our team leaders recently returned from a trip to Arizona, where they took courses on creating a healthy company culture. We worked with experts to brainstorm some great ways to instill a positive culture and learn why it's so important. In the end, we learned that there's real proof behind the idea that happy employees lead to happy patients, and that's what we strive for!



Every year, Newman Springs Dental Care also makes sure to give back to the community as much as possible. Our patients are the ones who make what we do so meaningful, and that's why we're always looking for ways to pay it forward. Our annual Smiles for Life charity event is under way, so come in for a discounted teeth whitening through June 30, and those proceeds will go to ill, disabled, and disadvantaged children (look inside this newsletter for more information). We're also looking forward to our annual Dentistry From The Heart event in the fall, when we provide free dental services to members of our community in need. Another thing we like to do is provide opportunities for students who are interested in working in all areas of healthcare. Every year, we partner with local high schools to create scholarship programs where budding talent can learn all about what we do, so if you know a young person interested in a future career in healthcare, have them contact our office!

There's always something exciting going on at Newman Springs Dental Care, which is why it's a great place to work and a great place for your dental needs. We look forward to sharing that excitement with you!

-Dr. Aparna Menon



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!

NEWMAN SPRINGS DENTAL CARE JOINS 2020 SMILES FOR LIFE CAMPAIGN TO HELP CHILDREN IN NEED

Patients can have their teeth whitened and help a child in need by visiting local Crown Council dentist Dr. Mitchel Friedman of Newman Springs Dental Care. March 1 marks the beginning of the 23rd annual Smiles for Life Campaign.

The campaign runs from March 1 until June 30, and 100% of the proceeds from teeth whitening procedures done at Newman Springs Dental Care are contributed directly to the Smiles for Life Foundation. This foundation uses donations from the community to help fund worthy children's charities and humanitarian work, both locally and internationally.

Teeth whitening patients receive their smile-brightening procedure at a discounted rate. They can enhance their own smile while improving the lives of disadvantaged children.

Since its creation in 1998, the Crown Council's Smiles for Life Campaign has raised more than \$42 million for seriously ill, disabled, and disadvantaged kids thanks to participation from local communities and dental practices. Smiles for Life hopes to continue this tremendous pace for donations in 2020.

Greg Anderson, director of the Crown Council, explains: "Smiles for Life allows a person to help children in need by doing something that benefits them, as

well. Dr. Mitchel Friedman, Dr. Amarpreet Suri, and Dr. Aparna Menon and their team donate their time and expertise, while Ultradent generously provides all Opalescence whitening products. Patients receive a brighter smile and help children get a brighter future."

Anyone interested in donating directly without teeth whitening can do so by visiting CrownCouncil.wufoo.com/forms/smiles-for-life-contribution-form. Participants can also refer friends to Newman Springs Dental Care by linking to the Smiles for Life site, making it easier than ever to give the gift of a whiter, brighter smile to friends and loved ones while also giving hope to children in need.

Half of the donations raised by Crown Council dentists are given to their preferred local children's charity. The Parker Family Health Center in Red Bank has been the local charity for the donations raised by Newman Springs Dental Care for several years. The remainder goes to the Smiles for Life Foundation to support its national and international initiatives, including programs in the Dominican Republic, Bolivia, and Guatemala.

Smiles for Life also maintains a strong, longtime partnership with the Garth Brooks Teammates for Kids Foundation, supporting Child Life Zones in children's hospitals across the United States. Stay tuned to see how much Smiles for Life raises this year.

Patients who would like to get involved should reach out to Crown Council dentist Dr. Mitchel Friedman at NewmanSpringsDentalCare.com.

For more information on the campaign, please visit Smilesforlife.org.

STOP TRASHING YOUR EMPTY TOOTHPASTE TUBES! COLGATE HAS A BETTER WAY

With more bad news on the state of the environment hitting the airwaves every day, many Americans are taking strides to live more sustainably. For a lot of people, this means reducing their waste — buying things with less plastic packaging, swapping out flimsy plastic grocery bags for reusable ones, and saying no to single-use plastics like to-go utensils and straws. All of these are great steps, but if you've started down this path, you've probably already discovered the place in the house where it's particularly tricky to cut plastics: the bathroom.

Necessary dental products like toothpaste, floss, and toothbrushes are usually made of or wrapped in plastic. While alternatives like bamboo toothbrushes and tooth tabs do exist, many of us have a hard time getting rid of our trusty toothbrushes and tubes of Crest or Colgate. If you've been stressing over making that swap, we have good news for you! Colgate saw this ecofriendly trend coming and partnered with TerraCycle, a worldwide recycling program, to meet customers halfway. Through the Colgate Oral Care Recycling Program,

you can recycle your toothpaste tubes and caps, toothbrushes, toothpaste cartons, toothbrush packaging, and floss containers and let Colgate give them a second life.

The process is simple. To participate, visit TerraCycle.com/en-US/brigades/colgate and sign up, then thoroughly empty and clean your recyclables (you can cut toothpaste tubes in half for easy washing), box them up, print a free shipping label from the website, and mail in your waste. When the detritus arrives, TerraCycle will separate, shred, and melt your recyclables into new products. It's that easy!

Even better, if you ship in enough recyclables, you can start earning TerraCycle points, which can be redeemed as charitable gifts to schools or nonprofits. You need to ship in at least 5 pounds of recyclables to start earning points, so if you'd like to participate, spread the word to your friends and neighbors and make your place the local dental recycling hub! Your charity of choice will thank you, and so will the planet.



NEWMAN SPRINGS DENTAL CARE
VIP WINNER

January
Jeff Cerney
February:
Theresa Fedun

CONGRATULATIONS ON WINNING YOUR \$100 RESTAURANT GIFT CARD

For referring the most patients in January and February.

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

NEWMAN SPRINGS DENTAL CARE HEALTHCARE SCHOLARSHIP

Newman Springs Dental Care is offering three \$500 scholarships for Holmdel High School and Middletown High School North and South graduating seniors who are planning to pursue a career in healthcare. This includes medicine, nursing, dentistry, chiropractic, physical therapy, and other areas of healthcare.

Scholarship applications have been sent to the high school guidance departments at these three schools and are also available via email at scholarship@DrFriedman.biz.

This is the eleventh year that the scholarships have been awarded.

Applications must be received by April 16 to be considered. Winning applicants will be notified by mail or phone no later than May 2, 2020. Award certificates will be presented at a special ceremony at the dental office and at the school's senior awards ceremony. Award checks will be mailed directly to the institution of higher education upon verification of enrollment.

Good luck to all applicants!

A PARENT'S GUIDE TO INTERNATIONAL WOMEN'S DAY 6 EMPOWERING BOOKS ABOUT GIRLS TO READ WITH YOUR KIDS

This year, men and women around the world will celebrate International Women's Day with lectures, panels, and marches on March 8, but have you thought about how you can bring the spirit of celebrating women's rights into your home? If you haven't planned a family activity around girl power yet, consider adding some inspiring tales of real-life women to your bedtime story routine.

A few years ago for Women's History Month, HuffPost rounded up 17 such books, and we've picked some of our favorites! If you're on the hunt for reading material, head to the library and check one of these stories out.

'RAD AMERICAN WOMEN A-Z: REBELS, TRAILBLAZERS, AND VISIONARIES WHO SHAPED OUR HISTORY ... AND OUR FUTURE!' BY KATE SCHATZ

This book explores 26 women of all stripes, one for each letter of the alphabet. Snag a copy to share the stories of Billie Jean King, Rachel Carson, Sonia Sotomayor, and more with your kids ages 8 and up! For a similar read focused on incredible girls rather than women, check out "Shaking Things Up: 14 Young Women Who Changed the World" by Susan Hood.

'WHO SAYS WOMEN CAN'T BE DOCTORS?: THE STORY OF ELIZABETH BLACKWELL' BY TANYA LEE STONE

The title of this book says it all! In it, the author tells the story of Elizabeth Blackwell, the first American woman to don the white doctor's coat at a time when most girls were expected to stay home. This book is recommended for kids ages 5 and up, as is its sequel, "Who Says Women Can't Be Computer Programmers?: The Story of Ada Lovelace."

'WOMEN IN SCIENCE: 50 FEARLESS PIONEERS WHO CHANGED THE WORLD' BY RACHEL IGNOTOFSKY

This beautifully illustrated book reads almost like a collection of folktales, following the careers of women in STEM "from the ancient to the modern world." There's no better way to share the stories of brilliant ladies like Jane Goodall, Katia Krafft, and Marjory Stoneman Douglas with your kids. Check out the companion books about women in art and sports, too!

'DOLORES HUERTA: A HERO TO MIGRANT WORKERS' BY SARAH WARREN

This short book for 6–8-year-olds tells the story of Dolores Huerta, an often-overlooked American activist who helped lead the charge for the rights of immigrant workers. A teacher by trade, Dolores was inspired to become "a warrior, an organizer, and a peacemaker" by her students. Don't miss this chance to share her tale with your little ones!

PESTO CHICKEN WITH BLISTERED TOMATOES

Inspired by CookingLight.com

Ingredients

- 2 1/2 tbsp olive oil, divided
- 4 boneless and skinless chicken breasts, pounded to a 1-inch thickness
- Salt and pepper to taste
- 1/4 cup whole-wheat panko
- 2 tsp Parmesan cheese
- 1 tbsp unsalted butter, melted
- 6 tbsp spinach pesto
- 2 cups cherry tomatoes
- 1 garlic clove, thinly sliced
- 1 tsp red wine vinegar

Directions

1. In a large ovenproof skillet over medium-high heat, add 1 tbsp olive oil.
2. Season chicken with salt and pepper, and add it to pan. Cook chicken for 5 minutes on each side, then remove pan from heat.
3. In a bowl, combine panko, Parmesan cheese, and butter.
4. Spread pesto over chicken and top with panko mixture.
5. Broil chicken for 2 minutes on high heat until browned.
6. In a skillet, heat remaining oil over medium-high heat.
7. Add tomatoes and cook for 6 minutes.
8. Add garlic and cook for 30 seconds, stirring constantly.
9. Season tomato mixture with salt and pepper, and add red wine vinegar.
10. Serve tomatoes with broiled chicken.

